SALAAN, DEEGAANKA DABIICIGA AH

Hagahaaga madadaalada bannaanka dibada ee Bloomington, Edina, iyo Richfield

Waxaa daabacay Bloomington Public Health
Dayrta, 2025

Akhristaha sharafta leh

Sahamin ayaa kugu sugaysa - halkan Bloomington, Edina, iyo Richfield! Inaad dibadda u baxdo waa hab fiican oo lagu caawiyo jirkaaga iyo maskaxdaadu inay dareemaan fayo-qab . Nagu soo biir anaga oo sahaminayna jardiinooyinka maxalliga ah oo aan jimicsi samayno inta aanu howshaas ku jirno!

Waxaa jira jardiinooyin badan oo cajiib ah oo aad sahamin karto, way adkaan kartaa in aad taqaano meel aad ka bilowdo. Taasi waa sababta aanu u samaynay hagahan! Waxaanu soo marnay sahamin aan ku tagnay dhammaan saddexda magaalo si aan kuugu keeno 9 fikradood oo madadaalo leh si ay kaaga caawiyaan inaad dareento kalsooni iyo inaad ku faraxsan tahay inaad tagto.

Waxaad heli doontaa siyaabo aad ku dhaq-dhaqaaqdo, u ciyaarto, oo aad ugu raaxaysato deegaanka dabiiciga ah. Miyaad dareemaysaa dhiirigelin? Samee sahamin adiga kuu gaar ah adigoo isticmaalaya jardiinada nasashada iyo agabka aan ku wadaagnay "City Adventure Sampler" ("Tusaalaha Sahaminta Magaalada") ee ku yaalla gadaasha hagahan!

Haddi ay tahay sahamin aad keligaa samaynayo ama aad la socoto saaxiib, waa fikrad wanaagsan inaad la tashato dhakhtar caafimaad kahor inta aanad wax cusub u bilaabin jirkaaga.

Waxaanu sugi kari la'nahay inaan kugu aragno bulshada dhexdeeda!

Caafimaadka Dadweynaha Bloomington,
oo u adeegaysa Bloomington, Edina, Richfield

Hadafka: In ay kala shaqeeyaan bulshada hormarinta, ilaalinta iyo kor u qaadista caafimaadka cid walba.

Aragtida: Una comunidad sana, empoderada por nuestro apoyo y nuestros servicios locales.

Magaalada Bloomington ma takoorto ama uguma diiddo nacfiyada adeegyadeeda, barnaamijyadeeda, ama waxqabadyada qofkii u qalma naafonimo darteed. Si aad u codsato u fududayn macquul ah, aad u wayddiisato macluumaad dheeraad ah, ama si aad u xarayso cabasho, la xiriir Qaybta Wacyigelinta iyo Ka qaybgalinta Bulshada, ee Magaalada Bloomington, 1800 W. Old Shakopee Rd, Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711.

Sida loo isticmaalo hagahan

Waxaan kuu samaynay hagahan, sababtoo ah waxaanu rabnay inaan kaaga dhigno inaad dibadda u baxdo oo aad u dhaqaaqdo sida ugu fudud ee suurtogalka ah! Bogagga soo socda, waxaad ka heli doontaa:

Talooyin ku saabsan sababta iyo sida dibada loogu baxo, oo wadata qoraallo ku saabsan faa'iidooyinka caafimaad ee hawlaha dibadda iyo u jimicsiga si badbaado leh .... bogagga 3–5

Sagaal sahamin ah oo lagu taliyey, oo ay la socdaan xoogaa talooyin ah oo ku saabsan siyaabo kala duwan oo aad jirkaaga u jimicsiin karto iyo siyaabo aad diiradda u saarto maskaxdaada! Waxaan u qaybinay hawlaha noocyo ahaan waxaad heli doontaa:

Saddex sahaminta **lugayn** ah .... bogagga 6–11

Saddex sahaminta **baaskiil wadasho** ah .... bogagga 12–17

Saddex sahaminta **biyaha** ah .... bogagga 18–23

Tusaalaha Sahaminta Magaalada ("City Adventure Sampler,") oo wata macluumaad ku saabsan dhammaan noocyada khayraadka iyo goobaha ku yaalla Bloomington, Edina, iyo Richfield. Haddii aad raadinayso tilmaam degdeg ah oo ku saabsan goobta biyo batalaqsiga, suuqa beeralayda, ama kooxda horyaal aad ku biirto, halkani waa meei adiga kugu habboon .... bogagga 25-28

Waxaan rajeyneynaa inaad isticmaali doonto hagahan-isku day dhammaan sahaminta! Anaga lafteena waanu tijaabinay, waana ku raaxaysanay dhamaantood!

Dhaqdhaqaaqao

Inaad firfifcooni dibada ah sameyso waxay u fiican tahay jirkaaga iyo maskaxdaada labadaba! U jimicsiinta jirkaaga si joogto ah ayaa waxay kaa caawin kartaa **ka hortaga ama maaraynta waxyaabaha sida wadne xanuunka, dhiig karka, iyo macaanka. Waxa kale oo ay kor u qaadi kartaa shucuurta niyaddaada, waxay kaa caawin kartaa inaad si fiican u dhaqdhaqaaqdo,** iyo xitaa **waxay ka dhigi kartaa habka difaaca jirkaaga mid xooggan**!

Ka hor inta aynaan u gudbin sahaminta, waxaanu rabnay inaanu idinla wadaagno wax yar oo ku saabsan faa'iidooyinka jimicsiinta jirkeena.

U isticmaal hagahan sida kugu habboon adiga! Ma doonaysaa inaad soo lugayso? Waa si wanaagsan — sii wad lugaynta! Ma rabtaa inaad sii adkayso caqabad? Isku day orodka! Ma jeclid miyaa inaad qoydo? Halkii aad dhexgeli lahayd harada, isku day inaad fadhiiso biyaha agtooda oo aad ku raaxaysato wakhti xasilloon.

Sida ay tahay sahamin kasta oo wanaagsani, waxa ugu muhiimsani waa inaad hesho madadalo!

Waxyaabo ay muhiim tahay in la tixgeliyo

Dhegayso jirkaaga

Waa lagama maarmaan inaad si tartiib ah u bilowdo oo aad si tartiib tartiib ah u kordhiso xooga iyo muddada dhaqdhaqaaqaaga. Xasuusnoow inay caadi tahay inaad si tartiib tartiib u bilowdo - gaar ahaan haddii aadan si joogto ah dhaqdhaaq u samaynin.

La tasho dhakhtarkaaga

Haddii aad leedahay xaalado caafimaad ama aanad jimicsi samaynin in muddo ah, la hadal daryeel bixiyaha caafimaadka kahor intaadan bilaabin barnaamij jimicsi cusub.

Diyaarso qalabka

Hubi inaad haysato kabo raaxo leh iyo dhar ku habboon cimilada. Hawlaha qaarkood waxaa laga yaabaa inay u baahdaan qalab kale oo badbaado ah sida koofiyadda baaskiilka ama jaakada dabaasha.

Isku dhex dardar

Isku day dhaqdhaqaaqyo iyo dariiqyo kala duwan si aad jadwalkaaga joogtada ah uga dhigto mid xiiso iyo soo jiidasho leh. Marka ay sii badato madadaalada aad ku raaxaysanayo, waxaa kuu sii fududaata dhaqdhaqaaqa!

Muxuu deegaanka dabiiciga ah muihiim u yahay?

Tegitaanka deegaanka dabiiciga ah ayaa lama huraan u ah **farxadeena, caafimaadkeena**, iyo fayo-qabkeena. Joogitaanka dibadda iyo la kulanka deegaanka dabiiciga ah ayaa waxay **wanaajin kartaa fayoobida maskaxda iyo jirka.**

Maxaa kale oo aadan ogayn? Deegaanka dabiiciga ahi wuu kaaga dhow sidaad moodayso! Halkan waxaa ku yaalla jardiinooyinka nasashada oo badan oo aad ka jimicsiin karto jirkaaga oo aad kula macaamili karto dibada.

Marka ay dadku ku jimicsadaan dibadda, waxay sidaas jimicsigaas sameeyaan wakhti dheer iyo waxayna u jimicsadaan si ka xoog badan marka loo eego jimicsiga jiimka ama guriga. Dhaqdhaqaaqa bannaanka ahi waxay dadka ka caawin kartaa inay gaaraan yoolalkooda jimicsiga. Xataa 5 daqiiqo oo kaliya oo aad ku soo lugayso deegaankadabiiciga ah ayaa waxay wanaajin kartaa niyadda, isku kalsoonida, iyo nasashada. La falgalka meelaha cagaaran ayaa waxay kordhisaa isdhexgalka bulshada, taas oo ka hortagi karta cudurrada cudurka ku dhaca xasuusta.

Ma hubtid miyaa? Nagu soo biir sahaminteena oo adiguna nala soo arag!

Maxay muhiim u tahay inaad lugayso?

Lugayntu waa hab fiican oo loogu soo wareego xaafadaada, la booqdo asxaabta ama qoyska, oo aad isla markaana ka helayso caafimaad qab! **Waxaan isticmaalnaa ereyga "lugayn/socosho" oo aan ku soo darayno ku socoshada dhammaan noocyada qalabka socodka, sida kursiga curyaanka, bakooradda, ama qalabka la cuskado.** Waxaad lugayn kartaa masaafo dheer ama gaaban, oo, adiga oo wata dhar ku habboon iyo biyo, waad lugayn kartaa dhammaan noocyada cimilada.

