

Traveler on foot. [Supplement, Vol. 17, No. 1] [February 1993]

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ROBERT QUEEN

Traveler on foot

O sole o mio!

F-e-e-t. You remember what they are, don't you? Those flat gnarly things at the bottom of your ankles? Those things that you used to use to w-a-l-k?

Walking, you may recall, is a simple, slow activity, superseded in the relaxation-gained-to-energy-expended ratio only by sunbathing. Walking, however, takes first place in the sensory engagement category. What you will see, hear, touch, smell and even taste on a single walk cannot be matched by sweaty hours spent in pursuit of the speedy sports.

If Traveler may be so bold as to paraphrase Charles Darwin: When a species no longer uses an appendage, it tends to disappear over time. Far be it from this humble publication to cajole, wheedle, threaten, or out-and-out scare its gentle readers, but — Stop walking and someday you may wake up without a foot to stand on. There. You have been warned.

So come to Wisconsin and thwart evolution! Here you'll find ample opportunity for foot-loose adventure. Hundreds of miles of trails in state and county parks await your step. Wilderness areas are yours to trek. Amble along a downtown riverwalk, or learn about the state's cultural heritage on a historic walking tour. A vast network of quiet county and town roads beckon wanderers in search of the state's famed dairy air.

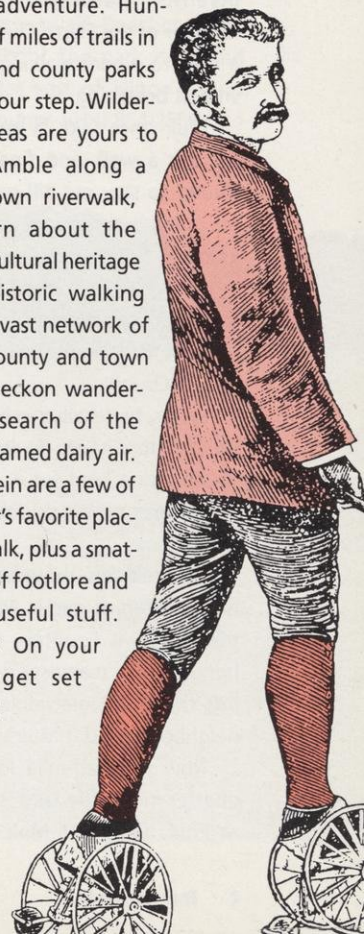
Herein are a few of Traveler's favorite places to walk, plus a smattering of footlore and other useful stuff. Ready? On your mark, get set ...stroll!



WALKER'S WISDOM

"Afoot and lighthearted, I take to the open road..."

Walt Whitman



He walked in beauty

Back when Wisconsin was part of America's western frontier, a boy from Scotland and his family moved to a quarter-section of land in the south-central part of the new state. The oak-crested hills, thick sedge meadows and enticing songs of unknown birds



thrilled the curious boy, who grew up to become the country's most eloquent and persuasive spokesperson for the preservation of wilderness.

His name was John Muir — inventor, naturalist, author, founder of the Sierra Club — and a man to whom walking was as vital as breathing.

Muir once said: "I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in." Today you can follow in his footsteps at John Muir Memorial County Park, on the site of the first Muir homestead in Marquette County.

It was, he recalled in his memoir *The Story of My Boyhood and Youth*, "fine land for a farm, in sunny open woods on the side of a lake."

So it remains, though the lake has a different name. Muir's father called it Fountain Lake, in honor of the many springs feeding the small glacial lake; the neighbors called it Muir's Lake.

Now the half-mile long and quarter-mile wide lake is known as Ennis Lake. Let Muir himself

tell you about it:

It is...surrounded by low finely-modeled hills dotted with oak and hickory, and meadows full of sedges and many beautiful orchids and ferns. First there is a zone of green, shining rushes, and just beyond the rushes a zone of white and orange water lilies fifty or sixty feet wide forming a magnificent border.

Just to the right of the old baseball backstop at Muir Park you'll find the beginning of a path that winds around Ennis Lake. It's

a comfortable, mostly level walk, the sandy ground well-padded by layer after layer of oak leaves.

