THRIVING BY DESIGN II
ACHIEVING RURAL-URBAN ECONOMIC AND COMMUNITY HEALTH

NATURE-BASED RECREATION AND TOURISM

FRAMING AND DISCOVERY PANEL PRESENTATION
NATURE-BASED RECREATION AND TOURISM

Panel Presenters

• JOHN LOEGERING – UM CROOKSTON
• HANK LUDTKE – RED RIVER BASIN COMMISSION
• DAVE BERGMAN – EXPLORE MINNESOTA TOURISM
• KIRSTEN FAGERLUND – POLK COUNTY PUBLIC HEALTH

Moderator

• JOE COURNEYA – RED RIVER BASIN COMMISSION
NATURE-BASED RECREATION AND TOURISM

LANDSCAPE AND BIOMES OF THE CROOKSTON REGION

JOHN LOEGERING

THRIVING BY DESIGN II
MINNESOTA’S LANDSCAPE AND NATURE-BASED RECREATION/TOURISM

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UNIQUE RESOURCE BASE

- Rich in Natural Resources
  - E.g., 4 major biomes in 100 miles

- Generally underutilized
Natural Resources in NW Minnesota

- 5 State Forests
- 9 State Parks and Recreation areas
- 100's WPA's
- 30 SNA's
- 100's WMA's
- 4 - NWR's (soon 5)
Trails in Northwest Minnesota

- Red River Route
- International Prairie Passage
- Otter Trail
- Waters of the Dancing Sky
- Minnesota’s Fine To Family Birding Trail

Map showing various trails and regions in Northwest Minnesota.
North American Prairie Passage

- Project Goals:
  - Celebrate the Tallgrass Prairie Biome and
  - Promote communities along the route

- Texas to Winnipeg, Manitoba
- U.S. Highway 75 in northwest Minnesota
WILDFLOWER ROUTES

NORTHLAND WILD FLOWERS
A Guide for the Minnesota Region

Source: Mn/DOT, Office of Environmental Services
RED LAKE BOG SRA

- One of Minnesota’s last Wilderness Areas
Red Lake Bog State Recreation Area
WINTER ACTIVITIES
CANOEING AND TUBING

• Red River
• Otter Tail River
• Red Lake River
FISHING!
HUNTING
WILDLIFE RESOURCES
STATEWIDE IMPACTS

2011 NATIONAL SURVEY OF FISHING, HUNTING, AND WILDLIFE-RELATED RECREATION

• Minnesota participates!
  – Fishing - 32% of population
    • 2nd in US behind Alaska @ 41%
  – Hunting - 12% of population
    • ~12th in the US)
  – Wildlife Watching - 36% of residents
    • ~15th in the US
NONGAME OR WATCHABLE WILDLIFE

- Increasing prominence in conservation
- USFWS surveys (2011)
  - 71.8 million wildlife watchers spent $54.9 billion
  - 13.7 million hunters spent $33.7 billion
  - 33.1 million anglers spent $41.8 billion
SUMMARY

• We have unique landscapes (biologically)
• We have many ownerships dedicated to conservation, recreation, and tourism.
• Several recreation opportunities exist; many are economically viable.

By Kalev Vask
CHALLENGES

• Distance from population center (also a asset)

• Quiet, wide-open spaces = piece & tranquility
  – And limited cell phone coverage
  – And 1st time user anxiety
    • what, where, when, who, how
  – And service hours less than most urbanites expect
NATURE-BASED RECREATION AND TOURISM

WATER & WATER-BASED RECREATION

HANK LUDTKE

THRIVING BY DESIGN II
NATURE BASED RECREATION IN NORTHEASTERN MINNESOTA
SOME OF WHAT WE NOW CONSIDER RECREATIONAL ACTIVITIES PREVIOUSLY WERE A MATTER OF SURVIVAL
PREDATOR OR PREY?
FISHING HAS LOST IT'S DRUDGERY
SAILING IN SOME CASES HAS BECOME A
SOLO SPORT
BIRD WATCHING HAS ADVANCED
CANOEING FOR FUN
HIKING COMES OF AGE
TODAY WE HAVE MORE RECREATION VENUES, AS YOU CAN SEE BUT ALONG WITH THAT COMES MORE OPPORTUNITIES AND CHALLENGES.
CHALLENGES
FLOOD
ACCESS

PRIVATE PROPERTY
NO TRESPASSING

DO NOT ENTER
SIGNAGE

• DIRECTION NEEDED
OPPORTUNITIES
We have state water trails and one runs right through Crookston!
WE CONTINUE TO WORK ON MORE MULTI-USE TRAILS
DEVELOPMENT OF NATIONAL HIKING TRAIL
NEW TYPES OF RECREATION
GEOCACHING

AND WAYS TO ACCESS
FUNDING OPPORTUNITIES AND PARTNERS

- LCCMR
- Bonding
- Federal funding
- Local Match
- Private Organizations

- DNR
- NPS
- MnDOT
- Civic Organizations
- Citizen Involvement
AIS ISSUES

AND THE FUTURE
OF RECREATION
How do we adapt?

