



## Tips For Using The Canoe Trail

**Locating The Trail** - From La Crosse, WI take Highway 35 South, to County Highway G1 (west), the road into Goose Island County Park. The canoe trail may be accessed from any of the three boat ramps in Goose Island County Park.

**Staying On The Trail** - Trail markers are posted for clockwise travel around the island. At every major intersection of waterways, look for canoe trail signs (white canoes and arrows on a dark background). There will also be reassurance signs between intersections. Natural forces and vandals can remove signs, so be sure to follow your route on this map.

**Alternate Route** - During higher water the alternate route through Beier's Lake is accessible, offering opportunities to observe wildlife normally not available.

**Time And Distance** - The canoe trail is about 6 miles long and about a 4 hour trip for the average canoeist.

**Restrooms** - located at the County Park picnic areas, (see map for locations).

- life jackets
- drinking water
- hat, sunscreen
- insect repellent
- camera, binoculars
- trashbag and extra paddle



## Voluntary Closed Period (Oct. 1 - Nov. 15)

The canoe trail passes through areas important to waterfowl and shorebirds as resting and feeding sites during fall migration. These birds are wary of any human activity and even distant canoes and boats can cause them to flush. By staying off the trail within the No Hunting Zone, you will give migrating birds the chance they need to rest and feed undisturbed. Thank you for your help.

## Looking Back In History

Goose Island has long been a favorite place for warm season camping. Records indicate the mound building Woodland Indians (500 B.C.-1100 A.D.) used the western edge of the island as a summer campsite, as did the Oneota (A.D. 1100-1600), and the Ho Chunk, when they were displaced from eastern Wisconsin in the early 1800's.

Goose Island provided the Native Americans easy access to the abundant resources of the Mississippi River. Fish, turtles, clams (mussels), waterfowl, and deer were a few of the many animals sought for food. The mussel shells were finely ground and used for tempering pottery by the Oneota. Plants such as arrowhead, wild rice, nettles, and cattails were gathered for food. Other plants were a source of medicines, reeds for mats, and cordage for fishing nets.



## For More Information

The canoe trail takes you into the Upper Mississippi River National Wildlife and Fish Refuge. To protect river habitats for wildlife and visitors special regulations are in effect. Public Use Regulation leaflets are available at the Refuge Office.

If you have questions or comments, please call or write any of the following agencies:

Upper Mississippi Refuge - La Crosse District  
555 Lester Avenue  
Onalaska, WI 54650  
(608) 783-8405



U.S. Army Corp of Engineers  
1114 South Oak Street  
La Crescent, MN 55947  
(507) 895-6341



US Army Corps  
of Engineers

Wisconsin Dept. of Natural Resources  
3550 Mormon Coulee Road  
La Crosse, WI 54601  
(608) 785-9000



La Crosse County Park Department  
400 N. 4th Street  
La Crosse, WI 54601  
(608) 785-9770



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