



10K/6.2 Mile Fitness Trail

The Fitness Trail is just one part of a city bike trail that wanders along the Greenway and throughout the city of Grand Forks. It's intended to give people of all ages the opportunity to exercise on a designated trail that is accurately marked for direction and distance. Walkers, runners, rollerbladers, skateboarders and bike riders are encouraged to enjoy the scenic trail as it leads through several Grand Cities neighborhoods and the University of North Dakota.