

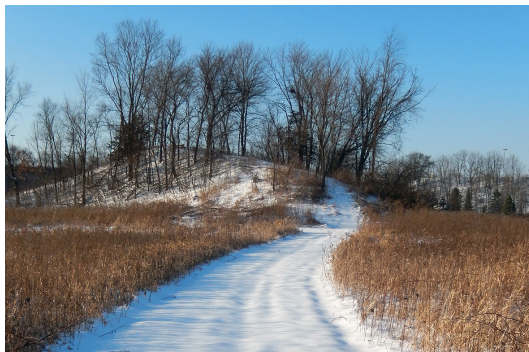
How the Program Works

There are ten program hikes and two bonus hikes, each on a property protected by Mississippi Valley Conservancy. Driving directions and brief descriptions are in this brochure. Look for hiking maps at www.mississippivalleyconservancy.org. They are also available for downloading on Gladiator.

Each hiking map shows a recommended route (most are 1 to 2 miles) for the Hike to Wellness program as well as other trails on the property. Of course, you may choose to hike the other trails to improve your fitness!

INSTRUCTIONS

- 1 Find the map for the trail you'll be hiking.
- 2 Use the directions on the map or in this brochure to drive to the site.
- 3 Hike the recommended route and, if you wish, other trails on the property.
- 4 As you hike, you may wish to use the form on the back of this brochure to make a few notes about plants or animals you see, the terrain, the condition of the trail, the weather, or your fellow hikers.
- 5 If you hike all the program trails (1 through 10), you will have hiked more than 12 miles.



The Hikes

PROGRAM HIKES

- 1 Trempealeau Lakes
- 2 New Amsterdam Grasslands
- 3 Holland Sand Prairie
- 4 Greens Coulee-Savannah Oaks Tract
- 5 La Crosse River Conservancy
- 6 La Crosse Blufflands North: Skemp/Lenox
- 7 La Crosse Blufflands North: Mathy Tract West
- 8 La Crosse Blufflands North: Mathy Tract East
- 9 La Crosse Blufflands North: Miller/Beck
- 10 La Crosse Blufflands South: Hass

BONUS HIKES

- 11 Tunnelville Cliffs State Natural Area
- 12 Sugar Creek Bluff State Natural Area

Record Your Hikes

Date	Hike No.	Notes



1309 Norplex Drive, Suite 9
 La Crosse, WI 54601
 608-784-3606
www.mississippivalleyconservancy.org



Hike to Wellness

A health and fitness program
 designed by
 Mississippi Valley Conservancy



10 program hikes plus 2 bonus hikes

PROGRAM HIKES

1 Trempealeau Lakes (easy) Pickerel Path, Trempealeau, WI

This flat, wide trail traverses deciduous and pine woods with side trails leading to fishing spots. **The trail may be flooded or wet during spring and other high-water periods.**

How to get there from La Crosse: Follow Hwy 35 (Great River Road) north to Trempealeau. Turn left on unmarked Fremont St (the road to the lock and dam). It becomes Lake Rd near the lock and dam turnoff. Turn left on the next road, unmarked gravel Pickerel Path, and follow it 0.3 mi to a parking place near the lakeshore/boat launch.

2 New Amsterdam Grasslands (easy) W7900 Old NA, New Amsterdam, WI

The trails follow the boundaries of an open, rolling prairie. A short trail is open year-round. A longer one is closed during nesting season, April, May, June, and July.

How to get there from La Crosse: Follow Hwy 53 north to exit MH. Exit, and at the stop sign turn left on MH (McHugh Rd) and follow it to XX. Turn right on XX and follow it into New Amsterdam. Turn right on Old NA and follow it for approximately ½ mile to the trailhead and parking lot, which are on the left.

3 Holland Sand Prairie (easy) W7781 County Road MH, Holmen, WI

The trail follows the boundaries of an open, rolling prairie.

How to get there from La Crosse: Follow Hwy 53 north to exit MH. Exit, and at the stop sign turn left on MH (McHugh Rd) and follow it to the trailhead, which is just past (west of) Beaver Builders' Supply. Trailhead and parking area are on the left (south) side of MH.



4 Greens Coulee-Savannah Oaks Tract (challenging) Clifford Drive, Onalaska, WI

From the Clifford Drive cul-de-sac, follow a mowed grassy path and then a woodland path to the top of the bluff.

