

Partners

Ashland County Health & Human Services
630 Sanborn Avenue, Ashland, WI

Ashland Bretting Center
320 4th Avenue W., Ashland, WI

Bayfield County Health Department
117 E. 6th Street, Washburn, WI

Bayfield Chamber of Commerce
42 S Broad St., Bayfield, WI

Washburn Chamber of Commerce
126 W Bayfield St., Washburn, WI

*Passport to Wellness
brought to you by*



PASSPORT



To Wellness

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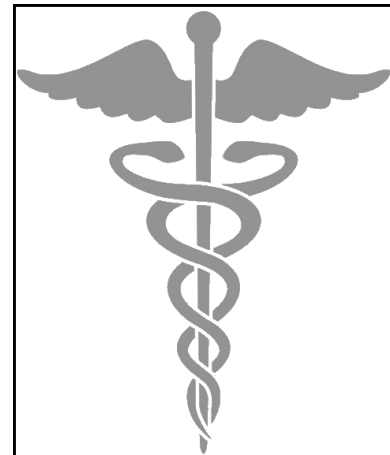
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Passport to Wellness is a health initiative brought to you by Ashland County Health & Human Services—Public Health, Bayfield County Health Department, and Parks & Recreation Department for Ashland County as part of the Change Grant to promote physical activity and obesity prevention. The goal is to help individuals and their families in Ashland and Bayfield Counties move more to improve their health and wellbeing. We live in a unique and beautiful part of the world, and we wanted to highlight the geography and history of our community.

Physical activity is very important to your health. The American Heart Association recommends at least 30 minutes of moderate-intensity exercise 5 days a week. Hiking is a great form of moderate-intensity exercise. Consult your health care provider before beginning any new physical activity and always remember to start out slowly when trying something new.

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Now that you've completed your *Passport to Wellness*, stop by one of the participating locations to enter your information and receive your prize. Prizes vary based upon how many trails you have completed—you do not need to complete all ten trails to be eligible for a prize.

And don't forget—there are many more beautiful trails out there to explore in Ashland and Bayfield Counties! To find out more about regional hiking trails to try, go to:

[http://wi-bayfieldcounty.civicplus.com/
DocumentCenter/View/2253](http://wi-bayfieldcounty.civicplus.com/DocumentCenter/View/2253)

OR

[www.travelashlandcounty.com/rec-trail-reports/
biking-hiking/](http://www.travelashlandcounty.com/rec-trail-reports/biking-hiking/)

Feel free to keep your passport booklet from *Passport to Wellness* as a memento.

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WELLNESS

Congratulations on completing the *Passport to Wellness*! You've increased your physical activity level and traveled to new areas in our community. Now keep up the good work! Activity is just one part of wellness. Wellness is about taking care of your whole being for life, and should be fun! Try to get your friends and family to join you as you continue on your path to health and wellbeing!



Passport to Wellness contains information on a few of our local nature trails.

- For every trail that you complete you will receive a sticker.
- To earn your sticker, answer the questions that go along with each trail. The answers to these questions are easily found along the trail on signs or markers.
- Make sure to write your answers down in the space provided, then bring your *Passport to Wellness* to one of our partners (see back cover). If your answer is correct, you will receive a sticker for that trail.
- Once you have completed 8 or more trails in your passport, you may return to one of the participating agencies for a wellness prize!

For directions to each trailhead and additional information, please visit: www.bayfieldcounty.org/852/Passport-to-Wellness. Please register your participation by emailing bchd@bayfieldcounty.org.

HAVE FUN!

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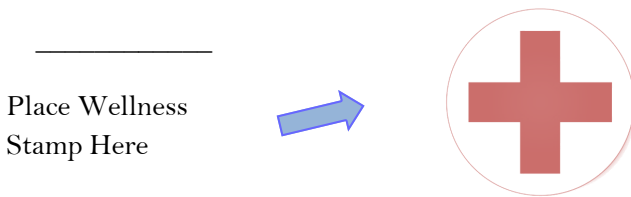
1

ASHLAND MURAL WALK

Distance: 1 mile roundtrip

View the work of local mural artists Kelly Meredith and Susan Prentice Martinsen in downtown Ashland. The 8-block Main Street business district is a background for a fascinating walk through Ashland's history as you admire the multi-story color murals. The walk is handicap accessible and fully paved. You can start along the corner of Hwy. 2 & 13 at the *Asaph Whittlesey Mural* and work your way down Main Street to the corner of Chapple Avenue at the *Lighthouse Mural*.

