

Price County Activity Guide

Healthy Lifestyles – Price County
Health & Wellness



Marshfield Clinic[®]

.....Don't just live. Shine.

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Welcome to the Price County Area Activity Guide

We have all heard of the many benefits associated with being physically active. Sometimes it is difficult to find an activity you like that fits into your busy schedule. In this guide, you will find a range of activities for all ages that include locations, descriptions and contact information. We hope you find this guide useful and enjoy some of the many activities offered in beautiful Price County.

Activity Guide Partners

Marshfield Clinic Healthy Lifestyles Program works with communities to address concerns about healthy eating and active living. The goal of the Healthy Lifestyles Program is to improve quality of life and reduce the incidence of lifestyle disease related to being overweight and inactive.

The Price County Activity Guide is made possible through the generous support of Marshfield Clinic.

Price County Health and Wellness Coalition works with businesses, schools and community members to promote healthy eating and active living throughout the county. Working together, the coalition strives to make Price County a healthier community.

Benefits of Physical Activity

Overweight and inactivity is the second leading preventable cause of death in the United States and Wisconsin.

Millions of Americans suffer from illnesses that can be prevented or lessened with routine physical activity. Regular physical activity can help you lose weight or maintain a healthy weight. In addition to weight loss, regular physical activity can:

- help control blood sugar levels
- help prevent bone loss
- reduce high blood pressure
- reduce the risk of heart disease
- increase HDL (good) cholesterol
- improve mood
- boost energy
- improve sleep

Physical Activity:

The number 1 predictor of who will lose weight and keep it off.

Sample of calories burned with activity	Calories burned (30 Minutes of Activity)
150 lb. female	
Low intensity (golf, weight lifting)	45
Medium intensity (biking, in-line skating)	150
High intensity (jogging, racquetball)	300
Very high intensity (cross-country skiing)	496
210 lb. male	
Low intensity (golf, weight lifting)	60
Medium intensity (biking, in-line skating)	210
High intensity (jogging, racquetball)	450
Very high intensity (cross-country skiing)	720

Calories burned vary by intensity and individual factors

Price County Area Recreational Opportunities

Archery

Chequamegon School Youth Archery Club

Open to all elementary school youth. Students have fun while learning the skill of archery. Equipment is provided. For more information, contact Tracy Miller at the Chequamegon Elementary School at (715)762-3393.

Flaming Arrow Archery League Clubs

Outdoor 3-D shoots are held all summer throughout the area. Dates and times of shoots are available at Northern Archery or the Springstead Trading Post.

Northern Archery

W7118 W. State Hwy 182, Park Falls
Located west of Park Falls on Highway 182. Winter, summer and fall archery leagues and open shooting are available. Call 715-762-8526 for more information.

Springstead Trading Post

3533 W. State Hwy 182, Park Falls
Fall and winter leagues and open shooting available. Call 715-583-2201 for more information.

Sugarbush Archery League

Contact Gloria at 715-518-3782 or Ken at 715-661-1680 for more information.

Baseball/Softball

Girl's Youth Softball

For more information on Girl's Youth Softball in each community:
Park Falls - call Ken Dischler at 715-492-0980
Prentice - call Amy Parisi at 715-428-2563

Youth Baseball

For more information on youth baseball in each community, call:
Park Falls - call Sharlene Gelina at 715-762-2861
Phillips - call Jodi Podmolik at 715-339-7199
Prentice - call Joe Parisi at 715-428-2563

Summer or American Legion Baseball

Boys ages 15-18; For more information in each community:
Park Falls - call Tom Armstrong at 715-762-4055
Prentice - call Joe Parisi at 715-428-2563
Phillips - call Ethan Lind at 715-820-2472 or 715-339-4468

Basketball

Basketball hoops are located at the schools in Ogema, Prentice, Phillips and Park Falls. Other locations include:
Hines Park - located on the Flambeau River in Park Falls
Phillips Municipal Building - located three blocks west of Lake Avenue on Eyder Avenue in Phillips
Elk Lake Park - located on Highway 13 in downtown Phillips
Prentice Playground - 1025 Town Street, Prentice

Bike Groups

Flambeau Free Wheelers

This bike group meets weekly and ride routes vary. For more information, and a route schedule, visit www.flambeaurides-freewheelers.com

Park Falls Lake Loopers

This recreational bike group meets weekly. The trip is a loop around Butternut Lake. The trip is approximately 15 miles. For more information, call 715-762-2792.

Bowling

D's Burger and Bowl

N5250 County Road A
Prentice, WI 54556
715-428-2010

Flambeau Lanes

1127 Highway 13
Park Falls, WI 54552
715-762-3237

Phillips Lanes

505 County Road D
Phillips, WI 54555
715-339-6663

Fitness Centers

It Figures!

It Figures is a health club located in the Northway Motor lodge at 1113 S. 4th Avenue, Park Falls. It offers services that often include exercise, yoga, kick boxing, swimming, sauna and weights. For more information, call 715-762-2406.

Triple B Health and Fitness

Located at 311 Saunders Avenue, Park Falls, the 8,000 square feet of exercise space includes cardio, selectorized and plate-loaded machines and more than four tons of free weights. Includes full service salon with tanning, red light therapy, nails, massage and hair styling. Dance and fitness, Power Plyo, zumba and Ab/glute classes are offered weekly. No membership is required for class participation. For more information, call 715-762-3222 or visit www.triplebhealthandfitness.com

Golf

Area Public Golf Courses:

Park Falls Golf Club

3360 Saunders Ave.
Park Falls, WI 54552
715-762-4396

Prentice Golf Course

403 Center Street
Prentice, WI 54556
715-428-2127

Westwood Golf Course, Phillips

N8785 Golf Course Road
Phillips, WI 54555
715-339-3600

Park Falls Junior Golf Program

Free golf instruction for youth ages 6-17 is available at the Park Falls Golf Club. Sessions take place once weekly for six weeks. For more information, call Bill Daubner at 715-762-2792.

Horseback Riding Trails

Price County offers many opportunities for the horseback riding enthusiast. Trails can be chosen from a variety of settings with opportunities for either a short ride or a lengthier trip with an overnight stop. Most of these trails are multiple-use trails. Please be courteous to other trail users.

