



Community Health Partnership
Of Marinette County

PHYSICAL ACTIVITY

COMMUNITY RESOURCE GUIDE

Serving the communities of Marinette County

PARKS/BEACHES

\$ indicates a day pass fee

Badger Park

Peshtigo
715-582-4321

3,000 ft. of park along the Peshtigo River. The Park can be divided into four areas including (the trail system, wooded area, disc golf), the northern picnicking playground, Badger Campground, and the Badger Swimming/Volleyball area



Dolan Lake Park \$

Dolan Lake Road, Athelstane

This is a small park located on serene Dolan Lake that is used for non-motorized sports. It has wonderful fishing for Pan fish, Largemouth Bass and Northern Pike. Launch your kayak, wade in the water, have a picnic or cast a line while you are here. There are pit toilets available.



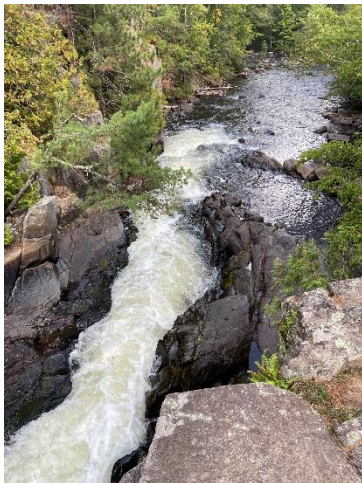
Long Slide Park \$

Hwy 141, E on Morgan Park Road, Niagara
Long Slide Falls is a magnificent spot. Take the pathway East to the bottom of the falls or choose to follow the sounds of the roaring thunder and view the Falls from the top. The trail from the bottom back up is definitely a hike so bring your walking shoes! *Bonus Waterfall Nearby to Google:* Smalley Falls

Dave's Falls Park \$

County Park Road, Amberg
715-732-7530

Explore by climbing rocks, multiple walking paths along the river and many trails that weave you around Dave's Falls. There is an upper and lower falls area that is connected by a wooden bridge. This Park has pit toilets, a picnic area and playground.



Goodman Park \$

N15201 Goodman Park Road, Athelstane
715-732-7530

This Park has a lot of exploring opportunities alongside the Peshtigo River. Cross over the wooden bridge to view “Strong Falls” flowage. There are pit toilets, a playground, 15 rustic campsites, 2 lodges and a cabin for rental and hiking opportunities. This Park has a mapped walking trail that connects to McClintock Park, which is home to McClintock Rapids, and another County Park that is a definite must see.



Harmony Arboretum

N3890 County E, Peshtigo
460-acre county park with hardwood forest, winding walking trails, a restored prairie, and demonstration gardens including a children’s garden, hobby greenhouse, fruit orchard, and bird habitat.

<https://marinette.extension.wisc.edu/horticulture/harmony-arboretum/>



Lake Noquebay Park \$

W6188 County Road GG, Crivitz
715-732-7530

A large open concept park with a playground, beach with change house and flush toilets for swimmers, grill, vault toilets, pavilion, boat landing and a lodge available for rental. Bring your boat to launch and fishing pole.



Marinette City Park

State Street, Marinette
Grill, horseshoe pits, pavilion, playground

Menominee River Park \$

N9012 Park Place Drive, Wausaukee
This Park provides a beautiful view of the Menominee River, a picnic area that includes a small open-sided shelter pavilion, fishing, vault toilets, horseshoe pits, and a boat landing.



McClintock Park \$

W14218 County Road I, Athelstane
715-732-7530

This Park has 320 acres of hiking and wandering! The largest in Marinette County. There are four wooden bridges built overflowing rapids, many peninsulas, and boulders to relax on. This Park has a mapped walking trail that connects to Goodman Park, which is home to Strong Falls. 1/2-mile South are 10 rustic ATV campsites at McClintock Campground.



Michaelis Park

Shore Drive, Marinette

A quaint park with a picnic table, swimming access, and views of Lake Michigan.



Morgan Park \$

19882 Timms Lake Road, Niagara
715-732-7530

Nestled on Timms Lake, this park is for day use equipped with a beach, shower house, picnic area, playground, a developed and marked hiking trail and 45 electric campsites. Use the no wake lake for fishing, kayaks, canoes, or paddleboats!