What number is on the train engine on the Ashland Oredock mural?



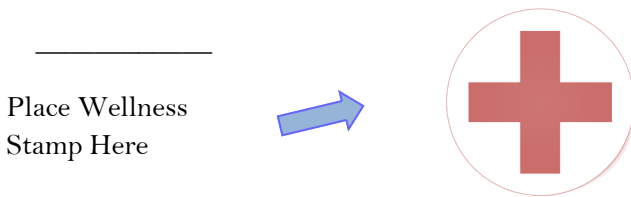
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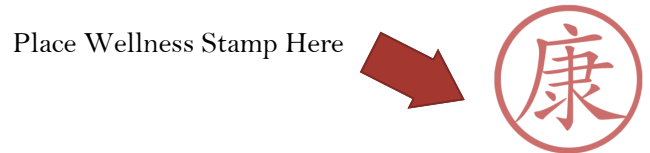
IRON RIVER NATIONAL FISH HATCHERY TRAIL

Distance: Approx. 1 mile

The Iron River Fish Hatchery Trail is open year-round and loops around the land surrounding the Iron River Fish Hatchery. There are two different loops to choose from. The shorter loop is the easier of the two and is handicap accessible. The trails are well-marked every 1/4 mile and a field guide is available to use to look up local plants, animals, and flowers.

What are two different tree species highlighted along the trail?

_____ & _____



10

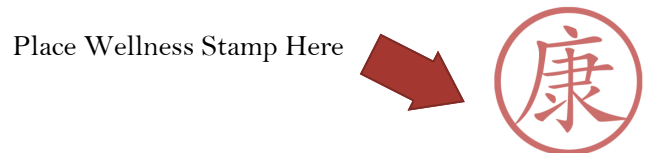
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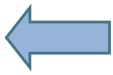
BAYFIELD FISH HATCHERY TRAIL

Distance: 2 miles round trip

This fairly level trail takes you on a small loop around the Pikes Creek area, beginning and ending at the Bayfield Fish Hatchery. The trail is paved or gravel and is wheelchair accessible. It is a simple hike which winds through a wooded area shaded by a mixed forest. It's also a great trail to take children on to educate them on the wide variety of fish native to the region by visiting the outdoor tanks at the hatchery. Parents are advised to keep close watch over young children while visiting for their safety and the health of the fish. Pets are **not allowed** on the grounds. The Hatchery is open April-October from 8 am - 3 pm daily.



What do you find at the end of the trail?



Place Wellness Stamp Here

2

NORTHERN GREAT LAKES VISITOR CENTER BOARDWALK TRAIL

Distance: 1.7 miles

The Boardwalk Trail offers great wildlife viewing opportunities of birds, waterfowl, muskrat, frogs, and turtles. The trail is open year-round and visitors are welcome to walk, snowshoe or cross-country ski. The trail is relatively level with a firm surface allowing for easy access to people of all abilities. Benches are located periodically along the trail to allow you to rest and enjoy the beautiful scenery. The trail can be accessed from the Great Lakes Visitor Center from 9am-5pm; after hours the trail can be accessed from the Aldo Leopold trailhead located just 1/4 mile down Hwy G.



What tree survives where others cannot?



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ASHLAND WATERFRONT TRAIL

Distance: 5.0 miles one-way

The Waterfront Trail is a paved trail along the shores of Lake Superior in beautiful Chequamegon Bay. You may walk or bike this trail. The Waterfront trail is wheelchair accessible. Benches are located periodically along the trail so that you may stop and enjoy the scenic view of Lake Superior. Access this trail from five Ashland City Parks: Maslowski Beach, 6th Avenue Beach, Kreher Park, the Oredock or Bayview Park. Feel free to bring the whole family along on this adventure!

