






Health and Safety First


 **Physical Activity** The primary factor to better health is activity. Be active everyday. The Center for Disease Control recommends 60 minutes of activity every day.


 **Warm Up/Cool Down** To reduce chances of injury and muscle soreness warm up and cool down. **Warm up** should involve the entire body and last about 10 minutes. Try to perform exercises similar to the activity in which you are engaged. **Cool down** is necessary to help relax muscles that were worked during the activity. Keep moving, but slow down from your participation pace. Stretching is an important part of the cool down. It will reduce soreness the following day.


 **Sunscreen** Lotion should be worn when participating in outdoor activities even if it is cloudy.

 **Water** Fluids should be consumed before, during and after exercise. Always be prepared with your own container.

 **Bicycle and Horseback Riding Helmets** Protective head gear should be worn anytime you ride. Be sure to purchase a helmet that fits properly. *Always* replace your helmet if it hits the ground in an accident.

 **State Bicycle Laws** Bikes are considered vehicles. Always ride on the right, in the same direction as traffic. Use hand signals to indicate turns and always yield to pedestrians. If biking at night, be sure to have a headlight and reflectors on your bike and clothes.





 **Life Jackets** Always wear a life jacket when boating, canoeing or kayaking. In addition, wear one if you're a weak swimmer, at night or at the first sign of bad weather.

 **Canoeing Precautions** Take into consideration the change of weather over the time of your trip. Early in the year water will be faster and more difficult to navigate. In late summer you may drag with overloaded canoes. Consider taking dry clothes in a waterproof bag. Be prepared to portage for trees across any of our rivers. The water speeds up where the trees lie across the river, so be careful when going through a cut path.

Related Web Sites

www.americaonthemove.org
www.americawalks.org
www.activelivingbydesign.org
www.activelivingresearch.org
www.bfw.org
www.bikewalk.org
www.crosscountryskiing.com
www.dnr.state.wi.us
www.hiking.com
www.horsetraildirectory.com
www.railtrails.org
www.thecommunityguide.org
www.trails.org
www.walkable.org
www.walkinginfo.org/cps/checklist.htm
www.walkingschoolbus.org
www.waupacachainolakes.org/maps.aspx
www.wisconsinwalks.org
www.uwex.edu/ces/flp/demographics/weight/
www.uwex.edu/ces/fitness (Retro Fit Yourself)

Legend

-  Cross Country
-  Hiking
-  Biking
-  Horseback

Canoeing Waupaca County Rivers


We encourage you to enjoy the Waupaca and Little Wolf Rivers through the following trips that have developed public access. The Embarrass and Pigeon River Access are also marked.


Little Wolf River Trips stretch from the town of Harrison (in the northern part of the county) to County Hwy BB in the town of Royalton. The upper Little Wolf River during the spring can be considered a Class I rapids river, NOT suitable for beginner canoeists. Other times of the year it can be very rocky with low waters. There are 7 options for canoe trips. Put in at Little Wolf River Road Canoe access, #2, take out on Hwy J on the north side of the river before the bridge, 3 miles. Put in on Hwy J and take out at the dock, #3, south side of the pond and north of Big Falls dam where Hwy G and C converge, 4 miles. Put in below the dam in Big Falls, take out at Symco Park, #11, Hwy 22 on the east side of river, 16 miles. (This is a long afternoon canoe ride in a little deeper water.) Put in at Symco Park, #11, and take out at the park northeast of Manawa, #18, or above the dam in Manawa off of Hwy 22, 5.75 miles. Put in below the dam in Manawa and then take out at the Hwy. 22 access, #17, south of Manawa, 2.7 miles. Put in at Hwy. 22 access, #17, south of Manawa and take out on the north side at County Hwy. BB, 2 miles. Put in at County Hwy. BB and take out at Royalton, #22, off of Hwy 54, 3.5 miles. The river also crosses Ostrander Road and Hwy X before it empties into the Wolf River. These are not developed public access.


Riverview Park in Waupaca to Riverside Park in Waupaca to Peterson Park in Weyauwega (at the dam). Riverview to Riverside is approximately 1 mile and is presently being cleared. A quiet easy 1 mile trip through town which is great for young families. Riverside to Peterson Park is approximately a 3+ hour, 12 mile canoe trip that begins on the southeast side of the City of Waupaca and on the south side of Hwy 54. From the parking lot walk about 100 feet with the canoe to access the river. The river begins fairly shallow, and meanders for miles. The river travels under Harrington and Reek Roads. The view provides plenty of wildlife (birds, fish, turtles, deer, etc). After a couple hours of paddling, you will enter the west end of Weyauwega Lake. Paddle through the lake to the east side. Later in the summer this lake may be very shallow in spots and weedy. Try to find the main flow of the river for more ease in traveling. At the east end of the lake, you will canoe under the road (bridge). Immediately paddle to the dock on the left. CAUTION: Stay away from the top of the dam to the front and right. This dock and park area is Peterson Park. You can end the trip here, or stop for lunch and pursue the next leg of the trip, which starts at the bottom of the dam.