At first, the path leads away from the lake through an airy stand of oaks gradually giving way to tamaracks. Eventually the water's edge returns, skirted by thick sedges. When you reach the far side of the lake, almost directly across from the park entrance, you'll be walking on the land that shaped Muir.

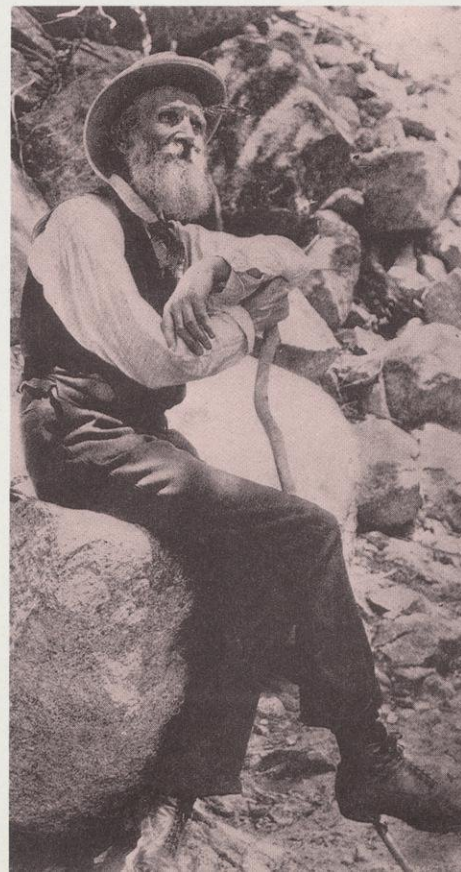
The path continues through a wet sedge meadow (there are wooden bridges over the wettest



"Wisely and slow; they stumble that run fast."

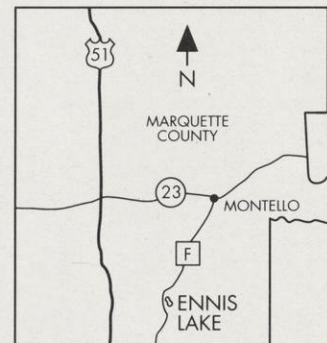
William Shakespeare

John Muir.



parts) and opens out into a lovely, broad dry prairie congenial to pheasants, hawks and other birds and wildlife. It is here that Muir's spirit seems to reside, in the soft rustle of the wind on tall grass, in the sun catching a ripple of the lake's clear water.

What John Muir Memorial County Park lacks in size, it makes up for in charm. There's a simple boat launch, a few picnic tables and grills, and (if the grass is any indication) a base-