Which park on the lake walk has an artesian well?



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8

BROWNSTONE TRAIL

Distance: 5.8 miles round trip

The Brownstone Trail is located along the beautiful shores of the Bayfield Peninsula. This trail begins at Manypenny Avenue and extends along the brownstone cliffs to Port Superior Marina just south of the Town of Bayfield. This trail is created along the old Chicago and North Western Railway. One section of this path does include steps. Take in the beautiful sites of Lake Superior, as well as the natural beauty of the birch and maple trees shading the trail. Numerous paths along the trail lead to private property; please be courteous and stay on the trail.

What year was the Omaha track connected with the Wisconsin Central Road?

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COPPER FALLS-THREE BRIDGES TRAIL

Distance: 1.7 miles

Fee: \$7 day pass for Wisconsin residents

This trail travels along the beautiful banks of the Bad and Tyler Forks Rivers and is made of packed dirt and cobblestone. It is wide and easily traveled. Enjoy splendid views of the falls where the Bad River and Tyler Forks River converge in a gorge with walls towering upwards of 60-100 feet. Beautiful scenic overlooks allow for breathtaking photographic opportunities of the falls. While handrails are present along trail, this trail winds along many cliffs, so please use caution while hiking these paths. Wheelchair access available to sections of the trail. Open 6 am - 11 pm daily.

Hot, black lava flowed in layers to form what type of rock?



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WASHBURN LAKEFRONT TRAIL

Distance: 1.9 miles roundtrip

The Washburn Lakefront Walking trail offers stunning views of Chequamegon Bay and the sandstone cliffs notable along the south shore of Lake Superior. The trail extends from Washburn's West End Park to the beautiful marina and coal dock. Enjoy learning more about the history of Washburn's booming lumber industry from the informational signs along the trail. The first half of the trail beginning at West End Park is wheelchair accessible. The majority of the trail is flat, with two areas with wooden steps. Parking is available at West End Park and along various parts of the trail, with additional parking available at the marina.

What was the name of the ferry boat that traveled between Washburn and Ashland and harbored at City Dock?

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HOUGHTON FALLS TRAIL

Distance: 2 miles round trip

Houghton Falls Trail has a dramatic display of sandstone gorges along the Lake Superior shore. The trail is surrounded by birch, cedar and large white pine, and cliffs are lined with hemlock. View woodland streams and small waterfalls cascading into Lake Superior from Houghton Falls Trail. The trail is well marked and fairly level. Please stay on the designated pathways as the land is privately-owned and the owners have graciously provided permission to access this scenic area. Pets are welcome if on a leash.

What is another name for Echo Dells?

_____ 



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health

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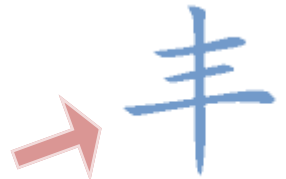
MORGAN FALLS TRAIL

Distance: 1.2 miles roundtrip

Fee: \$5.00 day pass

Morgan Falls Trail winds through the backwoods of northern Wisconsin to a tall, 70 foot, thin waterfall. An easier stroll, the trail is graveled and fairly level. The trail travels offers cool shade, even on hotter days, as it weaves through a beautiful pine forest. Flat wooden bridges cross many small creeks that weave along the pathway. If you wish to continue on after the waterfall, St. Peter's Dome trail provides a more rugged climb for expert hikers up to a scenic view of Lake Superior some 20 miles to the north. St. Peter's Dome Trail is 3.6 miles roundtrip, has exposed rocks and is a steep climb. Pets welcome on a leash.

What color are the rocks at Morgan Falls?



Place Wellness Stamp Here

6

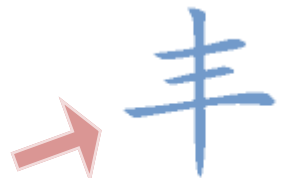
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