

Hotel Winneshiek
104 East Water Street
Decorah, Iowa
43.30423-91.78594

Driving Directions: In northeast Iowa on US Hwy 9 turn north at the stoplight on Short St towards downtown Decorah. Turn right on Water Street and go 4 blocks to the Hotel Winneshiek on the left. Ample parking available behind hotel.

5K and 10K Walk Routes

Please use either the Online Start Box (OSB) or Physical Start Box PSB to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when and OSB registration has been completed online by entering your participation date, distance and any special programs using the OSB.

1. Restrooms are available as you come into the hotel lobby from the parking lot in the back of the hotel.
2. Leave Hotel Winneshiek by the front door. *The historic Hotel Winneshiek opened in 1905.*
3. **Left** on Water St passing the Mary Christopher Park.
4. **Left** on 2nd St for 2 blocks to stop sign.
5. **Right** on Decorah Ave (no sign). *Little Free Library on right side of street.*
6. **Left** on Sumner St as it curves to the left.
7. **Angle Right** to left side of 5th Ave crossing the bridge.
8. **Left** on Ice Cave Rd. Road is closed to vehicles.
9. **2K** at Ice Cave State Preserve entrance *The Ice Cave is open to the public as an 'enter at your own risk' attraction. In the late 1990's the Department of Natural Resources Geological Survey Bureau required a permanent barrier be installed due to some rock movement. Since then a larger rock has fallen and visitors are now only able to comfortably walk into the cave about 10 feet from the entrance. From autumn and into early winter the cave is dry. Ice begins to form in January or February near the entrance and continues*

down to the lower levels. Several inches of ice on the north wall materializes by late May, and generally remains until late August. The cave was given to Decorah in 1954 and remains the property of the city. It was declared a state geological state preserve in 1973. It was placed on the National Register of Historical Places in 1978

You may carefully climb the stairs to visit the Ice Cave if you like. Take a flashlight with you.

10. **Continue** on Ice Cave Rd. Vehicle traffic may begin in about ½K; walk on left facing traffic.
11. **Right** at stop sign to visit Dunning Spring Park. *Dunning Spring Park has a 200 ft waterfalls, stone arch bridge and trails. It is up to you to decide how far up the stairs you want to climb.*
12. **Turn around** and walk back to parking area on Ice Cave Rd.
13. **Right** on Ice Cave Rd which become Quarry St.
14. **Left** on College Dr. *Luther College is about a mile to the right, but not a part of the walk.*
15. **Cross** College Dr at the stop light by Pulpit Rock Brewery to cross the bridge on the right side of the street. Go to Grove St. (4K)
16. **5K Walkers: Left** on W Water St to Visitor Center. Go to #27 below on these directions.
10K Walkers: Right on Grove St following signs to Trout Run Trail.
17. **Right** on W Main St. to trailhead parking area.
18. **Left** on Trout Run Trail towards campground. *The Trout Run Trail is an 11-mile paved loop around the city of Decorah.*
19. **Turn around** at the "Walking with the Birds" statue. *Check out the view of the Upper Iowa River.*

20. **Continue** on the Trout Run Trail when you return to the trailhead. You will walk about 2.5K on this trail with the river on your left.
21. **Cross and turn Right** on Winneshiek Ave by the bridge you crossed earlier.
22. **Cross** Winneshiek Ave at 1st St to walk on the right side of the street. Winneshiek Ave turns into Riverside Ave.
23. **Continue** on Riverside Ave.
24. **Right** on Claiborne Dr passing the Decorah High School, the Viking Stadium with “Thor” the Viking Statue.
25. **Right** on Heivly St passing Decorah Municipal Center (Public Restrooms). Pass Fire and Police Department and the Army Reserve Center.
26. **Left** on Mill St.
The restored mill is part of the Vesterheim Museum.
27. **Left** on Water St.
28. Vesterheim Museum entrance and Visitor Center at Mechanic St and Water St.
Vesterheim Museum has the largest collection of Norwegian artifacts in the world.
29. Walking on left side of Water St just past Mechanic St is a Little Free Library.
30. **Continue** down Water St to finish at the Hotel Winneshiek. *(Be sure to log back into the OSB system to complete your online registration.)*



Emergency: Dial 911
Iowa's Walking Club: POC Phyllis Olson 515-669-9402

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

