

SWIM | CANOE | KAYAK | PADDLE BOARD

MAKE A
SPLASH!



Water activities at South Dakota State Parks

Photo by SD Tourism

Make a splash with water activities!

SWIM | CANOE | KAYAK | PADDLE BOARD

Nearly every South Dakota state park offers swimming, which is a great activity to get your heart beating, cool off in the summer and burn some calories. Water activities are also great low-impact options that are gentle on your joints. Canoeing, kayaking and paddle boarding are fun ways to strengthen your muscles and explore the parks. Water activity rentals are available at several parks.

**ANY
ACTIVITY
COUNTS!**

Adult physical activity guidelines

Aerobic activity 150 minutes per week

Muscle strengthening 2+ times per week

- Activity available at the park
- Equipment rental available
- + Concessionaires in/near the park rent equipment

	Swim	Canoe	Kayak	Paddle board
<i>Check out more parks and activities at www.gfp.sd.gov. *Park entrance fee</i>				
MOST PARKS	■	■	■	■
Angostura*	■	●	●	●
Big Sioux*		■	■	
Chief White Crane*		●+	●+	●+
Custer*	■	●+	●+	●+
Farm Island*	■	●	●	●
Fort Sisseton*		●	●	
Indian Creek*		●	●	●
Lake Herman*	■	●	●	●
Lake Louise*	■	■	●	●
Lake Vermillion*	■	●	●	●
Lewis & Clark*	■	●+	●+	●+
Mina Lake*	■	■	●	●
Newton Hills*	■	■	■	●
North Point*	■	■	●+	
Oakwood Lakes*	■	●	●	●
Palisades*			■	
Pelican Lake*	■	■	●	■
Pickereel Lake*	■	●	●	●
Pierson Ranch*		●+	●+	●+
Richmond Lake*	■	■	●	●
Roy Lake*	■	●	●	●
Sandy Shore*	■	■	●	■
Sheps Canyon*	■	●	●	●
West Whitlock*	■	●	●	●

SNOWSHOE | CROSS-COUNTRY SKI | HIKE

**PLAY IT
COOL!**

Winter activities at South Dakota State Parks

Photo by SD Tourism

Explore the winter wonderland!

SNOWSHOE | CROSS-COUNTRY SKI | HIKE

Don't let snow on the ground stop you from moving. Explore the South Dakota state parks and the gorgeous winter scenery with snowshoeing, cross-country skiing or a wintery hike. Parks host snowshoeing programs throughout the winter, and you can even borrow some to go out on your own for free. Several parks maintain groomed trails for cross-country skiers. A winter hike can be done nearly anywhere, but it showcases even your favorite places in a new light.

**ANY
ACTIVITY
COUNTS!**

Adult physical activity guidelines

Aerobic activity 150 minutes per week

Muscle strengthening 2+ times per week

- Activity available at the park
- Accessible facility available

- ◆ Equipment checkout for free
- Equipment rental available

Check out more parks and activities at www.gfp.sd.gov . *Park entrance fee	Snowshoe	CC ski	Hike
MOST PARKS	■		■
Adams Homestead	■	●	■
Big Sioux*	◆		■
Custer*	◆		■
Farm Island*	◆	■	■
Fort Sisseton*	◆		■
Good Earth*	◆		■
LaFramboise Island	■	■	■
Lake Herman*	◆	■	■
Lewis & Clark*	◆		■
Mickelson Trail*	◆	■	■
Mina Lake*	◆	■	■
Newton Hills*	◆	■	■
Oahe Downstream*	■	■	■
Oakwood Lakes*	◆	■	■
Pelican Lake*	■	■	■
Richmond Lake*	◆	■	■
Spearfish Canyon	◆		■
Union Grove*	■		■
West Whitlock*	◆		■

DISC GOLF | VOLLEYBALL | BASKETBALL | SOCCER | SOFTBALL



**THE MORE
THE MERRIER!**

Group activities at South Dakota State Parks

Photo by SD GFP

Grab your friends, family or pets and enjoy a fun-filled group activity!

DISC GOLF | VOLLEYBALL | BASKETBALL | SOCCER | SOFTBALL

Bring your balls, Frisbees or bats and play a friendly group activity at a number of parks across the state. With minimal equipment, these activities can be a great small or large group physical activity. The parks make it even easier; several offer equipment checkout free of cost.

