Two Paddles Canoe and Kayak Races in collaboration with the Paddle Bridge Guide Collective is proud to present the Mississippi River 7.5 Canoe and Kayak Recreational Tour (aka the “MR 7.5”). The MR 7.5 is a 7.5-mile paddling tour starting at 12:30pm from Coon Rapids Dam Regional Park to the Kroening Interpretive Center in Minneapolis taking place on Sunday, June 12, 2022. Paddle Bridge Guide Collective staff will accompany each tour. Paddlers will start in the city of Coon Rapids and pass by Brooklyn Park, Brooklyn Center and Fridley before finishing in Minneapolis. Paddlers may use their own boat or rent a solo or tandem kayak or tandem canoe (subject to availability). An included shuttle will return paddlers and boats back to Coon Rapids Dam Park for the Post Paddle Party.

The MR 7.5 is meant to provide an enjoyable introduction to paddling on the big river or for anyone who wants to experience a fun paddle. Paddlers will pass by scenic islands and wooded banks. This is a quiet, winding stretch with towering trees and bald eagles. Paddlers may see turtles, egrets, otters, deer and other wildlife. This tour is designed to take between 2 and 3 hours.

The entire route is part of the Minnesota Department of Natural Resources (DNR) “Mississippi Water Trail.” The DNR has excellent river maps made for paddlers that show all ramps, campsites, bridges and other waypoints.

The MR 7.5 route can be found on Mississippi River map 9 at this link: [River Map](#).

Registration cost:

$30 per paddler (plus $30 if renting a solo kayak, price for double kayak and tandem canoes coming soon) if you register by May 31st at 11:59pm.
$40 per paddler (plus $30 if renting a solo kayak, price for double kayak and tandem canoes coming soon) if you register by June 9th at 11:59pm.

Refund Policy: Full refunds available up until May 31st at 11:59pm. No refunds after this time. If the tour is canceled, refunds of 50% will be given.

Event fees are used for Paddle Bridge Guide Collective staff and shuttle staff, insurance, park and pavilion rental fees, Post Paddle Party and more. Please be aware there is a daily fee to enter Coon Rapids Dam Regional Park with a vehicle (currently $6).

The MR 7.5 is one of five events taking place on the same day. All paddlers from all events are welcome to attend the Post Paddle Party at Coon Rapids Dam Regional Park. A recognition ceremony will be held at 5:30pm. Food will be available.