Chequamegon-Nicolet National Forest

1170 4th Avenue S., Park Falls, WI 54552, 715-762-2461

Non-motorized trails include Newman Springs Trail, Round Lake Trail, Smith Rapids River Saddle Trail and Wintergreen Trail. Trails shared with motorized recreational vehicles include Flambeau Trail System, Flambeau River Forest Trail, Pine Line/Price-Taylor Rail Trail and Tuscobia State Trail. Visit www.fs.usda.gov/cnnf for additional information.

Flambeau River State Forest Trail

Department of Natural Resources

W1613 County Road W

Winter, WI 54896

715-332-5271, ext. 101, or email: freemj@dnr.state.wi.us

Palmquist, The Farm

N5136 River Road, Brantwood, WI. Call 800-519-2558 or 715-564-2558. Visit www.palmquistfarm.com

Price County Forestry

104 S. Eyder Avenue, Phillips, WI 54555. 715-339-6371 or email: pcforest@co.price.wi.us. Several designated wildlife areas and trails are located in the Price County Forest. Horseback riding is permitted on all county forest roads and trails. Horses are not allowed in county parks or campgrounds, or on beaches or nature trails. Some trails include High Point Trail, Holy Cross Trail, Georgetown Trail and Solberg Lake/Squaw Creek Trail. Visit www.pricecountywi.net for more information.

Timm's Hill Ski Trail

Located in Ogema, Wisconsin. For information, email: tht.info@timmshilltrail.com

Tuscobia State Trail

Department of Natural Resources

5289 N. Cemetery Road

P.O. Box 187

Winter, WI 54896

715-266-7032

Ice Skating

High Point Village Resort

W3075 County RR
Ogema, WI 54459
715-767-5287

Park Falls Blue Line - Recreational Skating

The Blue Line Club offers hockey instruction and leagues for persons age three through adult. USA figure skating programs are available for children age three through high school. For more information, call Mike Schnautz at 715-762-1510 or 715-661-0160.

Park Falls Outdoor Pleasure Rink

301 N Third Avenue
Park Falls, WI 54552

Open when ice freezes. Open school days 4 - 9 p.m. and non-school days 1 - 9 p.m.

Park Falls Recreation Arena

301 N Third Avenue
Park Falls, WI 54552
715-762-0074

Indoor ice rink is open November through March. Organized youth hockey, figure skating lessons, and public open skating and open hockey, times vary. Skate rental is available. Unscheduled ice time is available for rent. Call arena for schedule and more information. For bookings call 715-762-0074 or visit www.parkfallsrecreationarena.org.

Phillips Outdoor Hockey Rink

Located at the corner of Forest Street and Wyoming Avenue, Phillips. Rink is not available for public use during practices and games; call warming house for schedule at 715-339-4702. Children under 18 must wear helmets when sticks and pucks are in use. Skate at your own risk. For more information, call 715-339-2844 or 715-339-2762.

Phillips Outdoor Ice Skating Rink and Warming House

Corner of Forest Street and Wyoming Avenue, Phillips. Opens prior to Christmas Day, weather permitting; rink is open 24-hours a day. Warming house hours: Monday through Thursday 3 - 5 p.m. and 7 - 9 p.m.; Friday 3 - 5 p.m. and 7 - 10 p.m.; Saturday, Sunday and holidays 1 - 5 p.m. and 7 - 10 p.m. For more information call the warming house at 715-339-4702 or the City garage at 715-339-2520.

Karate

Groups provided at the Park Falls High School. Contact Mike Homann at 715-762-3186 for more information.

Kayak/Paddle Groups

Chequamegon Canoe Club – Park Falls

Tuesday night paddle group. Contact 715-762-0140 or email cccbistro@yahoo.com

The Crazy Loon

125 N. Lake Avenue

Phillips, WI 54555

Thursday evening paddle group. Kayak rental is available for trips. For more information call 715-339-5254, or visit www.thecrazyloon.com

Skateboarding

Phillips – Located behind the Phillips Municipal Building, three blocks west of Lake Avenue on Eyder Avenue.

Park Falls – Preisler Park is located next to the Recreation Arena/Indoor Hockey Rink at 3rd Avenue North and Second Street.

Snowshoeing

Several trail systems in Price County cater to those who wish to explore the region by snowshoes. The Log Jam cross-country ski trail has designated snowshoe land that runs parallel to the ski trail. Please do not snowshoe on the ski trail except at trail crossings. Snowshoeing is allowed alongside the Solberg Lake and Holy Cross cross-country ski trails. The cross-country ski trails in the Timm’s Hill area, Highpoint Ski Trails/High Point Village Resort and Timm’s Hill Ski Trail, and those at Palmquist’s “The Farm” share some trails with snowshoers and offer snowshoe rental.

For those who prefer to travel in undisturbed nature, the un-groomed trails at Rock Creek, Round Lake and the Oxbo Trail are perfect to view winter scenery and wildlife. For the truly adventurous, simply strap on snowshoes and discover one of the many hiking trails or wildlife areas in the thousands of acres of national, state and county forests located throughout the county. For more information, visit websites for the following: Price County Parks, Flambeau River State Forest, Chequamegon-Nicolet National Forest Trails and the Medford-Park Falls Ranger District for the Park Falls area.

Snowshoe Rental

High Point Village Resort
W3075 County Road RR
Ogema, WI 54459
715-767-5287

E-mail: lyleB@centurytel.net
www.highpointvillage.com

Rentals available for use on the Timm's Hill Trail.

Oxbo Resort

N6175 Oxbo Drive
Park Falls, WI 54552
715-762-4786

E-mail: oxboresort@gmail.com
www.oxboresort.com

Under new ownership. Rentals may be available. Direct access from the resort to logging trails in the Flambeau River State Forest.

Palmquist's The Farm

N5136 River Road
Brantwood, WI 54513
715-564-2558 or 800-519-2558

E-mail: Palmquistfarm@centurytel.net
www.palmquistfarm.com

Rentals available for use on some of the trails on The Farm.