Red Arrow and Seagull Bar

318 E Bay Shore Street, Marinette

Waterfront Park with a swimming beach, playground, and rentable picnic pavilion with grill

Stephenson Island

499 Bridge Street, Marinette
715-732-5140

Twelve Foot Falls Park \$

12 Foot Falls Road, Dunbar
715-732-7530

Picnic here with the family and explore not just one, but two waterfalls in one park! Twelve Foot falls is visible right from the parking lot, and eight-foot falls is found down a trail marked through the woods. There is plenty to explore, so please hike around and consider staying in one of the 12 rustic campsites. *Bonus Waterfalls Nearby to Google:* 18 Foot, Carney Rapids and 4 Foot Falls



Twin Bridge Park \$

N9714 Parkway Road, Crivitz

715-732-7530

This Park is located on High Falls Flowage on the Peshtigo River. It has two sandy swimming beaches, with one that allows your dog(s) to cool off with you. Next to the beach area is a large picnic area with grills and picnic tables to use along with a large playground. Visit the rock outcrop overlooking the water. Before you leave, take a stroll through the 62-site electric campground and consider a future stay.



Veterans Memorial Park \$

Parkway Road, Stephenson

715-732-7530

This Park has 15 electric campsites, a large picnic area next to a playground and beautiful views of the Thunder River. Take the wood and stone steps at the rear of the picnic area to the Thunder River to see Veteran's Falls. There is an alternate path to the falls behind the men's pit toilet for a smoother accessible path. Follow the trail that leads to the wooden bridge overlooking the falls for the best views.



RECREATION/FITNESS CENTERS

Bay Area Mobility Center

3117 Shore Drive #101, Marinette

www.bamc.org

Rehabilitation and therapy

City of Marinette Recreation Department

2501 Pierce Avenue, Marinette

<https://marinette.recdesk.com/community>

715-732-2006

Adult Volleyball, Supervised Playgrounds, Summer Camp, Co-Ed Softball, Fly Fishing for Trout, Open Soccer, Skate Lessons, Toddler Time, Open Turf Area, Open Basketball Area, Tennis and Pickle ball Courts, Outdoor Pool, Swimming Lessons

Community Center

N15035 Grant Street, Amberg

www.ambergtownship.com

Crivitz Youth Inc. Community Center

901 Henriette Avenue, Crivitz

www.crivitzyouth.com

715-854-3109

30,000 square foot Wellness Center, 4 Lane Indoor Track, Full-size Gymnasium, Group Fitness Classes, Personal Training, Youth Programs, Climbing Wall, Kid Zone, Shallow, warm water pool

Dome Lanes

801 University Drive, Marinette

www.domelanes.com

715-735-3650

Bowling and outdoor volleyball

Duer Gym (City of Marinette Recreation Department)

402 Williams Street, Marinette

<https://marinette.recdesk.com/community>

715-732-2006

Supervised playground, wood floor, Bend & Stretch Exercise Class

Feng Shui, Reflexology, Reiki and Raindrop

Therapy

906-290-4709

Nicole Twork, Certified Reflexologist, Raindrop Therapy, Third Degree Reiki

Five Star Martial Arts

151 1/2 French Street, Peshtigo

www.fivestarmartialarts.net

715-923-5749

Greater Marinette Menominee YMCA

1600 West Drive, Menominee

www.mmymca.org

906-863-9983

Silver Sneakers classes, land & water aerobics, pool usage, Lifestyle Center, Weight room, Racquetball Courts

Inferno Fitness

1619 Golden Court, Marinette

www.infernofitness.info

715-587-2869

Iron House

1439 Main Street, Marinette

www.ironhousefitness.net

906-424-0953

Marinette Civic Center Pool (Marinette Recreation Department)

2000 Alice Lane, Marinette

<https://marinette.recdesk.com/community>

715-732-5222

Outdoor pool, swimming lessons, open lap swim times

Planet Fitness

2800 Roosevelt Road, Marinette

www.planetfitness.com

715-732-4794

River Cities Pool

1125 University Drive Marinette

www.rivercitiespool.org

715-735-0585

Variety of aqua exercise classes, lap/walk/open swim, personal training.

