

PROUD TO PRESCRIBE THE OUTDOORS!

The state parks provide many opportunities to start increasing your physical activity outside. Use the grid below to find activities at your favorite parks. Get moving and ask how you can earn a discount on South Dakota State Park entrance fees.



	Walking/Hiking	Geocaching	Biking	Birdwatching	Disc Golf	Horseshoes	Lawn games	Basketball	Soccer	Softball	Volleyball	Playground	Swimming	Paddling	Archery Range/Trail	Snowshoeing	Cross-country Skiing
Adams Homestead	■		■	■								■			■	■	◆
Angostura	■		■	■	◆	◆						■	■	◆			
Bear Butte	■																
Beaver Creek	■		■	■													■
Big Sioux	■	■	■	■	◆	◆	◆				◆	■		◆	■	◆	■
Big Stone Island	■			■											■	■	
Burke Lake	■																
Buryanek												■	■				
Chief White Crane	■		■	■	◆	◆	◆				■			◆			
Cow Creek	■		■	■										■			
Custer	■		■	■								■	■	◆		◆	◆
Farm Island	■	■	◆	■		◆	■	■		■	■	■	■	◆	■	◆	■
Fisher Grove	■		■									■		■			
Fort Sisseton	◆	◆	■			◆				◆				◆		◆	◆
George S. Mickelson Trail	■		■	■													◆
Good Earth	■		■	◆		◆						■					
Hartford Beach	■	■	■	■	◆	◆	◆				◆	■	■	◆		◆	◆
Indian Creek	■	■	◆	■	◆	◆						■		◆		◆	◆
LaFramboise Island	■		■	■											■		■
Lake Alvin	■		■									■	■	■	■	■	■

- Recommended location for activity
- Features some ADA accessibility
- ◆ Free equipment checkout
- ◆ Equipment rental
- ◆ Rental through vendor in/near park

	Walking/Hiking	Geocaching	Biking	Birdwatching	Disc Golf	Horseshoes	Lawn games	Basketball	Soccer	Softball	Volleyball	Playground	Swimming	Paddling	Archery Range/Trail	Snowshoeing	Cross-country Skiing
Lake Cochrane	■		■	■	◆	◆					◆	■	■				
Lake Herman	■	■	■	■	◆	◆	◆					■	■	◆		◆	■
Lake Louise	■		■	■	◆	◆	◆			◆	◆	■	■	◆			
Lake Poinsett	■	■	■	■	◆	◆	◆				◆	■	■	◆			■
Lake Thompson	■		■	■	◆	◆	◆				◆	■	■	■			
Lake Vermillion	■	■	■	■	◆	◆	◆				◆	■	■	◆		◆	■
Lewis and Clark	■	◆	■	■	◆	◆	◆	◆	◆		◆	■	■	◆	◆	◆	◆
Little Moreau	■		■	■										■			
Llewellyn Johns	■	■	■														
Mina Lake	■		■	■		◆					◆	■	■	◆			
Newton Hills	■		◆	■	◆	◆	◆				◆	■	■	◆		◆	■
North Point	■		■	■		◆					◆	■	■	◆	■		
North Wheeler	■																
Oahe Downstream	■	◆	■	◆	◆	◆	◆				■	■	■	■	■	■	■
Oakwood Lakes	■		■	■	◆	◆	◆	◆	◆		◆	■	■	◆		◆	■
Okobojo Point	■		■	■										■			
Palisades	■	■	■	■		◆					◆	■		◆		■	■
Pease Creek	■		■	■								■	■	■			
Pelican Lake	■	■	■	■	◆	◆	◆					■	■	◆	■	◆	◆
Pickereel Lake	■		■	■	◆	◆	◆				◆	■	■	◆			
Pierson Ranch	■		■	■	◆	◆	◆	◆	■			■					

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Platte Creek	■											■	■				
Randall Creek	■			■	◆		◆	◆			◆	■	■	■			
Revheim Bay	■		■			■					■	■	■	■	■	■	■
Richmond Lake	■		■	■	◆	◆	◆				◆	■	■	◆		◆	■
Rocky Point	■	■	■	■		◆					◆	■	■	■	■		
Roy Lake	■	■	■	■	◆	◆	◆			◆		■	■	◆			
Sandy Shore	■		■	■		◆						■	■	◆			
Shadehill	■		■			◆					■	■	■	■	■		
Sheps Canyon	■		■	■								■		◆			
Sica Hollow	■	■	■	■												■	■
Snake Creek	■		■			◆		◆			◆	■	■				
Spearfish Canyon	■			■													◆
Spirit Mound	■			■													
Spring Creek	■		■	■										■			
Springfield							■					■					
Swan Creek	■																■
Union Grove	■		■	■		◆						■					
Walker's Point	■		■	■		◆						■					
West Bend	■	■	■	■		◆						■	■				
West Pollock												■					
West Whitlock	■		■	■								■	■	◆		◆	◆

ANY ACTIVITY COUNTS!

Adults need 150 minutes per week of aerobic physical activity and 2 days per week of muscle strengthening physical activity. Youth need 60 minutes every day, and preschool-aged children should be active throughout the day. (2018 Physical Activity Guidelines for Americans, 2nd Edition)

healthysd.gov/park-rx-prescribe-a-day-in-the-park