The Crazy Loon

125 N Lake Avenue
P.O. Box 30
Phillips, WI 54555
715-339-6254

E-mail: info@thecrazyloon.com
www.thecrazyloon.com

Rentals available for use on area trails.

Soccer

Price Soccer Club

For more information, call Mark Fuhr at 715-339-6419.

Swimming

Northway Motor Lodge

For hours and fees call 715-762-2406.
1113 S. 4th Avenue/Highway13, Park Falls

Park Falls Municipal Pool (outdoor)

For more information, call 715-762-2474.

Phillips Community Pool (indoor)

Phillips High School, 990 Flambeau Avenue
Open swim hours are throughout most of the year. Call ahead for open swim hours. Facilities include swim lanes, diving well, basketball hoop and general swim area. A wading pool for young children and a hot tub for persons older than 16 are also available.
Call 715-339-2143 for hours of operation.

Tennis

Park Falls

5th Street North
Park Falls, WI 54552
Courts are open for public use and are located next to the outdoor swimming pool.

Phillips

990 Flambeau Avenue
Phillips, WI 54555
Courts are open for public use and are located in front of the Phillips High School.

Volleyball

Summer League Play

Phillips - Located at Harborview Pub & Eatery, Highway F, Phillips. For more information, call 715-339-2626.
Youth Volleyball - For grades 3-8. For more information, call Kim Fuhr at 715-339-6419.

Walking (indoor)

Butternut School

For more information, call 715-769-3434

Glidden Schools

For more information, call 715-264-2141

Park Falls High School

For more information, call 715-762-2474

Phillips High School

For more information, call 715-339-2141

Phillips Municipal Building

For more information, call 715-339-3125

Prentice High School

For more information, call 715-428-2811

(Note: Schools also offer weight room and open gym hours.)

Water Aerobics

Park Falls

Summer classes are available at the outdoor pool. Contact Lisa at 715-762-5436.

Phillips

Classes are held at the Phillips Community Swimming Pool. For more information, call 715-339-2143, or visit: www.phillips.k12.wi.us and click on District.

Yoga/Dance/Aerobics

Arm Chair Aerobics

Available at the Park Falls Library; Mondays and Wednesdays. Contact Lisa at 715-762-5436.

Dance Classes

Available at Triple B Health and Fitness, 311 Saunders Avenue, Park Falls. Tap, jazz, ballet, lyrical and Zumba; ages 2 ½ - adult. Call Allison Maki at 906-285-1704, or visit www.EnpointeDanceCompany.com

Gentle Yoga and Stretching

366 N Lake Avenue (First National Bank)
Phillips, WI 54555

Every Wednesday at 5:30 p.m. Includes 45 minutes of gentle stretching. Fee is \$2.00, half of which goes to women's health issues. For more information, call Martha Scrowcroft at 715-339-2490.

Hatha Yoga

Available at the Park Falls Library. Hatha Yoga helps balance mind, body and spirit. It is relaxing and beneficial for reducing stress. Physical benefits include flexibility and strength to joints and muscles. This is a basic program and beginners are welcome. For more information, call Beth at 715-762-3443. Class schedule can be found in "The Shopper".

Power Yoga

Available at the Park Falls Library. Calm your mind, tone your body, and de-stress your life with power yoga. Traditional yoga postures are practiced in continuous flow patterns which integrate mind, body and breath to energize and revitalize your entire being. Open to ages 10 and up. Beginners are always welcome. No pre-registration is required. Practice with the class as your schedule permits. For more information, call Arla Homann at 715-762-2436 (days) or 715-762-3186 (evenings).

Yoga and Zumba Latin Dance Lessons

For more information, call Michelle Kurth at 715-474-2263.

Zumba

Available at Lake Avenue, Phillips. Mondays and Thursdays at 5:30 p.m. For more information, call Jody Kadlecsek at 715-820-0417.

APPENDIX A

Bike Touring Routes

Bike route information and maps are available at www.pricecountywi.net/bike.html

Maps also can be picked up at area Chamber of Commerce offices.

Bass Lake (22 miles):

- 4.5 miles north of Park Falls on Highway 13.
- Three miles southwest on County Trunk B.
- Three miles east on County Line Road.
- 5.5 miles south on Bass Lake Road.
- 1.5 miles east on Fleming Road.
- 4.5 miles east on County Trunk E to Park Falls.

Blockhouse Lake (29 miles):

- 2.5 miles east of Park Falls on Highway 182.
- 3.5 miles north on Old Highway 182.
- One mile north on Blockhouse Lake Road.
- 8.5 miles east on Blockhouse Lake Road to 182.
- 13.5 miles west on Highway 182 to Park Falls.

Butternut Lake (17 miles):

- 4.5 miles north of Park Falls on Highway 13.
- Eight miles southwest on County Road B.
- 4.5 miles east on County Road E back to Park Falls.

Cedar Rapids Road (27 miles):

- 10 miles east of Park Falls on Highway 182.
- Five miles south on Cedar Rapids Road (USFS 144).
- Nine miles west on Highway 70 to Fifield.
- Three miles north on Highway 13 to Park Falls.

Demar's Bridge (9.5 miles):

- One mile west of Park Falls on County Trunk E.
- Three miles south on County Trunk B.
- 2.5 miles east on Highway 70.
- Three miles north on Highway 13 to Park Falls.

Divine Rapids Road (13 miles):

- One mile east of Park Falls on Highway 182.
- Two miles south on Town Hall Road.
- 4.5 miles east on Divine Rapids Road.
- One mile west on Highway 70.
- 4.5 miles north on Central Avenue to Park Falls.

Fifield/Smith Rapids Bridge/Round Lake Dam (52 miles round trip):

- Take Highway 70 east from Fifield 12 miles.
- Head north on Forest Road 148, to the Smith Rapids campground and covered bridge.
- Turn right on Forest Road 144. Continue through the Chequamegon/Nicolet National Forest to the Round Lake Logging Dam.
- Continue south on Forest Road 144 to Highway 70.
- Turn right on Highway 70.
- Continue 16 miles to Fifield.

