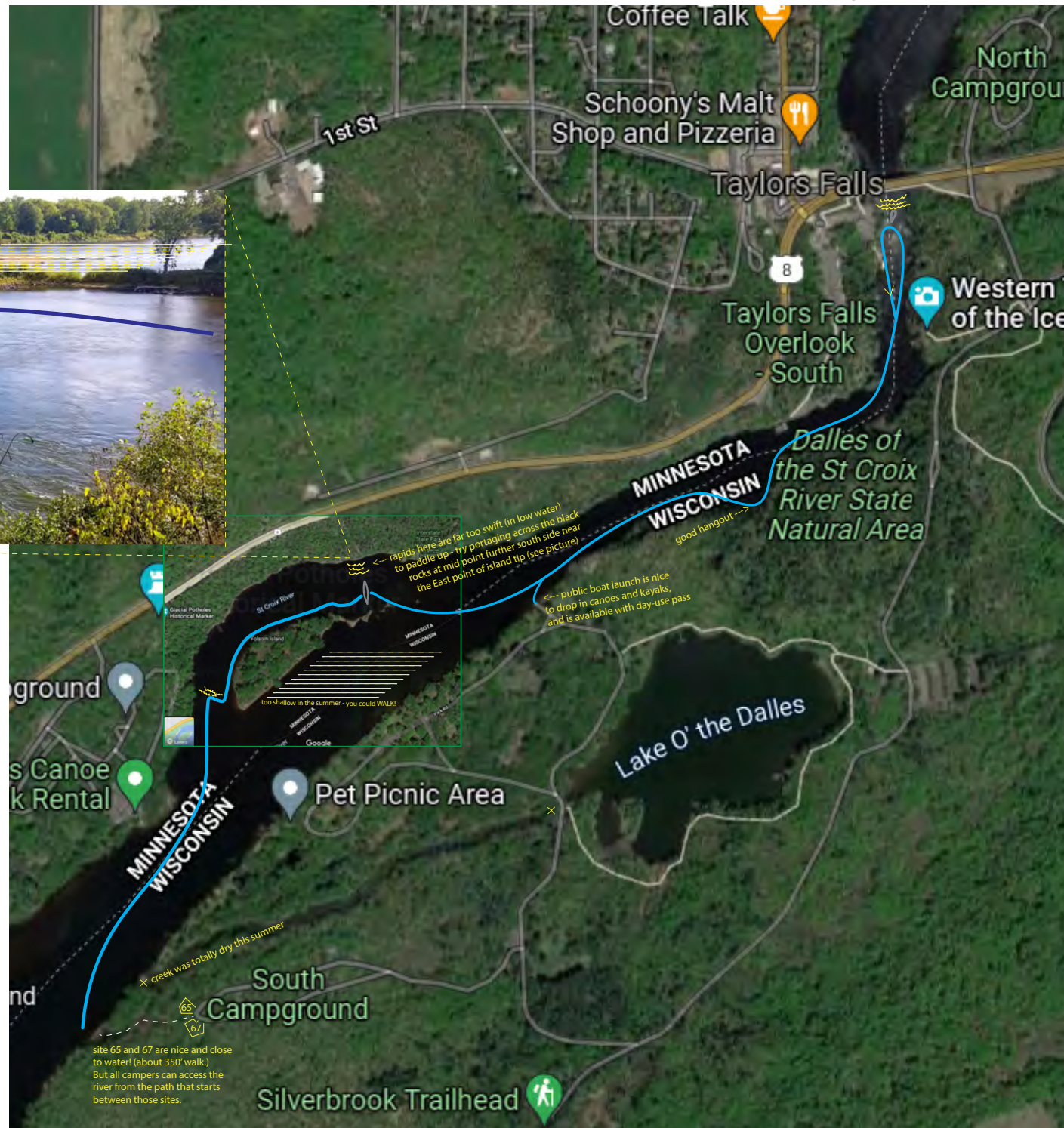




Paddle Interstate Park MN/WI on the Scenic Saint Croix

NOTES FROM SEPT 2021,
A VERY DRY SUMMER!!!



Home
Kayaking

Matt D
 September 4, 2021 at 2:12 PM • Town of St. Croix Falls, Wisconsin

Big paddle

Distance	Avg Speed
3.60 mi	2.0 mi/h
Elapsed Time	Calories
3:03:41	886 Cal
Max Speed	Avg Heart Rate
6.7 mi/h	113 bpm