Hiking Trails
- Tilson Creek Hiking Trail: 1.3 miles
- Voyageurs National Park
  - Rainy Lake Visitor Center
  - Oberholtzer Trail: 1.7 miles
  - Kabetogama Lake Visitor Center
  - Echo Bay Trail: 2.5 mile loop
  - Kab-Ash Trail: 27.9 Mile System
- Ash River Visitor Center
  - Blind Ash Bay Trail: 2.5 Mile Loop
  - Ash River Road Overlooks: 0.2-0.5 miles each one way

Voyageurs National Park
- Rainy Lake Visitor Center
- Oberholtzer Trail: 1.7 miles
- Kabetogama Lake Visitor Center
- Echo Bay Trail: 2.5 mile loop
- Kab-Ash Trail: 27.9 Mile System

Indoor Winter Walking
- Mall: Valley Pine Circle
- Rainy River Community College: Hwy 11
- Bronco Arena: 15th Avenue

Please check with each facility as times may vary.

City Parks
(Not a complete list)
- Smokey Bear Park: 3rd Street & 6th and 8th Avenues
- City Beach: Ranier, County Road 20
- Riverside (dog) Park: Riverside Drive, borders Rainy River

City Playgrounds
- Green Acres: 17th Street and 6th Avenue East
- Carson Lupie: 13th Street and 3rd Avenue East on Highway 332
- Eighth Street: 8th Street between 13th and 14th Avenue
- Riverview: Riverview Boulevard and Center Street West
- Shorewood: Shorewood Drive and 20th Avenue
- Kerry Park: 11th Street between 4th and 6th Avenue

Sports Facilities
- Tony Rizzo Field: 3rd Street and 12th Avenue
- Holler Hockey Rink and Ball Fields: 20th Street and 12th Avenue
- Holler Roller Rink and Basketball Court: 19th Street and 2nd Avenue
- Kerry Park: 11th Street between 4th and 6th Avenue

Cross Country Ski Trails
- Manka Ski Trail: 1 km/0.6 mile loop
- Tilson Ski Trail: 17 km/10.2 mile system
- Voyageurs National Park

* Remember to purchase and have in possession your MN DNR State Trail Pass.
** Dogs not permitted in winter months.

Trail Etiquette
- Be considerate of others.
- Bicycles should give an audible warning and yield to all pedestrians.
- Use authorized trails. Respect closures.
- Don’t litter. Pack out what you pack in.
- Park vehicles in approved areas.
- If dogs are allowed on the trail, keep them on a leash close to you at all times.

Safety
- Be aware of your surroundings at all times.
- Look people in the eye as you pass them. This lets others know you are aware of their presence.
- Wear comfortable shoes and clothing.
- Lock your vehicle. Do not leave valuables such as purses, wallets, or cell phones inside.
- Carry a cell phone in case of an emergency.
- Emergency Number: 9-1-1
(Use 15th Ave. Entrance)

Legend

Trails
- Walking
- Biking
- Skiing
- Hiking

Facilities
- Swimming Beach
- School
- Playground
- Baseball
- Roller Rink
- Basketball
- Ice Rink
- Volleyball
- Tennis
- Indoor Swimming
- Football
- Skatepark
- Golf

Suggested Walking and Biking Routes
- Official city loop (red trail line): 4.9 miles
- The Bike Trail: approximately 12 miles (excluding Ranier). Begins at railroad tracks by the Chamber of Commerce building and ends at the end of Hwy. 11. Use caution as trail is part of the highway at times. Also, road narrows