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!

### DAY 1: STURGEON BAY

**Hike**
Start your adventure by climbing to the top of the tower in Potawatomi State Park. You’ll marvel at the glacial impact that created both Green Bay and Sturgeon Bay. This is the Trail’s eastern terminus and where many thousand-milers start their journey. When you’re ready, head south from the tower through the park and the community of Sturgeon Bay.

**Lunch**
Visit Sunflour Artisan Bakery for a fresh meal and hot coffee.

**Attraction**
Visit the Miller Art Museum, which features exhibits and classes for artists of all ages.

**Dinner**
Have a Chicago-style pizza at Sonny’s Italian Kitchen and Pizzeria. Save room for desert at Holey Cow, where you can build your own sundae.

**Lodging**
Spend the night at the White Lace Inn, a beautiful B&B across the steel bridge in Sturgeon Bay.
DAY 2:

AHNAPEE STATE TRAIL – KEWAUNEE RIVER

Hike
Head west from Kewaunee and park just off CTH-C. Follow the Kewaunee River Segment of the Ice Age Trail as it follows the Ahnapee State Trail, a converted railway that was designated for recreational use in 1975. This stretch of your hike takes you along the Kewaunee River and is one of the most scenic routes along the Ahnapee.

Lunch
Enjoy down-home cooking at Kunkel’s Korner Restaurant in Kewaunee.

Attraction
Stop at the C.D. “Buzz” Besadny Anadromous Fisheries Facility, or visit the Bruemmer Park and Zoo.

Dinner
Have a great dinner and dessert at Kewaunee Custard and Grill.

Lodging
Book a room at the Karsten Hotel.

DAY 3:

POINT BEACH SEGMENT

Hike
Feel like walking barefoot along the sandy shores of Lake Michigan? The Point Beach Segment of the Ice Age Trail is the place to do it. Start at the north end of Point Beach State Forest and walk over sand dunes created by wave activity. After passing the Rawley Point Lighthouse and crossing Molash Creek, follow the trail to the shores of Lake Michigan.

Lunch
Get a taste of local fare at Port Sandy. If the weather’s good, take your meal outside and enjoy the dunes.

Attraction
Visit the Washington House History Museum located directly on the trail in Two Rivers, an Ice Age Trail Community. The ice cream sundae was invented here in 1881 so don’t forget to treat yourself to one while you’re here. Then, learn about historic fishing techniques at the Rogers Street Fishing Village.

Dinner
Kick back and relax at the Sandpiper Bar and Grill. If your timing is right, you could enjoy a fish special while taking in the views of Lake Michigan.

Lodging
Stay along the shores of Lake Michigan at the historic Red Forest Bed and Breakfast.

DID YOU KNOW?
The most recent Ice Age ended about 10,000 years ago and is known as the Wisconsin Glaciation.
DAY 4:

DUNES & MANITOWOC

Hike
From Two Rivers head toward Manitowoc, an Ice Age Trail Community. You'll encounter more dunes today as you traverse Woodland Dunes State Natural Area. From here, the Ice Age Trail joins the paved Mariners Trail as it parallels Lake Michigan. Stop and smell the roses at West of the Lake Gardens, too!

Lunch
Grab something tasty to eat at Maretti’s Deli.

Attraction
The Wisconsin Maritime Museum is located at the confluence of the Manitowoc River and Lake Michigan. Visitors can tour a WWII submarine, and explore fantastic interactive exhibits on the maritime history of Wisconsin and the Great Lakes.

Dinner
You be the judge and rate a meal at the Courthouse Pub in downtown Manitowoc.

DAY 5:

PARNELL ESKER

Hike
Start at the Parnell Observation Tower just south of Greenbush on CTH-U. Hike south to the Parnell Esker, a four-mile long esker, which ranges from five to 30 feet in height and runs southwest/northeast. Stay on the main trail or explore a number of loops found within the park area.

Lunch
Pack a trail lunch and enjoy looking out at Butler Lake, or head to a Sheboygan County landmark, the Exchange Bank Coffee House in Plymouth for fresh baked goods, strong coffee and a panini.

Attraction
Visit the Old Wade House in Greenbush, a 1860s New England-style stagecoach inn that served travelers of the Civil War era.

Dinner
Enjoy a hand-tossed pizza with a variety of fresh toppings from O’Malley’s Pizza Pub.

Lodging
Stay just off the trail at the Westport Bed and Breakfast.

Attraction
Visit the Old Wade House in Greenbush, a 1860s New England-style stagecoach inn that served travelers of the Civil War era.

Dinner
Enjoy a hand-tossed pizza with a variety of fresh toppings from O’Malley’s Pizza Pub.

Lodging
Stay just off the trail at the Westport Bed and Breakfast.