

ANVIL TRAIL: SHELTER LOOP TRAIL

Bring your birdseed and feed the chickadees at the shelter



Length: 1.8 mile loop

DIRECTIONS:

From Eagle River, take State Highway 70 East for 8 miles to Military Rd (FR2178), and turn right (south) 1.5 miles to the parking lot.

DAILY USE FEE AREA:

Holders of a Senior pass or Access Pass ; no additional fee. Display pass on dashboard.

FRANKLIN NATURE TRAIL

Snowshoe through northern hardwood, pine, and hemlock forests where some trees are over 400 years old.



Length: 1 mile loop

DIRECTIONS:

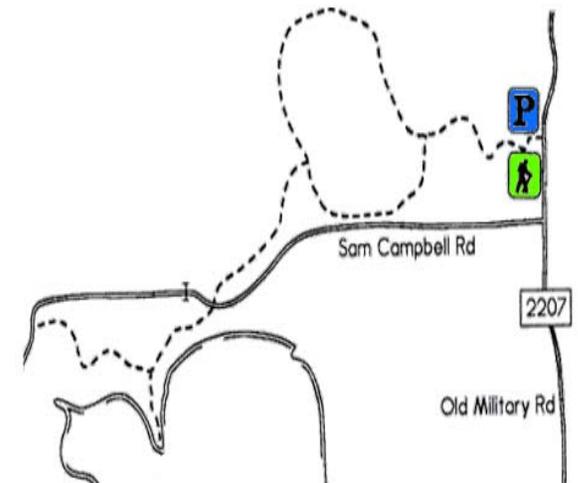
From Eagle River, take State Hwy 70 East for 8 miles to Military Rd (FR2178). Turn right (south) 3 miles to Butternut Lake Rd (FR2181). Turn left (east) 5 miles to trail parking area.

DAILY USE FEE AREA:

Holders of a Senior pass or Access Pass; no additional fee. Display pass on dashboard.

SAM CAMPBELL TRAIL

This trail is named in honor of nature enthusiast, philosopher, and writer, Sam Campbell. It leads through a forest of pines, balsam, and hardwoods. A section of the trail leads to Wegimind Point and Vanishing Lake, a focal point in many of Campbell's writings and lectures.



Length: 2.5 mile loop

DIRECTIONS:

From Three Lakes, take State Highway 32 east for 4 miles to Military Road (FR2178). Turn left and go north 4.5 miles to Old Military Road (FR2207). Take left fork onto Old Military Road and proceed north 1 mile to the trailhead. Parking is available for 3 vehicles.

Why go snowshoeing? What started thousands of years ago as a mode of transportation has evolved into a popular winter activity for recreation and fitness. Here's why:

It's fun: Snowshoeing extends your hiking or running season into winter. It lets you enjoy winter solitude and can be a social activity. All ages and ability levels can enjoy the sport together.

It's easy: As the saying goes, "If you can walk, you can snowshoe." The learning curve is much shorter than that of skiing or snowboarding. A few techniques worth practicing: widening your stance (to avoid stepping on snowshoe frames), going up and down hills, traversing slopes and pole usage.

It's inexpensive: Required gear includes snowshoes, appropriate footwear and clothing, and (maybe) a pair of poles. That's it! No lift ticket is required.

It's a good workout: Snowshoeing offers low-impact, aerobic exercise that helps you stay in shape during the winter.

It's versatile: You can go easy or go hard. Plus, you can snowshoe many trails that you can't ski due to trees or low-snow conditions.

Safety: Hypothermia: #1 killer of outdoor recreationists. The moment your body begins to lose heat faster than it produces it, you are undergoing exposure.

Symptoms:

1. Uncontrollable shivering
2. Slurred speech
3. Fumbling hands
4. Frequent stumbling
5. Drowsiness
6. Apparent unconcern about physical discomfort

First Line of Defense:

1. Stay dry
2. Beware of the wind chill
3. Wear protective clothing
4. Do not become exhausted
5. Ski with a friend
6. Carry matches, maps, and a compass

Treatment:

1. Get victim out of the wind
2. Get victim into dry clothes
3. Give victim a warm, non-alcoholic drink
4. Keep victim warm

CHEQUAMEGON-NICOLET NATIONAL FOREST



SNOWSHOE TRAILS

On the Eagle River - Florence District



2014