

# Coffee Shops

## La Crosse Area Convention & Visitors Bureau

410 Veterans Memorial Dr  
La Crosse, WI  
608-782-2366 or 800-658-9424  
*City Parks, Historical Museums*  
[www.explorelacrosse.com](http://www.explorelacrosse.com)  
M-F 8-5; Museum 10:30-4 Daily  
Jun-Labor Day  
We actively market the area to tourists and meeting planners. Riverside Museum features artifacts from the wreck of the War Eagle, as well as river history.

## Lanesboro Area Chamber of Commerce

100 Milwaukee Rd  
Lanesboro, MN  
800-944-2670 or 507-467-2696  
*Biking Trails, Theatres*  
[www.lanesboro.com](http://www.lanesboro.com)  
M-Sa year round  
Visit Historic Lanesboro, Minnesota with the Root River State Bike Trail, outdoor recreation, tours, B & B's, fine dining, shopping, arts and theatre.

## Lansing Area Chamber of Commerce

Lansing, IA  
[www.lansingiowa.com](http://www.lansingiowa.com)  
Lansing was founded along the banks of the mighty Mississippi River in 1848. Many homes & businesses along the river & Main St date back to the town's beginning.

## McGregor-Marquette Chamber of Commerce

146 Main St  
McGregor, IA  
800-896-0910  
[www.mcgreg-marq.org](http://www.mcgreg-marq.org)  
10-5  
Contact the McGregor-Marquette Chamber of Commerce for area information including events, attractions and businesses. Enjoy endless possibilities in McGregor and Marquette!

## Onalaska Center for Commerce & Tourism

1101 Main St  
Onalaska, WI  
608-781-9570  
M-F 9-5, May-Oct Sa 9-3; Su 9-2  
We invite you to visit our office, the Center for Commerce & Tourism - you may find some fun things to do in the Mississippi River Region you never thought before.

## Prairie du Chien Area Chamber of Commerce

211 S Main  
Prairie du Chien, WI  
608-326-8555  
[www.prairieduchien.org](http://www.prairieduchien.org)  
M-F 9-5  
Providing information on Prairie du Chien area member businesses that are of interest to visitors. Location is also the site of the Wisconsin Welcome Center.

## Sparta Area Chamber of Commerce

111 Milwaukee St  
Sparta, WI  
608-269-4123  
[www.spartachamber.org](http://www.spartachamber.org) &  
[www.bikesparta.com](http://www.bikesparta.com)  
May-Nov Daily 8:30-4:30,  
Winter M-F 8:30-4:30

## Tomah Convention & Visitors' Bureau

901 Kilbourn Ave  
Tomah, WI  
800-948-6624  
[www.tomahwisconsin.com](http://www.tomahwisconsin.com)  
M-F 8-5  
Tomah is truly "Wisconsin's Cranberry Country"...and a great place to plan your next trip to West Central Wisconsin.

## Westby Area Chamber of Commerce

Westby, WI  
608-634-4011  
[www.westbywi.com](http://www.westbywi.com)

## Wings Over Alma, Inc.

118 North Main St  
Alma, WI  
608-685-3303  
*Art Centers/Galleries, Bird Watching*  
[www.wingsoveralma.org](http://www.wingsoveralma.org)  
10-5 every day, all year round.  
Non-Profit Organization



## Climbing

### Backbone State Park- IA Dept of Nat Res

1347 129th St  
Dundee, IA  
563-924-2527  
*Biking, Bird Watching, Boating, Camping, Canoeing/Kayaking, Cross Country Skiing, Fishing, Hiking, Horseback Riding, Hunting, Mini Golf, State Parks, Restaurants, Swimming*  
[www.iowadnr.com/parks/state\\_park\\_list/backbone.html](http://www.iowadnr.com/parks/state_park_list/backbone.html)  
8-4:30  
2,000 wooded acres including lake (with a boat ramp), trout fishing, 21 miles of trails, climbing and bicycling to enjoy.

