

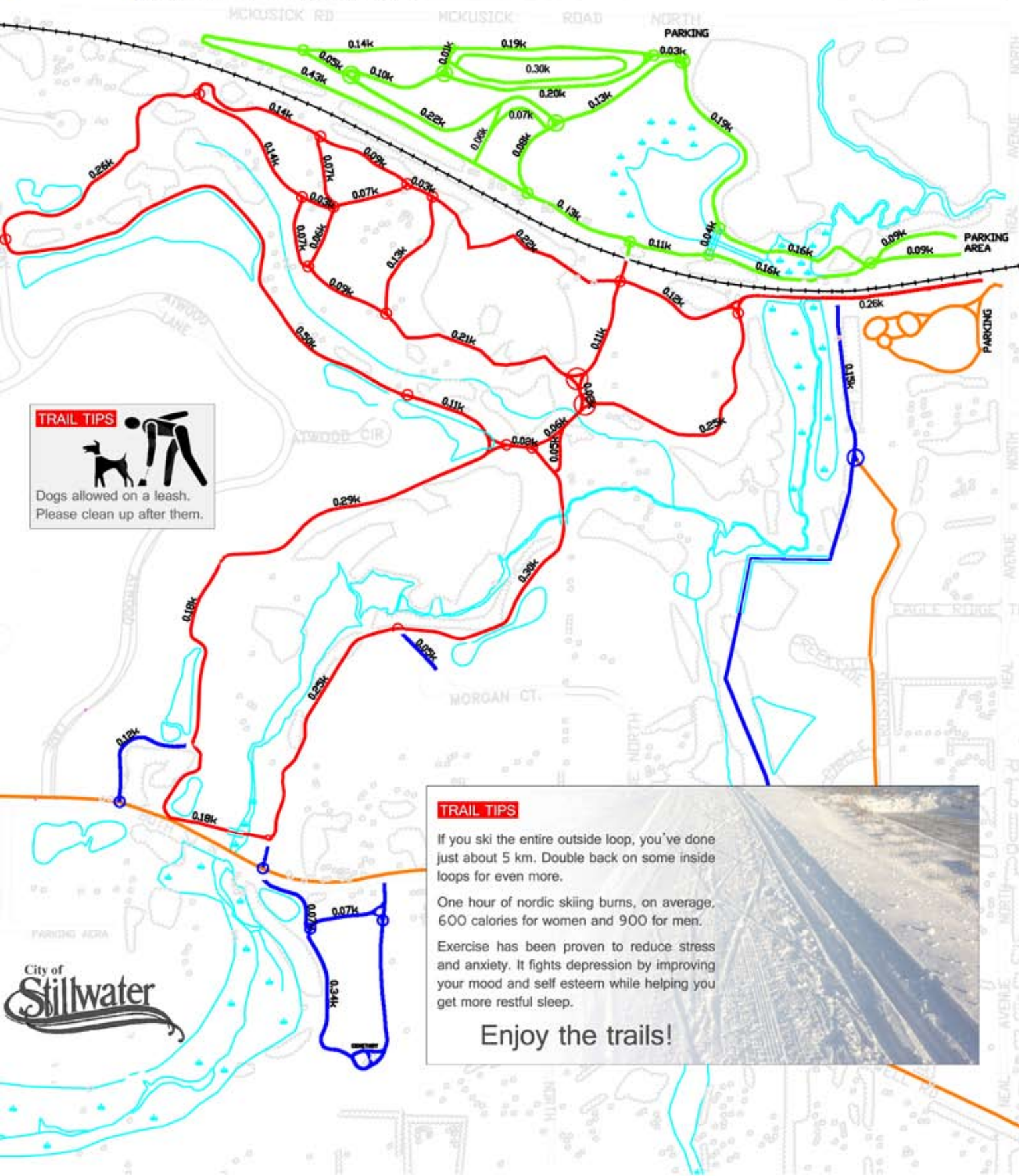
Brown's Creek Nature Preserve - Winter Trails

- North Trails -- SKI ONLY
- South Trails -- Ski and Hike
- Ungroomed -- Ski and Hike



TRAIL TIPS

Please be considerate when hiking on shared trails; walk on the side of the trail so as not to disrupt the groomed trail.



TRAIL TIPS



Dogs allowed on a leash.
Please clean up after them.

TRAIL TIPS

If you ski the entire outside loop, you've done just about 5 km. Double back on some inside loops for even more.

One hour of nordic skiing burns, on average, 600 calories for women and 900 for men.

Exercise has been proven to reduce stress and anxiety. It fights depression by improving your mood and self esteem while helping you get more restful sleep.

Enjoy the trails!

City of
Stillwater