

Minneota's interconnectivity of bicycling and walking routes link the city's businesses, parks, and other recreational opportunities.

Be sure to check out the opportunities along these routes and throughout Minneota as identified on the map on the reverse side. This map is designed to assist you in getting out and about while enjoying the community assets of Minneota.

WALK OR BIKE FOR YOUR HEALTH

According to the Centers for Disease Control (CDC), walking or bicycling to your destination may help to:

- Maintain weight
- Reduce high blood pressure
- Reduce the risk of type 2 diabetes, heart attack, stroke and several forms of cancer
- Reduce arthritis pain and associated disability
- Reduce risk for osteoporosis and falls
- Reduce symptoms of depression and anxiety

KEEP TRAIL SAFETY IN MIND

Highly visible attire and safety gear are always recommended. Remember to follow the Minnesota Pedestrian and Bicycling Laws. Learn more about these laws at www.sharetheroadmn.org.

WALK INDOORS

Minneota Public School is available for adult walkers from 5:30 a.m. to 7:30 a.m. Monday-Friday at no charge. Contact 507-872-6532 for more information.

CHECK OUT THESE LINKS FOR MORE INFORMATION



CITY OF MINNEOTA

Events, attractions, local businesses, food, lodging, maps and more.

www.minneota.com

MINNEOTA ECONOMIC DEVELOPMENT AUTHORITY

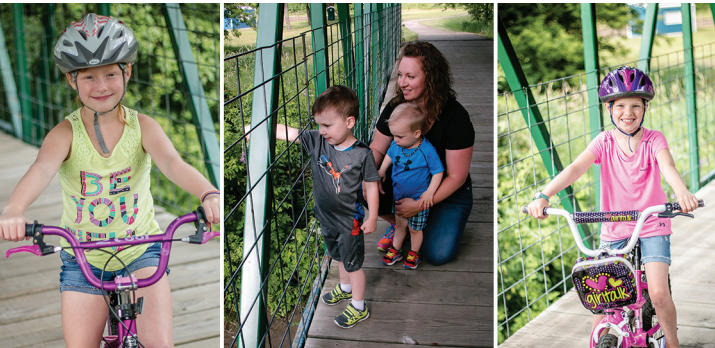
www.gominneotagrow.com

BUG DAYS & RUN THE BUG

Run the Bug is a certified, sanctioned, chip-timed and family-friendly 1K, 5K and 10K run/walk held annually the first Saturday after Labor Day at 8:30 a.m. Register early for the best rates at www.runthebug.com or for more information email info@runthebug.com.

This brochure has been put together by the Minneota Active Living Coalition, whose vision is "to create an environment that promotes health and wellness throughout the community."

The brochure was funded in part by the Statewide Health Improvement Partnership (SHIP) grant, City of Minneota, ADOM and the Minneota EDA. SHIP is working to create healthier communities across Minnesota by expanding opportunities for active living, healthy eating and tobacco-free living.



The City of Minneota cannot guarantee the currency and accuracy of the map data. This map is intended for recreational purposes only, and the data represented here is the best available. You may find construction projects, traffic, weather or other events may cause conditions to differ from the map, and you should plan your route accordingly.

MINNEOTA

Walking & Biking Guide

Brochure made possible by the Minneota Active Living Coalition

MINNEOTA

Walking & Biking Guide



Agricultural

0. Custom Extruding, LLC & Custom Formula Feeds
1. Farmer's Co-op Elevator
2. Lyon County Farm Service
3. Pioneer Seed
4. Swede's Service Center

Automotive

5. Greg Bauer Automotive
6. Minneota Auto Body & Glass
7. Minneota Auto Center
8. Minneota Autowash

Beauty/Barbers

9. Big Lou's Barbershop
10. Penny's P'sas
11. Shear Image

Churches

12. Bethel Fellowship
13. Hope Lutheran
14. St. Edward Catholic
15. St. Paul's Lutheran

Community

16. Minneota City Office & Community Center
17. Minneota Post Office
18. Minneota Public Library
19. Minneota Senior Center
20. Minneota Swimming Pool
21. Vietnam Memorial & History Center

Contractors

22. B&B Electrical Contractors
 - Chad's Flooring Installations
23. Coequet Plumbing and Heating
24. Frank's Electric, Plumbing and Heating, Inc.
 - John Dero
 - Kack Construction
25. Pesch Skidloader Services
 - Wayne's Plumbing

Education

26. Minneota Public School
27. St. Edward Catholic School

Entertainment

28. City Hall Bar & Grill
29. Countryside Golf Club
30. Roundup
31. Southwest Sportsmen Club

Health & Wellness

32. Big Stone Therapy
33. Fit 24

34. Minneota Manor
35. Minneota Family Dental
36. Madison Avenue Apartments & Assisted Living
37. Prairie Winds Wellness
38. Sanford Health Minneota Clinic
39. Southwest Center for Independent Living

Industrial

40. Alley Repair
41. HRT Small Engine
42. Thompson Excavating
43. UFP, Minneota

Organizations

44. American Legion Post 0199
45. Veterans of Foreign Wars Post 0199
46. Yellow Medicine River Watershed

Rental

47. Big City Storage
48. Minneota Storage
49. Serenity Estates
50. Tri-Minn Apartments
51. West View Apartments

Retail

52. Bank of the West
53. Brad's Market
54. Countryside Auto
55. Dalager Gas & Grocery
56. Farmer's Coop Association
57. Gislason's ACE Hardware
58. Highway 68 Liquor
59. Minneota Building Materials
60. One More Time

Services

61. Doyle Insurance
62. John A. Engels, Attorney at Law
63. Hoffman & Brobst, CPAs
64. Jerry's Therapy
65. Midwest Ag Insurance
66. Minneota Vet Clinic
67. Rehkamp & Horvath Funeral Directors
68. State Farm Insurance - Kevin Anundson

Specialty

69. Arched Door
70. B. Lenore
71. J's Dream
 - Johnny & Dottie
72. The Minneota Mascot
73. Rick's Taxidermy & Bait
74. Ufkin's Appliance Repair



- Paved walking and biking path: 1.59 miles
- Walking and biking trail connection on rural roads: 2.16 miles
- On-street walking and biking connection: .98 miles
- Nature trail: .24 miles

- Pedestrian Crosswalk
- Park
- Bike Rack