Dadka intooda badan, lugayntu uma baahna wax qalab ah oo aan ahayn jirkooda! Lugayntu waxay noqon karaa mid fudud ama waad sii adkayn kartaa sidaad rabto. Sidoo kale waa hab fiican oo lagu galo deegaanka dabiiciga ah oo aan ku baran karno agagaarkeena. **Waxaad socon kartaa keligaa oo aad tirin kartaa tirada shimbiraha aad aragto, waxaad la kulmi kartaa saaxiib oo aad sheekeysan kartaa, ama waxaad eegi kartaa sida ugu dhakhsaha badan ee aad u dhammaystiri karto ku soo wareega.**

Maxay muhiim u tahay inaad baaskiil wadato?

Baaskiil wadashada ama baaskiil kaxaynta waxaa la isticmaalayaa aalad leh laba shaag (ama mararka qaarkood saddex shaag!) oo uu dhaqaajinayo xooga awooda bini'aadamku, sida caadiga ah isticmaalaya beedalka cagaha lagu wadayo. Sida dhirta oo kale, baaskiiladu waxay ku yimaadaan qaabab iyo cabbiro kala duwan. Baaskiilku wuxuu noqon karaa mid xiiso leh haddii aad rabto inaad ka tagto meel A oo aad tagto meel B - ama haddii aad jeceshahay hawo nadiifta ah inay ku dhacdo wajigaaga marka aad jimicsi samaynayso. **Baaskiilku wuxuu ku siinayaa jimicsiga wadnaha iyo xididadiisa (wadnaha), wuxuu xoojiyaa murqaha, waana jimicsi saamayn hoose leh, kaasoo u sahlaya xubnahaaga!**

Talooyin ku saabsan baaskiil wadasho wanaagsan

Ahow qof ujeedadiisa socodka la saadaalin karo
U safar si toosan oo la saadaalin karo, ha ahaato marka aad ku socoto waddo ama jidadka. Markasta fiiri gadaashaada kahor inta aadan bedelanin haadka jidka ama wadada.

Ha Xanibin Waddada
Markaad koox la socoto, iska ilaali inaad isticmaasho wax ka badan kala badh jidka.

Dhsnka midig ku soco
Badbaadada darteed, ku soco dhanka midig ee wadada, marka laga reebo markaad dhaafayso qof kale oo waddada adeegsanaya.

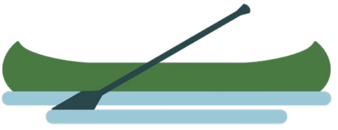
Dhanka Bidixda ka Baas
Ka baas dadka kale ee u socda jihadaada dhanka bidix. Gaadiidka xawaaraha badan ku socdaa waa inay waddada siiyaan gaadiidka gaabis ah iyo kuwa ka hortooda ka soo socda.

Bixi Calaamado La Maqlayo Markaad Baasayso
Adeegso digniin sida…"BIDIXDAAN KAA BAASAYAA." Digniin cad ku bixi cod ahaan, gambaleel ama hoonka.

Xiro Koofiyad
Dadka wadanaya baaskiilka, skater-ka iyo skateboard ku waa inay had iyo jeer xirtaan koofiyad si habboon loo leekaysiiyey.

Joogso Macnaheedu waa Joogso
Raac calaamadaha joogsiga iyo sharciyada kale ee waddooyinka.

Maxay biyuhu muhiim u yihiin?



Jimicsiga biyaha dhexdiisa ama agtoodu waxay kor u qaadi kartaa saamaynta caafimaad ee wanaagsan ee jimicsigaaga. **Dabbaasha madadaalada waxay ku siin karaan jimicsi saamayn hoose leh** kaas oo kor u qaada garaaca wadnahaaga laakiin ka qaadaya qayb ka mid ah cadaadiska jirkaaga.

Qofku maaha inuu qoyo si uu uga faa'iidaysto biyaha. Xataa joogitaanka biyaha agtooda ayaa ka dhigi karta dhaqdhaqaaqyada sida socodka ama baaskiilka kuwo ka sii xiiso badan. Dadka biyaha agtooda taga ayaa waxay u badantahay inay jir ahaan aad u firfircoon yihiin.

Ka agdhowaanshaha biyaha ayaa waxay la yeelan kartaa khataro suurtagal ah. Waa muhiim inaad qaado tillaabooyin aad ku ilaalinayso naftaada iyo dadka kale, gaar ahaan carruurta, biyaha agtooda. Hubso inaad raacdo xeerarka baarkaha iyo calaamadaha. Haddii aad raadinayso casharrada dabaasha ka eeg baarkaha iiyo madadaalada Bloomington, Edina iyo Richfield si aad wax badan uga ogaato oo aad isu diiwaangeliso!

Socodka Bloomington

Bryant Park

SOCOD

Ma doonaysaa inaad booqato jardiinooyinka magaalada oo dhawaan la cusboonaysiiyay oo loo fududeeyey naafada oo leh dariiqyo socod oo laami ah, garoon caruurtu ku ciyaaro, iyo fursado badan oo ciyaaraha ah? Ku tag Bryant Park, halkaas oo socod gaaban oo degdeg ah uu ku daynayo laba balli oo leh jasiirado alwaax ah, garoonka skate-ka, garoonka teniska iyo kubbadda koleyga, garoonka cricket, iyo wax ka badan! Iyadoo si cusub loo cusboonaysiiyay 2025, jardiinada ayaa ah meel aad u wanaagsan oo socod lagu maro, oo leh dariiqyo leexleexda oo ku yaalla gudaha iyo hareeraha jardiinada.

FIIRI

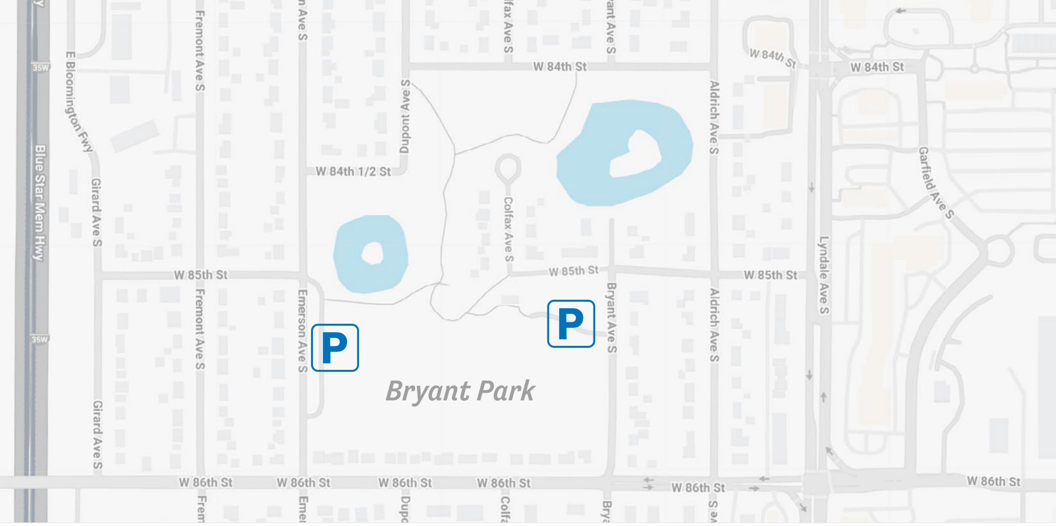
Dhagxaan jaranjaro ah oo ku geyn doona durdurka u dhexeeya labada balli. Cirifka waqooyi ee jardiinadu waa dhul qoyan oo dib loo soo celiyay, halkaasoo biyaha qulqulaya ee ka yimaada 372 acres ee Bloomington ay ku ururaan oo ay ka shaandheeyaan wasakhda inta ay u sii socdaan Nine Mile Creek. Haddii aad jeclaan lahayd inaad u dhawaato biyaha, waddada dhagxaanta jaranjarada ah ee jardiinada ayaa waxay ku siinaysaa hab xiiso leh oo aad ku soo sahamiso iyadoo ay cagahaagu engegan yahay.

JIR CAAFIMAAD QABA

Laga soo bilaabo goobta baarkinka iyo hoyga dhismaha jardiinada, raac wadada iyada oo ay midigta kaa xigto goobta ciyaarta caruurtu, kadibna uu bidixda kaa xigo skate park-gu. Waxaad dooran kartaa wadooyin kala duwan si aad jardiinada ugu soo wareegto 30-daqiiqo, raac waddada leexleexanaysa oo qaybo hadh leh ee u dhow labada balli ee yar yar ee jardiinada, kadibna did u qaado waddada la lugeeyo ee qaadaysa cirifyada jardiinada ee marta Aldrich St. iyo 84th St. Ama soo qaado kubbadda kolayga, raket tennis, qalabka hokey-ga, ama skateboard si aad uga faaiidaysato adeegyada kale ee jardiinada.

MASKAX CAAFIMAAD QABTA

Daraasado badan ayaa muujiyay in ku xirnaata bey'ada dabiiciga ah ay faa'iido weyn u tahay niyaddaada iyo shaqada maskaxdaada. Hal jid oo aad ku sii dheerayn karto xiriirkaaga aad la leedahay bey'ada ayaa ah inaad barato qaar ka mid ah dhirta deegaanka magac ahaan. Isku day inaad soo dejiso abka geedaha, shimbiraha, ama aqoonsiga xayawaanka (waxaanu jecelnahay iNaturalist, kaas oo sameeya seddexdaba, oo raadraaca xogta daraasadaha kala duwanaanta noolaha!) oo la soo bax taleefoonkaaga marka aad joogto dhulka qoyan ee la soo deegaan celiyay ee Bryant Park. Isku day inaad soo doorato caws, geedo, ama shimbiro kala duwan si aad u aqoonsato mar kasta oo aad timaado jardiinada kadibna isha ku hay dhirta iyo xayawaanka la midka ah oo jooga meelaha kale ee aad dhex marto!



