



Extension

UNIVERSITY OF WISCONSIN-MADISON
WASHBURN COUNTY

AUTUMN NATURE JOURNALING HIKE

Join UW Madison, Division of Extension-Washburn County on a guided Autumn hike for an immersive experience in nature promoting physical well-being and mindfulness, while learning about the natural resources in our community. Together we will try creative journaling techniques while observing our natural surroundings. **No prior experience is needed!**

WHAT TO EXPECT:

- Light snacks provided
- All hiking experiences welcome
- Rain or shine (with the exception of thunder/lightning)
- Wear comfortable shoes and weather appropriate clothing

WHEN:

Tuesday, October 28, 2025
10:00 AM-12:00 PM

LOCATION:

TREGO NATURE TRAIL
W5461 US-63,
TREGO, WI 54888

REGISTER HERE:



<https://forms.gle/tVSTLPMrHPfFLSvL7>

CONTACT:

Sarah Brown:
Natural Resources Educator
sarah.anne.brown@wisc.edu

Natalie Ursin;
Health and Well-Being Educator
natalie.ursin@wisc.edu

**SPACE IS LIMITED. PLEASE REGISTER BY
OCTOBER 23RD !**

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

You may request an interpreter, materials in an alternative language and/or format, and/or other services to make this event more accessible. Contact Sarah Brown, Natural Resources Educator or Natalie Ursin, Health and Well-Being Educator at sarah.anne.brown@wisc.edu, natalie.ursin@wisc.edu or 715-635-4444. Make your request by October 23rd. There is no cost to you.