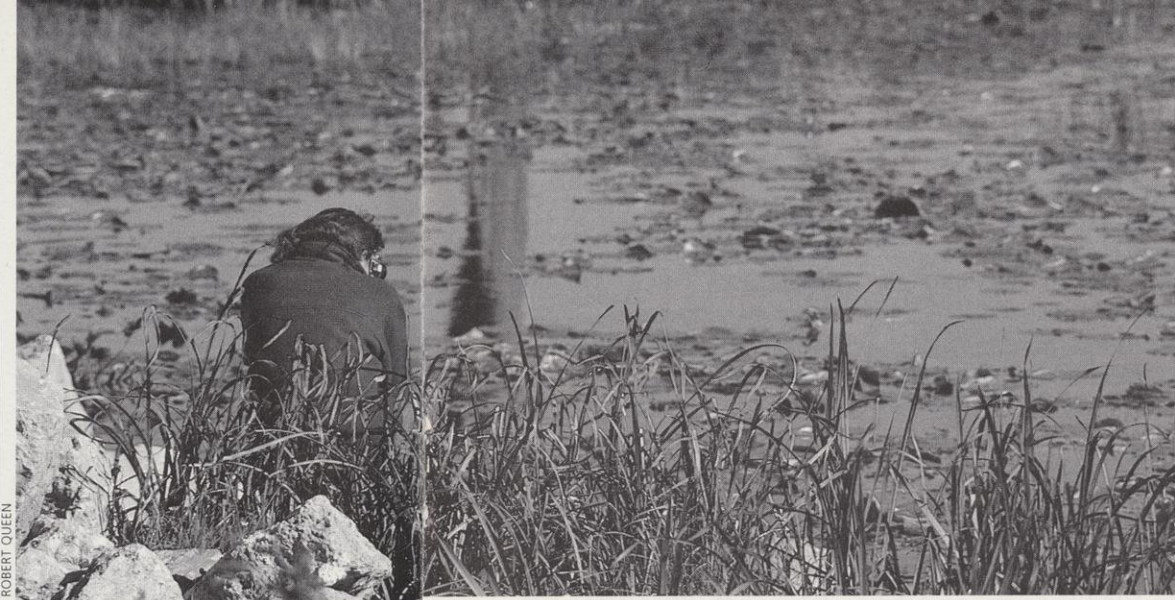


ball diamond that hasn't felt the pounding heels of a runner blazing for third in some time. It's a quiet, Sunday afternoon kind of place; walkers will enjoy a visit at any time of year.

The trail itself is about two miles long — small potatoes for Muir, whose idea of a stroll was a 1,000-mile walk from Indiana to Florida, and who regularly trekked from the family homestead to the University of Wisconsin in Madison. But this short walk will take the observant hiker back 150 years and more — a trip of which John Muir certainly would approve.



17th-century walking sticks were used primarily as defensive weapons to fend off robbers and wild dogs.



A moment of contemplation in the middle of a shoreline stroll.

Traveler's tip sheet

HOW TO GET THERE

John Muir Memorial County Park is located on County Highway F about 7 miles southwest of Montello in Marquette County. Follow "F" out of town and watch for the signs.

THINGS TO SEE AND DO

Continue following Highway F and you'll pass through the French Creek State Wildlife Area, a 2,980-acre scenic expanse of hills and wetlands. Depending on the season, you'll see ducks, geese, herons, eagles, cranes, deer and songbirds. It's a fine place to enjoy fall color!

Consider carrying a pencil and a small notebook (tie them to your belt, as John Muir did) for jotting down thoughts and observations as you walk.

Look for the waterfalls in the heart of Montello near the intersection of State Highways 22 and 23. The waterfalls mark the site of the Montello Granite Quarry, which produced the world's hardest red granite from 1879 to 1976. (Here's a question to stump your friends: Instead of asking *who* was buried in Grant's tomb, ask them *what* Grant's coffin is made of. The answer: Montello red granite!) Travelers will find picnic provisions and several good restaurants in this friendly small town, as well as the state's largest tree — a cottonwood 138 feet high and 23.2 feet in circumference. It's at the corner of Highway 23 and Park Street.

FOR MORE INFORMATION

Call the Montello Chamber of Commerce at (608) 297-7420 for more information.



WALKER'S WISDOM

"Never have I thought so much, never have I realized my own existence so much, been so much alive, been so much myself if I may say so, as in those journeys which I have made alone and on foot."

Jean Jacques Rousseau

FOOTLORE

One quarter of all the bones in the body are located in the feet.

Food on foot

There's nothing that sharpens an appetite like a long walk. If you plan to be out strolling for the greater part of a day, it's wise to carry along some provisions. Bring food that won't spoil quickly, crumble, melt or otherwise metamorphose into an alien life form. (Fruit is always a good choice.)

Carry some water, juice, soda or other liquid refreshment, too — especially on hot, dry days. Please be sure to recycle or dispose of any wrappers, bags, peels, cores, bottles, containers or napkins in an appropriate receptacle.

Now, may we suggest the following from our menu?

For walking away from home: A peanut butter and jelly sandwich on white bread. Best when slightly compressed. Strawberry licorice and Pez optional.



For a romantic, moonlit hike: Pate de fois gras, crusty French bread, chocolate truffles. Or bring along last Saturday's leftovers — you won't recognize them in the dark!

For a hike into the deep forest: Breadcrumbs. (Hansel and Gretel swear by these.)

And for quick energy anytime, anywhere you're on foot, carry along some

Traveler's Trail Mix

Combine any of the following in any quantity:

roasted peanuts; sunflower seeds; raisins; chocolate chips; toasted almonds; chopped dates; chopped walnuts; shredded coconut; cashews; dried apples; dried apricots; dried banana chips.