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*Park entrance fee

	Disc golf	Volleyball	Basketball	Soccer	Softball
Angostura*	◆	◆			
Big Sioux*	◆	◆			
Chief White Crane*		◆	◆		
Farm Island*		◆	◆		
Hartford Beach*	◆	◆			
Indian Creek*		◆			
Lake Cochrane*		◆		◆	
Lake Herman*	◆				
Lake Louise*	◆	◆	◆		◆
Lake Poinsett*	◆	◆	◆		
Lake Thompson*		◆	◆		
Lake Vermillion*		◆	◆		
Lewis & Clark*	◆	◆	◆	◆	
Mina Lake*		◆			
Newton Hills*		◆	◆		
North Point*		◆			
Oahe Downstream*	◆	◆			
Oakwood Lakes*	◆	◆	◆		
Palisades*		◆			
Pelican Lake*			◆	◆	
Pickerel Lake*		◆	◆		
Pierson Ranch*	◆	◆	◆	◆	◆
Randall Creek*	◆	◆	◆		
Revheim Bay		■			
Richmond Lake*	◆	◆			
Rocky Point*		◆			
Roy Lake*	◆	◆	◆		
Shadehill*		◆			
Snake Creek*		◆	◆		

■ Activity available at the park

◆ Equipment checkout for free

WALK | RUN | HIKE | BIKE | ARCHERY

**HIT THE
TRAIL!**



Trail activities at South Dakota State Parks

Photo by SD Tourism

Get your tail on the trail!

WALK | RUN | HIKE | BIKE | ARCHERY

All you need is a good pair of shoes to head out on your favorite trail. Enjoy one of these sightseeing physical activities, while taking care of your heart, in any South Dakota state park. Walking, running, hiking and biking are all great aerobic physical activities that you can do just about anywhere. If you are up for some biking, bring along your two-wheeled friend for a spin. If archery is more your thing, grab your equipment and head to one of the state parks with archery trails and target ranges.

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MOST PARKS

	Trails	Archery
Adams Homestead	■	■
Angostura*	●	
Beaver Creek	■	
Big Sioux*	■	■
Custer*	■+	
Farm Island*	●	■
Fort Sisseton*	■	
Good Earth*	■	
Indian Creek*	■	■
Lake Thompson*	■	
Lake Vermillion*	■	
Lewis & Clark*	■	■
Mickelson Trail*	■	
Mina Lake*	■	
Newton Hills*	●	
North Point*	■	■
Oahe Downstream*	■	■
Oakwood Lakes*	■	
Pelican Lake*	■	■
Pierson Ranch*	■	
Revheim Bay	■	■
Richmond Lake*	■	
Rocky Point*		■
Roy Lake*	■	
Spirit Mound	■	

WALK | GEOCACHE | SWIM | LAWN GAMES

**EASY
DOES IT!**



Low impact activities at South Dakota State Parks

Photo by SD Tourism

Looking for some low-impact ideas?

WALK | GEOCACHE | SWIM | LAWN GAMES

These low-impact activities keep excessive stress off your joints. Walking is a great aerobic, weight bearing activity that helps maintain bone density and is easy on your joints, especially on accessible trails. Add a fun twist by searching for geocaches along the way. Swimming is a great any-age activity that can improve cardiovascular fitness, muscle strength and endurance. Lawn games, like horseshoes and ladder golf, are fun activities you can do with your friends. Several parks have a variety of games you can check out for free.

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MOST PARKS

	Walk	Swim	Lawn games	Horseshoes
Angostura	■	■	■	◆
Big Sioux	■		◆	◆
Chief White Crane	■		◆	◆
Custer	■	■	■	
Farm Island	■	■		
Fort Sisseton	■		◆	
Hartford Beach	■	■	◆	◆
Indian Creek	■		◆	◆
Lake Herman	■	■	◆	◆
Lake Louise	■	■	◆	◆
Lake Vermillion	■	■	◆	◆
Lewis & Clark	■	■	◆	◆
Mina Lake	■	■	◆	◆
Newton Hills	■	■	◆	◆
North Point	■	■	◆	◆
Oahe Downstream	■	■	◆	◆
Oakwood Lakes	■	■	◆	◆
Palisades	■		◆	
Pelican Lake	■	■	◆	◆
Pickerel Lake	■	■	◆	◆
Pierson Ranch	■		◆	◆
Platte Creek	■	■	■	
Revheim Bay	■	■	■	■
Richmond Lake	■	■	◆	◆
Rocky Point	■	■	◆	◆
Roy Lake	■		◆	◆
Sandy Shore	■	■	◆	
Shadehill	■	■	■	◆
Sheps Canyon	■		◆	
Snake Creek	■	■	■	◆
West Whitlock	■	■	■	