Xaqiiqooyin deg deg ah/muhimad leh

Gelidda jidka
Dhawr waddo oo ah kuwa Bryant Park ayaa toos u aada waddooyinka deriska ah, ama dhig gaariga mid ka mid ah labada baarkin ee jardiinada.

Wakhtiga
Jidka dhan ee jardiinada/wareega lugta ah waa ilaa 30 daqiiqo, ama socod gaaban qaado.

Goobaha adeegsiga
Musqulaha, baarkinka wadada ka baxsan, hoyga jardiinada oo leh meel gudaha iyo hadh leh, garoonka baseball/ garoonka softball, garoon caruurtu ku ciyaarto, garoonka cricket, barxadda kubbadda koleyga, garoonka hockey/orodka eyga, garoonka skate park, aagga marada leexada hammock-ga.

Ciyaarta
Dib u qaabaynta Bryant Park waxaa ka mid ah sameynta garoonka ciyaarta ilmaha oo ah kii ugu horreeyay ee si buuxda loogu wada dhan yahay ee Bloomington ku yaalla, oo loo qaabeeyey iyada oo maskaxda lagu hayo awoodaha kala duwan iyadoo lala tashanayo dadka deegaanka iyo khubarada xagga jirka, maskaxda, iyo naafonimada dareenka. Carruurta da'da yara weyn (iyo dadka qaangaadhka ah), waxaa sidoo kale loo hayaa garoonka skatepark oo la dhisay iyadoo maskaxda lagu hayo dadka heerka bilawga ah, garoonka baseball/ garoonka softball, garoonka cricket, barxadda kubbadda koleyga, garoonka hockey/orodka eyga.

U fududaynta
Baarkin loo fududeeyey ku soo gelitaanka gaariga dadka curyaanka ah, dariiq lugayntu waa laami (waxay u fududaynayaan gaarisga la isku riixo iyo bakoorada socoda), garoon caruurtu ku ciyaarto oo si buuxda naafada loogu fududeeyey iyo dhismaha hoyga ee jardiinada.

Baarkinka
Bryant Park waxay leedahay baarkin gaariga la dhigto oo la adeegsan karo oo ku yaalla Bryant Ave. inta u dhaxaysa 85th iyo 86th St., ama baarkin ka yar oo ku yaalla geeska Emerson Ave. iyo 84 ½ St.

Su'aalo?
Ka fiiri bogga Bryant Park hadba wixii soo kordha.

Socodka Edina

Bredesen Park

SOCOD

Ma waxaad raadinaysaa meel geedo ah oo degan oo leh jid samaysan oo kala duwan oo aad ku socodo ama baaskiil ku wadato? Fiiri saddexda jid ee isku xiriirsan ee ku wareegaya hareeraha harooyinka yaryar ee Bredesen Park. Waxaad haysataa kala doorashada waddo dabiici ah oo aan laami ahayn, waddo socod laami ah, ama waddo baaskiil oo qayb ahaan laami ah oo aad ku dhex mari karto geedaha jardiinada iyo dhulka qoyan, adigoo helaya isu dheelitirka qorraxda iyo hadhka.

FIIRI

Indhaha ku hay calaamadaha aqoonsiga ee ku xardhan geedka, kuwaas oo muujinaya qaababka caleenta ee dhowr geedo deegaanka asali u ah oo kala duwan. Tani sidoo kale waa meel fiican oo loogu talagalay daawashada shimbiraha, gaar ahaan meesha u dhow guryaha shimbiraha alwaaxyada ah ee ku yaalla hareeraha meela la lugeeyo. Maalin xagaaga ku lugaynta Bredesen Park, waxaa laga yaabaa inaad filato inaad aragto bluejays, woodpeckers, shimbiraha red-winged blackbirds, iyo kuwo badan.

JIR CAAFIMAAD QABA

Jardiinadu waxay ku siinaysaa fursad aad ku socoto xawaare adiga kuu gaar ah waxaa laga yaabaa inaad doorato inaad si raaxaysi leh ugu lugayso waddada dabiiciga ah, taas oo u dhow agagaarka harada ay ka buuxaan boolada yaryar ee beerta iyo diin-biyoodku. Jidkaasi wuxuu bixiyaa kuraasta jardiinooyin oo meel hoos/hadh leh ku yaalla oo badan oo ku teedsan jidka iyo meel inyar waddada ka yara baxsan. Haddii tahay qo ay ku haboonyihiin socod yara xawaare dheer ama orodku, waxaa jira jid isku soo wareeg ah laba-mayl oo laami lagu lugeeyo ah. Ama, haddii aad doorbidayso inaad jidkan ku marto baaskiil, waxaad ku dhex duuli kartaa geedka hoostooda jidka ku yaalla.

MASKAX CAAFIMAAD QABTA

Bredesen Park waa meesha ugu fiican ee loo tago dhexgalka kaynta! Shinrin-yoku waa dhaqan ay l eeyihiin Japan oo ku salaysan niyad furashada kaynta. Haddii si joogto ah loogu celceliyo, daraasaduhu waxay soo jeedinayaan in meedhiteeshanka lagu sameeyo kaynta dhexdeeda ama xitaa wakhti ku qaadashada geedaha dhexdoodu ay hagaajin karto niyaddaada, xusuusta shaqaynaysa, iyo kala shaqaynta garaaca wadnaha. Isku day inaad samayso niyad furashada medhiteeshanka kaynta: fadhiiso oo u fiirso neefsashadaada. Haddii ay wax kaa mashquuliyaan neefsashadaada xasiloon, si fudud uun u dareen mashquulintaas adiga oo aan la yaabanynin, kadibna dareenkaaga u soo celi neefsashadaada. Xitaa shan ama toban daqiiqo oo meedhiteeshanka noocan oo kale ah, oo si joogto ah loo sameeyo, ayaa keeni kara isbeddel!

Xaqiiqooyin deg deg ah/muhimad leh

Gelidda jidka

Gaariga dhigo baarkinka ku yaalla Olinger Boulevard oo u bax dhanka waddada dabiiciga ah, jidka socodka, ama jidka baaskiilka waxaad arki doontaa calaamadaha saddexdaba. Jidka socodka dhererkiisu 2 mayl waana laami, dariid dabeeci ah oo ka yara gaaban oo aan laami ahayn.

Wakhtiga

Jidka Dabiiciga ah (waaa wax yar laba mayl) waxay qaadataa ilaa todobaatan daqiiqo oo tallaabo socod joogto ah, taas oo kuu ogolaanaysa wakhti aad ku daawato shimbiraha oo aad ku nasato mid ka mid ah kuraasta dariiqa.

Goobaha adeegsiga

Musqulaha iyo ilaha biyaha ayaa u dhow goobta baabuurta la dhigto.

Madadaalo jiilaalka

musquluhu waxay furan yihiin sanadka oo dhan.

U fududaynta

Dariiq lugayntu waa laami (waxay u fududaynayaan gaarisga la isku riixo iyo bakoorada socoda).

Baarkinka

Meel weyn oo ka baxsan waddada.

Su’aalo?

Websaydka Edina Park Finder ka hel Bredesen Park iyo khariidadda waddada.

Socodka Richfield

Veterans Park

SOCOD

Miyaad raadinaysaa tamashle dibadda ah oo aan keliya ahayn waddooyin socod iyo wax soo arkitaan, laakiin sidoo kale leh nashaadaadyo kaladuwan oo dibadda ah? Soo fiiri Jardiinada Veterans Park, halkaas oo aad kusoo lugayn karto wareega harada, u kaxee carruurtaada goobta ciyaarta caruurta, ku cuyaar golf-ka yar, ka dukaameyso Suuqa Beeraleyda subaxda Sabtida, ka kalluumayso meesha kalluumaiga, oo ka soo qaado cunto fudud goobta cuntada fudud -dhammaanoo isu wada jira dhowr daqiiqo.

FIIRI

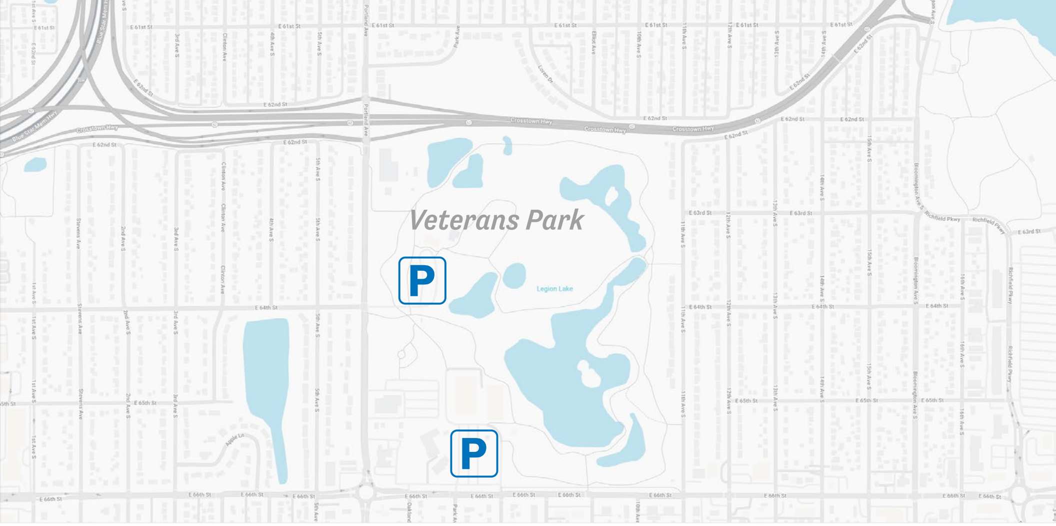
Isha ku hay biyo-dhaca jardiinada! (Tilmaan: waxay korraysaa goobta golf-ka yar!)