Gates Lake “Wildlife Management Area” (46 miles):

- Three miles south of Park Falls on Highway 13.
- Four miles east on Highway 70.
- Fifteen miles south on Gates Lake Road (USFS 136).
- Six miles north on Hemlock Road.
- Fifteen miles west on Highway 70.
- Three miles north on Highway 13.

Kennan/Big Falls (10 miles one way):

- Start the ride in Kennan, south of Highway 8 on County N.
- Continue south on County N past Kennan Park through rolling farmland until you reach the intersection of Big Falls Road.
- Turn right into the park. The park features rustic campsites and a beautiful stretch of rapids on the Jump River.

Lakeshore Drive (9 miles):

- One mile north on Highway 13.
- 4.5 miles west on Lakeshore Drive.
- .5 miles east on Old 13.
- Three miles south on Highway 13.

Moonshine Corner (33 miles):

- “Bike the Flambeau State Forest”
- Fourteen miles west of Park Falls on County Trunk E.
- Fifteen miles southeast on Highway 70.
- Three miles north on County Trunk B.
- One mile east on County Road E.

North River Road (11.5 miles):

- .5 miles north of Park Falls on 1st Avenue.
- Five miles east on North River Road.
- Two miles west on Creamery Road.
- Four miles south on Agenda Road back to Park Falls.

Ogema/Catawba (18 miles one way):

- Beginning in Ogema, head west on Highway 86.
- Cross Highway 13 and follow County O eight miles to Hobbles Creek Road.
- Proceed on Hobbles Creek Road to the intersection of County I.
- Turn right onto County I and enter Catawba. Grocery, hardware and convenience services are available.
- You can extend your tour by turning back south on County I one-half mile.
- Turn right onto Midway Road and arrive in Kennan, gateway to Big Falls County Park.

Ogema/Timm’s Hill (20 miles round trip):

- This trip begins by heading east on Highway 86 out of Ogema on rolling hills.
- Turn south on County C to County RR. The park at Timm’s Hill offers a beautiful climb to the observation tower and the picturesque vista of the countryside surrounding the highest point in Wisconsin.
- Continue the ride by returning to County C.
- Go south to County YY.
- YY will join Highway 102. Continue on Highway 102 to Spirit.
- At Spirit, turn left onto Highway 86 and return to Ogema.

Park Falls/Oxbo (40 miles round trip):

- Take County E west out of Park Falls.
- Take County B south out of Park Falls to Highway 70.

- Ride west on Highway 70 along the beautiful North Fork of the Flambeau River. Rest at the wayside at Oxbo and enjoy the river.
- Continue west until the intersection of Highway EE.
- Turn right and head back to Park Falls for a wide variety of services for the traveler.

Park Falls/Turtle-Flambeau Flowage (32 miles round trip):

- Start the trip heading north out of Park Falls on Agenda Road.
- Turn right on North River Road. Enjoy the scenic tour along the banks of the Flambeau River.
- Turn right onto Creamery Road and follow it to the intersection of County F.
- Turn right and continue on County F as it enters Iron County.
- The Flowage is about two miles past the county line. The Turtle-Flambeau Flowage is the Crown Jewel of the North, resembling the Boundary Waters region of northern Minnesota and Canada.

Phillips/Musser Lake (25 miles round trip):

- Starting in Phillips, travel south of town to County D. Turn left onto County D through farm and forestland. A restored schoolhouse/bed and breakfast can be visited along this stretch of roadway.
- Turn north at the intersection of County H and proceed to Musser Drive.
- Turn west onto Musser Drive and enjoy the view of the Musser Flowage area. Continue until you again reach County H.
- Turn left and follow County H along the Elk River into Phillips. Phillips provides full food, lodging and supply services.

Phillips/Solberg Lake (20 miles round trip):

- Leave Phillips on County H east of Solberg Lake Road. Follow the road around the entire lake until you find the Solberg Lake County Park sign.
- This park is an all-purpose recreation area including a sand beach, picnic area, campgrounds, boat landing, fishing pier and a nature trail.
- After leaving the park, turn left onto Solberg Lake Road and meet the intersection of Old 13 Road.
- Turn left and return to Phillips.

Phillips/Soo Lake (24 miles round trip):

- From Phillips, travel west on County W through the scenic

Phillips chain of lakes region.

- After passing Soo Lake, turn right onto County S and continue around the lake north and east.
- At the intersection of County F, turn right and continue into Phillips, now viewing the Phillips chain from the opposite side.

Prentice/Ogema (25 miles round trip):

- Start the trip in the village of Prentice. Follow County C south to see a view of Timm’s Hill, Wisconsin’s highest geographical point.
- After spending time at Timm’s Hill County Park, take County C back to the intersection of Highway 86.
- Turn left on Highway 86 into Ogema. Bikers can catch the Price/Taylor Rail Trail north to Prentice or stay on County C after leaving the park and retrace the route back to Prentice.
- Autos may return to Prentice from Ogema on Highway 13.

Prentice/Phillips (27 miles round trip):

- Take County A north out of Prentice.
- Turn right on County K and travel north.
- Turn left on Little Chicago Road and continue until the intersection with Highway 13.
- Ride north about 2.5 miles to Wisconsin Concrete County Park to enjoy the unique artwork of Fred Smith.
- Continue into the city of Phillips to enjoy a full host of services and attractions.
- Head south on Highway 13 and turn left on County D.
- Travel on County D and turn right on County K, heading back to Prentice via County K and County A.
- County A takes you into downtown Prentice, where the trailhead for the Price/Taylor Rail Trail, The Pine Line, is nearby.
- Enjoy the wide variety of picnic areas and services available throughout Prentice.

Riley Lake (40.5 miles):

- Three miles south on Highway 13.
- Four miles east on Highway 70.
- Thirteen miles south on Gates Lake Road (USFS 136).
- 5.5 miles north on Riley Lake Road (USFS 137).
- Twelve miles west on Highway 70.
- Three miles north on Highway 13.

Sailor Lake (graveled surface 31 miles):

- Three miles south of Park Falls on Highway 13.
- Seven miles east on Highway 70.
- Five miles south on Sailor Lake Road (USFS 139).
- Nine miles west on Gates Lake Road (USFS 136).
- Four miles west on Highway 70.
- Three miles north on Highway 13 to Park Falls.

