WELLNESS IN THE WILD

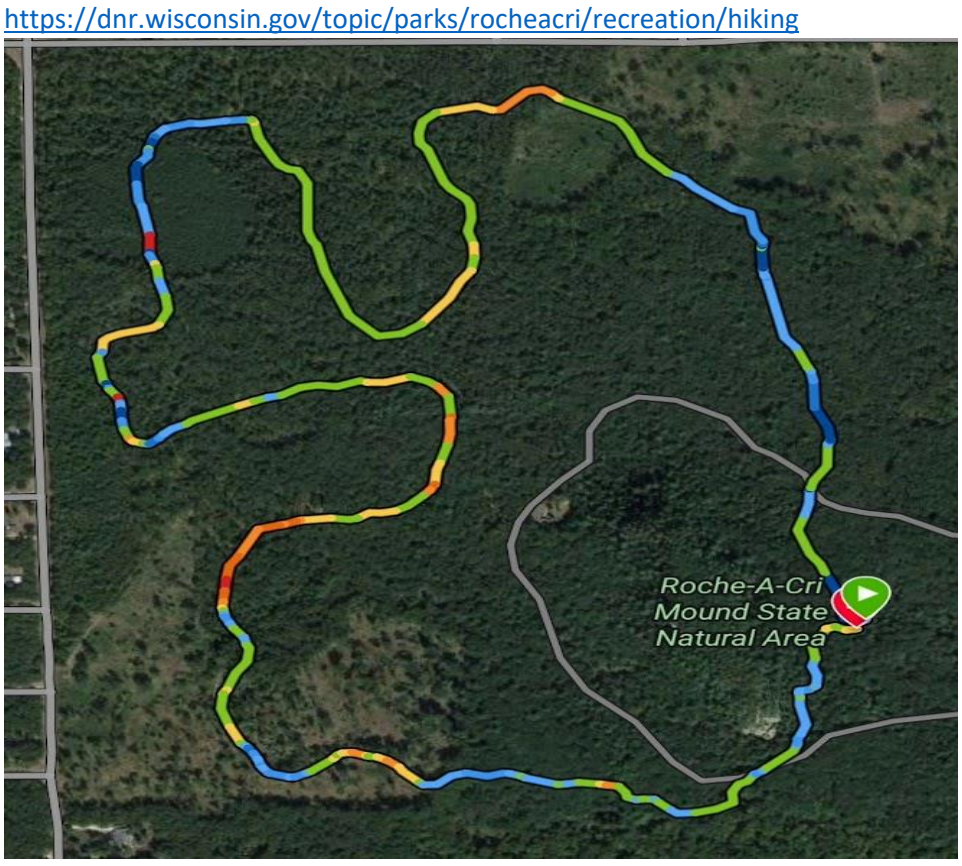
HIKING AT ROCHE-A-CRI STATE PARK

1767 HIGHWAY 13, FRIENDSHIP WI 53934 Volume 1

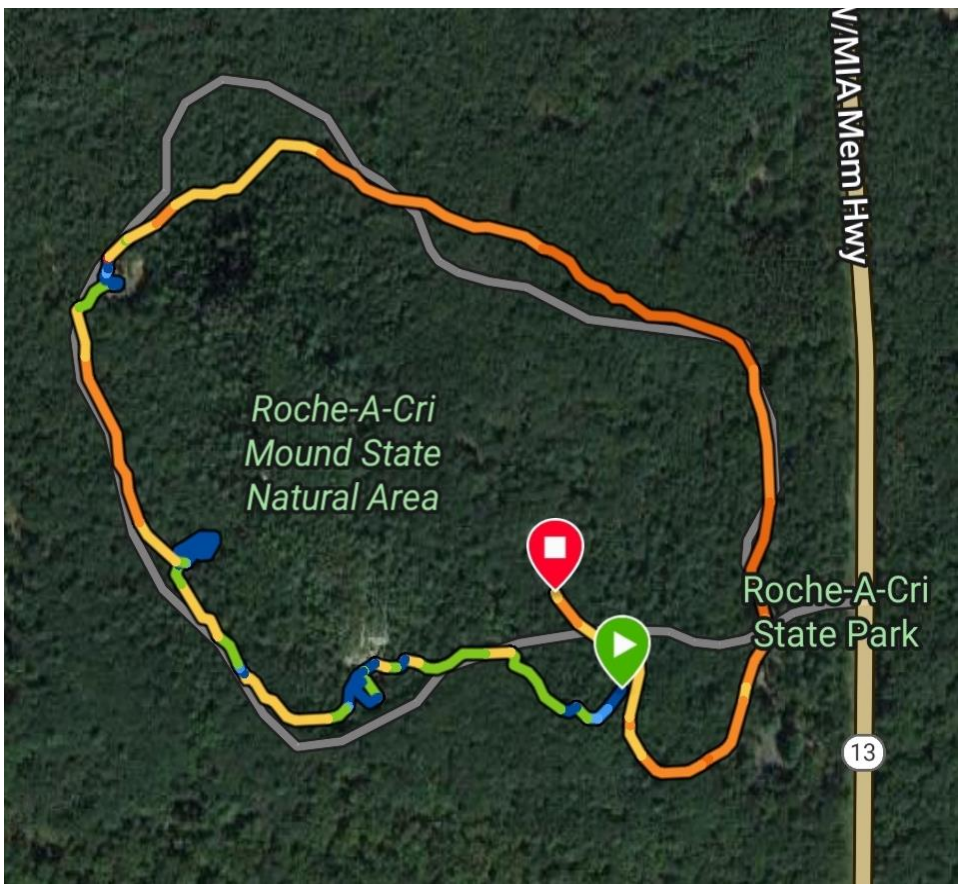
Hiking the Acorn Trail

The Acorn Trial is the longest continuous trail at Roche-a-Cri State Park coming in right around 3 miles, the map from the DNR website says 3.55 miles but doesn't indicate a true start/stop to make it a complete loop. I would say it's a good beginners trail, there is not a whole lot of elevation gain/loss and is generally smooth aside from the occasional tree root sticking out so watch your footing! The entire route took me just shy of 1 hour and my personal pace count is approximately 21:00 minutes per mile and I utilize a Garmin GPS watch to track my routes and other statistics so the 3 miles sounds about right. The trail winds through the surrounding woods in the park and aside from the occasional car passing on the highway, it is a very secluded and otherwise nice quiet walk.

Click the link below for a full list of trails at Roche-a-Cri!
https://dnr.wisconsin.gov/topic/parks/rocheacri/recreation/hiking



The Park Loop Road is 1.2 Miles on a paved road that loops around the campsites and mound with an area to see petroglyphs carved into the rocks and has a good area for day use at the entrance to the stairs.



View from the top of the 300 foot rock outcropping facing North West

Getting Those Steps In

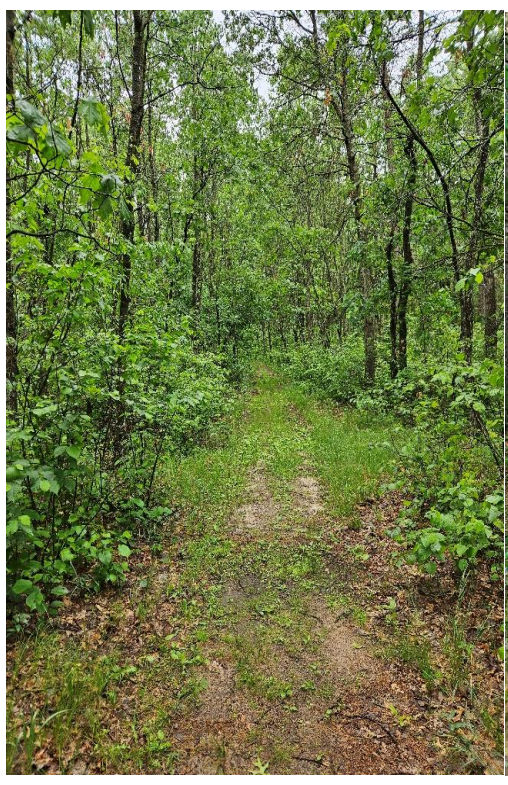
JOSH BOYENGA – WELLNESS COMMITTEE ASSISTANT

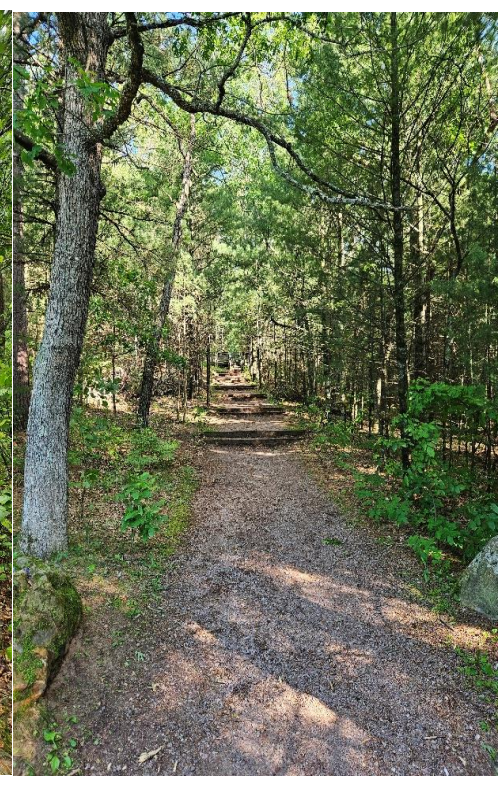
