

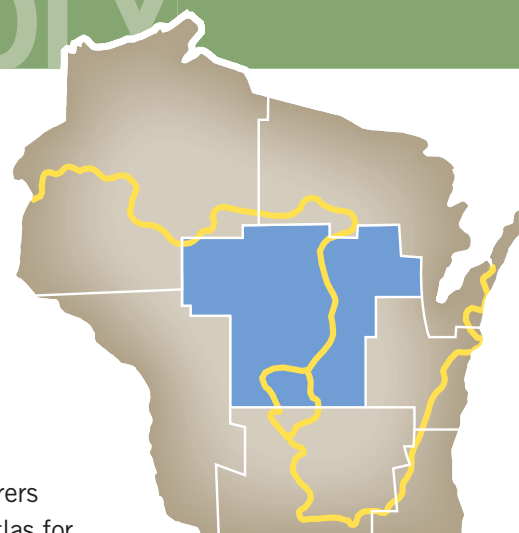
FAMILY FRIENDLY

There are countless stops hikers can make along the thousand-mile Ice Age National Scenic Trail. Ice Age Trail Alliance supporters have created a set of itineraries taking in the best spots for relaxation, education and enjoyment in all four seasons.

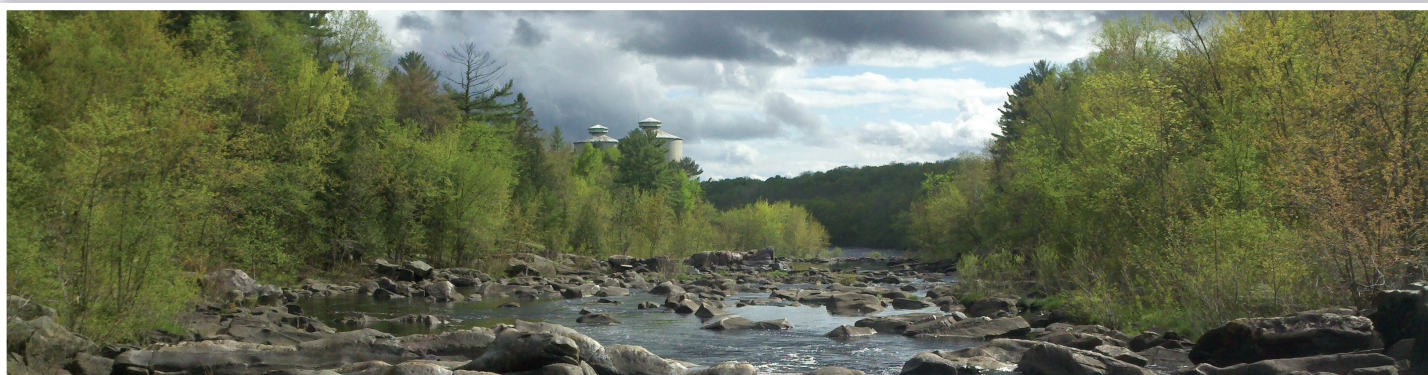
Some itineraries take place in state parks, and will require a state park sticker to park. Along the Trail, shuttles back to your vehicle may be arranged through the local Ice Age Trail Alliance chapter.

Prior to using the Ice Age Trail it is recommended hikers visit iceagetrail.org for current trail conditions, to connect with local volunteers, to join the online conversation and find out how to support the Ice Age Trail Alliance. Trail explorers may want to pick up a copy of the Ice Age Trail Guidebook and Ice Age Trail Atlas for more detailed information.

The Ice Age Trail Alliance loves to hear from hikers. When you finish your trip please let us know how it went! Share your trail story at iceagetrail.org/share-trail-story/. Happy Trails!



TRAVEL
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DAY 1:**MERRILL, WI – GRANDFATHER FALLS SEGMENT****Hike**

The Wisconsin River travels throughout the state, and has been dammed, shifted, and shaped over time. The Grandfather Falls segment showcases a wilder version of the river, which parallels the boulder-strewn rapids of an early trade route. Don't forget to take a look at the wooden penstocks, a marvel of human ingenuity.

Lunch

Grab a family lunch at Chip's Hamburgers, a classic burger joint in Merrill.

