Hiking

While most people explore the St. Croix Riverway by water, it can be explored by foot. The National Park Service maintains seven hiking trails along the Riverway. The trails can be enjoyed during all seasons. Other trails exist in nearby state parks and state forests. Maps for state trails can be obtained directly from the state agency. For more information contact the St. Croix River Visitor Center at (715) 483-3284, or www.nps.gov/sacn.

Trail Difficulty

Easy: Uneven ground but very little grade.

Moderate: Some steep grades plus some level grades.

There may be temporary trail obstructions, such as downed trees. Wet and leaf-covered trails can be slippery.

Hunting is permitted on Riverway trails. Hikers should wear blaze orange during hunting seasons.

Poison Ivy

Areas along the St. Croix National Scenic Riverway have poison ivy. This plant has three large saw-toothed and shiny to dull green leaves on a woody stem. It has clusters of pea sized white berries. The leaves turn red and yellow in the fall.

It typically grows along forest edges. Do not touch any part of the plant.
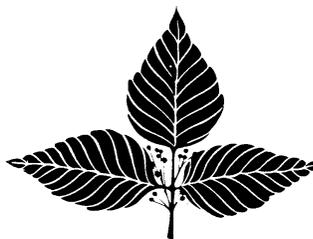
Ticks

Both wood ticks and deer ticks are found along the Riverway. Deer ticks can transmit Lyme Disease. Tuck long pants into your socks and learn the symptoms of Lyme Disease.

Biting insects such as mosquitoes, deerflies and horseflies can be annoying and can carry diseases. Bring repellent.

Deer tick

Wood tick
actual adult size
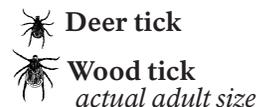
Regulations

Bicycles, ATV's, and motorized vehicles are **NOT** allowed on park trails. Pets must be on a leash. Berry picking for personal use is allowed. **Hunting is permitted.** More information can be found in the Superintendent s Compendium, available at the St. Croix River Visitor Center, located in St. Croix Falls, Wisconsin, and on the Riverway website: www.nps.gov/sacn.

Weather

Thunderstorms occur frequently in this area. If you are on the river, get to shore and move away from the water. Take shelter under shorter trees.
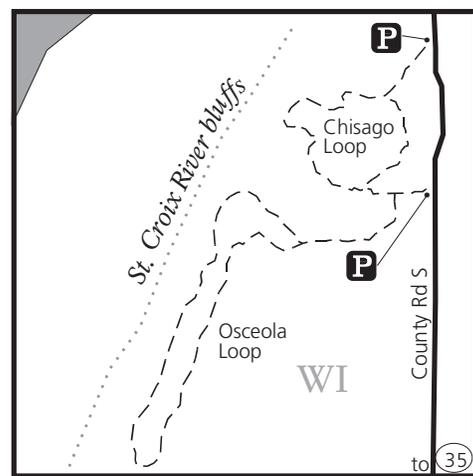
Ridge View Trail

Length: 3 miles, 2 loops
Difficulty: easy to moderate
Nearest town: Osceola, Wisconsin

The Chisago loop traverses basalt rock outcroppings; the Osceola loop is more level as you hike through pine and deciduous woods. Vistas of St. Croix backwaters, called sloughs, are visible from the bluff side of the trail.

Humans have impacted this landscape. An observant eye can find evidence of American Indians and former settlers.

This is a great place to see scarlet tanagers, eagles, turkeys, grouse and other forest-loving wildlife. Forest plant life includes marsh marigolds and large maple trees.

In the winter this trail provides beginner to intermediate skiing.
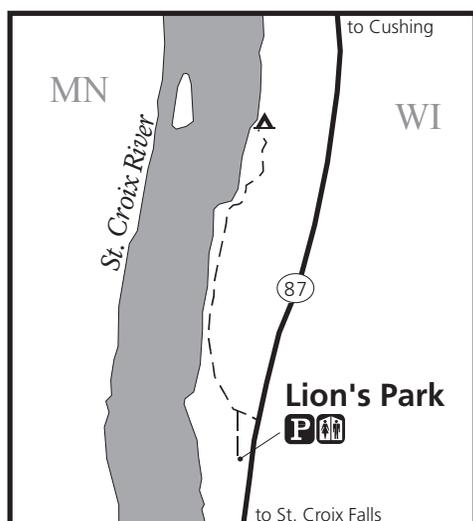
### Indianhead Flowage Trail

Length: 3/4 mile one-way
Difficulty: easy
Nearest town: St. Croix Falls, Wisconsin

This level trail crosses many bridged streams as it winds its way through woods and wetlands to the river. Spring wildflowers create spectacular splashes of color with trilliums, marsh marigolds, blue flag iris, wild geraniums and more. Summer flowers are subdued by greenery and late-summer raspberries make a nice treat. Migratory songbirds as well as other woodland residents can be glimpsed and heard if one walks quietly.