Peterson Park in Weyauwega to Gills Landing #31(at end of Cty Rd F) This ia a great trip for beginners which lasts about 3+ hours, 5.15 miles. Paddling effort is minimal as the river slowly carries you along. Start this trip at Peterson Park in Weyauwega (north side of town on Hwy 110). The park is on your right as you leave downtown. There is a very short portage to start the trip, which takes you down the hill to the bottom of the dam. There is a dock there, but it may be too high to be very helpful. You might get your feet wet getting in the canoe; don't slip on the rocks. The scenery is incredible. Schools of fish abound in the river, and the kids have a blast seeing the variety of birds and wildlife. Minor portaging maybe necessary due to fallen trees. About half way through the trip, the river widens and slows down. You will eventually come upon the Wolf River, at which point you will turn right and flow downstream. Take out at Gill's Landing which is just a few minutes down the Wolf River on the right side. Be extremely cautious on the Wolf because its current is fast. There are concerns for canoeists at Gill's Landing even though it is a no wake area.


Environmental Ed & Outdoor Recreation


 **Clintonville River's Edge Nature Trail / Pigeon River Fitness Trail** This trail in Clintonville off of Hwy 45/22 from the south or off of Hwy 22 (Main Street) from the north. When you reach the middle of downtown Clintonville, turn west onto 8th Street. From 8th Street, turn right onto West Street and follow the curve. West Street turns into Riverside Drive and within a short distance this street then turns into Brent Street. You are now adjacent to the park. To access these trails please park on the north end of Brent Street. There are other access points, but this parking area will give you access to the official starting points of both trail sections. The wood chipped trail is a figure eight design with an overall length of 1.1 mile. **Clintonville High School Trail** loops around the entire property (64 W. Greentree Rd.). This 1.4 mile loop is open year round for walking, biking, cross country skiing and running. It is a scenic .95 mile of crushed limestone and .45 mile of sidewalk back to the trail head. For brochures or more information contact CHS Rec Center 715-823-7215 or the Park & Recreation Dept 715-823-7660. www.clintonvillewi.org

 **Fremont Nature Trail** To access the Fremont Nature Trail travel into Fremont from the east on Hwy 96. After the bridge turn right onto West Main Street and travel 1 ½ block. This road turns into Wolf River Drive. When you reach the Fremont Elementary School turn south onto James Street and follow it to the end. Park and enter the trail for a ½ mile walk. If you enter Fremont from the west on Hwy 10 take the Hwy 49 exit; turn left on Hwy 110; turn left again on Wolf River Drive or County Hwy U. By Fremont Elementary School turn south on James Street again for access. Fremont Village Hall 920-446-2411.

 **Hartman Creek State Park** Located on the upper Waupaca Chain O' Lakes, this 1,417-acre park offers 10 miles of hiking trails and 5 miles of unpaved off-road biking trails. For the paddling enthusiast the park contains 7 lakes with crystal clear waters. Cross-country skiers can enjoy 8.5 miles of trails during the winter months. The horse trail is 6.5 miles long, open from late April to early November, with parking at the trail head near the lake picnic area. A full park guide and Wisconsin State Park Vehicle Admission Sticker (required) is available at the park entrance from 6 a.m. to 11 p.m., 715-258-2372. www.dnr.wi.gov/org/land/parks/

 **Ice Age Trail** Part of the 1000 mile national trail system, the Portage & Waupaca County section meanders for 13 miles. The trail can be accessed off Hwy 54, west of Waupaca and is open for hiking, skiing, and snowshoeing. The trail is located on public and private property. Please stay on the trail and respect property owners' rights. Waupaca County Parks 715-258-6243 www.iceagetrail.org

 **Iola Winter Sports Club** Here lies some of the best cross-country trails in the state. Trails are groomed for skating and classical skiing, with 20 kilometers of cross-county trails-4 miles under the lights! Skiers of all ability levels are accommodated. Open to members anytime and to nonmembers for a daily use fee. Saturday and Sunday 9 a.m. to 4 p.m. and Tuesday and Wednesday 5 p.m. to 9 p.m. Take Hwy 49 five miles north of Iola to Cty MM, then 2 miles west to Norseman Hill, Iola Winter Sports Club 715-445-3411 or 715-445-2290


 **Marion Hiking Trail** Parking and access to the Marion Hiking Trail is off of Hwy S (Ramsdell St.) between the Marion Historical Society and Marion Baseball Diamond. Hwy 110 (Main Street) enters Marion from both the north and south and runs thru downtown. Turn east off of Main Street ½ mile on Hwy S (Ramsdell St.). Marion Hiking Trail is 1 mile. Marion City Hall 715-754-2124.


