



pileated woodpecker

Trego Nature Trail

The Trego Nature Trail offers a 1.1 mile, one-way, hike (2.2 miles round trip), with an optional 0.5 mile loop at the end, for a total hike of about 2.8 miles. You'll see views of the Namekagon River from a number of places. The trail is rated easy to moderate in difficulty since it has several short but steep hills. This trail is open year-round and is for foot traffic only. No motorized vehicles or bicycles are permitted.

Observations



pink lady's slipper

This trail passes through a diverse mixed forest consisting of white pine, paper birch, and aspen, with many different species of wildflowers throughout spring and summer.

In spring, keep your eyes open for hepatica, trilliums, pink lady slippers, and violets. In summer you can see sunflowers, black-eyed Susan, and common primrose. In late summer, goldenrods and asters bloom.

A variety of wildlife such as deer, fox, and otters can be spotted along the trail. Look for tracks in the mud near the river. Birdwatchers can be rewarded with glimpses of bald eagles, pileated woodpeckers, and ruffed grouse.



For Your Safety and Protection

Hunting is permitted on National Park Service land. Hikers are encouraged to wear blaze-orange clothing during hunting seasons.

Wood and deer ticks are common in grassy and wooded areas. Deer ticks can carry the Lyme disease bacteria. Tuck long pants into socks, and check yourself for ticks after hiking. Learn the symptoms of Lyme disease.

Dogs must be on a leash.

Poison ivy grows along the trail. Look for three, large-toothed and shiny leaves, a woody stem, and white berries. In fall, the leaves change to red and yellow.

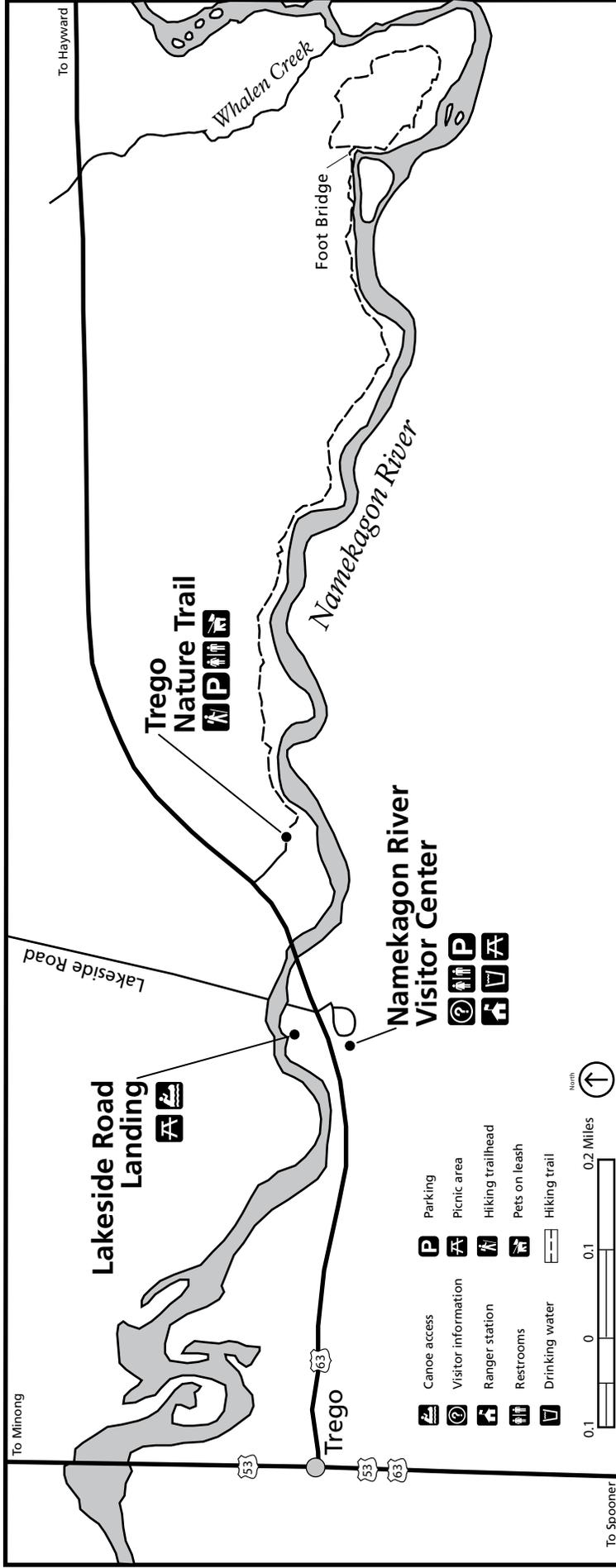
Mosquitoes, deerflies, and horseflies can be annoying and sometimes carry diseases. Bring insect repellent along.

Collecting wildflowers, shells, rocks, fossils, and historic objects is prohibited.



St. Croix National Scenic Riveway Trego Nature Trail

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Winter Trail

This trail is a popular location for snowshoeing and cross-country skiing. The Namekagon takes on a different look in winter and animal tracks abound. Look for otter slides! Explore carefully as snow can cover hazards. Walking on the river ice is not recommended. Remember that the river is still flowing under the ice.

For more information contact:

Namekagon River Visitor Center

Highway 63, half mile east of Highway 53

Trego, Wisconsin

715-635-8346

www.nps.gov/sacn

www.facebook.com/StCroixNSR/

