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

Jumpstart your outdoor adventures

Elroy-Sparta State Bike Trail

Elroy, Sparta

Bike the country's first rails-to-trails project.

Grandad Bluff

La Crosse

Five miles of trails take you through meadows, wetlands and cliffs.

Greens Coulee Park

Onalaska

Trails take you through wetlands, past a rock quarry and up to the highest point in the Coulee Region.

Hixon Forest

La Crosse

Hike or bike on 10 miles of trails.

Human Powered Bike Trails

La Crosse

Trails for all bikers, from beginner to expert.

The Marsh

La Crosse

Raised trails for biking, walking or running through the marsh, where you can view wetland birds and animals.

Mississippi Valley Conservancy

Various locations

Free guided hikes, snowshoe outings, guided bird watching, sunset hikes, and stargazing events.