

## JOIN US!

The “Wednesday Walks” program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Jefferson County.

### Walking Offers Many Health Benefits:

- Lowering cholesterol
- Lowering blood pressure
- Reducing risk of diabetes
- Managing your weight
- Improving your mood
- Improving your memory
- Keeping you strong and fit

## Wednesday Walks

### 2024 Dates:

May 15

June 19

July 17

August 21

September 18

Questions Call:  
920-675-4049

Type in your web browser:

<https://bit.ly/2HuDJHO>

or use the QR Code below  
to visit our website.



1541 Annex Road  
Jefferson, WI 53549  
Phone: 920-675-4049

## Wednesday Walks 2024



Organized by:  
Jefferson County ADRC

**May 15**

**Dorothy Carnes Park West**

N3220 Radloff Lane  
Fort Atkinson

This park features an ADA accessible packed limestone trail that leads to the overlook. The main trails are woodchip or mowed grass. You will also encounter a Turtle Effigy mound as you hike the trails on this side of the lake.

**June 19**

**Korth Park**

W8390 Korth Lane  
Lake Mills

Situated on the shores of Rock Lake, Korth Park offers visitors a sweeping view of Rock Lake from the top of a glacial drumlin dominating the center of the property.

**July 17**

**Carlin Weld Park**

N1841 CTH Z  
Palmyra

This beautiful park features the rugged topography of the Kettle Moraine area with uplands, steep kettles, a man-made pond, and lowlands with an ephemeral stream.

**August 21**

**Dr. J.S. Garman Nature Preserve**

701 Fox Lane  
Waterloo

The park is a wooded hillside within the City of Waterloo. Steep topography on the west side of the park levels out at the top of the hill where 22 Indian Mounds are found. The woods include oak, hickory, maple and cherry species.

**September 18**

**Dorothy Carnes Park East**

W6509 Jones Lane  
Fort Atkinson

The park surrounds Rose Lake marsh, one of the most diverse bird areas in the county. 480 of the 514 acres is also designated as the Rose Lake State Natural Area, due to its outstanding examples of native natural communities, significant geological formations and archaeological sites.

**IMPORTANT INFORMATION**

- **ARRIVE BY:** 9:00 AM for all Wednesday Walks
- **MEET AT:** the main parking lot in each park.
- **NEED A RIDE?:** Call Jefferson County Mobility Manager at least **2 days in advance** at: 920-675-4049.

**PLEASE NOTE**

- Walks will be cancelled in the case of inclement weather.
- There is not a cost to walk.
- Dress for weather and wear comfortable shoes.
- Walks take place only on the dates identified in this flyer.