How to get there from La Crosse: Take Hwy 16 north to Hwy 157 (Valley View Mall intersection). Turn left and continue on Hwy 157/Hwy 53 North to the Main St exit. At the bottom of the ramp, turn right at the light and then immediately left onto Green Coulee Rd. Go 1.3 mi to Clifford Dr. You may park in the Clifford Dr cul-de-sac from May through October.

5 La Crosse River Conservancy (medium) 3060 S. Kinney Coulee Road, Onalaska, WI

The trail quickly descends from Highway 16 to river-level land with flat, easy hiking.

How to get there from La Crosse: From Losey Blvd at Main St, follow Losey/Hwy 16 north 4.8 mi to S Kinney Coulee Rd. Turn right and go .15 mi to the Stoney Creek Inn parking lot or a little farther to the Gundersen Health System ramp.

6 La Crosse Blufflands North: Skemp/Lenox Tracts (challenging) W5845 County Road B, La Crosse, WI

Hike to the top of the bluff on a steep old quarry road. Please respect the property boundary signs at the top.

How to get there from La Crosse: Follow Hwy 16 north to Cty Rd B. Turn right and go ½ mile to just past Bethany Evangelical Church. On the right is a parking area with a kiosk.



7 La Crosse Blufflands North: Mathy Tract West (medium) County Road FA, La Crosse, WI

Mostly open, rolling terrain in an old quarry. Descend into the quarry, loop around, and climb back out.

How to get there from Losey Blvd at Main St: Go north on Main St (which becomes Bliss Rd) 2.1 miles to CTH-FA. Turn left and drive 1.5 mi to a parking area at FA's end.

8 La Crosse Blufflands North: Mathy Tract East (medium) Cty Rd FA, La Crosse, WI

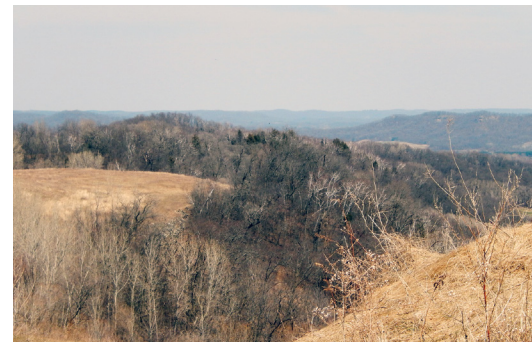
The trail follows the lip of the quarry and then heads across a prairie and into the woods before returning to the parking lot.

How to get there from Losey Blvd at Main St: Go north on Main St (which becomes Bliss Rd) 2.1 miles to CTH-FA. Turn left and drive 1.5 mi to a parking area at FA's end.

9 La Crosse Blufflands North: Miller/Beck (easy) Rim of the City Road, La Crosse, WI

Although there are many trails in the Miller and Beck tracts, the recommended one is mostly flat and wide and leads to three rock outcrops with beautiful views of the La Crosse River Marsh.

How to get there from Losey Blvd at Main St: Go north on Main St (which becomes Bliss Rd) 2.1 miles to CTH-FA. Turn left and go 1.3 miles to Rim of the City Rd. Turn left and go .5 mile to the end of the road.



10 La Crosse Blufflands South: Hass Tract (challenging) Easter Road, La Crosse, WI

An up-the-bluff hike with views of Mormon Coulee Road and the Mississippi River.

How to get there from Losey Blvd at Ward Ave: Head east on Ward Ave to 33rd St. Turn right on 33rd St and follow it to Park Lane Dr. Turn left and follow Park Lane to Maple Dr. Turn right and go one block to Easter Rd. Turn left and follow it (at the fork in the road stay right) to the trailhead and parking lot, which are about .25 mile up the road and on the right.

BONUS HIKES

11 Tunnelville Cliffs State Natural Area (medium) La Farge, WI

A rolling mowed path amid beautiful scenery on this property near La Farge.

How to get there from La Farge: Head east on West Main St. Turn right onto Wisconsin 131 South (South State St) and go 2.1 mi to Tunnelville Rd. Turn right onto Tunnelville Rd. Go .4 mi to parking area on left.

12 Sugar Creek State Natural Area (easy) Ferryville, WI

A slightly rolling .75-mi (one-way) trail along a woody ridgetop that ends at a beautiful goat prairie overlooking the Mississippi River.

How to get there from the intersection of highways 14/61 and 35 on the south edge of La Crosse: Go south on Hwy 35 approximately 32 mi (you'll be about 1.25 mi southeast of Ferryville). Turn left (northeast) on North Buck Creek Rd. Drive about 1 mi to a small parking area on the left with an MVC kiosk.