Shady Knoll Road “Historical Logging Dam” (43 miles):

- Thirteen miles east of Park Falls on Highway 182.
- Ten miles south on Shady Knoll Road (USFS 144).
- Seventeen miles west on Highway 70.
- Three miles north on Highway 13 to Park Falls.

Smith Rapids Road “Scenic Covered Bridge” (34.5 miles):

- 13 miles east of Park Falls on Highway 182.
- Two miles south on Shady Knoll Road (USFS 144).
- Two miles south on Smith Rapids Road (USFS 148) to bridge.
- Two miles to Highway 70.
- 12.5 miles east on 70.
- Three miles north on Highway 13 to Park Falls.

Sugarbush Road (18.5 miles):

- 6.5 miles east of Park Falls on Highway 182.
- Six miles south on Sugarbush Road (USFS 152).
- Three miles west on Highway 70.
- Three miles north on Highway 13 back to Park Falls.

APPENDIX B

Mountain Biking/Hiking/Ski Trails

Chequamegon-Nicolet National Forest (CNNF)

Logging Roads & Multi-Use Trails

Located north and east of the cities of Phillips, Fifield and Park Falls. Best entry points are from the Solberg Lake Trail, Wintergreen Trail and Newman Lake Trail. Trail length varies. Loop trail(s). Easy to moderate in skill level/technical difficulty. Aerobic level is moderate. Seasonal use May to November. Wide twin track.

More than 100 miles of logging roads and multi-use trails are open to mountain biking in the Chequamegon-Nicolet National Forest (CNNF). Trails generally offer a hard packed surface with some loose rock, sand and water holes. ATV traffic is regularly encountered. Trails are marked although the logging roads may not be. Special points of interest include the covered bridge at the Smith Rapids Campground and the historic wooden logging dam at Round Lake. See additional information below about the ski trails listed. For more information on trails located in the CNNF, go to www.fs.fed.us/r9/cnnf/rec/trailsntours/index.html.

Concrete Park

Located just south of Phillips on Highway 13. Easy, scenic half-mile wooded loop on hard packed gravel.

Flambeau Hills Ski Trail

Located 22 miles west of Phillips on County Highway W. Parking is also available on Highway 70 west of Fifield. Fourteen miles of ski trails, additional mileage on Oxbo Ski Trail and adjacent ATV trails. Loop trail. Easy to moderate in skill level/technical difficulty. Aerobic level is moderate. Seasonal use from May to November. Wide twin track.

Trail is quite hilly with no major climbs. At most, climbs cover 40 feet of elevation before descending again and ascending. The Snuss Trail, located at the north end of the Flambeau Hills system travels along the Flambeau River to connect with the Oxbo system just north of State Highway 70. A three-sided shelter with a fire ring and picnic table is provided as a rest area on the west side of the upper loop. Donations are accepted at the trailhead.

A Wisconsin State Trail Pass is required. The daily fee can be paid at the trailhead or an annual trail pass can be purchased at the trailhead, or the forest headquarters located on County Road W; call 715-332-5271; or any

(continued)

DNR service station, call 715-762-3204. To view a map of the trail, visit www.pricecountywi.net/trails/flambeauhills.html.

High Point Ski Trails

To get to the northern trail access point take Highway 86 east of Ogema to County Road RR, then go one-half mile to Timm's Lake Road. The trail begins a short distance on the left. The southern trail access point is located on County Highway C, 2.5 miles off the north end of Highway 86. Ski trails are nine miles on point-to-point trails. Moderate to difficult skill level/technical difficulty. Aerobic level is moderate to difficult. Seasonal use from May to November.

This is a shared use trail used by bikers and hikers. The trail consists of narrow single track over rolling terrain. There are some steep hills. The trail climbs to the lookout tower at the top of Timm's Hill, the highest point in Wisconsin. To view a map of the trail, go to www.pricecountywi.net/trails/hipoint.html. This trail connects to the Timm's Hill ski trails.

Holy Cross Ski Trails

Located seven miles north of Phillips on State Highway 13, One and one-half miles east on Holy Cross Road. Ski trail length is 7.5 miles; additional mileage is available on snowmobile trails and roads connecting to Solberg Lake Ski Trail and Rock Creek Trail. Loop trail. Easy to moderate skill level/technical difficulty. Aerobic level is easy to moderate. Seasonal use from May to November.

Wide twin track on rolling terrain with a loop system that surrounds a small lake. The southern loop is flatter than the north and east loops. The trails are mowed in the fall for grouse hunting. Additional mileage is available by exiting the trail system at the north parking lot and turning south on Hick's Landing Road and continuing to the Solberg Lake Ski Trail and the Solberg Lake Campground. To view a map of the trail go to www.pricecountywi.net/trails/holycross.html.

Newman Springs Ski Trail

Located 12 miles east of Park Falls on State Highway 182. Six miles of loop trail. Easy to moderate skill level/technical difficulty. Easy to moderate aerobic level.

The main ski trail has several low areas that do not make it favorable for mountain biking. The western edge of the trail system features rolling terrain and connects to ATV Trail 105. This is a beautiful section of trail overlooking the springs.

A national forest parking fee is required. The daily fee can be paid at the trailhead. An annual sticker can be purchased at the U.S.D.A. Forest Service Office on Highway 13 in Park Falls. To view a map of the trail, go to www.pricecountywi.net/trails/Newman.html.

Oxbo Ski Trail

Located in the Flambeau River State Forest. Six miles of trail. The trail is no longer groomed for cross-country skiing, but is used by diagonal skiers, snowshoers, hikers and bikers. The trail is quite hilly, with no major climbs. The Snuss Trail, located across Highway 70 connects with the Flambeau Hills system. In addition, there are ATV trails adjacent to the ski trails.

Palmquist Farm

Located at N5136 River Road, Brantwood, WI on Highway 8; 12 miles east of Prentice. Turn north on River Road and travel one mile. Offers cross-country skiing, horseback riding, hunting and sleigh rides. For more information, call 1-800-519-2558 or 715-564-2558, or visit www.palmquistfarm.com.