JIR CAAFIMAAD QABA

Lugee jidka harada ee 1.4-mile ah, kaas oo ku dhex marinaya dhulka qoyan. Haddii aad timaado jardiinada Axadaha Maajo-Oktoobar, waxaad isku dari kartaa jimicsigaaga dibadda ah iyo wax ka iibso Suuqa Beeralayda ee Richfield, kaas oo loogu qabto jardiinada! Ka soo qaado khudaar iyo cunto fudud ama qado caafimaad leh oo aaggan lagu diyaariyey, ama soo qaado qaxwo baraf leh si aad ugu raaxaysato socodkaaga! Ama, madadaalada xilliga qaboobaha sanadka oo dhan, ka hel fasalada hokey iyo skate oo lagu qabto Richfield Ice Arena, kaas oo sidoo kale leh Jidka Lugaynta ee Jiilaalka si aad ugu baxdo cimilada.

MASKAX CAAFIMAAD QABTA

Weligaa ma isku dayday inaad samayso medhiteeshan adiga oo lugaynalay? Halkan waxaa kujira dhawr weedhood oo gaaban si aad u beddelato socodkaagu inuu kuu noqdo medhiteeshan. Adiga oo ku soconaya xawaaraha caadiga ah, ama xoogaa ka gaabinaya sida caadiga ah, u fiirso dareenka cagahaaga ee dhulka dushiisa saaran. Haddii ay ku caawiso inaad haysato wax aad diirada saarto, tiri tilaabooyinkaaga, macalimiinta meedhiteeshanku waxay inta badan ku talinayaan in la tiriyo ilaa 10, ka dibna aad dib uga soo bilowdo 1. Marka aad diiradda saarto cagahaaga ku soconaya waddada in muddo ah, u wareeji dareenkaaga dareenadaada, diiradda saara hal dareen markiiba: maqalka, urta, aragga, taabashada. Kadib markaad xoogaa socoto adigoo diirada saaraya dareen kasta, ku soo celi dareenkaaga dareenka cagahaaga dhulka dushiisa.



Xaqiiqooyin deg deg ah/muhimad leh

Gelidda jidka
Jidka Lugayntu waa 1.4 mayl isku soo laabta, waana la heli karaa dhammaan cidkasta; Waxaadna sidoo kale ka bixi kartaa waddooyinka kale oo dhowr. Goobta baarkinka waxaa ku yaalla khariidad meesha ku rakiban oo ay ku jiraan wadooyinka iyo meelaha soo jiidashada leh.

Wakhtiga
Qiyaastii hal saac oo socod heer gaabis ah, oo lagu daray wakhtiga hawlaha kale ee jardiinada.

Goobaha adeegsiga
Musqulaha ee goobaha cuntada fudud, garoonada ciyaarta caruurta, garoonka kubbadda volleyball ee carada, beerta bulshada, dhismaha bikniga oo miisas leh, bandshell, golf yar iyo baaskiil kiraysi ah, barkad dabaasha, garoon barafka.

Ciyaarta
Meesha ciyaartu waxay leedahay qaab dhismeed xadhig lagu fuulo iyo sibiibixato, leexooyin waaweyn, darbiga carruurtu ay fuulaan, iyo wax ka badan! Waxa kale oo aad booqan kartaa dhismaha barkadda bannaanka, oo leh leexada siibashada, oo leh meesha laga gelayo oo aan dherer lahayn, jaranjarada barkada biyaha, iyo jidadka lagu wareegaysanayo.

U fududaynta
Baarkin loo fududeeyey ku soo gelitaanka gaariga curyaanka, dariiq lugayntu waa laami (waxay u fududaynayaan gaarisga la isku riixo iyo bakoorada socoda), 10 god oo koorsada golf-ka yar ah ayaa loo heli kara dadka dhaqdhaqaaqoodu xaddidan.

Baarkinka
Meelo badan oo ku yaalla dhinaca galbeed ee jardiinada (Portland Ave. iyo 64aad St.) ama dhanka koonfureed (66aad St.). Si aad u gasho jidka lugaynta, garoon ciyaarta caruurta, iyo golfka yar, ka soo gal jardiinadaPortland Avenue. Goobta barkada iyo garoonka barafka, ka soo gal 66th St.

Su’aalo?
Ka fiiri bogga Veterans Park wixii ku cusubbogga saacadaha, xaaladaha, iyo kiraynta qalabka.

Baaskiilka Bloomington

Waddada Hyland Park Trails

BAASKIIL

Ma doonaysaa in aad baaskiil ku wadado kaynta iyo dhulka cawska, oo aad ku dhex marto kor iyo hoosba haaro, harooyinka dhinacooda, iyo meelaha la lugeeyo oo leh dhul qoyan? Soo fiiri Hyland Park 8.6 mayl oo waddada baaskiilka oo isku soo wareeg ah. Si siman loo laamiyeeyey oo loo qaabeeyey si aad si fudud ula mari karto laba ilaa saddex wareeg oo baaskiil ah subaxdii, jiddadka Hyland Park waxay ku xirmaan jidadka weyn ee Hyland Trail, oo ku geynaya koonfurta ilaa Webiga Minnesota ee garab qaadaya Jidka Bush Lake Road, iyo woqooyi ilaa Tierney's Woods iyo Bush Lake.

FIIRI

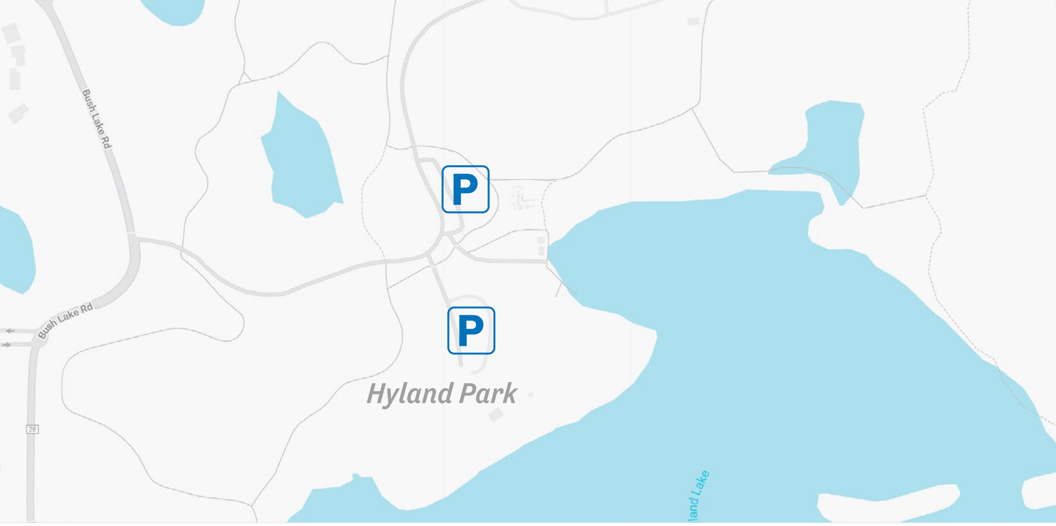
Ku istaag Richardson Nature Centre si aad u booqato galaydhka ku jira gudaha deegaankooda dibadda dhismaha-dibada ah. Waxa kale oo aad la kulmi kartaa xamaaratada degan Richardson iyo xayawaanada oo ka fiiri shinnida firfircoon daaqadaha dabaqa labaad.

JIR CAAFIMAAD QABA

Ma rabtaa inaad dhidid iska keento? Gaariga dhigo dhinaca ugu koonfuraysa ee ku teedsan waddada Bush Lake Road oo ku soo wareeg deegaanka dib loo soo celiyay iyo kaamka kooxda ee Sumac Knoll, ka dibna usii soco dhanka woqooyi adiga oo dhinac qaadaya mid ama in ka badan oo ah waddooyinka soo wareegaya ee galbeedka Hyland Lake, oo dhan ilaa balliga turtle basking pond oo dib ugu soo laabo waddada aadan weli baaskiil ku marin.

MASKAX CAAFIMAAD QABTA

Daraasaduhu waxay muujiyeen fiirsashada kaliya oo la fiirsado biyuhu inay kaa caawin karto hoos u dhigista garaaca wadnahaaga iyo cadaadiska dhiiggaaga iyo kordhinta dareenka nasashada. Qaado shan daqiiqo inaad fiiriso biyaha mid ka mid ah harooyinka jardiinada waxaanu kugula talinaynaa inaad ku nasato mid ka mid ah goobaha kalluumeysiga ee Bush Lake ama, maalin roob da'ayo, soo fiirso balliga yar adiga oo ka daawanaya kursi aad isku lusho daaqada dabaqa labaad ee Richardson Nature Center.



Xaqiiqooyin deg deg ah/muhimad leh

Meel u helidda baaskiilka
Waxaad ka geli kartaa jidka baaskiilka mid ka mid ah meelaha laga soo galo jardiinada iyo meelaha baabuurta la dhigto; waxaanu door bidnaa dhinaca galbeed ee jardiinada oo ku taalla wadada Bush Lake Road.

Wakhtiga
Way ku fiican tahay orodka degdega ah oo ah 1-saac ama baaskiil ku wadasho dheer oo raaxo leh.

Goobaha adeegsiga
Musqulaha ku yaalla Xarunta Visitor Center and Richardson Nature Center, waxay leedaahay meelo badan oo baabuurta la dhigto, meelaha bikniga, goobaha ay doontu ka gasho biyaha, iyo garoonka golf-ka.