### Three Rivers Outdoors

400 Main St  
La Crosse, WI  
608-793-1470  
*Camping, Canoeing/Kayaking, Canoe/Kayak Sales, Cross Country Skiing, Downhill Skiing/Snowboarding, Equipment Rentals, Hiking*  
[www.threeriversoutdoors.com](http://www.threeriversoutdoors.com)  
M, Tu, Sa 10-5; W-F 10-7; Su 11-4

## Coffee Shops

### A Little Looney

110 N Grant  
Houston, MN  
507-896-8697  
*Equipment Rentals, Biking Trails*  
[www.alittlelooney.com](http://www.alittlelooney.com)  
M-F 7-11a; Sa 8-4; Su 8-2  
Come enjoy our gourmet coffee bar featuring real fruit smoothies, mochas, lattes, baked treats and Gelato (Italian Ice Cream). Located just outside Root River Trailhead Park.  
WiFi Access

### Blue Cup Coffee House

Holmen Square  
Holmen, WI  
608-526-6177  
*Casual Dining*  
[www.bluecup-coffeehouse.com](http://www.bluecup-coffeehouse.com)  
M & F 6-6; Tu-Th 6-8; Sa 7-3; Su 8-1  
Fast, casual dining with coffee house component. Fun, unique foods that include wraps, Panini's and salads. Full coffee menu. See website. Drive thru open at 5:30 am!  
WiFi Access

### Bookends & Beans, LLC

309 E Water St  
Decorah, IA  
563-382-0100  
*Casual Dining, Other*  
[www.bookendsbeans.com](http://www.bookendsbeans.com)  
M-F 7-5, Sa 8-4  
Full-service coffee bar with espresso drinks, 4 brewed coffees daily, chai, scones, muffins & cookies. General new bookstore with large fiction section, 3000+ books in stock.  
WiFi Access

### River Lanes

377 Main St  
Lansing, IA  
563-538-4108  
*Kid's Activity*  
[www.riverlanes.com](http://www.riverlanes.com)  
Hours vary, check web site or call  
River Lanes is a smoke-free, alcohol-free, family-friendly environment where you can enjoy bowling in a 1960's retro bowling alley. Also available for parties.

# Cross Country Skiing

## Surf Internet Cafe, The

116 S. Water St  
Sparta, WI  
608-269-1939  
*Art Centers/Galleries, Casual Dining*

Tu & Sa 9-5; W-F 9-8; Su-M Closed  
Hang ten with us & enjoy a specialty coffee, espresso, chai, or smoothie while surfing the web. Full cafe menu, organic & vegetarian, fresh baked goods. Fax, copy, print & more.  
WiFi access

## Cross Country Skiing

### Adventure Cycle and Ski

178 Center  
Winona, MN  
507-452-4228  
*Biking Sales & Repair, Snowshoeing*  
www.advcycle.com  
M-F 9:30-7; Sa 9:30-5; Su 11-3  
We are a full service bike shop located in the beautiful city of Winona. We also sell inline skate in the summer and snowboards and cross country skis in winter.  
WiFi Access

### Backbone State Park - IA Dept of Nat Res

1347 129th St  
Dundee, IA  
563-924-2527  
*Mountain Biking, Biking Trails, Bird Watching, Boating, Camping, Canoeing/Kayaking, Climbing, Fishing, Hiking, Horseback Riding, Hunting, Mini Golf, State Parks, Restaurants, Swimming*  
www.iowadnr.com/parks/state\_park\_list/backbone.html  
8-4:30  
2,000 wooded acres including lake (with a boat ramp), trout fishing, 21 miles of trails, climbing and bicycling to enjoy.

### Coulee Experimental State Forest

Entrances: Cty Rd II and Russlan Coulee off Cty Rd M  
Bangor, WI  
608-785-9007  
*State Parks, Hunting, Hiking, Horseback Riding*  
www.dnr.wi.gov/org/land/forestry/stateforests/SF-Coulee/  
3,000 acres for hunting, cross-country skiing, hiking, and horseback riding, no camping or campfires are permitted.

## Goose Island Park & Campground

3 mi. S of La Crosse on Hwy 35 on Cty Rd GI  
La Crosse, WI  
608-785-9770  
*Camping, Biking Trails, Boating, Equipment Rental, Hiking, Fishing, Canoeing/Kayaking, Snowshoeing, County Parks, Bird Watching*  
www.lacrossecountycamping.com  
Campground: Apr 15-Oct;  
Park: year round  
View wildlife in forest and marshland. Walking, biking or driving access to Mississippi River backwaters, canoe trail, camping.

