The Winona area is a paradise for bicyclists and hikers.

The river valleys offer flat terrain or gently rolling hills and spectacular views of rivers and bluffs. Steep bluffs challenge those looking for a more vigorous adventure. Over a hundred miles of trails wind quietly along lakes and streams and through woods and fields.

Bike or Hike Trails

Lake Winona

Lake Winona biking and walking path is a popular destination for both visitors and local residents. The five-mile blacktop trail runs along the south side of the city and circles both segments of the lake through Lake Park. The route is flat and easy. This is a good place for families to ride or walk with children. Pedestrians, in-line skaters and cyclists use the path, so be alert. The trail provides excellent views of Lake Park, the surrounding bluffs and some of the city’s neighborhoods. Lake Winona trail is a great place to begin exploring the city and the area.

Great River State Trail

Rolling through bottomland forest, marshes and prairies, the Great River State Trail traverses the Trempealeau National Wildlife Refuge, then follows a former railroad grade through Pepin County, the town of Trempealeau and the Black River bottoms on its route from Marshall to Onalaska, Wisconsin, crossing 18 bridges along the way.

The 26-mile trail is surfaced with fine-crushed limestone, but is usually solid enough for narrow tires. However, cyclists should watch out for sandy spots, and in wet weather fatter tires may be safer. Birds and wildlife are commonly seen along the trail. Many bikers like the trail. The trail is open to biking and hiking. Users must purchase a day or seasonal trail pass. To reach the Marshall Trailhead parking area, cross the interstate bridge and turn right on Wisconsin Hwy. 35/54. About 5.5 miles from the foot of the bridge look for the sign for the Marshall Access parking area on the right, across from Cty. Rd. 8 just across the railroad tracks.

Root River State Trail

Winding along through the picturesque Root River valley, the Root River State Trail is truly one of the most scenic rides in Minnesota.

The route follows an abandoned railroad grade for 42 miles from Fountain to Houston. The trail is paved and mostly level, with some gentle hills. Riders and in-line skaters also use the trail. Wildlife, such as deer, wild turkey and hawks are frequently seen along the trail. You can make your ride on the Root River State Trail short or long — ride a section for an afternoon, or plan a challenging one- or two-day trip. There is no fee for using the trail. The trail is only a short drive from Winona.

Harmony-Preston Valley State Trail

Following river and creek valleys and climbing up to the surrounding fields and prairies, the new 16-mile Harmony-Preston Valley State Trail connects with the Root River Trail at Preston. The trail climbs steeply from Preston to Harmony. Riders and in-line skaters share this multi-use trail.

Mountain Bike or Hike Trails

Holzinger Lodge Trail

To reach the trailhead, follow the Huff St. crossing of Hwy. 61 heading towards the bluff, turn right onto Lake Blvd. at the “T” and go about three quarters of a mile to Holzinger Lodge parking area on the left. The trail is characterized by short, steep climbs/descents and winding curves as it forks and wanders about 12 miles through a mature hardwood forest and blufftop. This trail is beautiful in any season, wildflowers abound in spring, and it is lovely in fall colors. The trail surface is mostly rocky clay. Popular with hikers, mountain bikers and dog walkers, the terrain makes other trail users difficult to see, so use caution.

Great River Bluffs State Park

This 3,067-acre park contains 6.5 miles of trails, including great views of the Mississippi River and the Black River bottoms.

Perrot State Park

The 6.5 miles of mountain bike trails in Perrot State Park include many hills, and a few very steep stretches. Less experienced mountain bikers will probably need to walk their bikes at times. The trails get a lot of bike and foot traffic on weekends. Bikers may use only the designated bike trails and must purchase a daily or seasonal trail pass. A state park daily or seasonal permit is also required on all cars parked in the park. All park trails are open to hiking. The trail along the Mississippi River and Trempealeau Bay passes a number of Indian mounds. Another trail climbs to Brady’s Bluff and a spectacular panoramic view of the river.

