
YOUR BRAIN ON NATURE

Hippocrates called walking “man's best medicine.”

More than 450 published studies link 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 findings published last year in the *Journal of Emotion*.

According to a meta-analysis of 10 studies, those who get outside and move even as little as 5 minutes at a time improved their mood and self-esteem. Further evidence suggests that doing the same physical activity outdoors versus indoors results in better health outcomes.

Enjoy the Ice Age National Scenic Trail and its health benefits by participating in the Walk the Wauk, a hiking incentive program offered by the Waukesha/Milwaukee County Chapter of the Ice Age Trail Alliance.

The Chapter supports the Alliance's efforts to conserve, create, maintain, and promote the Ice Age Trail.

To learn more and become a member, visit: IceAgeTrail.org

HIKE HIGHLIGHTS

The Ice Age National Scenic Trail travels Waukesha County, winding through the Kettle Moraine State Forest - Southern Unit. It occasionally veers west onto an outwash plain where small areas of the Niagara Escarpment are visible.

View kettle ponds, erratics, eskers, drained lake plains, drumlins, and kames as you meander through the county. You'll stroll through oak forest, oak openings, wet and dry prairie, and along the Oconomowoc, Bark, and Scuppernong Rivers.

Lapham Peak showcases prairies and oak savannah restoration areas and includes a 45-foot observation tower offering an expansive view of the surrounding landscape. The Scuppernong Prairie, Paradise Springs, and Brady's Rocks are additional sights to see.

Nearby villages, Hartland, Delafield, and Eagle boast plenty of restaurants and lodging. **Hartland** and **Delafield** are especially notable for their Ice Age Trail Community status – have fun exploring them!



WALK THE WAUK

A Hiking Award Program Hike the Miles. Get a Patch!



Explore the 45.5 miles of Ice Age National Scenic Trail wandering through Waukesha County by hiking these segments:

Stony Ridge
Scuppernong
Lapham Peak
Hartland
Monches

Eagle
Waterville
Delafield
Merton

A hiking incentive offered by the Waukesha/Milwaukee County Chapter of the Ice Age Trail Alliance.

GET STARTED!

Online Option:

1. Scan QR code to get maps accompanying the hiking log.
2. Hike all the miles listed on the log.
3. Scan QR code to certify your miles and submit payment.
4. Receive certificate and patch.



Atlas maps



Pay Now

Paper Option:

1. Visit IceAgeTrail.org/hiking-awards to download a set of maps accompanying the hiking log. (Scroll to find Walk the Wauk.)
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:

Kris Jensen
W316N7351 Nelson Dr.
Hartland, WI 53029

Note: Make check payable to:
*Waukesha/Milwaukee County
Chapter-Ice Age Trail Alliance.*

4. Receive certificate and patch.

Learn about additional **hiking incentives** offered by the Alliance and its chapters. Visit:
IceAgeTrail.org/hiking-awards

HIKING LOG

	Segment (South to North)	Miles *	Hike Date
1	Stoney Ridge: CTH-Z to STH-59	3.1	
2	Eagle: STH-59 to STH-67 wayside	5.6	
3	Scuppernong: STH-67 wayside to CTH-C	5.6	
4	Waterville: CTH-D to Jones Rd	5.8	
5	Lapham Peak: Jones Rd to parking area on Cushing Park Rd	6.1	
6	Delafield: Parking area on Cushing Park Rd to STH-83	3.2	
7	Hartland: (with connecting route) STH-83 to CTH-K at Centennial Park	6.8	
8	Merton: (with connecting routes) CTH-K at Centennial Park to E. Kilbourne Rd	5.2	
9	Monches: E. Kilbourne Rd to CTH-Q	3.1	
	TOTALS *Miles are approximate	45.5	

Questions? Contact Kris Jensen
via email: krisjen1846@gmail.com

REGISTRATION FORM

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.

First Last Age**

Address

City, State, Zip

Email (or phone, if no email available)

** Optional.

Please comment about your hikes!

We appreciate your feedback.

**Thank you for sharing your
Experience along the Trail.**