### Halfway Creek Bike Trail

300 W. Roberts; XX & OT; Main St; & Holmen Dr  
Holmen, WI  
608-526-2152  
*Biking Trails, Hiking*  
www.holmenwi.com  
Dawn to Dusk  
3.4 miles following scenic Halfway Creek with 5 bridges. Main trailhead at Halfway Creek Park. Connects to Great River Trail to the south at XX & OT & Holmen Dr. to north.

### La Crosse River State Trail

111 Milwaukee St  
Sparta, WI  
608-269-4123  
*Biking Trails, Hiking, Snowmobiling*  
www.lacrosseriverstatetrail.org  
21.5 mile trail from La Crosse to Sparta connects the Elroy-Sparta State Trail and the Great River State Trail.

### Lokens Sawmill Inn & Suites

809 East Cedar  
Houston, MN  
507-896-7070 or 888-791-9192  
*Biking Trails, Bird Watching, Canoeing/Kayaking, Golf Courses, Hotel/Motel, Hunting, Snowmobiling*  
www.lokenssawmill.com  
24 hours  
New jacuzzi rooms, double queens, extended stay suites located in the bluffs. Bike the trail, walk the hills, canoe the river, watch the birds, and enjoy the Nature Center.  
WiFi access

## Outdoor Connection Gear Rental and Resource Center

1601 Badger St  
La Crosse, WI  
608-785-8860  
*Equipment Rentals, Biking, Canoeing/Kayaking, Disc Golf, Snowshoeing*  
www.uwlax.edu/recsports  
Please call or visit Web site  
We have everything you'll need to experience year round outdoor adventures big and small. Located in the Recreational Eagle Center on UW-L's campus. Ask about our specials.

### Perrot State Park

W26247 Sullivan Rd  
Trempealeau, WI  
608-534-6409  
*Camping, Hiking, Fishing, Swimming, Snowshoeing, State Parks, Canoeing/Kayaking*  
www.dnr.state.wi.us/org/land/parks  
500-foot river bluffs, camping, hiking, canoeing, cross-country skiing, and access to the Great River State Trail. Limited boat access to Mississippi River.

### Three Rivers Outdoors

400 Main St  
La Crosse, WI  
608-793-1470  
*Camping, Canoeing/Kayaking, Canoe/Kayak Sales, Climbing, Downhill Skiing/Snowboarding, Equipment Rentals, Hiking*  
www.threeriversoutdoors.com  
M, Tu, Sa 10-5; W-F 10-7; Su 11-4

## Upper Mississippi River National Fish & Wildlife Refuge

Winona Off. - Pools 4, 5, 5A & 6  
Winona, MN  
507-454-7351  
*Bird Watching, Camping, Hiking, Hunting, Refuge, Fishing, Boating*  
www.fws.gov/midwest/UpperMississippiRiver/  
Bird watching year round. Boat & canoe access from landings. Children's fishing events throughout the year. Special regulations apply for hunting. Visit web site for details.

## Upper Mississippi River National Fish & Wildlife Refuge

McGregor Off. - Pools 9, 10, & 11  
McGregor, IA  
507-454-7351  
*Bird Watching, Camping, Hiking, Hunting, Refuge, Fishing, Boating*  
www.fws.gov/midwest/UpperMississippiRiver/  
Bird watching year round. Boat & canoe access from landings. Children's fishing events throughout the year. Special regulations apply for hunting. Visit web site for details.

## Upper Mississippi River National Fish & Wildlife Refuge

La Crosse Office - Pools 7 & 8  
Onalaska, WI  
608-783-8405  
*Bird Watching, Camping, Hiking, Hunting, Fishing, Boating, Biking Trails, Shopping-Gifts/Collectibles, Refuge*  
www.midwest.fws.gov/UpperMississippiRiver/  
M-F 7:30-4  
200,000 acres on the Upper Mississippi: 265 bird species, mammals, canoe trails, observation points, and Great River State Trail biking.



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