Senior Center (City of Marinette Recreation Department)

1603 Ludington Street, Marinette

www.marinette.wi.us/278/Senior-Center

715-732-1280

Some classes are Chair Yoga, Yoga/Pilates, Beginner Yoga, Chair Exercise, and Zumba. They have had Massage Clinic's (15-minute chair massage) and Health/Nutrition Educations Programs.

Tai Chi

St. Paul Episcopal Church 917 Church Street, Marinette

Two times per week. 7:00 PM on Wednesdays, 9:30 AM on Saturdays \$5 per hour class, \$15 per month w/special rates for seniors. Beginners welcome.

Tri-Force Martial Arts

1712 Dunlap Avenue, Marinette

906-863-7473

Martial Arts School

Truth in Function

1617 10th Avenue, Menominee

www.truthinfunction.com

715-781-9741

Kids and adult Brazilian Jiu Jitsu, Yoga, Kung Fu, Tai Chi

WALKING/TRACK

Area schools for indoor walking, jogging or weightlifting

*Please call for program availability

Beecher-Dunbar-Pembine—715-324-5314

Coleman—920-897-4011

Crivitz—715-854-2721

Marinette—715-735-1400

Peshtigo—715-582-3677

Wausaukee—715-856-5151

Community REC Center (City of Marinette Recreation Department)

2501 Pierce Avenue, Marinette

<https://marinette.recdesk.com/community>

715-732-2006

FREE indoor walking/running track

Pine Tree Mall

2800 Roosevelt Road, Marinette

www.shoppinetreemall.com

715-735-3325

Enjoy the safe, climate-controlled Mall while you walk your way to fitness.

BIKE PATHS, HIKING TRAILS AND CROSS-COUNTRY TRAILS

All Trails

www.alltrails.com

City of Peshtigo Parks & Recreation

<http://ci.peshtigo.wi.us>

Bike Route Map

Marinette County Outdoor Recreation

<https://www.marinettecounty.com/departments/parks/outdoor-recreation/links/>

ATV, Cross Country Skiing, Snowmobile, Waterfalls

Also visit marinettecounty.com under the Forestry Dept for a "Walking Trail Maps" tab.

Marinette Cycle Center - Bike Group

Marinette 715-735-5442

Biking information including sales and services

Peshtigo Harbor Wildlife Area Trails

Peshtigo

<https://www.marinettecounty.com/departments/land-information/environmental-education/peshtigo-harbor-wildlife-area-trails/>

Riverside Park Trail System

Niagara

<http://is0.gaslightmedia.com/upnorth/ ORIGINAL /fs75-1332290730-80087.pdf>

Groomed Track X-Ski, Packed Narrow Trail, Snowshoe Trail, Plowed Hiking Trail

Step Outside

<https://www.stepoutside.org/marinette-wi/>

Link to information on hunting, fishing, and boating including licenses and regulations

The Real North, Where to Play

<http://www.therealnorth.com/>

Includes information and maps for a Waterfall Tour, Fall Colors Tour, and additional information about Marinette County

Thunder Mountain Overlook \$

13778 Thunder Mountain Road, Crivitz

This is a scenic hiking park with gradual elevations and overlooks of Marinette County. There are well-maintained and groomed grass paths with wildflowers attracting butterflies, plenty of trees, and multiple maps on the park paths to find your way.

SPORTS LEAGUE/GROUPS

City of Peshtigo Parks & Recreation

<http://ci.peshtigo.wi.us>

Men's softball league

City of Marinette Recreation Department

2501 Pierce Avenue, Marinette

<https://marinette.recdesk.com/community>

715-732-2006

Dome Lanes

801 University Dr., Marinette

www.domelanes.com

715-735-3650

Adult leagues: bowling, volleyball, horseshoes, beanbag, pool, and darts; Youth leagues: bowling

Marinette Menominee Youth Soccer Association

www.mmyma.org

Marinette Youth Baseball

www.mybi.org

Youth baseball and softball

Peshtigo Youth Baseball and Softball

www.peshtigoyouthbaseball.com

www.peshtigosoftball.com

Silver Sneakers Fitness Program

Multiple locations

www.silversneakers.com

814-397-4769

Free for Silver Sneakers benefit members

Strong Bodies (Strong Women)

600 Pine Street, Peshtigo

<https://fyi.extension.wisc.edu/strongwomenwisconsin/>

715-732-1280

Senior targeted strength-building class

TRI CITY EVENT SERIES

<http://www.tricityeventseries.com>

Series of Run/Walks and Bike Ride all located in Marinette, Menominee MI, or Peshtigo

LOCAL RUN/WALK OPPORTUNITIES

Check out www.tricityeventseries.com for links to all the events below and much more!