This trail is adjacent to Lion s Club Park, a large picnic area and a boat launch.
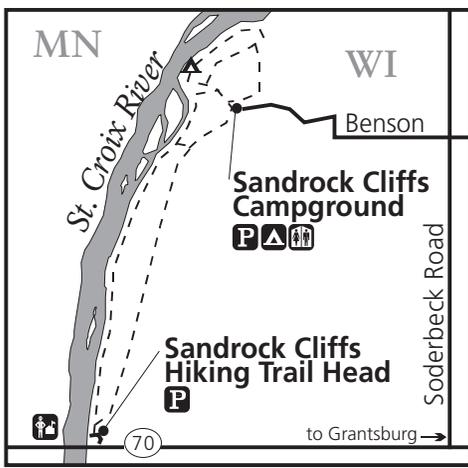
Sandrock Cliffs Trail
Length: 5 miles, 4 loops
Difficulty: easy
Nearest town: Grantsburg, Wisconsin

This loop trail follows the river closely, then turns onto a ridge providing a variety of terrain and scenery. The highlight of the trail is the sandstone cliffs located in a side channel of the river. The story of this area begins 600 million years ago when warm seas retreated from the region, laying down sediments which later became sandstone. More recent glacial meltwater carved the ridge into cliffs.
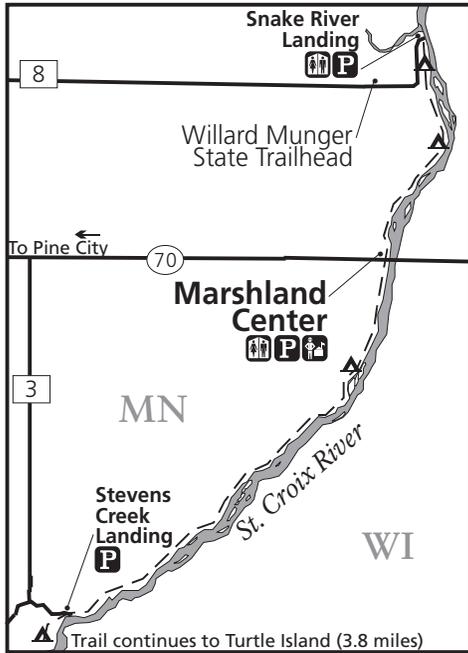
St. Croix Trail
Length: 13 miles one-way
Difficulty: easy
Nearest town: Pine City, Minnesota

There are several primitive campsites along this flat trail, located on the river s edge. Bridged streams frequently cross the trail and spring wildflowers are abundant in these areas.

Beaver activity is common here and several bald eagle nests are located on this stretch of river.

At the northern end of the trail, (Snake River Landing), you can hike a half mile along the road to the Willard Munger State Trail. The state trail follows a course through Chengwatana State Forest and St. Croix State Park.
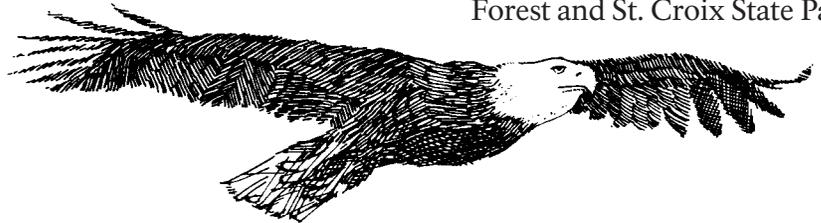
Trego Nature Trail
Length: 2.8 miles round-trip
Difficulty: easy
Nearest town: Trego, Wisconsin

Walk through several forest types and glimpse several beautiful views of the Namekagon River on this trail. The diversity of life is one of the best features here. Wildlife seen includes deer, fox, otters and bobcats. In winter this trail is an excellent location for snowshoeing with an abundance of animal tracks and otter slides.
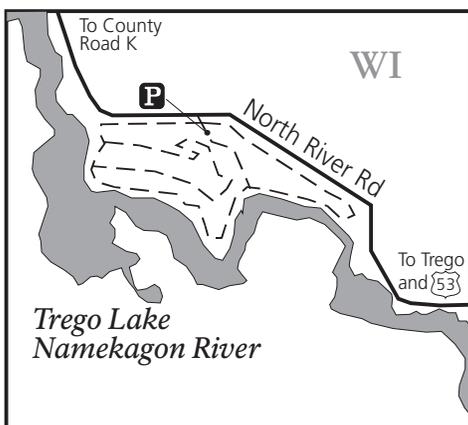
Trego Lake Trail
Length: 3.6 miles, 3 loops
Difficulty: easy to moderate
Nearest town: Trego, Wisconsin

This trail offers hikers many scenic overlooks of Trego Lake. The area has a large population of white-tailed deer and ruffed grouse. Watch the ground for signs left by these animals as you hike along.

The trail is groomed in the winter for cross-country skiing and provides for intermediate skiing. The hills are moderate and wipe-out areas are provided. The inner loop should be skied after skills have been developed.

Hiking is permitted in winter. Hikers and their pets should stay off ski tracks.
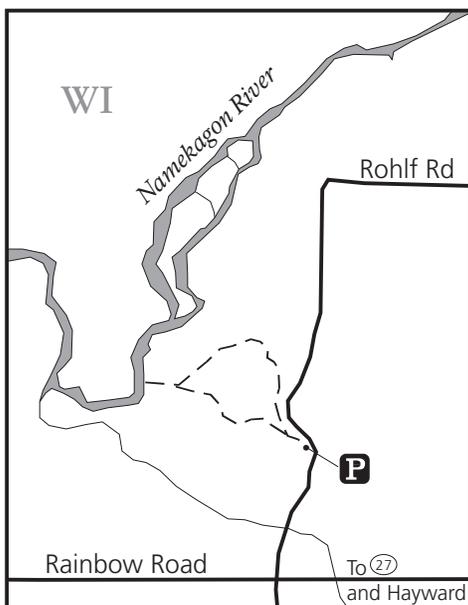
Namekagon-LacCourt Oreilles Portage Trail
Length: 0.8 mile loop
Difficulty: easy
Nearest town: Hayward, Wisconsin

The trail passes through a second growth forest, which has various fungi, plants, wildflowers, and animals. A boardwalk allows hikers to walk through a wetland without damaging the delicate habitat.

The north-west section of the historic Namekagon-Court Oreilles Portage Trail was located near the present day trail. The original trail was used by Native Americans, fur traders, and explorers to connect the St. Croix and Chippewa river systems. In 1784, Michel Cadotte operated a winter fur trading post near the trail.