Phillips School Forest Ski Trail

Located four miles northeast of Phillips. This trail is located in the Phillips School Forest. Take Highway 13 in Phillips to County Road H to Big Elk Road, then turn right on North Worcester Road. The trail is on the west side of the road. You can open the gate and drive into the parking lot; it is .3 miles to the trail. Trail length is 3.5 miles. It is a loop trail. Easy to difficult in skill level/technical difficulty. Easy to difficult in aerobic level. Seasonal use from May to November.

Five scenic loops ranging from .6 to 1.2 miles make-up the trail, including three expert, one intermediate and one beginner. The trail winds through a diverse forest and an open meadow and varies from gently rolling to steep hills. To view a map of the trail go to <http://www.pricecountywi.net/hike.html> .

Pine Line Trail

Connects the city of Prentice in Price County to the city of Medford in Taylor County. Trail is 28 miles and travels point-to-point. Easy skill level/technical difficulty with easy to moderate aerobic level. This trail was created from an abandoned railroad right-of-way. The surface is covered in crushed gravel. There are no significant hills on this route. For more information go to www.pricecountywi.net/trails/pipeline.html.

Rock Creek Trail

Seven miles north of Phillips on State Highway 13; 1.5 miles west on Rock Creek Road. Trail length is four miles. A loop trail with easy to moderate skill level/technical difficulty and moderate aerobic level. Seasonal use from May to November.

This trail system consists of a series of logging trails adjacent to Rock Creek Road and Lugerville Grade Road. All the logging trails are wide double track with gently rolling to long steep climbs available. To view a map of the trail, go to <http://www.pricecountywi.net/trails/rockcreek.html>.

Round Lake Ski Trail

Located 16 miles east of Fifield on State Highway 70, two miles north on Forest Road 144 to Round Lake Dam parking area. Trail length is seven miles. Loop trail with easy to moderate skill level/technical difficulty. Moderate aerobic level. Seasonal use from May to November. Rolling terrain on wide twin track ski trails. This is a very scenic trail that travels around the perimeter of Round Lake. Stay to the right on the trail. The loops to the northwest have sections of bog. The trail exits the woods east of Round Lake and continues on Cole’s Point Road to the intersection with Forest Road 144.

A National Forest parking fee is required. The daily fee can be paid at the trailhead. An annual sticker can be purchased at the U.S.D.A. Forest Service Office on Highway 13 in Park Falls. To view a map of the trail, go to www.pricecountywi.net/trails/roundlake.html.

Solberg Lake Ski Trail

Located one mile east of Fifield on State Highway 70, eight miles south on Hick’s Landing Road. Trail length is 3.5 miles on ski trails with additional mileage connecting to forest roads. Easy skill level/technical difficulty and easy to moderate aerobic level. Seasonal use from May to November.

Gently rolling terrain on wide twin track ski trails. This trail is favored in the winter by families and beginner skiers. The trail is a short distance from the Solberg Lake Campground. To view a map of the trail, go to <http://www.pricecountywi.net/trails/solberg2.html>.

Timm's Hill Ski Trail

Includes limited parking to the south at points where the trail intersects County Highway C. From Ogema, take State Highway 86 south to County Highway C. The first point where the trail intersects County Highway C is 2.5 miles. The second is about one-half mile further and the third is about 1.5 miles further. There is also a parking lot at the south end of the trail off County Highway C near Rib Lake. Trail length is 7.5 miles on ski trails, additional mileage connecting to the High Point Ski Trail to the north and the National Ice Age Scenic Trail/Rib Lake Area Ski Trail to the south. Loop trail with easy to moderate skill level/technical difficulty. Moderate to difficult aerobic level.

Wide twin track on rolling terrain. The trail climbs to the lookout tower at the top of Timm's Hill, the highest point in Wisconsin. The trail connects the High Point Ski Trails in the Timm's Hill area to the Rib Lake Area Ski Trails to the south. To view a map of the trail, go to <http://www.timmshilltrail.com/map2.htm>.

Tussock State Trail

Runs from Park Falls to Birchwood. Located off Highway 13, west on County Road E, about .25 miles to Park Road, then north .25 miles to the park. This is a 62-mile rail trail, point-to-point. Easy skill level/technical difficulty. Easy to moderate aerobic level.

This trail was created from an abandoned railroad right-of-way. Trail open to ATV's and is heavily traveled. For more information visit www.tuscobiatrail.com or contact: Kathy Oginski, Property Manager and Ranger, 5289 North Cemetery Road, Winter, WI 54896, or call 715-266-7032 or 715-563-1338 (cell).

Wintergreen Ski Trail

Located four miles east of Fifield on State Highway 70. Six miles on ski trails, additional mileage connecting to ATV trails. Loop trail. Easy to moderate skill level/technical difficulty. Easy to moderate aerobic level. Hilly, rolling terrain on wide twin track ski trails. The "A" loop crosses a bog and is not recommended for biking. Loops "B" and "C" are excellent for biking. On the northeast edge of Loop "C" a short single track connects to ATV trails. Loop "D" is hilly with steep ascents and descents. ATV trails are also located south and east of the Wintergreen Trail parking lot. There is a shelter at the trailhead on Highway 70.

A national forest parking fee is required. The daily fee can be paid at the trailhead. An annual sticker can be purchased at the U.S.D.A. Forest Service Office on Highway 13 in Park Falls. To view a map of the trail, go to <http://www.pricecountywi.net/trails/wintergreen2.html>.

W.I.P (Walk in Phillips) into Shape

Mapped walking routes in the city of Phillips are available at the Phillips Area Chamber of Commerce, 305 S Lake Avenue; or at the Price County Health Department, Normal Building, Phillips, 715-339-3054.

For more information on Price County trails visit:

Biking: www.pricecountywi.net/bike.html and
www.northwoods biking.com/price.htm

Hiking: www.pricecountywi.net/hike.html

Skiing: www.pricecountywi.net/xcountry.html

APPENDIX C

Parks and Beaches

Catawba Park

Located in the Village of Catawba. From Highway 8 go north on High Street. The park includes a playground, toilets, horseshoes and a baseball field.

