

## Take a Hike - Week 5

### Theodore Wirth Regional Park



### Golden Valley / Minneapolis

**Description:** Theodore Wirth Regional Park is the largest park in the Minneapolis park system with over 740 acres of land. Located West of Downtown Minneapolis, this park can be enjoyed throughout all four seasons. We suggest checking out the Wirth Lake Loop trail, which is a 1.4-mile loop trail. Generally considered an easy route, it takes an average of 26 min to complete. This is a popular trail for birding, running, and walking, but you can still enjoy some solitude during quieter times of day.

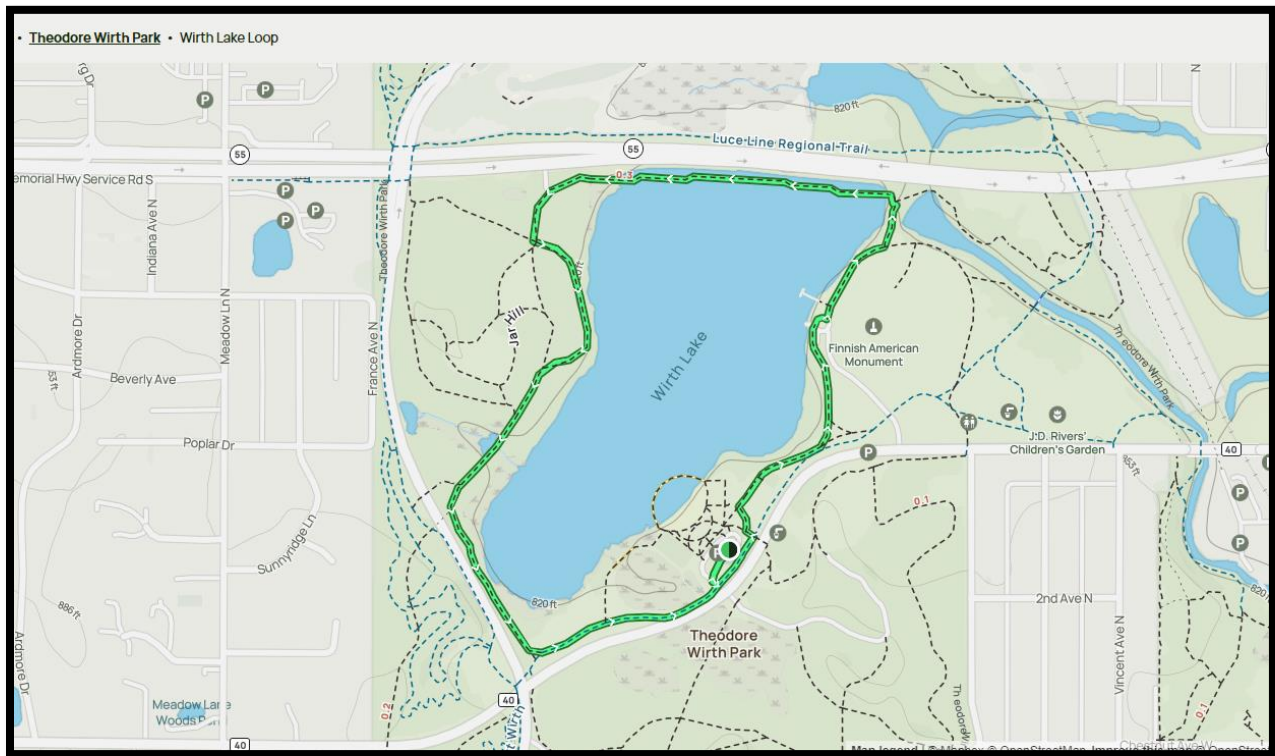
**Parking:** Theodore Wirth Park is open daily from 6 am to midnight. They recommend that visitors park at the Wirth Beach parking lot since the chalet parking lot is specifically meant for golfers. This parking lot is also the epicenter of the park's trails. Each space has its own coin operated parking meter, so make sure to bring quarters! An hour should be more than enough for a hike to the bog and back, but more might be necessary if you want to explore the other trails.

