

RECREATION

Bismarck-Mandan visitors are invited to enjoy the area's wealth of recreation activities—indoors and outdoors, all year 'round. Details on sledding, ice skating, curling, hockey, soccer, tennis, racquetball, disc golf and numerous other programs can be found by calling:

Bismarck Parks & Recreation District

400 East Front Avenue,
Bismarck, N.D. 58504
(701) 222-6455
www.bisparcs.org

Mandan Parks & Recreation District

901 Division Street NW,
Mandan, N.D. 58554
(701) 667-3287
www.mandanparcs.com



Trails

The Bismarck Parks and Recreation District provides more than 45 miles of recreational trails to the public.

Some of these include:

- Pioneer Park to Expressway** ... 3.04 miles
- Riverwood Golf Course Loop** 3.60 miles
- Solheim School to Wachter Middle School** 2.00 miles
- Cottonwood Park Loop** 1.00 mile
- Tom O'Leary Golf Course** 2.21 miles
- Chief Looking's Village** 0.75 mile
- Sertoma Park Loop** 3.20 miles
- Igoe Park Loop** 0.38 mile
- Hay Creek Loop** 3.04 miles

Mandan also has a paved recreation trail system. You can walk, rollerblade, skateboard and bike along the 1.6-mile trail starting at the corner of Third Street and Sixth Avenue S.E., near the Stage Stop. The trail continues east on Third Street and along Longspur Trail, across from Dacotah Centennial Park, to and around the Prairie West Golf Course and the Dacotah Centennial Park soccer fields. The trail continues another 1.8 miles all the way to 46th Avenue S.E., near the Colonial Motel. Trees and benches have been added to improve the trail even more. Bismarck and Mandan bike trails connect at Expressway and Memorial bridges.

Another three-mile scenic trail viewing the Heart River has been added by the Morton County Parks and Recreation to the south of the Stage Stop, along Highway 1806 to Fort Abraham Lincoln State Park.

The total trail systems in Bismarck-Mandan have now grown to a combined total of over 50 miles! They provide access to virtually all the recreational venues in Bismarck and Mandan. When you are on the trails, you can truly "get from here to there," from Pebble Creek Golf Course on the east side of Bismarck to Fort Abraham Lincoln State Park south of Mandan.

Mandan maintains two primitive walking or mountain biking trails. Sunset Park, located just north of the Community Center, is a rough terrain trail that loops through the 80-acre park. The Missouri River Nature Area is located east and south of the Archery Range. It is a flat terrain trail along the river bottoms. Many forms of wildlife fill both of these areas.

Volksmarch

The Bismarck-Mandan Volksmarch headquarters are at the Bismarck-Mandan Visitor Center, 1600 Burnt Boat Drive, Bismarck. Journey through our capital city on the AVA-sanctioned "Capital Volksmarch" or enjoy a walk along the beautiful Missouri River on the non-sanctioned "scenic walk."



Volksmarch headquarters hours: **Memorial Day to Labor Day**, Monday through Friday, 7:30 a.m.-5 p.m.; Saturdays: 8 a.m.-6 p.m.; Sundays, 10 a.m.-5 p.m. **Labor Day to Memorial Day**, Monday through Friday, 7:30 a.m.- 5 p.m.; closed Saturdays and Sundays.

For more information, stop by or call (701) 222-4308.

Pools

Open June to August:

- **Elks Aquatic Center**
Washington Street and Main Avenue, Bismarck. (701) 222-6607 or 222-6558.
- **Hillside Pool**
E. Boulevard Avenue and 19th Street, Bismarck. (701) 222-6419 or 222-6559.
- **Wachter Aquatic Center (Wave Pool)**
205 Reno Avenue, Bismarck. (701) 222-6529 or 222-6614.

Daily: general swim, 1-4:30 p.m.; evening swim, 5-8 p.m. Fees: \$2 per person/per session. Age 3 and under free.

Open year 'round:

- **Mandan Community Center**
901 Division Street NW, Mandan. (701) 667-3287.

Memorial Day to Labor Day (Monday through Friday) general swimming: 1 to 8:30 p.m. **During school year (Monday through Friday)** lap swimming: 6 to 10 a.m.; **open swimming:** 3:30 to 8:30 p.m.; Saturday and Sunday, 1 to 5 p.m. **Fees:** ages 4-10: \$2.25; ages 11-18: \$2.75; adults: \$3.25; seniors: \$2.

- **YMCA**
1608 North Washington, Bismarck. (701) 255-1525. **Open swimming:** Monday through Friday: 2:45 to 4 p.m. and 6:30 to 9 p.m.; Saturday and Sunday: 1 to 5 p.m. Fees: ages 18 and under: \$5; adults: \$7; families: \$12.

Waterslides

Open June to August:

- **Hillside Park**
East Boulevard Avenue and 19th Street, Bismarck. (701) 222-6559 or 222-6419. **Daily:** 1-8 p.m. **Fees:** 5 rides/\$3, 10 rides/\$4.50. All day/\$8.50 (prices without season ticket; fees include use of pool).
- **Raging Rivers**
Located off the Bismarck Expressway at the McKenzie Drive Exit, Mandan. (701) 663-3393.

Open year 'round:

- **Mandan Community Center**
901 Division Street NW, Mandan. (701) 667-3287. **Open swimming:** 3 Small Indoor Waterslides: Monday through Thursday: 3:30 to 8:30 p.m.; Friday 3:30 to 7:30 p.m.; Saturday and Sunday: 1 to 5 p.m. No extra fees for slides when you pay to swim. See "Pools" section for pricing.

Race track

Dacotah Speedway: Dacotah Centennial Park/ Longspur Trail, Mandan.

Open from May 11 to Aug. 24. Regular race Friday at 6:30 p.m., plus special races. For more information, call (701) 663-6843 or Don Helbling, (701) 663-9821.