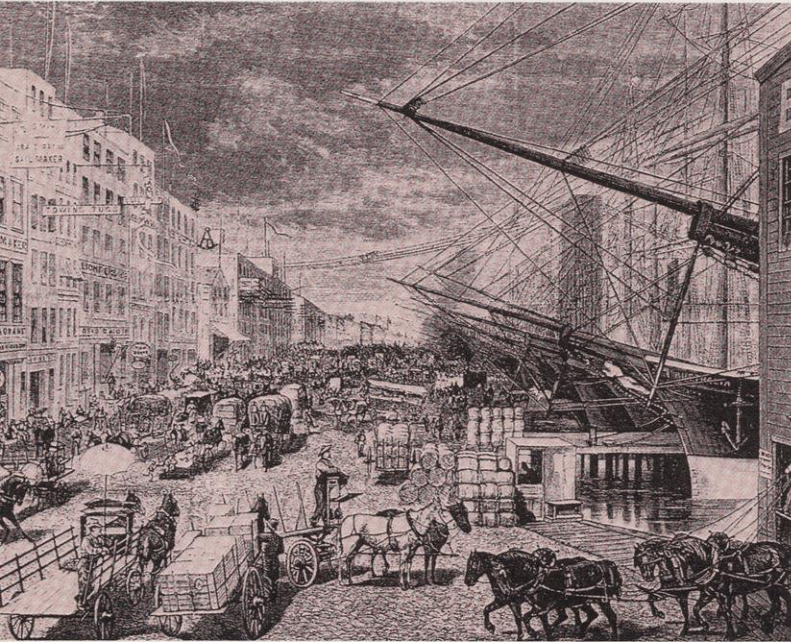
(Traveler highly recommends a mixture of 1 c. chocolate chips and 1 c. chocolate chips. Delicious!)



WALKER'S WISDOM

"Walk till the blood appears on the cheek, not the sweat on the brow."

Spanish proverb



Down by the riverside

The Milwaukee River is a touchstone of nature and history for city residents.

The past lives on all along its banks, particularly in the sturdy brick warehouses and factories of the Third Ward. Here, where the buildings silently speak of the long, hard, and sometimes dirty work of city-raising, the river still flows.

Today, however, the Milwaukee River is valued more for its natural assets than for its navigational uses. And now, people live and work in the buildings whose facades haven't changed in a century because they want to be near the river.

So come, get close to the water and to the heart of Wisconsin's largest city. Take a walk through Milwaukee's Historic Third Ward.

Bordered by the river, the harbor's largest city. Take a walk through Milwaukee's Historic Third Ward.



bor and downtown, the Third Ward was situated in an ideal location for moving all kinds of goods and commodities into and out of the city. When the railroads linked Milwaukee with the Mississippi River in 1856, the wholesale boom was on; Third Ward merchants supplied food, dry goods, tack, tools and other necessities of life to Western settlers.

Then, in October 1892, an uncontrollable fire swept through the district. Horse-drawn fire units arrived on rail from as far away as Chicago and Oshkosh to battle the blaze, to no avail. Hundreds of buildings were destroyed and nearly 2,000 people lost their homes.

The city lost no time rebuilding on the river. From the ashes sprung massive brick structures designed by prominent Milwaukee architects to house shoe and clothing manufacturers, candy

second look at the Third Ward. It was, after all, riverfront property, close to downtown.

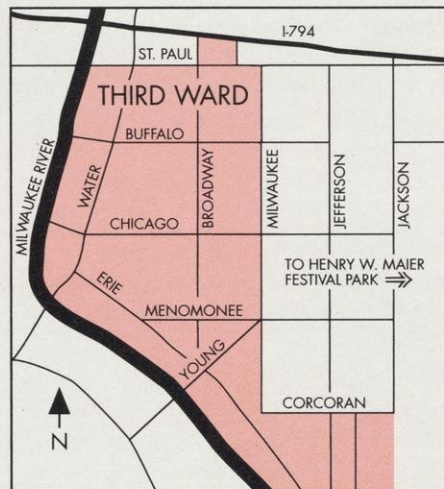
The Third Ward renaissance began in earnest in 1984, when 71 of its buildings were put on the National Register of Historic Places. The 10-block area bounded by St. Paul Avenue, Milwaukee Street, Corcoran Street and the river was christened "The Historic Third Ward District."