Ciyaarta
Aagga Hyland Play Area, ee u dhow xarunta martida, ayaa ku guulaysatay abaal marinno naqshadaynteeda darteed, iyo dhismayaal badan oo la fuuli karo iyo siibatooyin, iyo kuraas badan oo ay waalidiintu ku sheekeystaan marka ay carruurtu ciyaarayaan.

U fududaynta
Waddooyin laami ah iyo kuwo aan laami ahayn labadaba, musqulo la adeegsan karo, kuraasta jardiinada. Xarunta Dabiiciga ee Richardson waxay leedahay xirmooyinka taageerada dareenka ah iyo shaqaale tababar ka helay Ururka Autism Society of Minnesota.

Baarkinka
Waxaa jira todoba baarkin oo baabuurta la dhigto wadar ahaan oo ku yaalla jardiinada Hyland-Bush-Anderson Lakes Park Reserve: laba waxay ku taallaa Normandale Lake, mid waxay ku taallaa Richardson Nature Centre, saddex waxay ku agtaalla Bush Lake, iyo midna waxay ku taalla harada Hyland Lake agteeda.

Su'aalo?
Ka fiiri bogga Three Rivers Park Hyland Lake Park Preserve wixii ku cusubbogga saacadaha, xaaladaha, iyo kiraynta qalabka.

Baaskiilka Edina

Waddo Sagaal Mile ah Creek Trail Regional

BAASKIIL

Ma doonaysaa in aad la kulanto dhul-qoyan oo qurxoon, dhir meel nabad ah, iyo isku xirka magaalada ee soo jiidasho leh—dhammaantood oo hal mar ah? U raac baaskiilkaaga Waddada Nine Mile Creek Regional Trail, oo ah waddo cajiib ah oo ah 15-mile ah oo dhex leexleexanaya Edina inta u dhaxaysa Bloomington iyo Hopkins. Haddi aad tahay qof si joogto u wada baaskiilka ama wata usbuuca dhamaadkiisa uun, jidkani waxa uu bixiyaa madadaalo, meel aan baabuur lahayn oo loogu raaxeeyo indhaha. Jidka Nine Mile Creek Trail xitaa waxaa barafka laga xaaqaa xilliga jiilaalka si ay u adeegsadaan dadka baaslkiilka wata xilliga cimilada qabow!

FIIRI

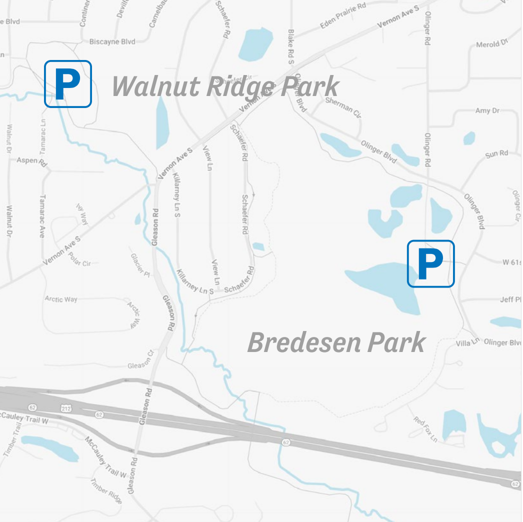
Edina dhexdeeda, waddadu waxay muujinaysaa qaar ka mid ah muuqa ugu wanaagsan, adiga oo sii dhaafaya dhul cagaar qoyan ah oo hadh leh iyo meelo kayn ah. Waddada alwaax ah ee sare ayaa waxa ay ku siinayaan socod xiiso leh oo ku dul socoto durdurka taasoo ah meesha loogu magac daray jidka. Waa qayb ka tirsan u baxsashada dabiiciga, iyo qayb tamashle magaalo ah.

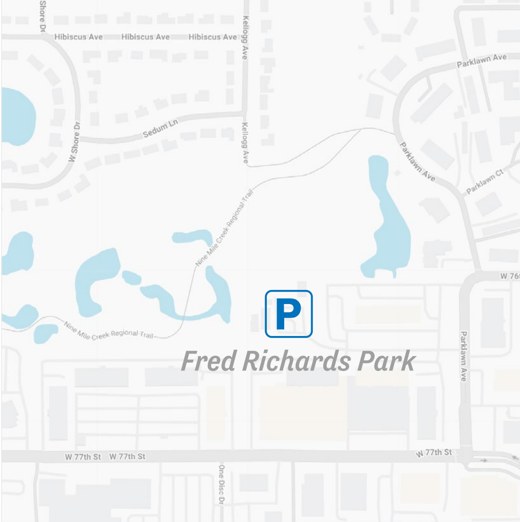
JIR CAAFIMAAD

Baaskiil wado inyar ama dhammaan jidkan oo dhan shan iyo tobanka mayl, ama xataa baaskiil wadasho dheer, ku tag mid ka mid ah saddexda waddo ee kale ee baaskiilka ee Nine Mile Creek ay ku xirantahay: Cedar Lake Regional Trail (ilaa silsiladaha harooyinka ee Uptown Minneapolis), Minnesota River Bluffs Regional Trail (illaa Chanhassen iyo Chaska), ama Nokomis-Minnesota River Regional Trail (illaa harada Nokomis ee ku taalla South Minneapolis.

MASKAX CAAFIMAAD QABTA

Baaskiil wadashadu wuxuu leedahay faa'iidooyin caafimaad maskaxeed oo kala duwan, laga bilaabo niyadda oo wanaagsanaata iyo walbahaarka oo hooseeya sababtoo ah jirka ayaa soosaarayadheecaanada endorphins inay inay maskaxdu wanaagsanaato iyo xiriir adag oo lala yeesho deegaanka dabiiciga ah. Marka aad baaskiilka wadato, diirada saar muuqa meesha aad marayso: caleemaha (ama, xilliga jiilaalka, laamaha qaawan) ee geedaha. Kadibna diirada saar dareenka hawada, qorraxda, ama roobka maqaarka wajigaaga dulsaaran. Qaado daqiiqad si aad uga mahadceliso awoodda jirkaaga si uu kuu dhex mariyo muuqaalladan quruxda badan.





Xaqiiqooyin deg deg ah/muhimad leh

Meel u helidda baaskiilka

Gaariga dhigo Walnut Ridge Park, halka ah Fred Richards Park, ama dhinaca bari ee Bredesen Park dhammaan saddexda baarkinba waxay ku siinayaan jid sahlan oo aad ka gasho waddada baaskiilka. Ogsoonow in baarkinka Bredesen Park uu ku yaallo dhanka bari ee baarkaha, halka jidku uu ku yaallo dhanka koonfureed - waxaad ka geli kartaa jidka adigoo degdeg ah u dhex mara jardiinada.

Wakhtiga

Dooro tamashlahaaga — safar gaaban ama safar maalinta oo dhan ah.

Goobaha adeegsiga

Qolalka musqulaha oo sanadka oo dhan furan oo ku yaalla Bredesen Park.

Ciyaarta

Jardiinooyin badan oo ku yaalla jidka oo aad ku hakato, ku ciyaarto, ama ku qaadataan biknig.

U fududaynta

Jid si dhamaystiran laami u ah oo ku wareegsan harooyinka, oo ay ku jiraan qaybo leh laamiyo siman.

Baarkinka

Edina dhexdeeda, baarkin ku yaallka Walnut Ridge Park ama Bredesen Park; Waxa kale oo jira laba baarkin oo ku kala yaalla Richfield iyo Hopkins; ka eeg bogga jidadka (hoos) wixii macluumaad dheeraad ah.

Dheeraad

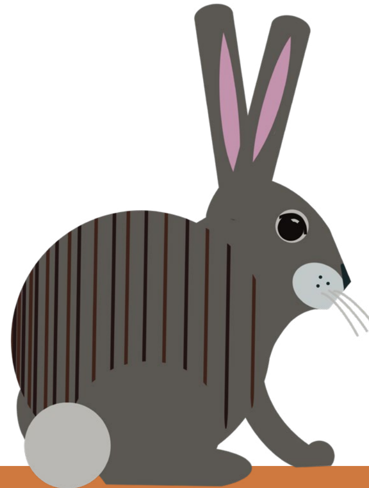
Miyaad raadinaysaa farxad dheeraad ah? Isku day waddada 8.9 mayl ee baaskiilka buurta ee Braemar Park — waxay ku habboontahay dhammaan heerarka xirfadaha!

Su'aalo?

Ka fiiri bogga Three Rivers Park Nine Mile Creek Trail wixii ku cusubbogga saacadaha, xaaladaha, iyo wixii intaas ka badan.

Baaskiil ku wadashada Richfield

Taft Bike Park



BAASKIIL

Yaa yiri dhammaan baaskiillada waxay u baahan yihiin inay ku socdaan waddo laami ah oo mayl-dheer ah? Jardiinada Baaskiil ee Taft Bike Park waa goobta aad tagi karto si aad u hesho madadaalo baaskiil wadasho - looma baahna wadasho dheer ama jid meel fog ah! Qaabka isku wada dhow ee jardiinada, waxaad daawan kartaa dadka baaskiilada wata ee ah da' kasta iyo heerar xirfadeed oo kala duwan oo isku mar adeegsanaya waddada. Oo ka faa'iidayso nalalka inoo oggolaanaya baaskiil wadashada habeenkii! Haddi aad wax qof hadda baranaya ama aad tahay qof si fiican baaskiilka u wadi yaqaana, halkan qof walwaba waa u diyaar.