Attraction

Visit Council Grounds state park for some kayaking or swimming in the Wisconsin River.

Dinner

Have dinner at 3's Company in Merrill.

Lodging

Spend the night at AmericInn, a family friendly hotel with plenty of amenities.

DID YOU KNOW?

The Ice Age Trail is one of only eleven National Scenic Trails.



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DAY 2:

MERRILL, WI – HARRISON HILLS SEGMENT

Hike

The Harrison Moraine that this segment traverses features spectacular high-relief topography, including many glacially deposited ridges and hills, such as Lookout Mountain. At 1,920 feet above sea level it is the highest point on the Ice Age Trail. Please be aware that this segment is rugged, remote, and supports a thriving wolf pack.

Lunch

Bring a sack lunch and enjoy the day in the Harrison Hills.

Attraction

Visit the Merrill Historical Society, and make sure you experience the Pinery Room.

Dinner

The fish fry at Skipper's Restaurant in downtown Merrill is highly recommended.

**Lodging**

Return to AmericInn for another night of comfortable relaxation.

DAY 3:

ANTIGO, WI – OLD RAILROAD SEGMENT

Hike

This segment incorporates a former railroad grade built in 1914 that remained active until 1941. The trains, carrying lumber out and supplies in to logging camps, followed the current Ice Age Trail route. Original wooden ties and iron spikes can still be seen along the Trail. This segment of the trail also offers hikers access to Veterans Memorial Park, which features an arboretum, restrooms, water, showers, picnic areas, a beach, campground and parking lot.

Lunch

Dixie Lunch in Antigo has been a local favorite for nearly 30 years.

Attraction

Take a tour of the Mepps Fishing Tackle headquarters to see how the world's #1 fishing lures are made. Or, get a glimpse of the local art scene at the Old Hen House Glass and Craft Shop.

**Dinner**

Enjoy an evening meal at Fifth Avenue in Antigo.

Lodging

Stay at the Holiday Inn Express & Suites in Antigo.

DID YOU KNOW?

There are IATA volunteer opportunities for people of most ages and abilities.



FAMILY FRIENDLY

DAY 4:

PLOVER, WI – PLOVER RIVER SEGMENT

Hike

This segment has over 1,000 feet of boardwalk to traverse, to keep your boots high and dry. And good thing – this hike features wetlands, lowlands, and spring ponds along the Plover River, a high-quality trout stream with a naturally sustaining trout population.

Lunch

Head to The Mint Café in downtown Wausau for great food in a classic setting.

Attraction

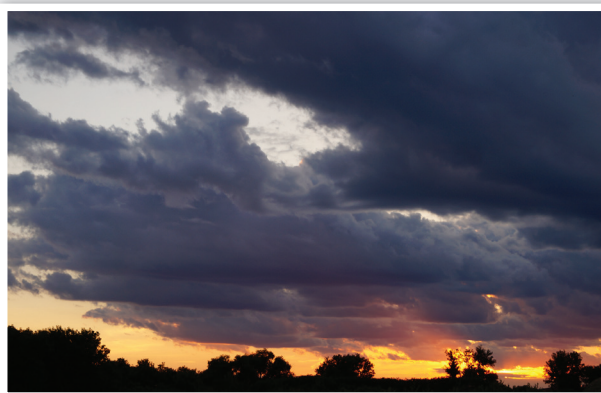
Stroll through downtown Wausau, play in the park, or take in the art at Leigh Yawkey Woodson Art Museum.

**Dinner**

Get a well-deserved hot pizza and a local craft brew at Red Eye Brewing Company, just off the square.

Lodging

Stay at the Everest Inn, not far from the Wisconsin River.



DAY 5:

DELLS OF THE EAU CLAIRE SEGMENT

Hike

Located within a mile of the Green Bay Lobe's western edge, this segment parallels its terminal moraine. You'll have several places to step out on rock ledges for a closer view of the river's roaring rapids. The county park near CTH-Y features a scenic picnic area, fishing hole, swimming and beach areas.

Lunch

Wrap up your family adventure by stopping at Chet and Emil's in Birnamwood. Operating for over 65 years, this restaurant's specialty is tasty chicken.