While the view from the top of the hill is a must see, you are going to have to put in some effort to get up there! In total there are 303 stairs to get to the top that let you take in the panoramic view. There are a few landings on the way up that have informational panels which are worth the read while you stop to catch your breath before the view takes it away again.

All in all, I logged about 19,800 steps that day which is approximately 9.7 miles. I find myself being limited with options in ways I'm able to work out or get the heart rate up due to a back injury. I find walking trails with my dog and being able to get away from all the noise and natural stressors in our daily lives to have the biggest impact on my physical and mental well-being.

I encourage everyone to go out and take even just a 10 minute walk at the end of the day around the block and just enjoy the fresh air. Giving yourself that time to decompress and let some of the stress of the day go can make tomorrow just a little bit better.

Left: Walking path on the Acorn Trail Right: Entrance to the stairs





PLEASE ADHERE TO ALL PARK RULES AND REGULATIONS – YOU CAN FIND A COMPLETE LIST ON THE WI DNR WEBSITE

We would like to hear about your outdoor adventures and share with everyone where you go out and explore! To have your adventure featured in our newsletter, please email your pictures, and brief articles/captions about where you went and how being active outdoors helps you! We want to share all the unique places that our Cities, Counties and State has to offer so that it may inspire someone else to get out and go somewhere. Whether its hiking, biking, camping, canoeing, or anything outdoors, we want to hear about it!

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