FIIRI

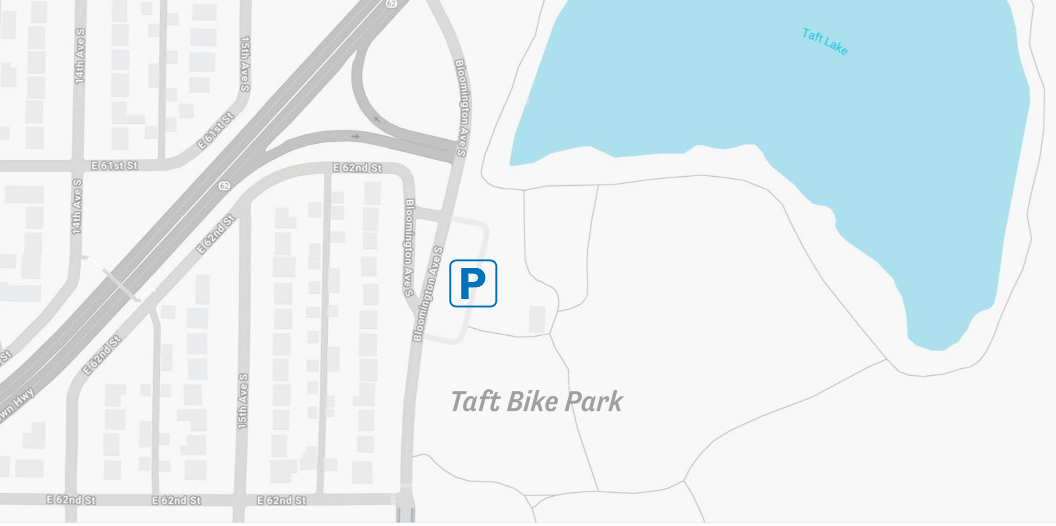
Isha ku hay xayawaanka saaxiibadeen ah ee jooga agagaarka jardiinada! Iyada oo ku xiran wakhtiga sanadka ee xilliga booqashadaada, waxa laga yaabaa inaad aragto deero, balanbaalis, ama kooxo badan oo ah boolada Canada geese. Dabayaaqada gu'ga iyo horraanta xagaaga, waxa laga yaabaa inaad aragto dhalasha boolada Canada geese dhalad cawlan ama da' dhalinyaro ah.

JIR CAAFIMAAD QABA

Jardiinada Baaskiilada ee Taft Bike Park waa sida barxadda skate-ka oo kale oo loogu talagalay baaskiilada, waxay bixisa noocyo badan oo waddada baaskiil ah oo aan samaysan oo aan raad badan lahayn. Ku tijaabi xirfadahaaga in aad kor iyo hoos ugu kaxaysato baaskiilka, meelaha leh dhagaxa, siibatada, iyo kor u boodka. Waxa kale oo aad tijaabin kartaa jidka ruxitaanka (oump track), kaas oo loogu talagalay in lagu dhex maro baaskiil iyada oo aan la adeegsan beedalka "keliya aad ruxayso" jirkaaga kor iyo hoos! Waxa kale oo jira jidka ruxitaanka oo yar oo loogu talagalay carruurta, sagxadda alwaax ah oo hoos u godan, iyo waxyaabo kaleoo badan. Jardiinadu waxay bixisa jidad heer bilow iyo raad dhexdhexaad labadaba, si aad u dhisto xirfadahaaga oo aad u qaadato caqabado cusub.

MASKAX CAAFIMAAD QABTA

Markaad dhammayso inaad baaskiil hawada ku raaxaysato beerta dhexdeeda, maad soo qabsatid kalluun? Meesha laga kalluumeysto ee Taft Lake waxay u dhowdahay meesha la dhigto baaskiilka, waxaana laga geli karaa isla goobta baarkinka. Kalluumeysiga madadaalada ah ee joogtada ah ayaa daraasadaha sayniska lagu muujiyay in uu hoos u dhigto welwelka iyo inuu wanaajiyo niyada, iyada oo uu kalluumeysiga joogtada ah u leeyahay faa'iidooyin caafimaad oo badan. Ku qaado hal ama laba saacadood harada adiga oo wata xarigaaga kalluumeysiga, adigoo ku raaxaysanaya darayga ah!



Xaqiiqooyin deg deg ah/muhimad leh

Meel u helidda baaskiilka

Jardiinada Baaskiil ee Taft Bike Park waxa ay ku xigtaa meesha la dhigto baabuurta ee 62nd Street & Bloomington Avenue dhanka galbeed ee Taft Park. Sidoo kale meeshan baarkinka uun meel agtiisa waxaa ku yaalla garoonka caruurtu ku cayaarto, haro leh meel lagu kallumeysto iyo 1 mayl oo wareeg socod ah oo ku wareegsan harada yar. Waxa kale oo aad ka soo geli kartaa Taft Park adiga oo isticmaalaya Waddada Baaskiilka ee Nokomis-Minnesota River Regional Bike Trail.

Wakhtiga

Saacad nuskeed oo aad kusoo wareegto jidka ama dhawr saacadood oo aad baaskiil wadato, ku kalluumaysato, oo ciyaartaan.

Goobaha adeegsiga

Meesha laga kaluumaysto, meelaha bikniga, meelaha lagu xidho baaskiilka, meelaha ay biyaha ka galaan doomuhu, musqulaha, meesha lagu ciyaaro baseball, barxadda kubbadda kolayga.

Ciyaarta

Waxaa jira laba garoon oo caruurtu ku ciyaaryo: dhismo ay fuulaan oo loogu talagalay carruurta waaweyn iyo dhallaanka ku haboon oo ku dheggan jidka baaskiilka.

U fududaynta

Baarkin loo fududeeyey ku soo gelitaanka gaariga curyaanka; Taft Park waxa kale oo ay leedahay meel la fududeeyey oo u ogolaanaysa dadka isticmaala kursiga curyaanka in ay u wareegaan kayaks oo ku taalla Taft Lake iyaga oo isticmaalaya nidaam wareegaya.

Baarkinka

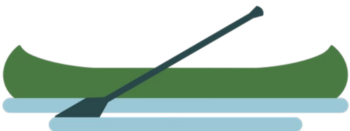
Haddii baarkinka ugu weyn ka baxsan Bloomington Ave. uu buuxo, waxa kale oo jira baarkin baabuurta la dhigto oo ku yaalla koonfurta jardiinada oo ku yaalla East 63rd St.

Su'aalo?

Ka hubi bogga Taft Bike Park sharciyada baarkinka. Koofiyadaha loo baahan yahay Meesha baaskiilku way xidhan tahay maalmaha roobka da'o.

Biyaha Bloomington

Bush Lake Beach



DABAASHA

Madadaalo aad u badan xagaaga oo u wada dhow hal meel oo baabuurta la dhigto? Haa, runtii. Bush Lake Beach waa meel tayo sare oo aad isku soo yara qowso si degdega ah ama maalin buuxda oo qorrax aad qaraxda ku qaadato. Ku dabaasha harada biyo cad, oo deggan, qodo bacaadka xeebta, ama ku naso mid ka mid ah dallaayadaha hadh leh ee buluugu astaanta u yahay.

FIIRI

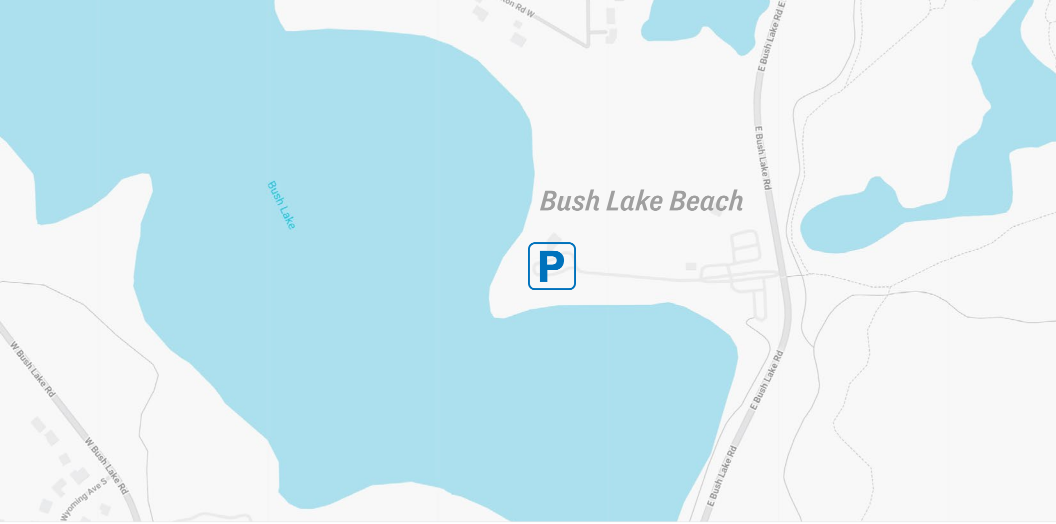
Haddii dabaasha iyo doontu aysan ahayn wax aad jeceshahay, maad ku soo yara lugaysid waddada harada dhinaceeda adiga oo socodka ku soo wareegaya harada? Waa meel aad ugu fiican oo aad ka aragtid shimbiraha biyaha, geedaha, iyo qoraxda oo ka dul dhalaalaysa biyaha.

JIR CAAFIMAAD

Ma doonayso inaad wax cusub soo aragto? Ka kirayso kayak xarunta cusub ee Paddle Share, oo si ku habboon oo ugu agtaal garoont caruurtu ku ciyaarto oo yar iyo meesha doontu ka gasho oo ku taalla bidixda xeebta. Halkan ka qabso ballanta boosceliska kayak ama isticmaal QR koodhka lagu dhejiyay goobta kirada.

