

TRAIL GUIDE & HIKE LOG

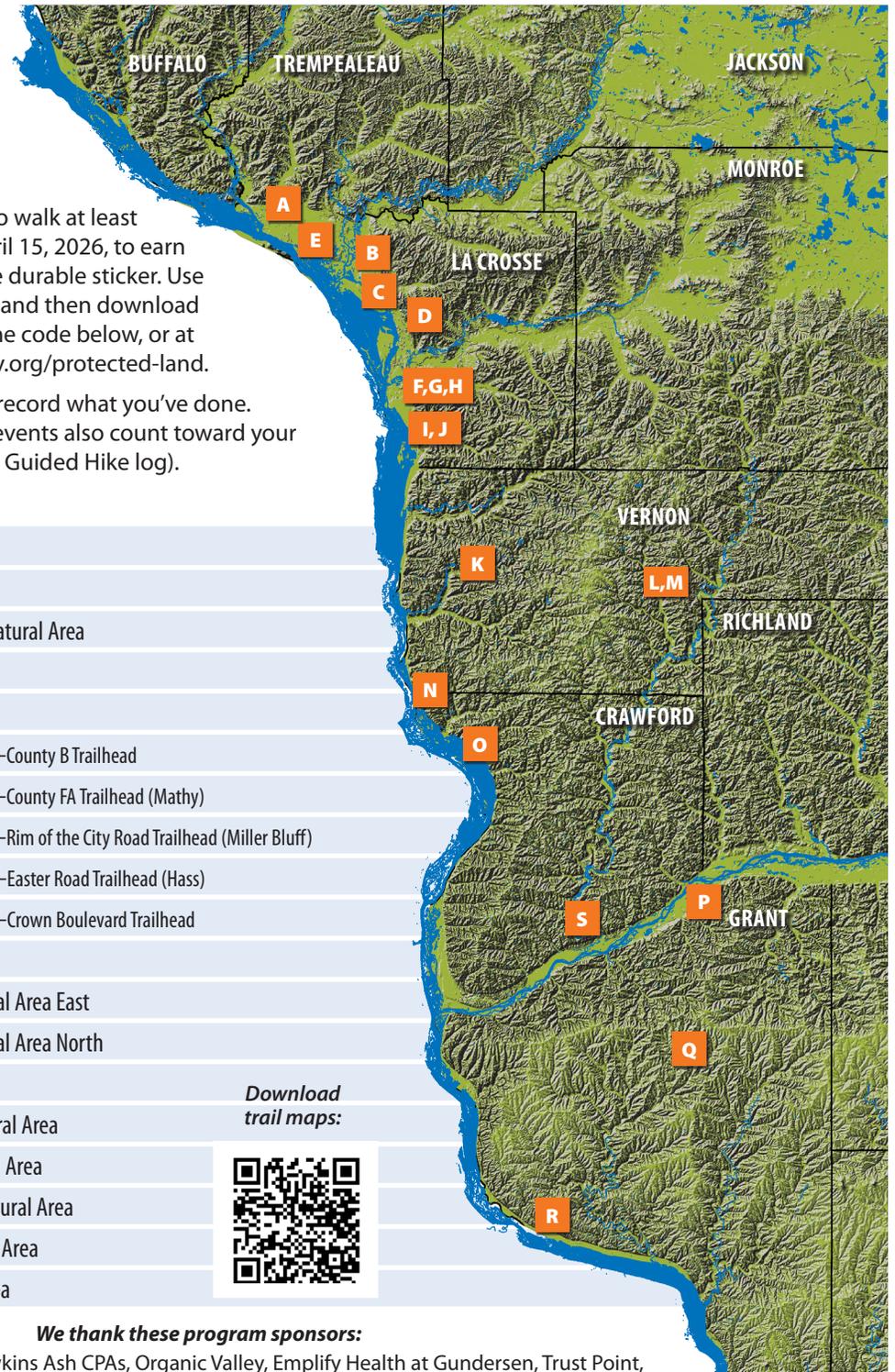


April 27, 2025–April 15, 2026

How Trail Trek Challenge Works

It's easy! Challenge yourself to walk at least FIVE of these trails before April 15, 2026, to earn an official Trail Trek Challenge durable sticker. Use this guide to plan your walks and then download free trail maps by scanning the code below, or at MississippiValleyConservancy.org/protected-land.

Use the enclosed hike log to record what you've done. *Linked to the Land* hike/walk events also count toward your Trail Trek Challenge total (see Guided Hike log).



