

TRAIL GUIDE & HIKE LOG



Discover Nature's Treasures



April 27, 2020–April 16, 2021

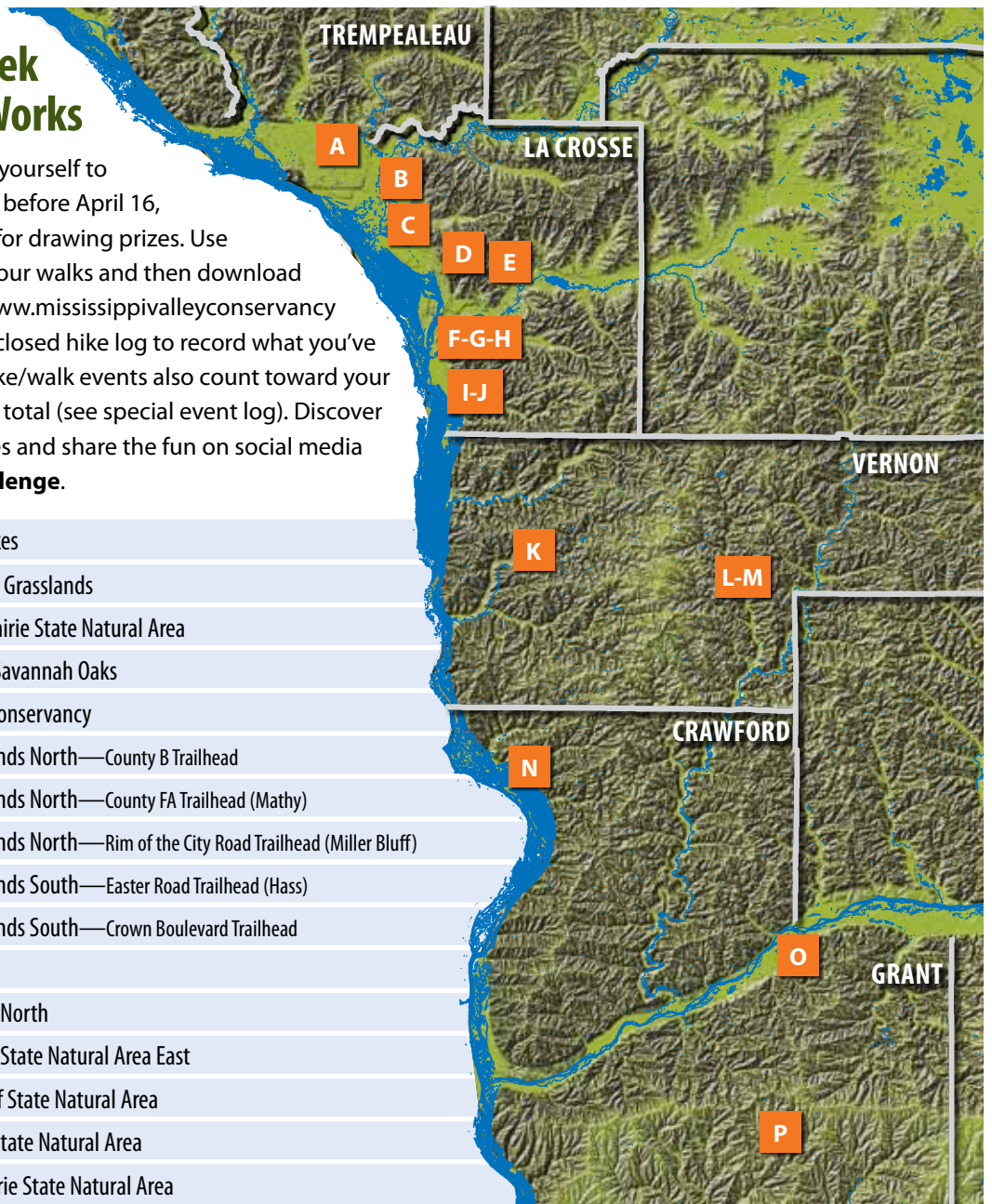
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How Trail Trek Challenge Works

It's easy! Challenge yourself to walk at least 5 trails before April 16, 2021 to be eligible for drawing prizes. Use this guide to plan your walks and then download free trail maps at www.mississippivalleyconservancy.org/ttc. Use the enclosed hike log to record what you've done. Our group hike/walk events also count toward your Trail Trek Challenge total (see special event log). Discover our nature preserves and share the fun on social media with **#trailtrekchallenge**.

- A** Trempealeau Lakes
- B** New Amsterdam Grasslands
- C** Holland Sand Prairie State Natural Area
- D** Greens Coulee—Savannah Oaks
- E** La Crosse River Conservancy
- 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 North
- M** Tunnelville Cliffs State Natural Area East
- N** Sugar Creek Bluff State Natural Area
- O** Boscobel Bluffs State Natural Area
- P** Borah Creek Prairie State Natural Area



Trail Trek Challenge is a free program that's great fun for families, individuals, friends, and coworkers!