Kennan Park

Located in the Village of Kennan, south on County N. The park offers playground, hiking trails, baseball field and volleyball. Call 715-474-3325 for information.

Big Falls County Park & Campground

W11337 Big Falls Road, Kennan

Travel Highway 8 to County N then south about 10 miles to Big Falls Road. The park includes a children's play area, swimming, fishing, volleyball and hiking trails. For more information, visit: www.co.price.wi.us/government/ForestryDepartment/

Pioneer Park

W4905 Holmes Street, Ogema

Located in Ogema, take County Highway 86 to Holmes Street. The park offers fishing, playground, ball field and horseshoe pits. Call 715-767-5860 for more information

Timm's Hill County Park, Ogema

Travel County Road CC to County Road RR five miles east on Highway 86, south one mile on County C, then east about .5 mile on Rustic Road 62. The park includes hiking trails and an observation tower, playground, cross country ski and snowshoe trails. Go to timmshilltrail.com for more information.

Spirit Memorial Park

Located in the Town of Spirit. From Highway 13 go east on Highway 86, then south on Highway 102, then east on Highway YY to German Settlement Road. The park includes a playground and hiking trails.

Park Falls Area Parks

Go to www.cityofparkfalls.com/parks/ or call 715-762-2436 for more information.

Hines Park

The park includes playground, fishing, hiking trails, horseshoes, volleyball and basketball.

Other Park Falls City Parks:

Riverside Park, Preisler Park/Skateboard Park, South Side Park, Tourist Park and Triangle Park.

Phillips Area Parks

Got to www.phillipswisconsin.net or call 888-408-4800 or 715-339-4100 for more information.

Bostrom Park

Located on Highway 13 downtown, next to the Phillips Chamber Building. The park includes an open area for activities.

Conner’s Lake

Located on County Road W, 21 miles west of Phillips. The park includes sand beach, play area, horseshoes and fishing. Call the Flambeau River State Forest office at 715-339-5271 for more information.

Elk Lake Park

Located on Highway 13, downtown. Includes a playground, fishing, walking trail, soccer field and volleyball.

Fifield Community Park

Located along the Flambeau River in Fifield. The park includes a playground, beach area and basketball court.

Little League Park

Located off County Road W (Flambeau Avenue). The park includes a playground and baseball field.

Memorial Park

Located on County Road W to Wyoming Street. The park includes a playground and baseball field.

Newman Lake Recreation Area

Located on Highway 182, 14 miles west of Park Falls. The park includes sand beach, playground, fishing horseshoes and volleyball. Call the Chequamegon-Nicolet National Forest Office at 715-762-2461 for more information.

Phillips City Beach

Located on County Road H, about .5 miles on left. The park includes a sand beach and fishing. For more information, call the Phillips city clerk at 715-339-3125.

Smith Lake County Park

N14763 Omaha Road, Park Falls

Take Highway 13 to Park Falls, go west about 2.5 miles on County E and then south about one mile on Omaha Road. The park includes fishing, sand beach, hiking trail, biking, horseback riding and snowshoeing.

Sokol Park

Located on Fifield and Ash Streets. The park includes a playground.

Solberg Lake County Park and Campground

N10750 County Park Road, Phillips

Located northeast of Phillips on Highway 13 North. Go to Old 13 Road and travel 2 ½ miles, and 2 ½ miles west on Solberg Lake Road to park entrance. The park includes sand volleyball, horseshoe pit, sand beach, playground equipment, fishing and hiking trails.

Go to www.co.price.wi.us/government/ForestryDepartment/ for more information or call 715-339-6371.

Tuscobia Trailhead County Park

N15400 Park Lane, Park Falls

From Highway 13 in Park Falls take County Road E west about .5 miles, turn north into the park. The park includes play equipment, horseshoe pit, baseball diamond, hiking, biking, horseback riding and snowshoeing.

Wisconsin Concrete County Park

N8236 South Highway 13, Phillips

Located on Highway 13, one mile south of Phillips. The park includes a hiking trail. Go to www.friendsoffredsmith.org/ for more information.

Prentice Village Parks

Go to www.vil.prentice.wi.gov/localattractions/villageparks/villageparks.html or call 715-428-2124 for more information.

Buccaneer Pond

Located in the Village of Prentice at the corner of Pine and Town Streets. The park includes a sand beach and fishing.

Lions Park

Located in Prentice on South Street across from the school. The park includes a baseball field, children’s playground and horseshoes.

Riverfront Park

Located in the Village of Prentice west of Railroad Avenue/Jump River (behind the IGA). The park includes fishing and hiking.

Wayside Park

Located in the village of Prentice, east of Railroad Avenue on the Jump River. The park offers fishing and hiking.

Wisconsin Concrete County Park

Located at N8236 Highway 13 South, one mile south of Phillips. The park includes a hiking trail. For more information, visit www.friendsoffredsmith.org

APPENDIX D
Recreational Rentals
Canoes/Kayaks/Mountain Bikes

9 Mile Tavern

W10590 State Road 70
Park Falls, WI 54552
715-762-3174

The Crazy Loon (canoes and kayaks)

125 N Lake Avenue
Phillips, WI 54555
715-339-6254
www.thecrazyloon.com

Flambeau Resort (fishing boats and canoes)

N15355 East Road
Park Falls, WI 54552
715-762-2178

Flambeau Sports Outfitters (canoes and kayaks)

N11151 County Road F
Phillips, WI 54555
715-339-2012
www.flambeausports.com

Northern Pines Resort (fishing boats, 350 Yamaha Bruin ATV)

N16243 Lake Shore Drive
Butternut, WI 54514
715-762-3001
www.northernpinesresort.com/

Oxbo Resort (canoes and V-hull fishing boats)

6275 N Oxbo Drive
Park Falls, WI 54552
715-762-4786
E-mail: oxboresort@gmail.com
www.oxboresort.com

APPENDIX E

Area Events

Annual Candlelight Ski

February, 6 - 9 p.m.