- A** Little Bluff
- B** New Amsterdam Grasslands
- C** Holland Sand Prairie State Natural Area
- D** Greens Coulee
- E** Trempealeau Lakes
- F** La Crosse Blufflands North—County B Trailhead
- G** La Crosse Blufflands North—County FA Trailhead (Mathy)
- H** La Crosse Blufflands North—Rim of the City Road Trailhead (Miller Bluff)
- I** La Crosse Blufflands South—Easter Road Trailhead (Hass)
- J** La Crosse Blufflands South—Crown Boulevard Trailhead
- K** Romance Woods
- L** Tunnelville Cliffs State Natural Area East
- M** Tunnelville Cliffs State Natural Area North
- N** Cardinal Bluff
- O** Sugar Creek Bluff State Natural Area
- P** Boscobel Bluffs State Natural Area
- Q** Borah Creek Prairie State Natural Area
- R** Cassville Bluffs State Natural Area
- S** Plum Creek Conservation Area

Download trail maps:



We thank these program sponsors:

J.F. Brennan Company, Hawkins Ash CPAs, Organic Valley, Emplify Health at Gundersen, Trust Point, People's Food Cooperative, Altra Financial Advisors, Explore La Crosse, News 8 Now, Mayo Clinic Health System, Powered Printing-A Service of Dairyland Power Cooperative





Discover nature's treasures by walking the many nature preserves protected for recreation, learning, and wildlife habitat. Use this guide to plan your walks and then download free trail maps and *Find Nature's Treasures* challenges at MississippiValleyConservancy.org/protected-land.

You're welcome to walk the properties whenever you wish. See the trail map for each property for a list of activities allowed/not allowed there.

A Little Bluff
The half-mile out-and-back hike begins with a steep stairway and continues upward to a marker that points visitors to the blufftop with three earthen mounds and interpretive signs. ★★

B New Amsterdam Grasslands
The trails follow the boundaries of an open, rolling prairie. A short loop hike (a little over 1 mile) is open year-round. A longer one (2.8 miles) is closed during nesting season, April, May, June, and July. Great birding! ★

C Holland Sand Prairie State Natural Area
The 1.3-mile main loop hike follows the boundaries of an open, rolling prairie. Over 150 plant species have been identified here. ★

D Greens Coulee
Greens Coulee comprises a network of trails accessible from Stonebridge Ave. in Onalaska. The 1.2-mile out-and-back hike, accessible from Clifford Dr., connects to the Greens Coulee trails, climbs 440 feet, and ends at a lovely overlook. ★★★

Trail difficulty

★ = Easy ★★ = Medium ★★★ = Challenging

E Trempealeau Lakes
A 0.75-mile flat, wide loop trail traverses floodplain forest and a tree planting and former pine plantation near spring-fed Second Lake. Trail may be flooded or wet during spring and other high-water periods. ★

F La Crosse Blufflands North—County B Trailhead
A 1.6-mile out-and-back hike that climbs almost 500 feet to the top of a bluff. Both sides of the trail are surrounded by oak woodland. ★★★

G La Crosse Blufflands North—County FA Trailhead (Mathy)
Mostly open, rolling terrain in an old quarry. There's one somewhat steep climb to the quarry's rim. The main loop trail is approximately 2.75 miles. Side trails add another 2.75 miles. ★★

H La Crosse Blufflands North—Rim of the City Road Trailhead (Miller Bluff)
Walk .25 mi on a flat trail to two rocky bluff cliffs overlooking the La Crosse River Marsh. ★

I La Crosse Blufflands South—Easter Road Trailhead (Hass)
The main trail is approximately 1 mile (one way), rising 400 feet to a blufftop with a panoramic view of La Crosse. An optional trail leads to a view over a goat prairie and blufflands to the south. ★★★

J La Crosse Blufflands South—Crown Boulevard Trail
A narrow, sometimes steep 1.2-mile out-and-back trail sits atop a bluff overlooking the backwaters of the Mississippi River. ★★★

K Romance Woods
This 1.5-mile out-and-back hike descends through woods on an old logging road. ★★

L Tunnelville Cliffs State Natural Area—East Trail
Enjoy a 2.5-mile out-and-back hike on gently rolling mowed trails on this large property in the Kickapoo River Valley. Trail entrance may be flooded or wet during high-water periods. ★★

M Tunnelville Cliffs—North Trail
This 1.6-mile out-and-back hike follows a ridge past a small goat prairie and ends on a wooded ridge with an overlook. ★★