Thank You to:
waupacaevents.com for donating the front cover picture, **Riverside Medical Center** for the initial donation of printing and **New London High School Graphics Department** for printing and design.


New London's Wolf River Pathway/Hatten Park:


The Wolf River Pathway is 5.5 miles of trail throughout the City of New London. A great starting point is Pfeifer Park, which can be reached from Hwy 54, turn south onto Shawano Street, and then turn east onto Waupaca Street. The entrance to Pfeifer Park is on the left-hand side along the Embarrass River. The Wolf River Pathway travels along the Embarrass and Wolf River through Hatten Park, the City's largest park. Hatten Park is located in the heart of New London just south of the Wolf River. From Hwy X turn south on Werner Allen Boulevard. The 120-acre park runs along the west side of Werner Allen Blvd and offers a lot of opportunities for outdoor activities. There are trails throughout the park for hiking, biking, and cross-country skiing. The park is open year round from 6:00 a.m. to 9:00 p.m. The scenic trails wind through the woods and throughout the park making a 1 1/2 mile loop. Within Hatten Park you will have the opportunity to see a variety of plants, animals, and habitats. In spring, summer and fall this park is busy with activities including youth sports, playground programs, tennis, disc golf, hikers, joggers, picnickers and much more! New London Parks & Recreation, 920-982-8521.

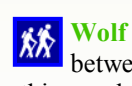
www.newlondonwi.org

 **Tomorrow River State Trail #16** This 28 mile limestone surface trail runs from Manawa to Plover. Uses include hiking, biking, and horseback riding on a parallel trail. State trail passes are required for bikers and equestrians ages 16 and older. Trail access in Scandinavia, Ogdensburg and Wolf Road west of Manawa. Waupaca County Parks 715-258-6243. www.waupacacountyparks.com

 **Waupaca River Ridge Trail** This non-motorized trail system winds throughout the Waupaca area. Off-road segments total over 11 miles with another 12 miles of street routes connecting the off-road sections. The River Ridge Trail is for hiking, with bikes only allowed on the limestone or blacktopped surfaces. There are 17 points of interest along the trail. Waupaca Parks & Recreation 715-258-4435. www.cityofwaupaca.org/park/park.html

