

## ADVENTURE MAP

Get ready to plan your own PowerUp adventure!

FIND all 8 items on the map, and check them off as you go. Then go outside and hike, bike or roll through the St. Croix Valley area, or a park or neighborhood near you.

### 1. HISTORIC LIFT BRIDGE

Why is the bridge green?\*

What green fruit or veggie do you like?

### 2. ST. CROIX CROSSING BRIDGE

How many school buses lined up bumper to bumper would equal the length of this bridge? Can you walk, run, skip or roll that far?\*

### 3. TERRIFIC TRAILS

Hint: Find all 3  
Guess how long each trail is?\*

A) St. Croix River Crossing Loop Trail

B) Browns Creek State Trail

C) Stower Seven Lakes State Trail

### 4. AMAZING ANIMALS

Find these animals on the map:  
Dog. Fox. Deer. Cow. Seagull. Owl.  
Fish. Squirrel. Rabbit. What animals can you spot on your adventure?

### 5. ROARING RIVER

The St. Croix River is a protected National Scenic Riverway. What's your favorite river water activity? Paddling, fishing, swimming, skipping rocks, other?

### 6. BIRD WATCHING

Find the state bird on the map for A) Minnesota. What's its name?\*

B) For Wisconsin. What's its name?\*

### 7. PLENTY OF PARKS

Did you know there are more than 20 parks in the St. Croix Valley Area? Which one has:

A) A Waterfall?\*

B) A portion of the St. Croix River running through it with some of the best canoeing/kayaking in the nation?\*

C) Two state parks with the same name that are neighbors on the Minnesota-Wisconsin border?\*



Pack a PowerUp picnic with your family. What favorite foods would you pack?



### 8. HEALTHCARE HEROS

Spot 6 places on the map where they work?\*

\*ANSWER KEY

1. Historic Lift Bridge was repainted green in 2020 because that was its original color when it was built in 1931.

2. It would take about 175 school buses (each bus is 30 feet long) lined up across this one mile (5,250 feet) bridge. One mile is also equal to 2,000 steps.

3. The length of each trail: A) 4.7 miles; 3B) 6.4 miles; C) 14 miles

6. State Birds: A) Minnesota = Loon B) Wisconsin = American Robin

7. Parks: A) William River State Park, B) William O'Brien State Park, C) MN & WI Interstate Park

8. Lakeview Hospital, Stillwater Medical Group Clinic (also in Mahtomedi), Amery Hospital & Clinic, Hudson Hospital, Westfields Hospital & Clinic, Stillwater Medical Group Clinic - Somerset



# POWERUP ADVENTURE MAP

Thanks to Discover Stillwater for their partnership in helping to create this map.



**powerup**