



# PHYSICAL ACTIVITY

## COMMUNITY RESOURCE GUIDE

Serving the community 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

#### ***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.

#### ***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

#### ***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](http://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](http://www.ambergtownship.com)

### ***Crivitz Youth Inc. Community Center***

901 Henriette Avenue, Crivitz

[www.crivitzyouth.com](http://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](http://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](http://www.fivestarmartialarts.net)

715-923-5749

### ***Greater Marinette Menominee YMCA***

1600 West Drive, Menominee

[www.mmymca.org](http://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](http://www.infernofitness.info)

715-587-2869

### ***Iron House***

1439 Main Street, Marinette

[www.ironhousefitness.net](http://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](http://www.planetfitness.com)

715-732-4794

### ***River Cities Pool***

1125 University Drive Marinette

[www.rivercitiespool.org](http://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](http://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.

### **The Yoga Loft**

1712 Dunlap Avenue, Suite 1, Marinette County

[www.theyogalofmarinette.com](http://www.theyogalofmarinette.com)

715-923-1744

### **Tri-Force Martial Arts**

1712 Dunlap Avenue, Marinette

906-863-7473

Martial Arts School

### **Truth in Function**

1617 10th Avenue, Menominee

[www.truthinfunction.com](http://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 track

### **Pine Tree Mall**

2800 Roosevelt Road, Marinette

[www.shoppinetreemall.com](http://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](http://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](http://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](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

## **LOCAL RUN/WALK OPPORTUNITIES**

Search [www.active.com](http://www.active.com) for local events and things you love to do

### ***JANUARY***

New Year's Resolution Run (1 mile Run/Walk on January 1st) at the Marinette-Menominee YMCA. More information at [www.mmymca.org](http://www.mmymca.org) or on Facebook (Search Marinette Menominee YMCA)

### ***FEBRUARY***

Cupcake 5K Run/Walk (3.1 mile/5K in mid-February) at Marinette High School. More information on Facebook or [www.Active.com](http://www.Active.com) (Search Cupcake Run Marinette). Proceeds benefitting cancer funding.

### ***Dome Lanes***

801 University Dr., Marinette

[www.domelanes.com](http://www.domelanes.com)

715-735-3650

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

### ***Marinette Menominee Youth Soccer Association***

[www.mmymca.org](http://www.mmymca.org)

### ***Marinette Youth Baseball***

[www.mybi.org](http://www.mybi.org)

Youth baseball and softball

### ***Peshtigo Youth Baseball and Softball***

[www.peshtigo-youthbaseball.com](http://www.peshtigo-youthbaseball.com)

[www.peshtigosoftball.com](http://www.peshtigosoftball.com)

### ***Silver Sneakers Fitness Program***

Multiple locations

[www.silversneakers.com](http://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

## ***APRIL-MAY***

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 at [www.runsignup.com](http://www.runsignup.com) and Facebook (Search Bellin Health Marinette 5K Heart Run/Walk)

Miles 4 Madyson 5K/10K Run/Walk (5K Run/Walk or 10K Run in early to mid-May) at LeTourneau Plastics in Oconto. More information on Facebook (Search Miles 4 Madyson) or [www.miles4madyson.com](http://www.miles4madyson.com) Proceeds benefit the Ronald McDonald House and MACC Fund.

YMCA Glow Run (2-mile Run/Walk in mid to late May) at the Marinette-Menominee YMCA. More information at [www.mmymca.org](http://www.mmymca.org) or on Facebook (Search Marinette Menominee YMCA)

## ***JUNE***

Marinette Police K9 Unit 5K Run/Walk at the Marinette-Menominee YMCA. More information at [www.mmymca.org](http://www.mmymca.org)

Annual Wine Run for Project Give (5K Run or 1 mile Walk at the beginning of June) at the Forgotten Fire Winery in Marinette [www.forgottenfirewinery.com](http://www.forgottenfirewinery.com) More information on Facebook (Search Wine Run for Project Give). Mainly for adults with proceeds benefiting Project Give.

Barbara Palzewic Hope Memorial Relay (2-4 Member Team 25 Mile Relay or non-competitive 3.1-mile run/walk) at the Stephenson Sports Complex in Stephenson, MI. More information at <http://www.hopememorialrelay.com> Proceeds benefit local cancer patients and their families.

PTSD Run for Recovery (5K Run or 1 mile Walk at the end of June) at the Crivitz Community Veterans Park. More information on Facebook (Search PTSD Run for Recovery Crivitz) or [www.americanlegionpost413.com/](http://www.americanlegionpost413.com/)

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

## ***JULY***

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>

Ella Smetana Memorial 5K Run/Walk (5K Run/Walk in the middle of July) at the Marinette Welcome Center. More information at [www.active.com](http://www.active.com) or Facebook (Search Ella Smetana Memorial 5K)

## ***AUGUST***

Jim Hodge Memorial Run (5K Run/Walk or 10K Run now at the beginning of August) at Veterans Memorial Park in Menominee. More information at

Healthy Youth Coalition of Marinette & Menominee Counties “Color Blast 5k Fun Run” (5K Run/Walk in August or potentially September) at Marinette or Menominee High School. More information at [www.mmyouth.com](http://www.mmyouth.com) or Facebook (Search Color Blast 5k Fun Run Marinette)

## **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](http://www.runsignup.com) or Facebook (Search Peshtigo Fire Tower Run). Proceeds benefit groups in Peshtigo.

Embrace Life Walk for Suicide Prevention [www.spnmmc.org](http://www.spnmmc.org)

## **OCTOBER**

YMCA Freaky Friday 3-mile Run/Walk (3-mile Run/Walk at the end of October) at the Marinette-Menominee YMCA or Hennes Park.

More information [www.mmymca.org](http://www.mmymca.org) or on Facebook (Search Marinette Menominee YMCA)

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