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[mayoclinichealthsystem.org/takeahike](https://www.mayoclinichealthsystem.org/takeahike).

Jumpstart your outdoor adventures

Lake Wissota State Park

Chippewa Falls

Hiking, biking, water sports and a swimming beach.

Chippewa River State Trail

Eau Claire

Walkers, runners, in-line skaters and even horses share this 30-mile stretch of trail.

Lowes Creek County Park

Eau Claire

Hiking, mountain biking and outdoor fitness equipment.

Putnam Park

Eau Claire

Watch for 400 species of plants and 100 species of birds.

Hoffman Hills State Recreation Area

Menomonie area

Woods, wetlands and prairie, plus a 60-foot-high observation tower.

Red Cedar State Trail

Menomonie

Bluffs, meadows and river views await on this almost 15-mile stretch of trail.

Buffalo River State Trail

Osseo

Hiking, mountain biking and berry picking.