JANUARY

YMCA Resolution Run (1 mile Run/Walk on New Year's Day) at the Marinette-Menominee YMCA

More information at www.mmymca.org or on Facebook (Search Marinette Menominee YMCA)

FEBRUARY

Cupcake 5K Run/Walk (3.1 mile/5K and Kids Run in mid to late February) at Marinette High School.

More information on Facebook or www.RunSignup.com (Search Cupcake Run Marinette). Proceeds benefit cancer funding and research.

MARCH

Super Mya 5K Run/Walk and Kids Run (5K Run/Walk, 1 mile Walk, and Kids Run) at Badger Park in Peshtigo with Peshtigo Elementary School as weather backup site. More information on Facebook or

www.RaceRoster.com (Search Super Mya 5K Peshtigo). Proceeds benefit cancer support.

APRIL

Bellin Health Marinette 5K Heart Run/Walk and Kids Run (5K Run/Walk, 1 mile Walk, and Kids Run) at the Bellin Health Marinette Clinic. More information and registration at www.RaceRoster.com

MAY

Marinette Police K9 Unit 5K Run/Walk at the Marinette Community REC Center (5K Run/Walk with your pet dogs welcomed). More information at <https://marinette.recdesk.com/Community/Home>

JUNE

LeowStrong Bike Ride (Varying distance bike ride, short family ride up to 50-100 miles at the end of June). More information on Facebook or www.mmymca.org (Search LeowStrong Bike Ride)

JULY

Logger 5K Run/Walk and Kids Run at the Marinette Welcome Center near Stephenson Island (5K Run/Walk and Kids Run in early July). More information at

<https://marinette.recdesk.com/Community/Home>

Wausaukee Firecracker 5K (5K Fun Run/Walk at the beginning of July) at Steve Stumbris Park in Wausaukee. More information on Facebook (Search Firecracker Fun Run/Walk Wausaukee or Wausaukee Recreation Association) <https://villageofwausaukee.com/recreation>

AUGUST

Jim Hodge Memorial Run 5K Run/Walk, 10K Run and Kids Run at the beginning of August at Veterans Memorial Park in Menominee. More information at www.jimhodgerun.org

A Place for Max 5K Run/Walk and Kids Run (5K Run/Walk and Kids Run) at “A Place for Max” in Marinette. More information on Facebook or www.RaceRoster.com (Search A Place for Max 5K).

SEPTEMBER

Peshtigo Fire Tower Run (5K Run/Walk or 10K Run at the end of September) at the Peshtigo Football Field. More information at www.runsignup.com or Facebook (Search Peshtigo Fire Tower Run). Proceeds benefit nonprofit groups in Peshtigo.

OCTOBER

Healthy Youth Coalition of Marinette & Menominee Counties “Color Glow Fun Run” (Your choice of 1 to 3 laps of 0.93 miles Run/Walk) at Henes Park in Menominee. More information at www.RunSignup.com or Facebook (Search HYC Color Glow Run)

Kids Spooktacular Triathlon (Kids Distance Triathlon at the end of October) at the River Cities Community Pool. More information at www.rivercitiespool.org

NOVEMBER

YMCA Turkey Trot 5K Run/Walk (3.1 mile/5K Run/Walk on Thanksgiving Day) at the Marinette-Menominee YMCA. More information www.mmymca.org or on Facebook (Search Marinette Menominee YMCA)

Wausaukee Turkey Trot (5K Fun Run/Walk on Thanksgiving Day) at Evergreen Park in Wausaukee. More information on Facebook (Search Turkey Trot Wausaukee or Wausaukee Recreation Association)

DECEMBER

Da Santa Speedo 5K Run/Walk (3.1 mile/5K Run/Walk in December) at the River Cities Community Pool. More information at www.rivercitiespool.org

ACKNOWLEDGEMENTS

This Community Resource Guide was developed for you by:

Marinette County Community Health Improvement Plan

Nutrition & Physical Activity Workgroup

Please contact Marinette County Public Health at 715-732-7670 with any updates to this guide.