

Labyrinths 101

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Did you know? Ancient labyrinths have been found worldwide, in civilizations that had no known access to one another. Humans are drawn innately to the spiraling pattern, which appears in nature on seashells, sunflower heads, the curve of a fern, said labyrinth designer Lisa Gidlow Moriarty. "It seems to be an archetype."

Pick a pattern. All labyrinths share the basic design of a circular path that winds toward a center, but there are endless variations within two broad categories. In **classic designs**, the most common type, the path leads all the way around the labyrinth before turning inward, while **medieval-style** labyrinths typically have four quadrants and involve quarter turns. (For labyrinth designs and tips, visit www.labyrinthsociety.org.)

Cost vs. labor. To create a low-cost labyrinth, simply mow a pattern into existing grass or other vegetation. But be prepared to mow at least weekly to maintain the design. A hardscape labyrinth, such as one made of pavers, is much costlier to install but will require only occasional sweeping. "Maintenance is always an issue with outdoor labyrinths," said Moriarty. "Generally, the more you invest upfront, the less maintenance you'll have."

LOCAL LABYRINTHS

If you'd like to try walking a labyrinth, you live in the right place. Minnesota is a labyrinth hotbed, according to Lisa Gidlow Moriarty, vice president of the international Labyrinth Society. "I know of no other metro area with as many public labyrinths." Here are just a few:

Carondelet Care Center	Pax Christi Catholic Community	Plymouth Creek Park Center	Church of St. Patrick	Minneapolis Institute of Arts
1890 Randolph Av., St. Paul	12100 Pioneer Trail, Eden Prairie	14800 43rd Av. N., Plymouth	6820 St. Patrick Lane, Edina	2400 3rd Av. S., Minneapolis
Built in 1997, the Twin Cities' first large outdoor labyrinth is adjacent to the College of St. Catherine.	Located behind the church, this labyrinth features a medieval design rendered in bricks and pavers, divided by turf.	Located in the Millennium Gardens, this is a classic seven-circuit labyrinth.	This contemporary medieval-style labyrinth is located in an amphitheater on the south side of the church. The "Circle of Peace" design is rendered in bricks, pavers and crushed concrete.	This contemporary terrace labyrinth is three labyrinths in one, according to Moriarty: a granite walking surface below and a sculpted steel pattern above, which also casts a labyrinth shadow.

To find other labyrinths, use the "Labyrinth Locator" tool at www.labyrinthociety.org.