

# REGISTRATION FORM

JOIN TODAY AT ICEAGETRAIL.ORG

Non-Member \$12 \_\_\_\_\_  
Ice Age Trail Alliance Member \$10 \_\_\_\_\_  
Companion to Above\* \$6 \_\_\_\_\_

\*A companion is eligible for an award, but must hike with a registered participant, sharing maps and all other mailings.

First Name Last Name Age\*\*

Address

City, State, Zip

Email (or phone, if no email available)

\*\*This helps us learn more about Ice Age Trail users and how we may better serve their needs.

Make checks payable to:  
Ice Age Trail Alliance Waukesha Milwaukee County Chapter

Send registration with check to:  
Kris Jensen  
W316 N7351 Nelson Road  
Hartland, WI 53029

Questions: Contact Kris at 262-370-9929 or [krisjen1846@gmail.com](mailto:krisjen1846@gmail.com)

## Highlights of the Waukesha County Segments

Lying within the Southern Kettle Moraine State Forest through most of Waukesha County, the Ice Age Trail occasionally veers west onto an outwash plain where small areas of the Niagara Escarpment are visible.

View kettles, erratics, eskers, drained lake plains, drumlins and kames as you meander through the county. Travel through oak forests, oak openings, wet and dry prairie and along the Oconomowoc, Bark and Scuppernong Rivers.

Lapham Peak showcases areas of prairies and oak savannah restoration and includes a 45-foot observation tower that offers an expansive view of the surrounding landscape.

Scuppernong Prairie, Paradise Springs and Brady's Rocks are a few sights to see in the Kettle Moraine State Forest – Southern Unit along with Headquarters Visitor Center & Museum and several campgrounds.

Nearby Restaurants and Lodging:

- Hartland Area: Southeast of STH 16 and STH 83 intersection (restaurants and shops)
- Delafield: Intersection of STH 83 and I-94 (numerous hotels, restaurants and other businesses)
- Downtown Delafield: North of I-94 at CTH-C exit (shops and restaurants)
- Eagle: Near intersection of STH 67 and STH 59 (lodging and restaurants)

# Walk the Wauk

A HIKING LOG AND AWARD PROGRAM



### SEGMENTS:

Stony Ridge  
Eagle  
Scuppernong  
Waterville  
Lapham Peak  
Delafield  
Hartland  
Merton  
Monches

## SIGN UP TODAY FOR WALK THE WAUK!

Sign up for Walk the Wauk, the hiking program that rewards you for hiking the entire 45.4 miles of the Ice Age National Scenic Trail in Waukesha County!

How the program works:

1. Complete this form and mail it with your registration fee to the address shown.
2. You will receive segment maps and an information guide for self-guided hiking on the Ice Age Trail.
3. Record the dates that you hike each segment and mail the completed hiking log to us.
4. We will send your award patches and certificate of completion for hiking all of the segments.

Here's what you get!

- Set of maps for Walk the Wauk segments of the Ice Age Trail
- Local Trail Guidebook excerpts to accompany maps
- Contact info for most recent Trail reports
- Embroidered patch, IATA sticker and certificate acknowledging your achievement!



## Walk the Wauk Hiking Log

NAME \_\_\_\_\_

	Segment (South to North)	Miles *	Date Finished
1	<b>Stoney Ridge</b> CTH Z to STH 59	3.1	
2	<b>Eagle</b> STH 59 to STH67 Wayside	5.6	
3	<b>Scuppernong:</b> (with connecting route) STH67 Wayside to CTH-D	6.7	
4	<b>Waterville:</b> (with connecting route) CTH-D to UW-Waukesha Field Station	3.8	
5	<b>Lapham Peak:</b> UW- Waukesha Field Station to Cushing Park Rd	7.8	
6	<b>Delafield:</b> Cushing Park Rd to STH 83	3.3	
7	<b>Hartland:</b> (with connecting route) STH 83 to CTH K at Centennial Park	6.8	
8	<b>Merton:</b> (with connecting routes) CTH K at Centennial Park to E Kilbourne Rd	5.2	
9	<b>Monches:</b> E Kilbourne Rd to CTH Q	3.1	
	<b>TOTALS</b> *Miles are approximate	45.4	

After completing the log, please mail to:

Kris Jensen  
W316 N7351 Nelson Drive  
Hartland, WI 53029

Comments on your hike:

## YOUR BRAIN ON NATURE

**Hippocrates called walking  
“man’s best medicine.”**

There are over 450 published studies linking time in nature to better health. The kind of amazement we experience during outdoor activities has a singular ability to predict lower stress and higher levels of well-being and life satisfaction, according to a finding published in the journal of Emotion.

According to meta-analysis of 10 studies, getting outside and moving for as little as 5 minutes at a time improved both mood and self-esteem. There is also evidence to suggest that doing the same physical activity outdoors versus indoors results in better health outcomes.

Enjoy the Ice Age National Scenic Trail and participate in the Walk the Wauk hiking program!

# ICE AGE TRAIL ALLIANCE

Waukesha/Milwaukee County Chapter  
waukmkectychapter@iceagetrail.org