

PHYSICAL ACTIVITY RESOURCE LIST

For Pope County



Check out the many opportunities for physical activity in Pope County, Minnesota

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The hours of operation, amenities available, fees or cost of programs/services, and age ranges for participation may vary from what is listed. Please contact each resource to confirm service or program details.

If you have a resource to add please send the name, physical address, website, and phone number with a brief description to: sophiag@horizonphmn.gov

This Resource is created by the Statewide Health Improvement Partnership Team at Horizon Public Health. The Statewide Health Improvement Partnership (SHIP) supports community-driven solutions to expand opportunities for active living, healthy eating, mental well-being, and commercial tobacco-free living.



City Parks & Public Beaches

Glenwood City Beach: 965 S Lakeshore Dr, Glenwood, MN 56334

- Water slide and water platforms, lifeguard on duty during the summer months.
- Dressing room and bathroom facilities available during the summer months.

Glenwood City Park: 180 S Lake Shore Dr North, Glenwood, MN 56334

- Pickleball courts, basketball courts with lighting, bandshell, picnic shelters and various playground equipment.

Holly Skogen Park (“Troll Park”): 604 W 6th St, Starbuck, MN 56381

- Located of a park on the corner off HWY 28 and 6th Street, on the west edge of Starbuck. The two acre park pays tribute to Starbuck’s Scandinavian heritage and to nature’s beauty even within the city limits.

Knapp Park: 16888 County Rd 23, Villard, MN 56385

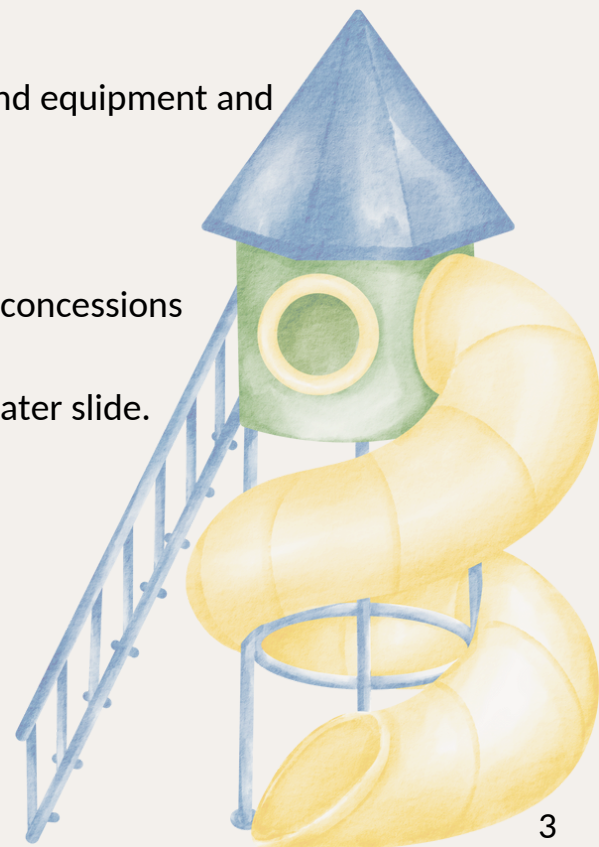
- Camping facilities with electric hookups, picnic shelters, group camping area, playgrounds, swimming, biking, fishing, horseshoes and nature hikes.

Lowry City Park: Lowry, MN 56349

- Baseball court, a shelter with picnic tables, playground equipment and an ice skating rink during the winter months.

Starbuck City Beach

- During the summer months, bathroom facilities and concessions are available and a lifeguard is on duty.
- The beach is equipped with water platforms and a water slide.



Trails

Barsness Park Mountain Bike Trail:

- 7 miles of off-road terrain that is easy to moderate in skill level. The trail consists of features that follow the contour of the land with bumps, dips and sharp turns. Two loops give the option of a shorter ride. The trails are primarily wooded with several climbs which may require walking a few steps.

Central Lakes State Trail:

- 55 mile former railroad route turned paved bike trail that runs through 3 counties and 10 communities. The trail begins in Fergus Falls, and ends in the city of Osakis. Trail users will enjoy the many differing landscape views, ranging from open grassland/prairie, lakes, wetlands, farmland and forested rolling hills.

Glacial Lakes State Trail: 25022 County Road 41, Starbuck, MN

- Located on a former Burlington Northern Railroad grade, and is generally level and wheelchair accessible. The trail is paved for 22 miles between Willmar, Spicer, New London, Hawick, and the Kandiyohi/Stearns County line. An additional 7.5 mile stretch from Roscoe to Cold Spring is also paved. The towns along the trail provide access points, rest stops, and other services to trail users.



Additional Trail Information:

www.dnr.state.mn.us

State Parks

Glacial Lakes State Park: 25022 County Road 41, Starbuck, MN

- Camping, fishing, trails, equipment rentals

Additional State Park Information:

https://www.dnr.state.mn.us/state_parks/index.html



County Parks

Barsness Park: 1022 MN-104, Glenwood, MN 56334

- Located near the northeastern shore of Lake Minnewaska.
- Campground with full hookups, water/electrical hookups, electrical hookups, tent sites and shower facilities.
- Four miles of hiking trails within the park and 150 acres is a wildlife preserve.
- Horseshoe pits, sand volleyball courts, softball diamonds, soccer fields, playground equipment, and a Frisbee golf course.
- Two buildings are available by reservation and can accommodate large gatherings. These buildings are completely enclosed and include refrigeration and cooking facilities.
- Newly-built splash pad.

Starbuck Lakeshore Park: Starbuck, MN

- Located on the west shores of Lake Minnewaska.
- Tennis court, playground equipment, band shell, picnic shelters, horseshoe pits, softball/baseball field, skateboard park, basketball backboard, sandy swimming beach with a concession stand and restrooms.

Additional County Park Information:

<https://starbuckcitygov.com/parks-rec>

<https://www.ci.glenwood.mn.us/parks>



Community Recreation & Schools

Minnewaska Area Schools Facilities:

320-239-4800 | www.minnewaska.k12.mn.us

School buildings/playgrounds/open gyms/pool/tennis courts/outdoor fields/nature trails/etc.
Visit website for more information.

- Middle School and High School- 25122 State Hwy 28, Glenwood, MN 56334
- Elementary School and Early Childhood- 409 4th St. SE, Glenwood, MN 56334
- W.I.N. Academy- 500 John St., Starbuck, MN 56381

Minnewaska Community Education

25122 State Highway 28, Glenwood, MN, United States, Minnesota

320-239-1305 | www.minnewaska.k12.mn.us/community-ed

- Adult, youth and family recreation and enrichment programs.



Minnewaska Golf Club

320-634-3680 | 23518 Dero Drive, Glenwood, MN 56334 | www.minnewaskagolf.com

Pezhekee National Golf Course

320-634-4501 | 20000 S Lakeshore Dr, Glenwood, MN 56334 | www.petersresort.com/golf.html

Fitness & Wellness Facilities

Minnewaska Fitness Center

220 15th St SE, Glenwood, MN 56334

320-634-0348 | www.minnewaskafitness.com

- 24 hour access, group fitness classes, weights, cardio

Glacial Ridge Wellness Center

7 4th Ave SE, Glenwood, MN 56334

320-632-2265 | www.glacialridge.org/wellness-center

- 24/7 access with weights, cardio, fitness classes, pool

