

## Hiking and Biking

Being one of two U.S cities on an isthmus and surrounded by beautiful scenery makes Madison a don't miss destination for outdoor adventure. Besides the exercise on its over 200miles of hiking and biking trails, another reason to explore the trails are our stunning views!

Looking to explore our lakes and the amazing views they afford? Check out these downtown routes:

- For stunning skyline views, pick the Monona Lake Loop
- On campus? Try our Lakeshore Path which takes you around Lake Mendota from Memorial Union terrace to Picnic Point

For those that enjoy changes in terrain, a must see is Devil's Lake State Park. There are more than 29 miles of paths where you will find climbing rock formations, bluffs, and winding grassy trails. And don't forget to visit the waterfall at the end of Parfrey's Glen Trail- it makes the walk well worth it.

If you want sweeping views that travel as far as the eye can see, you absolutely must check out the observation towers located at each end of Blue Mound State Park. The towers go 40 feet high and offer panoramic views of the Lower Wisconsin Riverway and Baraboo Bluffs.

## Organic Restaurants

**Bunky's Café** 2425 Atwood Ave: Quirky café serving a menu of Mediterranean & Italian fare; also serves gluten-free fare.

**Daisy Café & Cupcakery** 2827 Atwood Ave: Features inventive comfort food including vegetarian and gluten-free selections.

**Green Owl Café** 1970 Atwood Ave: Madison's only vegetarian restaurant, one that can be enjoyed by vegans, vegetarians and omnivores alike.

**Mermaid Café** 1929 Winnebago St: Locally focused coffeehouse serving breakfast & light fare, including vegan options.

## Other Sporting Activities

**Bowl-A-Vard Lanes** 2121 E. Springs Dr: Offers 40 lanes, pool, darts, foosball, shuffleboard, and three volleyball courts.

**Dane County Farmer's Market** Capital Square: Brings a bounty of fresh produce like sweet corn and wild mushrooms. Home to more than 160 local producers, this is the largest producer's-only market in the nation. The market moves indoors in November and remains there until outdoor opening in the spring.

**Arts Walks** Museum Mile, UW Madison Campus to the State Capitol: Includes the Chazen Museum, the Madison Museum of Contemporary Art, the Madison Science Museum, the WI Historical Museum, and the WI Veterans Museum.

# Wellness & Recreation

A Brief Guide to Activities in  
and Around Madison



Days Inn & Suites Madison  
4402 East Broadway Service Road  
Madison WI 53716  
608-223-1800  
info@daysinnsuitesmadison.com  
www.daysinnsuitesmadison.com

## Boating and Fishing

If spring and summer activities call to you, there are many watersports that you can take advantage of in Madison.

**Water activities include** fishing, water-skiing, wakeboarding, tubing, canoeing, wind-surfing, kayaking, and sailing.

### The Lakes:

- **Lake Mendota** borders Madison on the north, east, and south, and Middleton on the west. It is one of the lakes that forms the isthmus that forms downtown Madison.
- **Lake Monona**, the second largest of the four lakes, forms the south shore of the isthmus that forms downtown Madison. It is home to many species of fish and is a popular lake for fishing.
- **Lake Kegonsa** is approximately 3,209 acres. It is about 31 feet deep at its deepest point.
- **Lake Waubesa** is a 2074-acre lake. It has a maximum depth of 38 feet and visitors have access to the lake from public boat landings and a public beach.

**Fish Species:** The fish species common to all four of the lakes include bluegill, lake sturgeon, bass, muskie, northern pike and walleye.

## Winter Activities

With four seasons to enjoy in Wisconsin and plenty to do and see in the great outdoors, it's no wonder that winter is also celebrated to the fullest:

The city of Madison offers 14 snowshoeing trails and eight of Madison's city parks have groomed trails for cross country skiing. The University Ridge Golf Course also has 10 miles, across 560 acres, of ski trails.

If you want downhill ski experience, Devil's Head Resort is a great place to visit.

The Edgewater Hotel Ice Rink offers its own version of Rockefeller Plaza and here you can rent skate or lace up your own then, when you're ready to relax, you can warm up with food and drinks at The Icehouse.

Looking for festival fun? Join us at the Madison Winter Festival in February to take part in the Frosty 5K Run & Walk, the Frosty 1 Mile Dog Jog, and Fat Tire Biking and Cross Country Ski Races.

## Golfing

- University Ridge Golf Course: 9002 County Rd PD
- Vitense Golfland: 5501 Schroeder Rd
- Yahara Hills Golf Course: 6701 US-12

## In-Hotel Wellness

- **Healthy Options Breakfast:** Our Daybreak Breakfast include a protein rich menu of egg omelets, potatoes, assorted breads/cereals, oatmeal, Belgium waffles, and coffee, tea, milk, and juices.
- **Indoor Pool & Whirlpool:** Muscles tired and achy? Bad day at the office? Why not relax in our whirlpool and let the warm water and massaging jets soothe your aches away? Even a splash in the pool will help put an end to a stressful day!
- **Fitness Room:** Looking for a quick workout without having to go to a gym you aren't familiar with? We the following-
  1. *Matrix* Treadmill
  2. *Matrix* Elliptical
  3. Free Weights & Weight Bench
  4. Pilates Ball
  5. Water Cooler