How do we get more public buy in?

How do we plead our case?

To Government?

To the Public?
# REFERENCES

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NATURE-BASED RECREATION AND TOURISM

USER/TOURIST ASPECTS OF NATURE-BASED RECREATION

DAVE BERGMAN

THRIVING BY DESIGN II
“YOUR SACRED SPACE IS WHERE YOU CAN FIND YOURSELF AGAIN AND AGAIN.”

JOSEPH CAMPBELL
NATURAL BASED RECREATION IN MINNESOTA

TOURISM IN THE REGION: CEREAL BOXES
### Nature Based Recreation in Minnesota

**Activities:**

**Davidson Peterson**
NATURE BASED RECREATION IN MINNESOTA

WHAT IT WAS:
• HUNTING
• SNOWMOBILING (BIRTHPLACE)
• FISHING
**Nature Based Recreation in Minnesota**

**What It Is:**

- **Trails/Snowmobiling, ATV, Biking**
- **Renewal of the I-500 Snowmobile Friendly Community Program ATV Scramble Park**
- **Hunting - Goosefest Initiatives**
- **Birding - Pine to Prairie, Aspen Parkland Birding Trail**
- **Fishing Lake of the Woods – Thief River Falls**
- **Rivers - Kayaking, Canoeing**
- **Water Trails Summit September 29 & 30 St. Cloud**
NATURE BASED RECREATION IN MINNESOTA

ISSUES IN PROMOTION:

• FUNDING - SMALL TOWN – RURAL LIMITED RESOURCES
• UNDERSTANDING THE VALUE OF TOURISM - REALISTIC APPROACH
• MAKING THE PIE BIGGER
• COMBINE, COOPERATE OR CO-EXIST
NATURE BASED RECREATION IN MINNESOTA

ISSUES IN PARTICIPATION:

- NEED TO GENERATE GREATER AND BROADER COMMUNITY INVOLVEMENT
- DEVELOP SUSTAINED INITIATIVES
  - RED LAKE RIVER EFFORT
- INVESTMENT IN INFRASTRUCTURE
  - ELK PROMOTION
  - BIRDING
  - ONCE THEY ARE HERE
CONCLUSIONS
NATURE-BASED RECREATION AND TOURISM

HUMAN & PUBLIC HEALTH ASPECTS OF NATURE-BASED RECREATION

KIRSTEN FAGERLUND

THRIVING BY DESIGN II
WHAT MAKES A COMMUNITY HEALTHY OR UNHEALTHY?

KIRSTEN FAGERLUND, RN, PHN
POLK COUNTY PUBLIC HEALTH
How SHIP Works

The SHIP Model: Improving Health by Increasing Opportunities for Healthy Choices

Increased opportunities for physical activity, nutritious food, and tobacco-free living... means more people get physical activity, better nutrition, and less tobacco exposure... leading to improved health... lowering health care costs, and improving quality of life.
**Health Equity:**

- When every person has the opportunity to realize their health potential — the highest level of health possible for that person — without limits imposed by structural inequities.

- Health equity means achieving the conditions in which all people have the opportunity to attain their highest possible level of health.
“If you build it, they will come...”
“If you educate them, they will learn”
...No’’
COMMUNITY ENGAGEMENT

COMMUNITY PARTICIPATORY DESIGN
...allows multiple voices to be heard and involved in the design, resulting in outcomes which suite a wider range of users.

As planning affects everyone...‘those whose livelihoods, environments and lives are at stake should be involved in the decisions...’

(Sarkissian and Perglut, 1986, p. 3)
...be the Hub
Engage WITH the Community
...not just the mind, but the heart
Health In All Policies

• **Health is created by much more than just good medical care.** Optimal health for everyone requires excellent schools, economic opportunities, environmental quality, secure housing, good transportation, safe neighborhoods, and much more.

• **Health in all policies** emphasizes the need to collaborate across sectors to achieve common health goals, and is an innovative approach to the processes through which policies are created and implemented.
“Can we be done PLEASE !!!”
PARK RULES

MAKE STUFF HAPPEN

TOUCH ANYTHING

MAKE NOISE

AROUND

MAKE FRIENDS

DISCOVER

DIRT

DON'T

HURT

SUN

SAFE