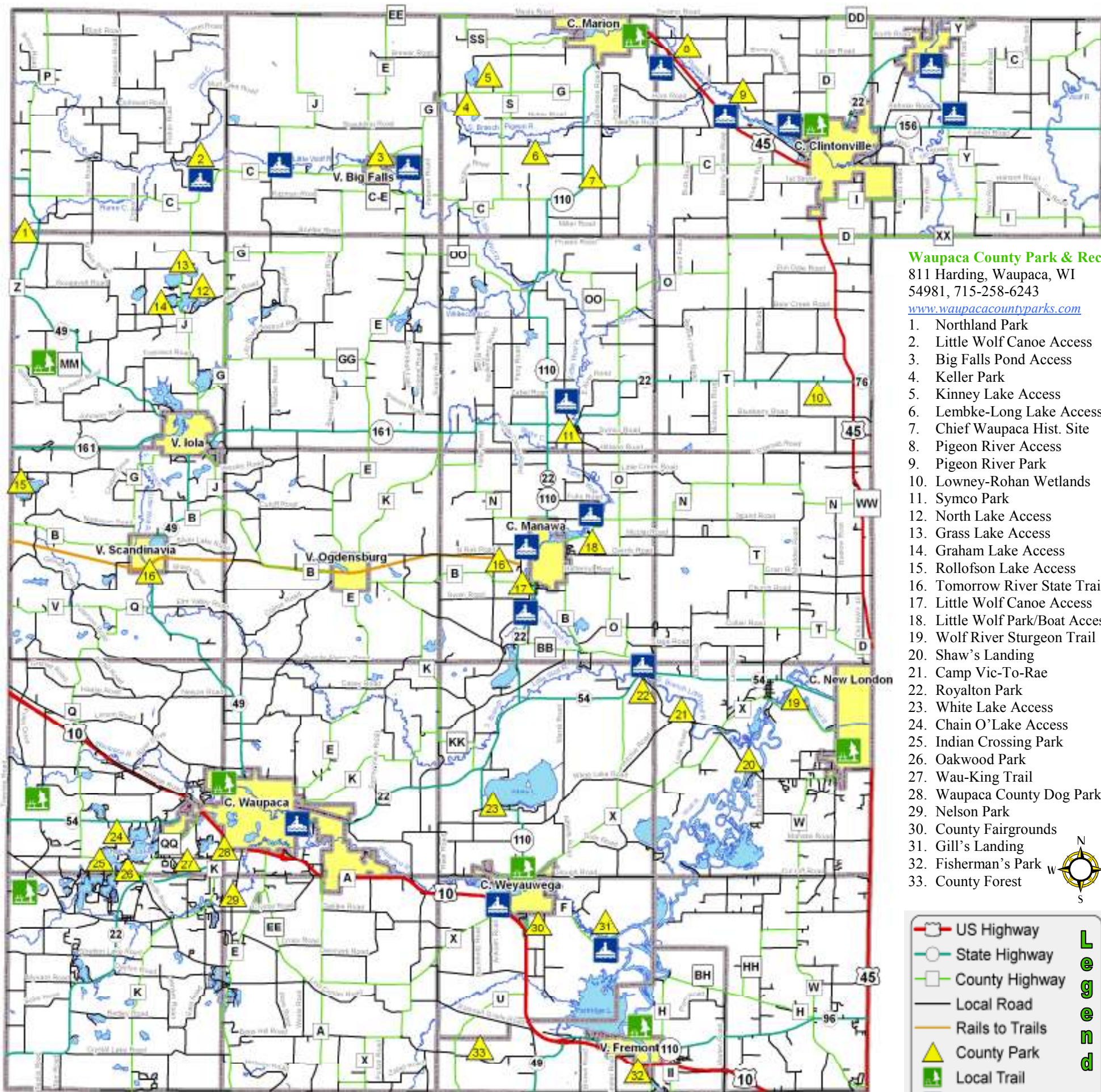
 **Wau-King Trail #27** This blacktopped trail for biking, hiking, and rollerblading runs 3.5 miles from Waupaca to King. The trail follows Highway 22 through the Waupaca High School property continuing to the Wisconsin Veterans Home, County Highway QQ in King. From this point the paved shoulder or sidewalk can be utilized to explore King and the Chain O'Lakes area. Waupaca County Parks 715-258-6243. www.waupacacountyparks.com

 **Weyauwega Our Backyard** This nature area is easily accessible behind the school complex on Ann Street. Hiking and biking are allowed. The trail is full of opportunities to view nature, with a section of the trail winding through woods with bluebird and wood duck houses, a natural amphitheater sheltered in an old pine forest and a new picnic shelter constructed by the High School Service Club. The trail is open to the public year-round from dawn to dusk. Park in the school lots. Weyauwega-Fremont School 920-867-8800.

 **Wolf River Sturgeon Trail #19** Located on the Wolf River between New London and Northport along Waupaca County X, this area has been a favorite place for sturgeon to spawn and for people to get an up-close view. This 1/2 mile trail is paved and provides access to fishing. Waupaca County Parks 715-258-6243. www.waupacacountyparks.com

Biking Trails

Wisconsin Biking Federation on their website, www.bfw.org, designates road conditions for biking. Town roads are not marked on these maps for biking; however, they can be very suitable for bike riding. Town roads are less traveled by motor vehicles and can provide a more scenic ride.



Waupaca County Park & Rec

811 Harding, Waupaca, WI 54981, 715-258-6243

www.waupacacountyparks.com

1. Northland Park
2. Little Wolf Canoe Access
3. Big Falls Pond Access
4. Keller Park
5. Kinney Lake Access
6. Lembke-Long Lake Access
7. Chief Waupaca Hist. Site
8. Pigeon River Access
9. Pigeon River Park
10. Lowney-Rohan Wetlands
11. Symco Park
12. North Lake Access
13. Grass Lake Access
14. Graham Lake Access
15. Rollofson Lake Access
16. Tomorrow River State Trail
17. Little Wolf Canoe Access
18. Little Wolf Park/Boat Access
19. Wolf River Sturgeon Trail
20. Shaw's Landing
21. Camp Vic-To-Rae
22. Roylton Park
23. White Lake Access
24. Chain O'Lake Access
25. Indian Crossing Park
26. Oakwood Park
27. Wau-King Trail
28. Waupaca County Dog Park
29. Nelson Park
30. County Fairgrounds
31. Gill's Landing
32. Fisherman's Park
33. County Forest