Registration is FREE at www.mississippivalleyconservancy.org/ttc

We thank these program sponsors:

Mayo Clinic Health System, Organic Valley, Gundersen Health System, Franciscan Sisters of Perpetual Adoration, Viroqua Area Foundation, Altra Financial Advisors, People's Food Cooperative, Trust Point, Inc., Verve—a Credit Union, WKBT/News 8 Now, Dairyland Power Cooperative, Mid-West Family Broadcasting, 4imprint.com.



Discover nature's treasures by walking the many nature preserves protected for recreation, education, and wildlife habitat. Use this guide to plan your walks and then download free trail maps at www.mississippivalleyconservancy.org/ttc.

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. Feel free to contact our office with questions at info@mississippivalleyconservancy.org.

COVID-19 UPDATE: *Protect your health and community health when outside of your home. Always practice physical distancing, and follow the current guidelines of your local government or the federal Centers for Disease Control, whichever are more restrictive.*

- A Trempealeau Lakes**
A ¾-mile flat, wide loop trail traverses deciduous and pine woods with side trails to fishing spots along spring-fed Second Lake. Trail may be flooded or wet during spring and other high-water periods. ☆
- 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–Savanna Oaks Tract**
Greens Coulee comprises a network of trails accessible from Stonebridge Ave. in Onalaska. The 1.2-mile out-and-back Savanna Oaks hike, accessible from Clifford Dr., connects to the Greens Coulee trails, climbs 440 feet, and ends at a lovely overlook. ☆☆☆
- E La Crosse River Conservancy**
Descend a gentle hill to flat river-bottom land. Choose among routes ranging from .9 to 1.9 miles. About half the trail is along the La Crosse River, where you may see a variety of birds and mammals. 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 mile on a flat trail to three 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 2-mile out-and-back trail sits atop a bluff overlooking Mormon Coulee Road and the backwaters of the Mississippi River. ☆☆☆
- K 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. ☆☆
- 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 with access to Cambrian sandstone cliffs and the Kickapoo River. The entrance to this trail may be flooded or wet during spring and other high-water periods. ☆☆
- M Romance Woods**
This 1.5-mile out-and-back hike descends through woods on an old logging road. ☆☆
- N 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. ☆☆☆
- O Boscobel Bluffs State Natural Area**
Approximately 4 miles of trails, including some branches, through woods and prairie. ☆☆☆
- P Borah Creek Prairie State Natural Area**
Cross a scenic remnant prairie on a gently sloping 1-mile (out-and-back) farm road southwest of Fennimore. ☆☆☆

Trail difficulty

☆☆ = Easy ☆☆☆ = Medium ☆☆☆☆ = Challenging

Record your hikes to enter the drawing

Trail Trek Challenge is a year-round hike/walk program on the nature preserves you've helped protect in five counties. Challenge yourself to hike at least five of the trails to discover nature's treasures and become eligible for some great drawing prizes! By filling out and sending in your hike log with at least five hikes completed before April 16, 2021, you'll become eligible to win drawing prizes at Earth Fair 2021, where another year of hikes and walks will be kicked off.

Trail maps

Trail maps for each of the Trail Trek Challenge hikes can be viewed and downloaded from the Mississippi Valley Conservancy website. Please refer to the Hike Log and Other Hikes & Events Log on this page for the list of trails and qualifying events.

Other qualifying events

The Conservancy's guided hikes also qualify as Trail Trek Challenge activities. You'll find them listed on the Other Hikes & Events Log (far right). Details for each event can be found on the Events page of the Mississippi Valley Conservancy website. We'll even consider other epic hikes you take when traveling out of the area.

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 at:

www.mississippivalleyconservancy.org/ttc

Hike Log



Hike and log at least 5 trails from the list below or participate in guided hikes (at right). Return this form to Mississippi Valley Conservancy by April 16, 2021, to be eligible for the drawing at Earth Fair 2021 in La Crosse!

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Date	Trail
A	Trempealeau Lakes
B	New Amsterdam Grasslands
C	Holland Sand Prairie State Natural Area
D	Greens Coulee/Savanna Oaks
E	La Crosse River Conservancy
F	La Crosse Blufflands North—County B Trailhead
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L	Tunnelville Cliffs State Natural Area—East Trail
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N	Sugar Creek Bluff State Natural Area
O	Boscobel Bluffs State Natural Area
P	Borah Creek Prairie State Natural Area

Other Hikes & Events Log

The free guided hikes listed below also count toward your Trail Trek Challenge total! Some require advance registration. All dates are subject to change. For details and updates, visit www.mississippivalleyconservancy.org.

Date	✓	Event
Sep 12, 2020		Land Trust Days Climate Hike
Oct 10, 2020		Foraging Hike
Nov 14, 2020		Archaeology Walk & Talk

Use these lines to list dates and locations of other hikes you completed in 2020-2021. We'd love to know!

Deliver or mail your hike log by April 16, 2021, to



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

608-784-3606
Info@mississippivalleyconservancy.org
www.mississippivalleyconservancy.org/ttc