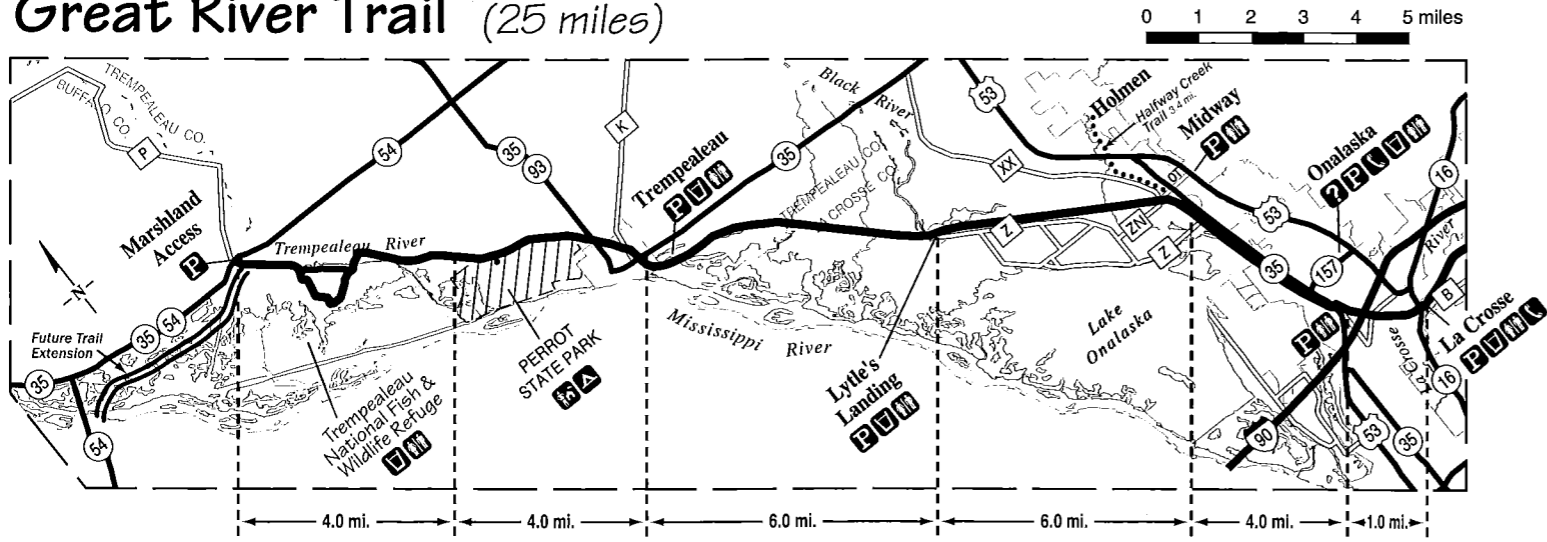


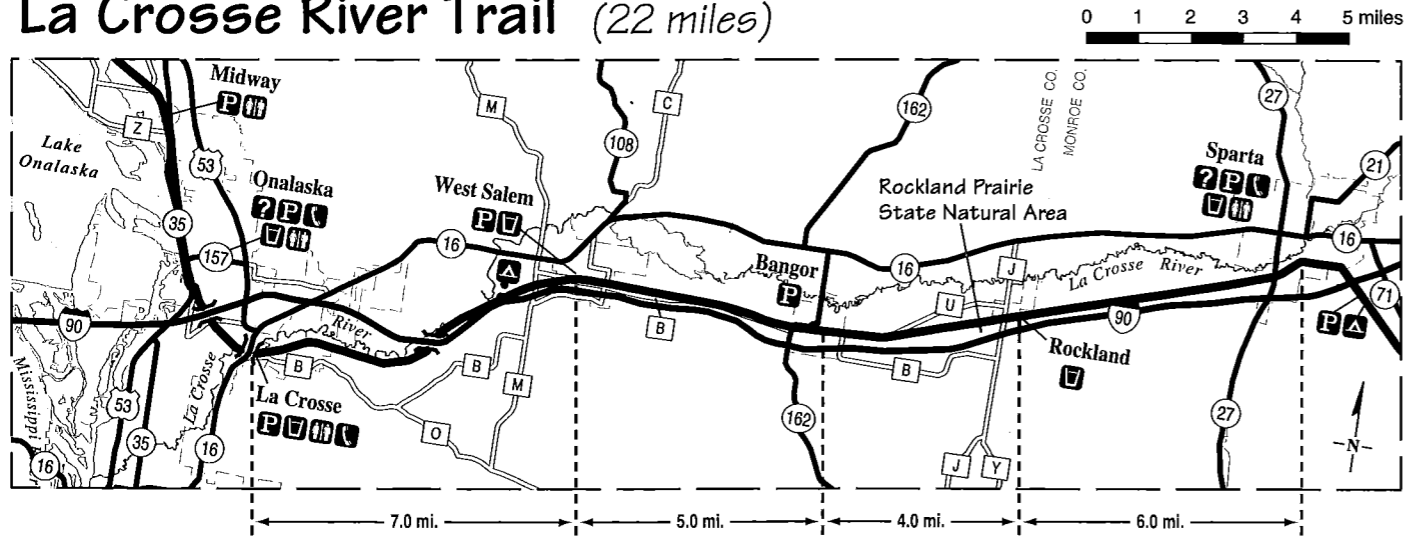


# Great River Trail (25 miles)



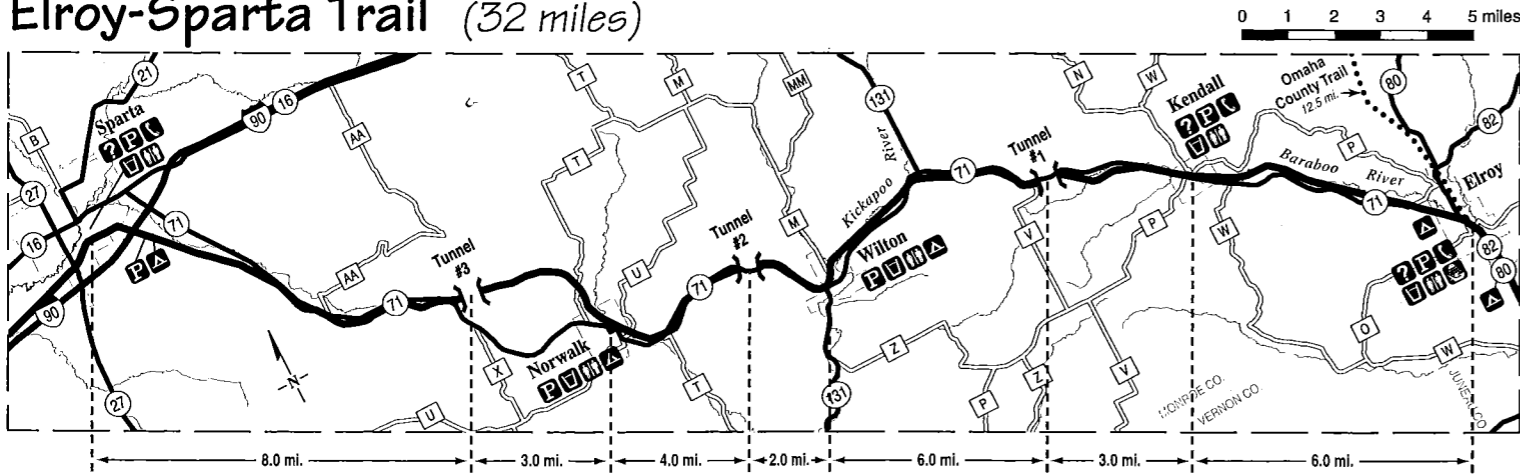
**Great River State Trail Headquarters**  
 Center for Commerce & Tourism • 1101 Main Street, Onalaska, WI 54650 • 800-873-1901 • 608-781-9570 • fax 608-781-9572 • e-mail info@discoveronalaska.com • www.discoveronalaska.com

# La Crosse River Trail (22 miles)



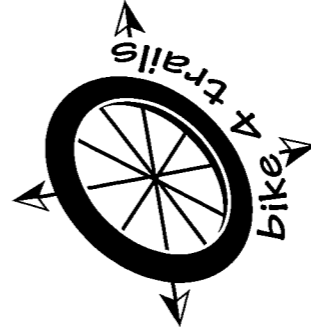
**LaCrosse River State Trail Headquarters**  
 Sparta Area Chamber of Commerce • 111 Milwaukee Street, Sparta, WI 54656 • 888-540-8434 • 608-269-4123 • www.bikesparta.com • e-mail spartachamber@centurytel.net • www.lacrosseriverstatetrail.org

# Elroy-Sparta Trail (32 miles)



**Elroy-Sparta State Trail Headquarters**  
 P.O. Box 297, Kendall, WI 54638 • 608-463-7109 • e-mail kdepot@centurytel.net • www.elroy-sparta-trail.com

# Bike 4 Trails



Bike 101 miles of connected State Trails

- Great River State Trail  
Marshland <-> Onalaska
- LaCrosse River State Trail  
Onalaska <-> Sparta
- Elroy-Sparta State Trail  
Sparta <-> Elroy
- "400" State Trail  
Elroy <-> Reedsburg

These maps are brought to you by the Friends of the Four Trails and the Wisconsin Department of Natural Resources

# Bike 4 Trails

## Bicycle Safety

- Bike trails are surfaced with fine limestone or similar materials. They are not designed for high speed travel. They can become soft and wet, can erode quickly during heavy rains and are subject to animal damage.