MASKAX CAAFIMAAD QABTA

Inaad wakhti la qaadato dadka aad jeceshahay waxay u tahay wax aad u fiican dareenkaaga oo waxay hoos u dhigtaa heerarka welwelkaaga, laakiin sidoo kale waxay u fiicantahay caafimaadka maskaxdaada guud ahaan-daraasaadaha ayaa muujiyay in wakhtiga lagu qaato bulshayntu uu xoojin karo xididada neerfaha ee kaa dhigaya inaad dhisantahay, gaar ahaan nolosha xilliga dambe. Maxaa ka wanaagsan inaad wakhti la qaadato asxaabta ama qoyska maalin aad joogtaan xeebta? U kiraysta hoyga picnic-ka kulanka qoys weyn ama kaliya isla imaada saaxiibadiina si aad ugu doonugu wadataan, u dul sabaysaan, ama raaxaysataan cawska hadhka ku yaalla ee xeebta!



Xaqiiqooyin deg deg ah/muhimad leh

Gelidda biyaha
Xeebta dabaasha ee loo qoondeeyay (ma joogaan shaqaalaha badbaadadu), kiraysiga kayak ee loo marayo Paddle Share.

Wakhtiga
Way ku fiican tahay 1-saac oo biyo batalaqsi degdeg ah ama maalin buuxda ah.

Goobaha adeegsiga
Musqulaha, goobta dhar beddelka, isha wax laga cabbo, miisaska cuntada, hoy la kaydsan karo.

Ciyaarta
Garoon yar oo caruurtu ku ciyaarto, xeeb bacaad ah oo wax la qodo oo qalcadaha ciyaarta laga dhiso.

U fududaynta
Wadooyin laami ah oo xeebta loo maro, musqulo naafada loo fududeeyey, fursadaha kuraas ku taalla mees hoos/hadh leh.

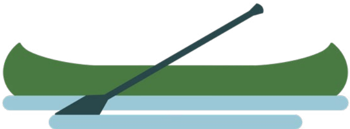
Baarkinka
Baarkin lacag la'aan ah oo ku dhegan xeebta (dhakhso ayuu u buuxsama maalmaha kulul), oo u dhow E Bush Lake Rd.

Dheeraad
Cawska weyn ee hadhka leh ee ka dambeeya baarkinka ayaa ku fiican bikniga iyo ciyaaraha!

Su'aalo?
Ka fiiri bogga Bush Lake macluumaadka baarkinka, boos qabsashada, iyo kirada.

Biyaha Edina

Centennial Lakes



DOON/SKATE

Waxay ku dheggan wax yar meel ka dambaysa sawaxanka suuqa, Centennial Lakes Park waa meel soo jiidasho leh oo aad si muuqata isugu yara qariso. Ha ku kadsoomin baarkinka oo kaliya u sii jeed xagga dambe oo waxaad arki doontaa marin-biyoodyada leexleexanaya, dhul la naqshadeeyey, iyo madadaalo badan oo sugaya inay dhacaan. Doon kaxayso galabtii iyada oo ay kaxaysanaya doomaha boolada ama swan u eg (Duck, Duck, iyo Gray Duck) ama doon caadi ah oo dhalaalaysa. Oo marka jiilaalku bilowdana? Isla jidkan biyo wareenka ah ayaa wuxuu isu beddelaa mid ka mid ah goobaha barafka ee ugu cajiibsan magaalooyinka Mataanaha ah.

FIIRI

Kursi ku fariiso mid ka mid ah kuraasta jardiinada ama leexada biyaha agtooda ah si aad u daawato shinbiraha sida dhasha ah ee biyaha dhex socda! Kafeteeriya aagga ka dhow, makhaayadaha, iyo dukaamada qaxwada, tani waa hakasho fudud oo qurux badan xagaaga (ama jiilaalka!).

JIR CAAFIMAAD QABA

Ka dib marka aad doonta raacdo, waxaad haysataa xulashooyin aad kala doorato. Ciyaar hal wareegto oo ag golf, soco 1.4 mayl oo waddada harada dhinaceeda ah, ama isku day inaad ciyaartobowlinka cawska ee Centennial Lakes Park's Lawn Games qalabka bowling-ka waxa lagu daraa kharashka kiraynta ee saacadiiba.

MASKAX CAAFIMAAD QABTA

Wax yar uun woqooyi ka xigta Waddada Parkland Avenue dhinaca bari ee silsiladda harooyinka ah ee jardiinada, waxaad ka heli doontaa leben lagu xardhay. Ku socodka labanka xardhan waa nooc ka mid ah meedhiteeshanka taas oo soo jirtay ugu yaraan 4,000 oo sano waxaana laga adeegsadaa adduunka oo dhan. Adiga oo ka bilaabaya dusha sare oo wareega labanka, qaad tillaabooyin tartiib ah oo aad ku soconayso bartamaha jidka, adigoo diirada saaraya neefsashadaada. Kadibna isla wadadii uun dib ula soo noqo. "Mararka qaarkood ma hubno halka dariiqu u socdo, laakiin had iyo jeer horay ayuu noo wadaa," ayey tiri Reverend Megan Holding oo ka tirsan labyrinth meditation.

Xaqiiqooyin deg deg ah/muhimad leh

Gelitaanka biyaha

Marka aad joogto France Avenue, ka leexo Plaza Drive oo gaariga dhigo baarkinka baabuurta la dhigto ee xarunta ganacsiga ee weyn. Waa socod yar oo dhakhso ah oo lagu galo jardiinada oo laga gudbayo buundada oo la gelayo goobta doomaha (xagaaga), iyo skating b arafka (jiilaalka).

Wakhtiga

1-saac oo kiro doonta ah ama ciyaarta bowling cowska ah, ama ku raagto lugaynta (ama skates!).

Goobaha adeegsiga

musqulaha oo ku yaalla halka laga galo Fountain Plaza, isha wax laga cabbo, miisaska cuntada, hoy la kaydsan karo.

Ciyaarta

Doomaha biyaha, leexooyinka jardiinada, garoonka golfka ee 18 god, bowling-ka cowska, kiraynta xariga kalluumaysiga.

U fududaynta

Jid si dhamaystiran laami u ah oo ku wareegsan harooyinka.

Baarkinka

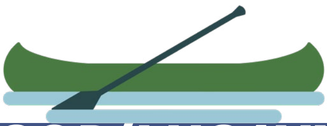
Garaash hadh leh oo bilaash ah oo ku dhinac yaalla jardiinada.

Su'aalo?

Su'aalo? Ka eeg bogga Centennial Lakes Park si aad u hesho kiraynta doonyaha ee hadda jira, wixii kasoo cusboonaada skating-ka, iyo macluumaadka dhacdooyinka.

Wood Lake Nature Center

Fiiro gaar ah: Xarunta Dabiiciga Wood Lake Nature Center waa la dhisayaa laga bilaabo Maajo 2025 ilaa deyrta dambe ee 2026, laakiin jardiinadu way furnaan doontaa wakhtigaas! U fiirso calaamadaha haddii ay dhacdo in isbedel lagu sameeyo baarkinka.



SOCOD/LUGAYN

Ma doonaysaa baxsasho degdeg ah? Wood Lake Nature Centre waxay leedahay jid fidsan, waddooyin hoos leh, shimbiro aad u badan, diin biyoood, iyo muuqaalo doog ah. Waa socod fudud, deegaan dabiici ay ka buuxan oo kursiga curyaan iyo bakoorada ku haboon, carruurta ku haboon, kursiga caruurta lagu riixdo diyaar u ah oo ay ka buuxaan waxyaabo xiiso leh. Xiddiga: socod meel alwaaxyo dhexdeeda ah oo qurux badan oo harada ka soo horjeeda, oo leh arkitaanka diin biyoodka iyo seenaade shimbiraha red-winged blackbird serenades.. Imoow xilliga jiilaalka, sidoo kale, si aad hesho ciyaaraha barafka ee cross-country skiing and snowshoeing!*

FIIRI

Wood Lake waa meesha ugu wanaagsan ee shimbiraha laga daawado: in ka badan 200 oo nooc oo shimbiro ah ayaa lagu arkay baarkaha dhexdeeda! Isha ku hay, sidoo kale, diin-biyoodka harada ee midabada leh: hal mar oo lugayn ah xagaagii, waxaanu tirinay 22 diin-biyood oo agjooga jidka. Ha moogaanin rugta Chronolog ee ku taalla wadada boardwalk sawir ka qaado si aad ugu biirto mashruuca sayniska muwaadinka ee wanaagsan.

JIR CAAFIMAAD QABA

Raac Waddada Boardwalk Trail (wax ka yar hal mayl): laga bilaabo goobta baarkinka, u leexo midig, ka dibna bidix u leexo fargeeto kasta si aad ugu socoto wareega. Jidku wuxuu ka bilaabmaa kuna dhamaadaa hooska, oo leh kuraas dhowrkii daqiiqoba aad gaarayso. Socod dheer si aad u hesho, halkii aad ka gudbi lahayd harada meesha laga gudbo, kusii soco Waddada Prairie Trail, kaas oo dhex leexleexaya dhul-qoyan ku gaynaya dhulka cowska ee ay jardiinadu dib u soo noolaysay. Ama, xilliga jiilaalka, kirayso qakabka barafka skis oo lagu kireeyo Xarunta Nature Center oo isku kululee 2-mayl wareeg cross-country-ski ah! Xaruntu waxa kale oo ay hogaamisaa soo dhexmaritaan la hagayo oo la xiranayo kabaha barafka jiilaalka si aad ugu raaxaysato barafka oo usoo aragto duurjoogta jiilaalka!