Legend

- US Highway
- State Highway
- County Highway
- Local Road
- Rails to Trails
- County Park
- Local Trail
- Canoe Route Access

Special Events

ACS—Relay for Life www.relayforlife.org
 Clintonville—3rd weekend in June
 Shirley Hogston, 715-823-3853
 New London—2nd weekend in June
 Bridget Rowan, 920-573-2936
 or e-mail: rowan1974@gmail.com
 Waupaca—3rd weekend in June
 Brenda Towne, 715-258-3997

Cropwalk Clintonville/Marion
 Held in October, sponsoring churches
 Carol Metzger, 715-823-2403

Cropwalk Waupaca
 Held in October, sponsoring churches
 St. Mary's Magdalene, 715-258-2088

River Run/Walk 5K—Fremont
 2nd Saturday in July, Leslie 920-446-2693 or
 Kirsten 920-788-2115 www.fremontriverrun.org

Fremont Triathlon
 3rd Saturday in July, Hahn-a-Lula Resort
 Fremont, Deb 920-729-9950 or 9622
www.neenahmenashaymca.org

Ice Age Hike-a-thon
 1st Saturday in October, Iola Winter Sports
 Club or Hartman Creek State Park Waupaca
 County Parks, 715-258-6243 www.iceagetrail.org

Iola Bump & Jump - Bike Races
 1st Sunday in May
 Iola Winter Sports Club, Jon Novak
 715-445-2411 ext. 214, www.wors.org

Iola Trail Run 15K & 5K 3rd Sunday in
 May www.greatlakesendurance.com

King Bicycle Tour, WI Vet Home
 1st weekend in August; 3 day—Leaves out
 of Appleton www.thehighground.org
 Chris & Leon Meidam 920-757-6587

Marion Sole2Soul 5K Run/Walk Last
 Saturday in July, Bob Tomczyk 715-754-2491

**New London Cheese & Sausage Fall
 Family Fest 5K Run/Walk** 2nd Saturday in
 September, Bernegger River Walk, New
 London Park & Recreation—Ginger Miller
 920-982-8521 www.newlondonwi.org

Pigeon River Classic 5K Run/Walk, 1st
 Saturday of May, Clintonville High School,
 Jeff 715-823-7215x2316
www.greatlakesendurance.com

Riverside Medical Center Fun Run
 1 Mile—9:30 am, 5K—10:00 am
 1st Saturday in May, Old Riverside School,
 Waupaca, Paul Jensen, 920-830-5949 or
paul.jenson@thedacare.org www.riversidemedical.org

The Stampede 10K Run & 5K Run/Walk
 1st Sat. in July, Manawa Rodeo Grounds
 Ellen 920-419-4465 www.manawarodeo.org

Waupaca Area Triathlon
 3rd Saturday in August, 7 a.m., South Park,
 Waupaca Area Chamber of Commerce
 715-258-7343 or 888-417-4040
 or e-mail: lynn@waupacaareachamber.com
www.waupacaareatriathlon.com

Weyauwega Chamber 5K/1 mile
 3rd Saturday in September, Downtown,
 Dr. Fred Raschke, 920-867-2451
www.weyauwegachamber.com

Wolf River Sturgeon Shuffle—New London
 Last Saturday in April, wolfriverfoundation.org

*For additional events contact:
www.visitwaupacacounty.com



*We encourage everyone to
EXPLORE the variety of the activities listed
 and **DISCOVER WAUPACA COUNTY.***

*Our county supports activity as one of the most
 important strategies to healthier lifestyles. We
 also value the tremendous natural resources
 located within our county and would like to
 promote parks, trails and rivers for all to enjoy.*

*This map was created and information gathered
 by Waupaca County Parks, Land Information
 Systems and NuAct (Nutrition and Activity
 Coalition). For more copies, visit our website at
<http://waupaca.uwex.edu/documents/map.pdf> or
 to update information, call UW-Extension,
 715-258-6230. Additional detailed maps are
 available through Environmental Youth
 Connections at <http://www.uwex.edu/ces/cty/waupaca/EYC.html>. Plat books can be attained
 from 4-H at the Waupaca County UW-Extension
 office, 811 Harding St, Waupaca, 54981.*



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 programming including Title IX and ADA.*