- Wear bright clothing by day, white or reflective clothing by night. Shoes, pant leg clips, and protective helmets are recommended.
- Use a light and reflectors at night.
- Keep your bike under full control at all times.
- Keep your bike, especially the brakes, in safe condition.
- Slow down and use voice or bell to warn others as you pass.
- Be considerate of bikers coming your way, especially on hills. Keep right and allow room for oncoming traffic to pass.
- Keep at least two bike lengths between riders.

**Trail Passes are required for bicyclists 16 years and older prior to using the trail.**

Please remember, **put litter in its place.**

Please carry out your garbage and recyclables.

In emergency, all areas are covered by 911.

For more information visit the Bike 4 Trails web site at [www.bike4trails.com](http://www.bike4trails.com).

Or contact the individual trail:

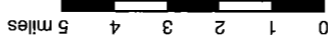
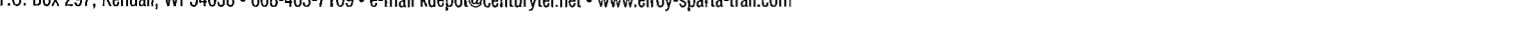
- Great River State Trail 800-873-1901
- LaCrosse River State Trail 888-540-8434
- Elroy-Sparta State Trail 608-463-7109
- "400" State Trail 800-844-3507



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# 400 Trail (22 miles)



The 400 State Trail Headquarters  
 Reedsburg Area Chamber of Commerce • 240 Railroad Street, P.O. Box 142, Reedsburg, WI 53959 • 800-844-3507 • 608-524-2850 • e-mail reedsbrg@rcs.net • www.400statetrail.org