Flambeau River State Forest, Winter

Annual cross-country skiing event by candlelight on the Flambeau Hill Ski Trail beginning at the Flambeau Hills trailhead. A 1.8 kilometer loop of the trail is groomed, tracked and lit with more than 600 candles. The trail is for skiers or hikers and winds through the heart of the forest and is wide enough for diagonal striders and skate skiers. Picnic tables and a large barbecue grill are available near the trailhead for persons who want to cook out. Large warming fires are built and maintained throughout the night. The forest staff promotes this as a casual family-type outing and hopes that families and friends come and spend the evening. Starting at 5 p.m. on event day, all day-use fees at the trailhead will be waived. The Hills trailhead is located on County Highway W, 20 miles west of Phillips or 15 miles east of Winter. The event is weather-dependent. For more information, call 715-332-5271, or email freenj@dnr.state.wi.us.

Autumn in the Hills - 5k Walk/Run

Timm's Hill, Ogema

Held the last Saturday in October. Walk/run starts at 10 a.m. with live music from 11:30 a.m. - 3:30 p.m. For more information, call 715-767-5287.

Bowl for Kids Sake

Big Brothers/Big Sisters of the Northwoods

April

Teams get pledges and bowl to support Big Brothers/Big Sisters. Collect a minimum of \$25 and have fun with some friends. Call Michelle for pledge sheets at 715-820-0036. Great raffle prizes! For more information, call 715-744-3927 or email bbbsnwoods@pctcnet.net, or visit www.bbbsnorthwoods.org.

Concert for the Cause

Butternut Park - June

Archery, kickball, horseshoes and more.

For more information call 715-769-3551

Dog Jog

Held in May. A one, three and five-mile courses. For more information, call Dr. Ludwig, North Country Veterinary at 715-339-6777.

Flambeau Forty On-Road Bike Race

Starts in front of the Chamber Office in Park Falls, goes south to County E, to County B, onto Highway 70, to County EE, to 5th Avenue and back to Chamber Office. For more information, call 877-762-2703 or email director@parkfalls.com.

Flambeau Hospital 3 on 3 Basketball Tourney

At tennis courts on the Flambeau Rama Grounds. Open to eight teams in each division. For more information, call Jane Benz at 715-762-7576, or email benz.jane@marshfieldclinic.org.

Hawkins Harvest Festival - 10k Run/Walk

Walk/run is held at the Hawkins Village Park in September beginning at 7 a.m. Softball tournaments and a bin dance will also be held. For more information, call 715-585-7727 or email lapo@centurytel.net.

Marshfield Clinic Sports Medicine Annual Dirtfighter Classic Mountain Bike Race

Price County Fairgrounds, Phillips
Held in July. Races start at 10 a.m., 11 a.m. and 1 p.m. Wisconsin off-road series, 9, 13, 19 and 24-mile events for citizen, sport, competitive and expert divisions. Awards, prizes, camping and great food. For more information, call 715-339-2868, or email johnhendricks@ifls.lib.wi.us, or visit : www.wors.org.

Phillips Chain of Lakes Triathlon

Second weekend in July. Event includes swim .25 miles, bike 18 miles, run 3.1 miles. For more information, visit www.phillipschainoflakestri.org.

Phillips Flurry Snowshow Race

Held in January. 5k or 10 k run/walk in the Phillips School Forest. For more information contact the Crazy Loon (see page 12).

Pine Line Marathon

This race takes place on the Pine Line Trail in southern Price and northern Taylor Counties. Held in April, it begins at 9 a.m. and includes a full marathon, half marathon, relay marathon and 5k race. For more information, call the Medford Chamber of Commerce at 715-748-4729.

Polka in the Park

Held regularly throughout the year, 2 - 6 p.m., at the Butternut Community Center.

For more information, call 715-769-3551.

Prentice Progress Days

Held in September and takes place in Prentice at various locations. Event includes:

- Friday - Softball tournaments
- Saturday - Softball/sand volleyball/basketball tournaments, horseshoe, kids games and dance
- Sunday - Leo Heikkinen Memorial Golf Tournament and softball and basketball tournaments

For more information, call 715-428-2592.

Price County Area Walk Runs

Evergreen Road Run 5k Walk/Run

Held the first Saturday of August in Park Falls. For more information, call Park Falls Chamber of Commerce at 715-762-2703, or e-mail chamber@parkfalls.com, or visit : www.parkfalls.com.

Marion Park Fun Walk/Run

This 2.2 miles walk/run is held the Saturday of Labor Day weekend in Glidden, Wisconsin. For more information, call Dena Polencheck at 715-264-5500.

Pioneer Day 5k Walk/Run

Held the last Saturday in July in Butternut, Wisconsin. For more information, call Don Christianson at 715-762-2621 or Dan Smart at 715-769-3310.

Sassy Walk/Run

This 5k is held the second Saturday in June in Park Falls. For more information, call St. Anthony’s School at 715-762-4476.

Spirit of America 5k Fun Run/Walk

Held in Phillips around the Fourth of July. For more information, call Price County Health Department at 715-339-3054.

Price County Relay for Life

Held in June. Call for event location. Event schedule is Friday, 6 p.m. - Saturday 9 a.m. Participants raise money for the American Cancer Society. For more information, call Laura Palzkill at 715-339-6210.

Timm's Hill Trudge

Takes place at Timm's Hill, Ogema. Held in March. Event starts at 9 a.m. Event is a snowshoe race/walk, 3.5-mile or 7-mile course at Timm's Hill, Wisconsin's highest geographical point. Registration fee required. A dance will take place in the evening at the Snow Shoe Lodge at High Point Village Resort. For more information, call 715-767-5287, or email lyleb@centurytel.net, or visit www.highpointvillage.com/home.html.

Tuscobia Winter Ultra

Distance 150 or 75 miles; or 50 kilometers.

Run, ski, bike or snowshoe event from Rice Lake to Park Falls on the Tuscobia State Trail held mid-December. Contacts: helenlavin@yahoo.com or ciscotch@gmail.com

We hope you and your family and friends find this guide useful for exploring the many activities in Price County.

Thank you for your support of the variety of local resources. Please use this activity guide to creatively increase your level of activity and enjoy the beautiful Northwoods.

~ Price County Health & Wellness Coalition



A collaboration between



**Marshfield
Clinic®**



Marshfield Clinic

1000 North Oak Avenue
Marshfield, WI 54449