



COULEE REGION CHILDHOOD OBESITY COALITION

Jump into Healthy Living

Area Bike Trail & Canoe Rental Information

Interested in a bike ride on one of the many area trails or a float down the river in a canoe?? Look to one of these web sites or call these numbers to learn more...



To learn more about area **bike trails** (locations, length of the trail, fees, etc) go to

The La Crosse River Trail web site
www.lacrosseriverstatetrail.org OR

The Wisconsin Dept of Transportation web site at
www.dot.wisconsin.gov/travel/bike-foot/county maps



Interested in **renting a canoe**? Try...

Goose Island Campground- 788-7018 OR
Black River Express Canoe Rental – 488-7017
(located @ 301 S Washington St in Melrose-the
Melrose Express Convenience Store)

Looking for a **local canoe trail to paddle?**

Maps are available on line...

Goose Island <http://midwest.fws.gov/LaCrosse/laxgict.html>
Long Lake <http://midwest.fws.gov/LaCrosse/laxl1ct.html>