MASKAX CAAFIMAAD QABTA

Daraasado badan ayaa soo jeedinaya in hawlaha bannaanka dibada ah sida soo daawashada shimbiruhu inay ku siin karaan faa'iidooyin caafimaadka maskaxda ah oo muhiim ah, oo ay ku jiraan kor u qaadista niyadda iyo caawinta xusuusta shaqada. Wood Lake Nature Centre waa meesha ugu fiican ee aad ka bilaabi karto safarkaaga shimbiraha! Soo fiiri Socdaalada Soo Arkitaanka Shimbiraha ee uu Baarkuhu sida joogtada ah u bixiyo si aad wax uga ogaato noocyada shimbiraha ee deegaanka, ama ka qaato hagaha shimbiraha ee maktabadda deegaanka oo ka shaqee sidii aad u kala aqoonsan lahayd noocyada.

Xaqiiqooyin deg deg ah/muhimad leh

Waddada/Jidka

Boardwalk Trail – waa 0.8 mayl (dhagaxa nuuradda la burburiyay ah inyar oo gaaban oo laami ah), ama u qaado Jidka Prairie Trail (1.7 mayl) oo ku gaynaya Perimeter Trail (1.8 mayl) si aad u hesho socod dheer kaas oo ku dhexmarinaya dhulka cowska ee ay jardiinadu dib u soo noolaysay. Xilliga jiilaalka, ku mar jidka baraf qalabka barafka ama ku soo wareeg 2-mile aaga jidka Ski ee cross-country Ski Trail.

Wakhtiga

Jidka Boardwalk wuxuu qaataa ilaa 40 daqiiqo marka loo socdo si tartiib ah, oo la joogsanayo so loo daawado.

Goobaha adeegsiga

Musqulaha (musqulaha la keeno (port-a-potties) inta lagu jiro dhisitaanka), isha biyaha laga cabo, dhismaha, marada lagu leexayso (Hammock Station) (Biyo ama koronto leh goobtu inta lagu jiro dhisitaanka).

Ciyaarta

Fiiri Goobta Ciyaarta ee Nature Play Area, taas oo u beddelaysa agabka kaynta (geedaha, ulaha, dhagaxyada, iyo, iyadoo ku xiran roobabka haddii ay da'een dhawaan/ ama baraf, biyaha) qalabka ciyaarta oo hal abuur ah! Waa meel si fiican hadh u leh, waxayna leedahay kuraas ay waalidku ku nastaan oo ay ku sheekeystaan.

U fududaynta

Wadooyin siman, aan kala dheerayn; 7 meelaha baabuurta la dhigto oo naafada ah; iyo miisas ku habboon bakoorada iyo bikniga.

Baarkinka

Baarkinka ku yaalla Wood Lake waa 6710 Lake Shore Drive.

Su'aalo?

Ka eeg fiiri Xarunta Wood Lake Nature Center wixii soo cusboonaada ee saacadaha, xaaladaha, iyo kiraynta qalabka ama, wixii macluumaad dheeraad ah oo isla daqiiqadaas ah, ka soo wac xarunta dabiiciga 612-861-9365.

**Gelitaanka waddadu iyo xiritaanada ayaa isbedeli doona inta uu socdo mashruuca dhismuhu, fadlan ka fiiri websaydka Wood Lake ama wac shaqaalaha xarunta dabiiciga si aad u hesho macluumaadka cusub ee waddada.*

Tusaalaha Sahaminta Magaalada

Hawlaha Jiilaalka

Bloomington

Sled iyo skate ku yaalla Brookside Park

Edina

Ku lugee jidka gudaha dhismaha ku yaalla ee Braemar Field

Richfield

Fiiri kiraynta agabka ciyaaraha barafka ee cross country ski iyo snowshoe ee qiimohooda la awoodi karo ee Wood Lake Nature Center

Barkadaha Dabaasha ee Dibadda

Bloomington

Sii dhex mar biyo dhaca ama fano gidaarka fuulitaanka biyaha ee Xarunta Biyaha ee Bloomington Family Aquatic Center

Edina

Ka faa'iidayso wakhtiyada dabaasha loo qoodeeyey subaxda, ka bood meesha booddada ama raac hirarka mowjadaha Lost Wave Surf Simulator ee ku taalla Edina Aquatic Center

Richfield

Keen carruurtaada wakhtiyada loo qoondeeyay Isniinta-Sabtida subaxda, ama u kaalay dabaasha dadka waaweyn ee berkada Richfield Pool

Goobaha Nasashada & Xasiloonida

Bloomington

Hoos fariiso geed hoostii ama kuraasta markaad daawanayso Nine Mile Creek oo ku qulqulaya Moir Park

Edina

Doon ku wado oo ku dul sabee biyaha welwel la'aan Centennial Lake Park

Richfield

Si tartiib ah ugu lugee oo kusoo wareeg harada oo ku booqo biyaha xasiloon ee harada Richfield

Wax Soo Saarka (Suuqyada Beeralayda)

Bloomington

Soo mar Suuqa Beeralayda ee Bloomington subaxnimada Sabtida ama soo fiiri suuqooda habeenka Arbacada ee leh taxanaha muusiga iyo suuqa ee bartamaha todobaadka.

Edina

Ka soo qaado rooti, khudaar, ama cunto degdeg ah Suuqa Beeralayda ee Centennial Lakes Park galabnimada Khamiista laga bilaabo Juun ilaa horraanta Oktoobar.

Richfield

Ka soo qaad miro, macmacaano, iyo waxyaabo badan Suuqa Beeralayda ee Richfield subaxaha Sabtida, Maajo ilaa Oktoobar.

Taxanaha Bandhiga Masraxa ee Banaanka

Bloomington

Normandale Lake Bandshell waxay martigelisaa taxane muusig ah habeenada xagaaga; ka fiiri Bloomington's Arts in the Parks si aad u hesho kuwan iyo jadwalka kale

Edina

Maetzold Amphitheater oo ku yaalla Centennial Lakes Park waxay martigelisaa riwaayado dhowr habeen todobaadkii, oo ay ku jiraan riwaayadaha carruurta ee subaxda, sidoo kale!

Richfield

Madadaalada gudaha Jardiinada ayaa xilliga xagaaga riwaayado ku qabta Veterans Park Bandshell

Ciyaaraha aan caadiga ahayn

Bloomington

U soo qaado frisbee-gaaga garoonka Moir Park Disc Golf Course

Edina

Fiiri garoonka cowlka bowling-ka ee heerka horyaalnimada ee Centennial Lakes Park

Richfield

Ku ciyaar golf-ka ku yaalla Wheel Fun Rentals Mini Golf ee kuyaalla Veterans Park ama u soo qaado skateboardkaaga Augsburg Skatepark

Goobaha Biyo Batalaqsiga (Splash Pads)

Bloomington

Biyo Batalaqsiga Cedarcrest Splashpad

Edina

Xarunta Biyaha ee Edina Aquatic Center

Richfield

Barkadda iyo Biyo Batalaqsiga Splash Pad ee Richfield

Waxyaabaha laga kiraysto jardiinooyinka

Bloomington

Bloomington Parks & Recreation waxay kiraysaa dhulka la beerto ee Plots Garden Community oo qiimohooda la awoodi karo, oo loo hayo kaalmo lacag ah oo loogu talagalay dadka deegaanka ee u qalma. Isdiiwaangelinta dadka beeralayda ah ee soo laabanaysa waa Febraayo; Si aad u hesho dhul ama aad ugu biirto liiska sugitaanka, raadi isdiiwaangelinta horraanta Maarso

Edina

Duck, Duck, iyo Gray Duck waa saddexd doomood oo u qaab eg shinbiro Duck iyo swan oo yaalla Centennial Lakes Park

Richfield

Ku dul orod dariiqyada barafku daboolay adiga oo wadanaya Cross Country Skis ee laga soo kiraysto Xarunta Wood Lake Nature Center

Goobaha lagu ciyaaro maalmaha roobka

Bloomington

Booqo shimbiraha iyo diin-biyood jooga Richardson Nature Center ama qaado mid ka mid ah barnaamijyadooda barashada dabiiciga

Edina

Ku ciyaar siibatada, fuul, oo sahami garoonka ciyaarta caruurta ee weyn ee gudaha ah ee Edinborough Park

Richfield

Barafka u soo bax ama ku soco jidka Richfield Ice Arena

Skate Gudaha ee Indoor Ice Skating

Bloomington

Beerta Barafka ee Bloomington Ice Garden

Edina

Braemar Arena

Dhibco Dheeraad ah- Jiilaalkan, ka faa'iidayso ciyaaraha barafka bannaanka ee skating lagu qabto Centennial Lakes Park

Richfield

Garoonka Barafka ee Richfield Ice Arena

Jardiinooyinka Aan eyga loo Xirin suunkiisa

Bloomington

Nesbitt Ave and W 111th St

Edina

Van Valkenberg Park

Richfield

Roosevelt Park

Samayso saaxiibo cusub!
(ciyaaraha horyaalka jardiinada)

Bloomington

Maalmaha fasalka jimicsigu uma baahna inay dhammaadaan sababtoo ah keliya inaad tahay qof weyn! Ku biir Horyaalka Kubadda Kickball ee Dadka Waaweyn

Edina

Iska dhididsii jiilaalkan adiga oo ciyaaraya liiga kubbadda Volleyball, Pickleball, Basketball, or Hockey

Richfield

Ku soo biir Horyaalka Adult Doubles Pickleball ee labada qof adiga iyo xaaskaaga ama saaxiibkaa!