Today walkers can enjoy a visual feast of architectural design in the Third Ward. There's a remarkable similarity in the structural style of the buildings, because most of them were constructed in the three decades after the 1892 fire — a relatively short period of time for development in that era. Architects distinguished their work with a variety of ornamentation. Victorian Gothic gargoyles, intricate terra cotta reliefs patterned after Louis Sullivan's iron work, Art Deco stair-

cases and classical columns adorn the Third Ward's sturdy brick boxes.

Be prepared to stretch your neck as well as your legs as you tour the Third Ward on foot: Traveler guarantees you'll spend a lot of time looking up, marveling at the craftsmanship of a bygone era.

You'll also want to stop in at the shops, restaurants,



and cigar factories, greengrocers and liquor distributors. By 1919, the wholesale trade was Milwaukee's largest industry.

It wouldn't last long. As the trucking industry grew after World War II, the warehousing business in the Third Ward fell into decline.

Just when it seemed that the area had been forgotten in the mad rush to the suburbs, people and businesses began to take a

museums, theaters and galleries in the area. Ask the proprietors and residents about their historic buildings — you'll get an earful of lore!

While you're there, don't forget to tip your hat to lifeline of the Historic Third Ward: The Milwaukee River.



FOOTLORE

Soldiers in the U.S. Army march at a brisk 106 steps per minute.

Traveler's tip sheet

HOW TO GET THERE

The Historic Third Ward is located south of I-794. Take the Milwaukee Street exit and make a sharp left at the stoplight.

THINGS TO SEE AND DO

First, write or stop by the Historic Third Ward Association, Inc. 240 North Milwaukee St., Milwaukee WI 53202 and ask for the walking tour brochure. It includes a map and a brief history of each building. The office is open from 8:30 a.m. to 5 p.m. Monday through Friday. Phone (414) 273-1173.

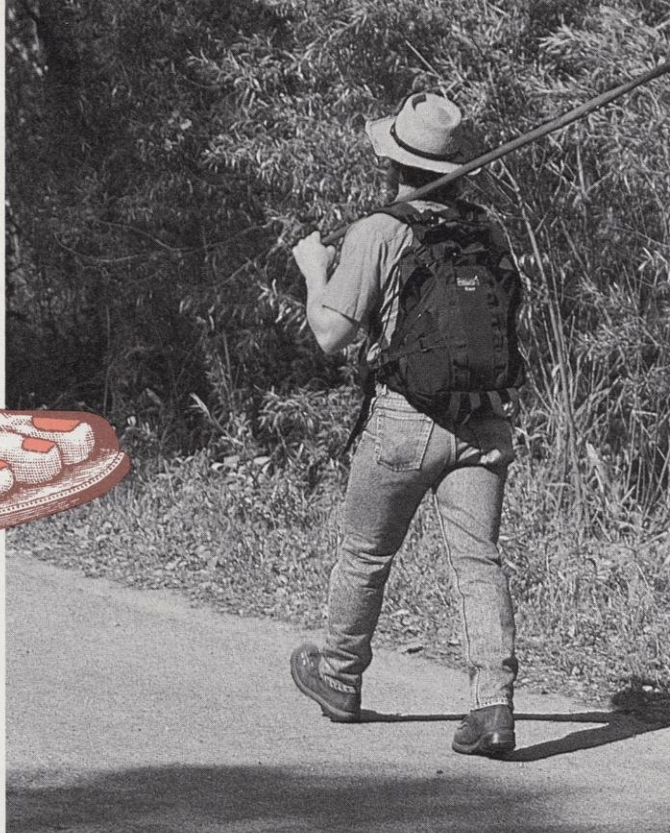
Plan your Third Ward tour to coincide with one of Milwaukee's famous ethnic or music festivals held at Henry W. Maier Festival Park, located on the Lake Michigan shore just east of the Third Ward area.