Bike or Hike Trails

Bromk Unit Trail — Dorer Memorial Hardwood State Forest

This trail follows a long, strenuous climb through a prairie meadow to the top of the Bromk Bluff. Great river views are the reward for the climb. To reach the trailhead, take Hwy. 61 north four miles past the intersection with Hwy 18, turn right onto Cty. Rd. 26. Go about three miles, then watch for the Bromk Unit sign on the left.

Trout Valley Management Unit — Dorer Memorial Hardwood State Forest

A spring-fed trout stream flows through this 2,375-acre state forest. The seven-mile trail is open to all uses except four-wheel-drive vehicles. It winds from valley bluff top, and along steep wooded bluffs. Bikes may travel only on designated trails.

Snaek Creek Management Unit — Dorer Memorial Hardwood State Forest

This 1,035-acre state forest contains two trail systems: 1.5 and 3.5-mile loops on the north side of the valley and a 10-mile loop on the south side. The north trails mostly follow the valley, crossing the creek several times. The south trail climbs to the top of Rattlesnake Ridge and follows the edge of the ridge. ATVs and motorcycles use the south trails. Bikes may travel only on designated trails.

Hiking Trails

St. Mary’s University Trails

Sixteen kilometers of rolling trails wander through valleys and along Gavin Brook behind the university campus. The entrance to the University is located on Hwy. 14 about one mile south of the intersection with Hwy. 61. Park in the lot behind the Page Theater, and follow the path across the road. Open dawn to dusk.

Beaver Creek State Park

This 760-acre state park offers fishing and eight miles of hiking trails. One trail follows Beaver Creek through the length of the park and onto state forest land. Other trails climb to the wooded bluff tops.

John A. Latsch State Park

A challenging trail to the bluff top rewards hikers with several stunning views of the Mississippi River and the Whitman Bottoms.

Whitewater State Park

This 2,745-acre park is laced with 12 miles of trails. Some trails follow the popular trout streams, and some climb the steep rocky, picturesque bluffs.
**Discover the Trail to Outdoor Fun**

**Bicycle Safety & Courtesy**
- Always wear a helmet.
- Follow the rules of the road and trail:
  - Keep right
  - Signal turns
  - Announce your intention to pass another rider
  - Use a white headlight and a red taillight or reflector for night riding.
- Keep your bicycle in good repair.
- Yield to motor vehicles and pedestrians.
- Ride predictably and defensively.

**Trail Safety & Etiquette**
- Hike or ride with a partner, or tell someone where you are going.
- Bring plenty of drinking water and a trail map with you.
- Stay on trails, leave no trace.

**Need more information?**
- Contact the Winona Area Mountain Bikers club at www.wamb.com.
- Maps of the Root River and Harmony-Preston Valley state trails and trails in the Snake Creek, Trout Valley and Brook units are available from the Minnesota Department of Natural Resources by calling toll-free 1-888-646-4367.
- Bike Rentals available at Adventure Cycle & Ski (507) 452-5665.

**Winona Bike & Hike Routes**
1. Levee Park-Prairie Island Loop
2. Lake Winona Path
3. Hwy 43-Gilmore Valley Loop
4. Carvin Heights Challenge
5. Holzinger Lodge Trail
6. St. Mary’s University Trails

**Winona Area**

**Hike & Bike Routes**
1. Snake Creek Trail (from Hwy 41 northwest, turn west at the sign four miles south of Kellogg)
2. Trout Valley Trail (from Hwy 41 northwest, turn west at sign 20 miles north of Winona)
3. John A. Latz State Park
4. Brook Unit Trail
5. Trempealeau River Loop
6. Winona to Wabasha
7. Winona to La Crescent
8. Great River State Trail
9. Perrot State Park
10. Whitewater State Park
11. Root River State Trail
12. Harmony-Preston Valley State Trail
13. Beaver Creek State Park
14. Great River Bluffs State Park

**Winona**

**Minnesota**

**Not Far Away**

- Minneapolis/St. Paul: 2.5 hrs.
- Madison: 3 hrs.
- Milwaukee: 3.5 hrs.
- Des Moines: 4 hrs.

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Cover photo courtesy of Adventure Cycle & Ski