**Parking Lot Address:** Wirth Beach parking lot -- 3200 Glenwood Ave, Minneapolis, MN 55405

**Meeting Location:** Look for each other by the front of the Wirth Beach House

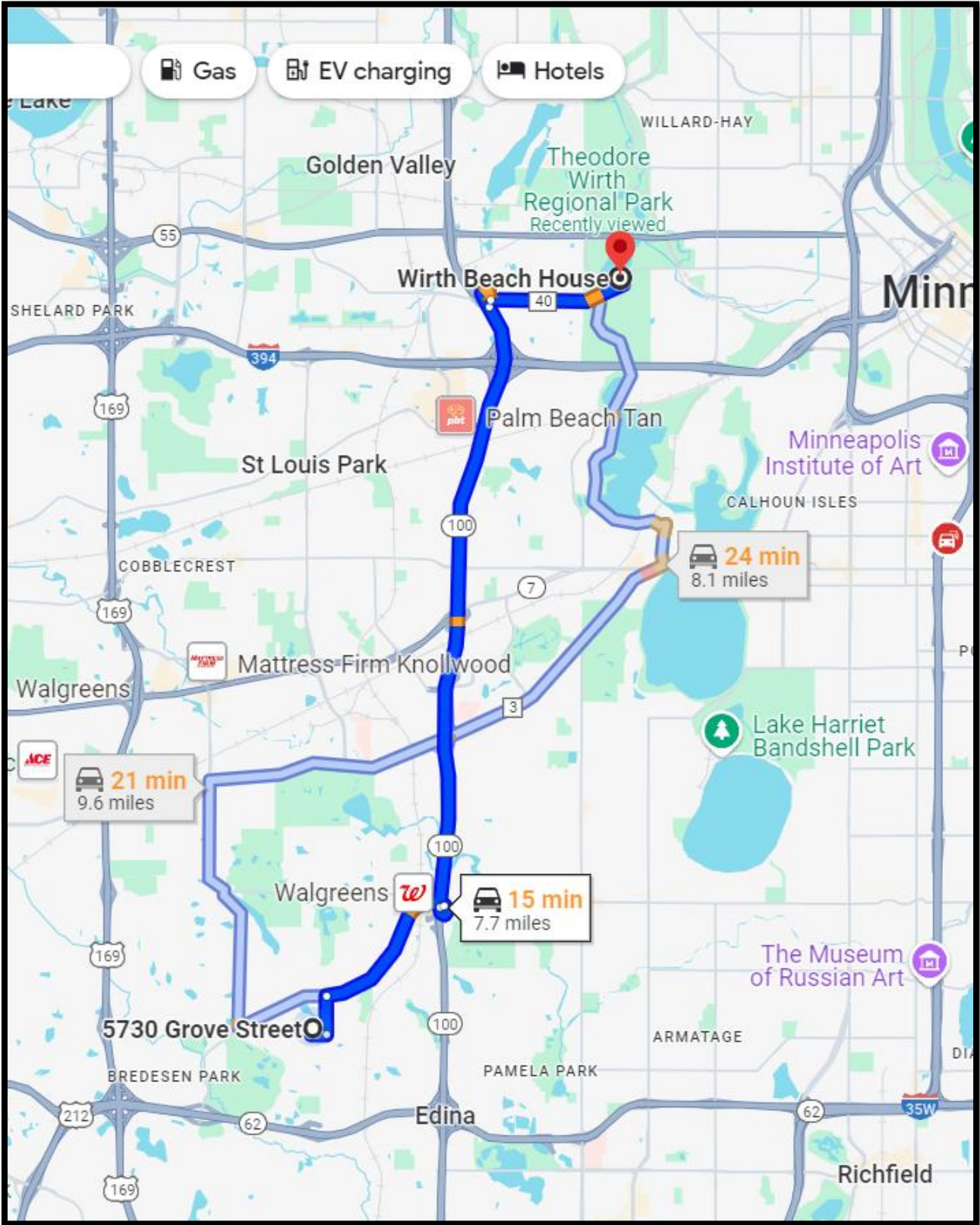
**Special Notes:** The Trailhead now hosts Mill Valley Market, which is serving up daily fresh and healthy selections through fast casual service and grab and go options. Here park goers can find a fresh, clean meal after their activities, including the chicken sandwich with fig jam and brie cheese and arugula or the Mediterranean Grain Bowl that's made with quinoa, chopped veggies and a red wine vinaigrette. They are open Sunday through Wednesday from 9am to 8pm and Thursday through Saturday from 9am to 9pm. Or head down the street to Lunds & Byerlys to stock up on picnic food!

**Map of the Park Area:**



**Map of City Roadways:**

[CLICK HERE](#) for a Google Map to the park from the church or see map below



For more information

**General Park Office Phone:** 612-230-6400

**Rec Center:** 612-355-7757

**Email:** [info@minneapolisparcs.org](mailto:info@minneapolisparcs.org)

**Website:** [https://www.minneapolisparcs.org/parks-destinations/parks-lakes/theodore\\_wirth\\_regional\\_park/](https://www.minneapolisparcs.org/parks-destinations/parks-lakes/theodore_wirth_regional_park/)

### **Links to Devotional Resources:**

Current YouTube recording: [Take a Hike – Week 5 – Retreat](#)

<https://mail.google.com/mail/u/1/#inbox/FMfcgzQVxRKgrZWpfqVvLbHsnRnVdIrT?projector=1>

Playlist for all recordings of Take a Hike

<https://www.youtube.com/playlist?list=PLxG4KCljuxEEI1pcJPoQdGRsnoZWJLJIT>



### **Suggestions for Reflection as You Take a Hike:**

- 1) Strive to quiet the noises without and quiet the noises within; quiet your heartrate and your breathing; what new things do you notice in this quiet state?
- 2) Look more deeply at the details of God's creativity; look more broadly at the vastness of God's majesty. Make note of what you notice.
- 3) Set aside a time to go on an extended time with just Jesus and you. Be it for 3 hours or 3 days, go away by yourself with only one purpose in mind: to commune with and re-connect with God.