Polish Fest	June 18-20
Summerfest	June 24-July 4
Festa Italiana	July 15-18
German Fest	July 23-25
African World Festival	August 6-8
Irish Fest	August 20-22
Mexican Fiesta	August 27-29
Indian Summer	September 10-12

You won't want to miss the Third Ward Block Party, August 6-7 in the Historic Third Ward.

FOR MORE INFORMATION

Greater Milwaukee Convention and Visitors Bureau, 1-800-231-0903.



ROBERT QUEEN

Walker's essentials

1. Comfortable shoes: Forget the cross-trainers, air pumps, etc. Just wear well-broken-in shoes that feel good and provide support; crepe or cushioned soles are best. Remember that hard-rubber waffle-soled hiking boots can damage erosion-prone trails.

2. Extra pair of socks: Insurance for your feet if you're on a long walk or if you'll be walking in wet areas.

3. An unusual hat: Besides establishing your eccentricity, a hat keeps your head warm in winter and cool in summer.

4. All-purpose bandanna: Handy for mopping your brow on a humid day; keeping your neck warm when the breeze picks up; or tying on the end of a stick to carry your lunch hobo-style.

5. Sunscreen and sunglasses: For your comfort in the sun.

6. A Band-Aid: To thwart a blister. Shouldn't be needed if you've paid attention to #1 and #2.

6. A map and compass: A good idea if you'll be in walking in a heavily wooded or unfamiliar area.

7. Binoculars or a magnifying glass: Use one for the grand view, the other for the small stuff.

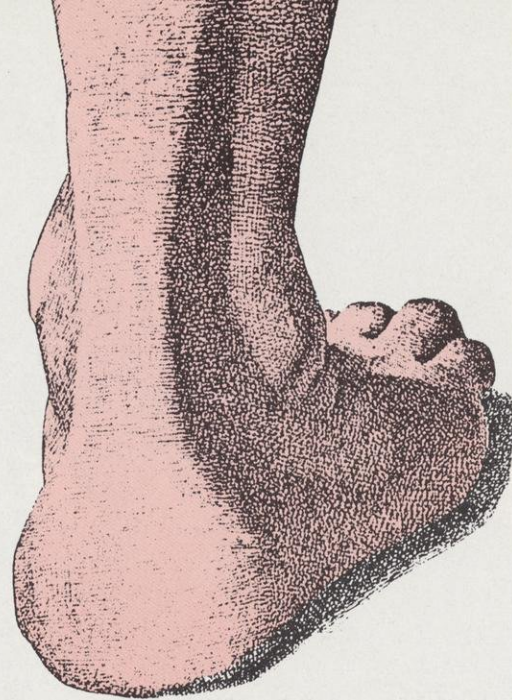


WALKER'S WISDOM

"Walking has the best value as gymnastics of the mind."

Ralph Waldo Emerson





Feet accompli

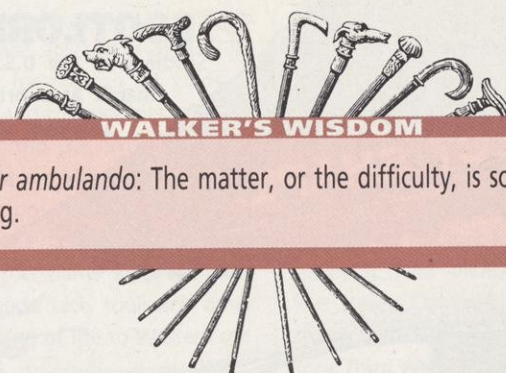
Competition seldom holds any allure for walkers, noted as they are for a distinctly *laissez faire* approach to recreation. There are some hoofers, however, who take extraordinary pleasure in boasting about the extraordinary lengths they've covered. For this callused group, here's a list of Wisconsin's most challenging distances:

- Length, north to south: 300 miles
- Width, east to west: 290 miles
- Depth, Lake Michigan: 579 feet (scuba gear recommended)
- Steps from the State Street side of the Capitol Square up

to the top of the Capitol Rotunda:

Not sure. Ran out of breath after step number 348.

