



PRESSRELEASE

City of Sault Ste. Marie, Michigan · 225 E Portage Ave · Sault Ste. Marie, MI 49783 · (906) 632-5700 · Fax: (906) 635-5606

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Media Contact: Corin Nolan, Public Relations -Sault Convention & Visitors Bureau

Email: pr@saultstemarie.com

Exploring Lynn Trail System

"I took a walk in the woods and came out taller than the trees."-Henry David Thoreau

A hidden piece of heaven in the middle of the Soo...the William Lynn Trail System.

Many locals know the Sault Seal Recreation Area as the best place to go tubing this side of the Mackinac Bridge, but what many may not realize is that there is a place where you can take a leisurely hike through a beautiful forest right in the middle of town, and it can be accessed right from the recreation area!

Not only are there a series of maintained walking trails on the Lynn Trail System, but it also leads you to a Natural Science Park that is complete with a sundial, fossil pit, and rock exhibit.

There is something to be said about the activity of walking, and after this last cold spell, my cabin fever was more than I could handle! So, on the first sunny day that had actually melted the snow enough to expose the smallest amount of grass, I grabbed my boots and tore my ten-year-old son away from his video game and decided to go for a hike! I set my sights on a place I had heard of but never been to: the William Lynn Trail System. I had heard rumors over the winter while we were tubing at Minneapolis Hill that there were a series of trails nearby. Upon further investigation I discovered that not only are there trails on the other side of the parking lot from the tubing hill, but they run all the way behind the soccer field and include trails that cater to all fitness levels.

The purpose of this hike was to stretch our legs and get out into the fresh air. But something else and perhaps more important happened - my son and I talked to each other. We didn't talk about chores or homework or why we can't have pizza for dinner every night. We talked about how happy we were that the snow was melting and how loud the birds were chirping (probably celebrating the first warm day just like we were!). We actually stopped and listened and tried to

pinpoint the location of a very busy woodpecker. I learned that he is far better at reading trail maps than I am and that he was growing up faster than I would like to admit.

As he took the lead on the trail, the importance of this time together hit me like a ton of bricks. My child will only get older, and moments alone like this will become harder to come by. A short time in the simplicity of a wooded trail was just what we needed to take a breather from the monotony of everyday schedules and reset. I realized that a short five-minute drive to a piece of nature in the middle of the city gave me this moment, and all the excuses of too busy and no time fell away. When we are fortunate enough to have a wooded trail system at our fingertips, we should use it to improve our quality of life and relationships with our families in the Soo.

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