

Two Ways to Get Started

Online:

1. Scan QR code to get maps accompanying the hiking log.
2. Hike all the miles listed on the hiking log.
3. Scan QR code to certify your miles and submit payment.
4. Receive certificate, patch, and lunch coupon for Café Wren.
5. Your name will be recorded in the Indianhead Chapter Register.



Atlas Maps



Payment

Paper:

1. Visit IceAgeTrail.org/hiking-awards to download a set of maps accompanying the hiking log. (Scroll to find Traprock Trekker.)
2. Hike all the miles listed on the hiking log.
3. Complete registration form and send along with a check and completed hiking log to:
Nanette Del Monaco
440 North Day Road
St. Croix Falls, WI 54024
- Note:** Make check payable to: Indianhead Chapter-Ice Age Trail Alliance
4. Receive certificate, patch, and lunch coupon for Café Wren.
5. Your name will be recorded in the Indianhead Chapter Register.

Traprock Trekker Hiking Log

Atlas Map	Segment or Connecting Route (CR)	Miles	Hike Date
1f	St. Croix Falls Western Terminus to River Rd.	8.9	
1f	CR: River Rd to STH-87/160th Ave.	4.5	
1f, 2f, 3f	Gandy Dancer 160th Ave. to 150th St.	15.5	
3f	Trade River 150th St. to 280th Ave.	4.3	
3f	Straight Lake 280th Ave. to 100th St.	3.6	
3f	CR: 100th St. to 270th Ave.	0.8	
3f, 4f	Straight River 270th St. to Round Lake Rd.	3.4	
4f	Pine Lake Round Lake Rd. to 70th St.	2.9	
4f	CR: 70th St./270th Ave. (CTH-O)	0.7	
4f, 5f	McKenzie Creek 270th Ave. to 50th St.	9.4	
5f	Indian Creek 50th St. to 15th St.	5.4	
5f, 6f	Sand Creek 15th St. to Lake 32 Rd.	6.0	

Enjoyed your hikes? For complete list of hiking programs, visit:

IceAgeTrail.org/hiking-awards

Registration Form

Participation Fees*:

- ☐ Non-member \$12.00
- ☐ Alliance member \$10.00
- ☐ Children under the age of 18 \$6.00
- ☐ Canine companion \$6.00

TOTAL enclosed: _____

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

Email Address _____

Hiking Companion Name _____

Please comment on your hikes – we appreciate your feedback!

*Participation fees support the growth and maintenance of the Ice Age Trail segments traveling through Polk County. Thank you!

Ice Age National Scenic Trail Segments of Polk County

St. Croix Falls:

Enjoy a saunter through the St. Croix River Valley carved by glacial meltwater rushing through billion-year-old volcanic basalt bedrock. Be awed by potholes, reminder of water's scouring power. Take a photo at the official Western Terminus marker and scenic backdrop.

Gandy Dancer:

Follow this crushed limestone multiuse state trail named for the swinging tools and dancing feet of the folks who built it. Explore the three charming small towns along the route: Centuria, Milltown, and Luck.

Trade River:

Highlights include exposed basalt bedrock outcroppings and giant basalt rocks dropped by the glacier. Navigate wetlands on an elevated, serpentine boardwalk.

Straight Lake:

The hummocky landscape offers hills, woods, ephemeral ponds, wildlife, and scenic views of Straight Lake. Walk along the Straight River where the Alliance-owned Frog Pond Preserve protects 3,500 feet of its shoreline.

Straight River:

Pass through a glacial tunnel channel formed as water flowed under the

glacier. Climb an esker, enjoy the views, and hug the river's edge.

McKenzie Creek:

This wild and scenic segment highlights the steep and hilly topography of a State Wildlife Area. Enjoy deep Northwoods with flowers and ferns growing beneath the canopy.

Indian Creek:

Travel through thickly forested area and hummocky terrain. Follow a forested ridge above a small picturesque lily-filled lake, the headwaters of Indian Creek.

Sand Creek:

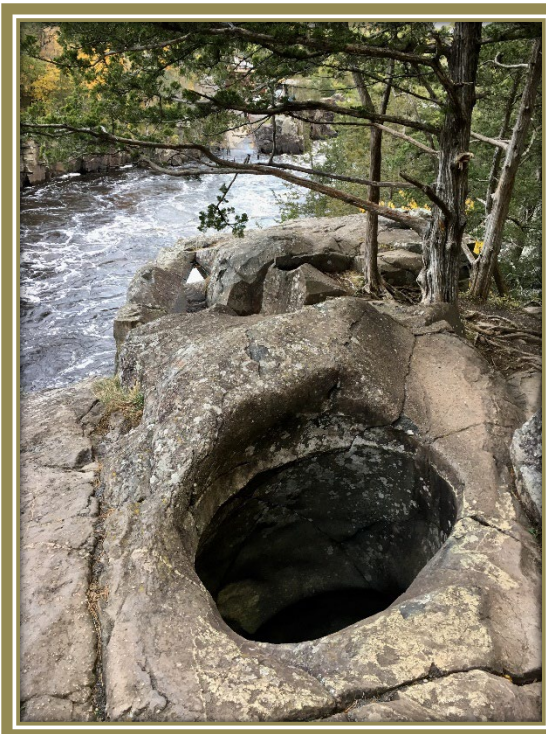
Hike through acres of public forest land along this beautiful and remote-feeling segment.

Indianhead Chapter Supporters

- Café Wren
- Friends of the Gandy Dancer
- Luck Golf Course
- Friends of Interstate and Straight Lake State Parks
- City of St. Croix Falls, an Ice Age Trail Community
- St. Croix Regional Medical Center
- Polk County Information Center



Indianhead Chapter of the Ice Age Trail Alliance Hiking Incentive Program



Become a Traprock Trekker.

Hike the Miles.

Receive Your Patch.

Gain memories to last a lifetime.

**Enjoy a complementary lunch
at Café Wren in Luck, Wis.**

Traprock: dark-colored, igneous rocks – like basalt, gabbro, and peridotite – used to produce crushed stone for road construction.