- Walk around Lake Winnebago: 66 miles
- Walk across Lake Winnebago: 9 miles (divine intervention required)
- Short ramble along the banks of the Mississippi River from Prescott to Kieler: 224 miles
- As the crow flies from El Paso (Price County) to Eldorado (Fond du Lac County): Depends on the crow.
- Holy Hill to Devil's Lake: 75 miles...down.



WALKER'S WISDOM

Solvitur ambulando: The matter, or the difficulty, is solved by walking.



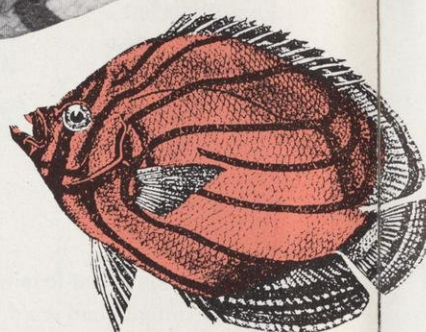
ROBERT QUEEN

Compatible activities

If you find yourself walking near water, you may very well feel a strong desire to wet a line. Don't fight it. Use that energy to tangle with a fish instead. A light, easy-to-carry telescoping rod and a couple of carefully chosen lures can be tucked into a small rucksack just for such emergencies. Be sure a fishing license is part of your kit. You'll need one all year long, except on Saturday, June 6 — **Free Fishing Day** on all Wisconsin waters!

1993 Fishing License Fees

Resident	\$12.00
Resident husband & wife	20.00
Senior citizen	5.00
Non-resident	28.00
Non-resident family	48.00
Non-resident 15-day	18.00
Non-resident 15-day family	28.00
Non-resident 4-day	13.00
Two-day Great Lakes	8.00
Trout stamp	7.25
Great Lakes trout /salmon stamp	7.25



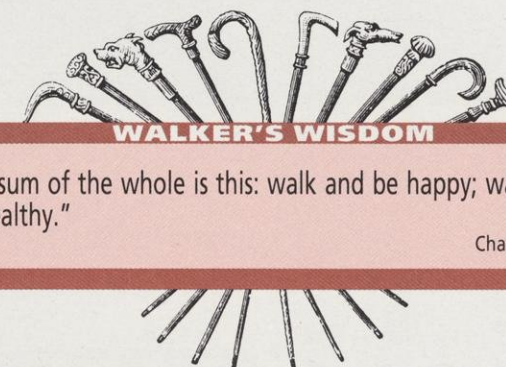
ROBERT QUEEN

Step, hop, skip, jump!



FOOTLORE

Each foot hits the ground about 1,320 times for every mile walked.



WALKER'S WISDOM

"The sum of the whole is this: walk and be happy; walk and be healthy."

Charles Dickens

Ticket to walk

Hundreds of miles of hiking trails await walkers who purchase a Wisconsin State Parks entrance sticker! This small, attractive emblem on your car opens up a whole world of natural wonders for your feet. Keep those toes tapping — buy your sticker today at any DNR office or state park.

Resident annual	\$15.00
Resident daily	4.00
Senior citizen annual	6.50
Senior citizen daily	2.00
Non-resident annual	24.00
Non-resident daily	6.00

P.S. On Saturday, June 6 all of Wisconsin's 45 State Parks will welcome you with open gates — it's the annual **State Parks Open House**, a day when you can visit without paying an entrance fee.

The beach at Newport State Park.



DNR PHOTO

Happy trails

More than 1,000 miles of nature and hiking trails criss-cross Wisconsin's state parks and forests, beckoning walkers from all walks of life. Who could resist? Wisconsin's trails have been tempting hikers since the first state park was established near St. Croix Falls back in 1900. They carry walkers past waterfalls, wildflowers, wetlands, wildlife, wascally wabbits and all the wonders the natural world has to offer.

Hoofers will also enjoy the 16 trails totaling 505 miles that have been built on abandoned railroad grades throughout the state. Many of the "rail trails" are shared by hikers, bicyclists, snowmobil-

ers and skiers; most feature well-packed crushed limestone or granite surfaces, which make for easy walking. (The state rail trails are noted for their gentle, gradual grades, so there's no need to huff and puff like *The Little Engine Who Could.*)

Now comes the hard part. All of Wisconsin's trails are worthy of your attention, but there isn't room here to tell you about each one. So. Traveler will tell you about a few, and then tell you where to find out about rest! Deal? OK.