N Cardinal Bluff
A short, steep hike (0.6 mi round trip) along a wooded trail that climbs 340 feet up a bluff for a river view and some interesting rock formations. ★★★

O Sugar Creek Bluff State Natural Area
A slightly rolling 1.5-mile out-and-back hike along a wooded ridgetop that ends at a wildflower-filled prairie overlooking the Mississippi River. ★★

P Boscobel Bluffs State Natural Area
The main trail, approximately 1.5 miles one-way, climbs 400 feet from the trailhead along an old logging road through forests and prairies. ★★★

Q Borah Creek Prairie State Natural Area
Cross a scenic prairie on a gently sloping 1-mile (out-and-back) farm road southwest of Fennimore. ★★

R Cassville Bluffs State Natural Area
Hike 1.9-miles (out-and-back) through lowland and upland oak-hickory forests to the restored blufftop grassland. ★★

S Plum Creek Conservation Area
This challenging 1.8 mile out-and-back trail goes through steep and rugged terrain in grasslands and oak woodlands to reach the best view on the property, which overlooks Plum Creek, the Kickapoo River, and the surrounding bluffs. ★★★

Record your hikes and Find Nature's Treasures

Trail Trek Challenge is a year-round hike/walk program on the nature preserves you've helped protect in Wisconsin's Driftless Area. Challenge yourself to hike at least five of the 19 designated trails to discover nature's treasures and earn an official water bottle sticker. Just fill out and send in your hike log with at least five hikes completed before April 15, 2026.

Trail maps

Trail maps for each of the Trail Trek Challenge hikes can be viewed and downloaded from the Mississippi Valley Conservancy website at www.MississippiValleyConservancy.org/protected-land

Find Nature's Treasures

On the same page as your chosen trail map you'll see a downloadable file called "Find Nature's Treasures." It's a simple scavenger hunt to engage hikers of all ages with the natural happenings at each nature preserve.

Record your hikes

Log your hikes on this page. Participation in our free *Linked to the Land* guided hikes also count toward your minimum of 5 hikes.

Share the fun!

Tell your friends to sign up at the website below and get their own trail guide today (it's free, and there is no deadline for registration). Share photos with #trailtrekchallenge to add to the fun!

Download trail maps with driving directions and view an interactive map at:

www.MississippiValleyConservancy.org/protected-land



Hike Log

Hike and log at least five trails from the list below or *Linked to the Land* hikes (see other side). Send in your hike log by April 15, 2026, to earn an official TTC sticker!

Name _____
 Address _____
 City/State/Zip _____
 Phone _____
 Email _____

Date	Trail
A	Little Bluff
B	New Amsterdam Grasslands
C	Holland Sand Prairie State Natural Area
D	Greens Coulee
E	Trempealeau Lakes
F	La Crosse Blufflands North—County B Trailhead
G	La Crosse Blufflands North—County FA Trailhead (Mathy)
H	La Crosse Blufflands North—Rim of the City Road Trailhead (Miller Bluff)
I	La Crosse Blufflands South—Easter Road Trailhead (Hass)
J	La Crosse Blufflands South—Crown Boulevard Trailhead
K	Romance Woods
L	Tunnelville Cliffs SNA—East Trail
M	Tunnelville Cliffs SNA—North Trail
N	Cardinal Bluff
O	Sugar Creek Bluff State Natural Area
P	Boscobel Bluffs State Natural Area
Q	Borah Creek Prairie State Natural Area
R	Cassville Bluffs State Natural Area
S	Plum Creek Conservation Area

Linked to the Land Guided Hikes

Everyone is invited to enjoy free guided hikes and workshops throughout the year with our **2025 *Linked to the Land*** program. And you can count the hikes toward your Trail Trek Challenge total! All the activities take place on nature preserves protected by the Conservancy. This year's guided hikes are made possible with community support from **Olson Solar Energy** and **WXOW/News 19**.

With more than 25 local nature preserves, we offer *Linked to the Land* guided hikes to familiarize people with the properties, their wildlife, and the value of protecting them. The activities are led by area experts on a variety of topics, including native wildlife, birding, bat ecology, stargazing, wildflowers, and more.

MississippiValleyConservancy.org/linked-to-the-land

Date	X	Guided Hike

Deliver or mail your hike log by April 15, 2026, to:

**Mississippi Valley Conservancy
 Attn: Trail Trek Challenge
 1309 Norplex Drive, Suite 9
 La Crosse, WI 54601**

608-784-3606
info@MississippiValleyConservancy.org
MississippiValleyConservancy.org/ttc

