

10 WAYS TO BE ACTIVE ALONG THE RED RIVER



1. On-the-Water

- Participate in River Keepers Race the Red
 - Canoe and kayak races with multiple distances. All skill levels welcome. Registration encouraged.
 - July 13 at 6:30 pm (Back up August 3)
 - Register on Eventbrite
- Rental Shack at Hjemkomst Landing in Moorhead
 - Rent a canoe or kayak
 - Register for a River Paddling Excursion, a guided canoe and kayak tour of the river.
 - Learn more (pre-registration is required for River Paddling Excursions) at moorheadparks.com
 - Project Partners: Moorhead Parks and Recreation and River Keepers
- Rent kayaks at Lindenwood Park in Fargo. Learn more at fargoparks.com/Lindenwood-rentals
- Volunteer at River Keepers On-the-Water Clean Up
 - Must be comfortable in a canoe and be willing to get dirty.
 - Aug. 10 (backup Aug. 17) from 5:30 - 7:30 pm
 - Pre-registration required.
 - Email Kimberly@riverkeepers.org



2. Fish

- The Red River has over 80 species of fish!
- Attend Lil Anglers Fishing Clinic & Derby. Free.
 - June 17 from 5:30 - 8 pm
 - Dike East
 - Project Partners: River Keepers, FM Walleyes Unlimited
- Buy a Relaxed Anglers Guide to Catfishing the Red River of the North at riverkeepers.org/shop
- Participate in the Ruler of the Red Tournament in August!



Guide to
Fishing the
Red River

4. Camp

- Lindenwood Park, Fargo



5. Interpretive Signs

- Take a relaxing walk and learn about the Red River by reading interpretive signs
- Moorhead: Discovery Walk along the Moorhead River Corridor Trail and M.B. Johnson Park
- Fargo: Downtown, Wildflower Grove Park



Ruler of
the Red

3. Golf

- Public golf courses at Edgewood and El Zagal, Fargo
- Catfish Cup Golf Scramble.
 - Support River Keepers while golfing.
 - Registration required.
- June 8 at 10 am at Edgewood Golf Course



Guide to
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6. Red River Geocaches

- Learn fun facts about the Red River by finding River Keepers geocaches and then continue your adventure with the many other caches along the river.



River Keepers
Geocaches &
Scavenger
Hunts

7. Wildlife

- Go on a scavenger hunt to try and find signs of animals using your senses.
- Use River Keepers scavenger hunts to expand awareness for the river landscape, flora, and fauna.
- Bird watch or participate in Bird Counts
 - Learn more at greatplains.audubon.org



8. Trails

- Rent bikes at Lindenwood Park, Fargo
- 20 miles of single lane bike dirt trails near the river. Follow FM Trailbuilders on Facebook for trail conditions.
- Paved riverfront trails in Fargo and Moorhead



FM Metro
Bikeways Map

10 WAYS TO BE ACTIVE CONT.

9. Winter Fun

- Groomed trails for skiing and snowshoeing
 - Fargo: Dike East, Lindenwood, Forest River Park, and more!
 - Moorhead: Gooseberry Mound, Homestead Trail, M.B. Johnson, River Oaks, Viking Ship and Woodlawn Parks
 - Ski and snowshoe rentals



• Winter Solstice Walk

- Celebrate the longest night of the year by participating in a nighttime luminary walk
- December 21, 5:30 - 8 pm at M.B. Johnson Park
- Project Partners: River Keepers and Moorhead Parks and Recreation



10. Volunteer with River Keepers

- There are many other ways to help learn, sustain and enjoy the Red River such as planting trees, teaching youth how to fish, picking up trash, etc. Learn more at riverkeepers.org/volunteer/



RIVERFRONT PARK CHALLENGE

Visit all the riverfront parks in Fargo/Moorhead! Check off each one below, take pictures and tag River Keepers on Facebook or Instagram!

<input type="checkbox"/> Burdick Park	<input type="checkbox"/> Lions Conservancy Park
<input type="checkbox"/> Dike East Park	<input type="checkbox"/> Mickelson Park
<input type="checkbox"/> Forest River Park	<input type="checkbox"/> Oak Grove Park
<input type="checkbox"/> Heritage Hills Park	<input type="checkbox"/> Orchard Glen Park
<input type="checkbox"/> Holm Park	<input type="checkbox"/> Statue of Liberty Park
<input type="checkbox"/> Iwen Park	<input type="checkbox"/> Trefoil Park
<input type="checkbox"/> Lemke Park	<input type="checkbox"/> Trollwood Park
<input type="checkbox"/> Lindenwood Park	<input type="checkbox"/> Wildflower Grove Park

Stay up to date on the park amenities by going online:

Fargo Parks:



Moorhead Parks:



ORGANIZATIONS MENTIONED

Check out these organizations for more ideas and other ways to enjoy the Red River:



WAYS TO ENJOY THE RED RIVER



With the Red River flowing through Fargo and Moorhead, there are many ways you can ENJOY this important resource in every season without having to travel far. Hike, bike, relax and explore while enjoying all the riverfront has to offer.