Bearskin State Trail: Eagles, hawks, herons and osprey embroider the breathtaking northwoods scenery of this 18-mile rail trail, which crosses Bearskin Creek nine times. Heafford Junction marks the south end of the trail; Minocqua, the north. There are four access points in-between. (715) 385-2727.

Newport State Park: Nearly 11 miles of sandy Lake Michigan shoreline await beachcombers here. Ahhh! The park is located five miles east of Ellison Bay in Door County. (414) 854-2500.

Heritage Hill State Park: Walk through 200 years of Green Bay's history at this 40-acre in-town park. Twenty-five historic and reconstructed buildings house thousands of artifacts from the 17th, 18th and 19th centuries. Visitors can wander through the park and buildings at will. Special events, including a Fur Trade Rendezvous and a Revolutionary War Encampment, are held most weekends during the summer. (414) 448-5150.

Glacial Drumlin State Trail: Those weird elongated hills you see all over southeastern Wisconsin? They're drumlins, friend — a gift of the glaciers. You'll see them again and again on the 47 miles of rail trail running from Cottage Grove in Dane County all the way to the city of Waukesha. This trail spans two large rivers (the Rock and the Crawfish) and one lake, Rock Lake in Lake Mills. London, Jefferson, Deerfield and all the other communities on the route

would love to have you stop in and say "howdy." (608) 873-9695 for the western segment; (414) 646-3025 for the eastern.

Great River State Trail: Pass through 22 miles of Mississippi river bottomlands from Onalaska to the Trempealeau National Wildlife Refuge. Stunning vistas of distant river bluffs can be seen from the trail. (608) 534-6409.

Take a hike, pal!

It's the best way to celebrate **National Trails Day** — Saturday June 5! Watch for special events on Wisconsin's county and state trails. Call the DNR Bureau of Parks and Recreation at (608) 266-0866 for more information.



Crossing a bridge for the ages...all ages.

Traveler's tip sheet

KEEP IN MIND

Some of Wisconsin's trails are heavily used; others provide opportunities for solitude. All are busiest on weekends and holidays. Contact the park or trail manager for details and advice before you arrive.

Many parks and forests offer walk-in campsites for backpackers. "The Wisconsin State Parks Visitor's Guide" will tell you which ones do! This handy, map-folded brochure is available free at any state park or Tourist Information Center.

FOR MORE INFORMATION

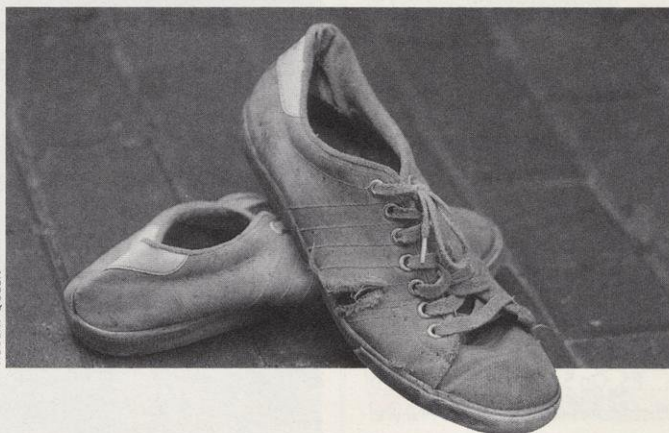
Equip yourself with a copy of *A Traveler's Guide to Wisconsin State Parks & Forests*, a handsome, 128-page full-color book packed with details about each park and photos that will make you wish you were already there. State trails and state recreation areas are covered, too. Look for the *Guide* in major bookstores throughout the state, or send a check for \$10.95 to DNR Bureau of Parks and Recreation, P.O. Box 7921, Madison, WI 53707-7921.



WALKER'S WISDOM

"Walking makes for a long life."

Hindu proverb



FOOTLORE

Half an hour of vigorous walking burns 180 to 250 calories.

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