



Capital Springs State Recreation Area

Wisconsin Department of Natural Resources
Capital Springs State Recreation Area • 3101 Lake Farm Road •
Madison, WI 53711 • (608) 224-3606

Visitor

The Capital Springs State Recreation Area is a partnership between the Wisconsin Dept. of Natural Resources, Dane County Parks, and numerous other partners.

The recreation area is made up of many different units. Lake Farm County Park serves as the hub of the recreation area. Most of the developed facilities (campground, shelter, boat launch) are all part of the Lake Farm Park. Future development of the Capital Springs State Park are in the beginning stages, which will include rustic camping, an amphitheater, an observation tower and hiking trails.

Dane County Parks manages the Capital Springs State Recreation Area, and the current fee structure falls under Dane County Parks, including camping and picnic shelter reservations (see page 2). A State park admission sticker is not required in most areas.



A Background of Capital Springs State Recreation Area

Capital Springs State Recreation Area, located on the urban edge of Madison, is a place that embraces heritage, education, nature, and recreation. Visitors enjoy a rich system of trails, marshes, springs, creeks, and lakes, which provide a healthy place for outdoor learning, outdoor activities, solitude, and reflection. Capital Springs State Recreation Area consists of 8 units. Capital Springs State Park (under development), Lake Farm Park, E-Way Unit, Jenni & Kyle Preserve, Madison Metropolitan Sewer District (MMSD) Wildlife Observation Unit, Nevin Springs Unit, Monona Wetland Conservancy and the Upper

Mud Lake Unit. Totalling a little over 2,500 acres, each unit offers a different outdoor recreation experience and creating numerous opportunities for outdoor recreation and environmental education. It is a partnership between multi-governmental agencies including Wisconsin Dept. of Natural Resources, Dane County Parks, MMSD, City of Fitchburg, WDOT, City of Madison, City of Monona and the Town of Blooming Grove.

The landscape of the Capital Springs State Recreation Area was first developed in 1969 under a project created by the University of Wisconsin, Department of Landscape Architecture, and

funded by a grant from the National Endowment for the Arts. This project, called the E-Way, worked to develop the land of the Nine Springs area into a managed parkland and natural area emphasizing environmental education and awareness. The E-Way existed relatively unaltered until the year 2000. As the Wisconsin State Parks centennial year approached, the state and Dane County hoped to expand and update the E-Way plan by creating a new park to commemorate the new millennium and serve as the "crown jewel" of the Nine Springs

region. The planning process for this new property, the Capital Springs State Recreation Area, began in 2002 and has involved several different phases and includes the involvement of state and local governments, environmental and other agencies, and numerous private citizens. Continuing in the tradition of the original E-Way planning effort, the primary goal of the Capital Springs State Recreation Area is to further the vision of an educational, ecological, esthetic, exercise, and environmental corridor system. These goals and recommendations apply to the entire property.

The Visitor

The State Park *Visitor* is published by Capital Springs State Recreation Area to help you enjoy your visit.

This paper answers visitors' most commonly asked questions about the recreation area. If you have other questions, ask the manager or staff.

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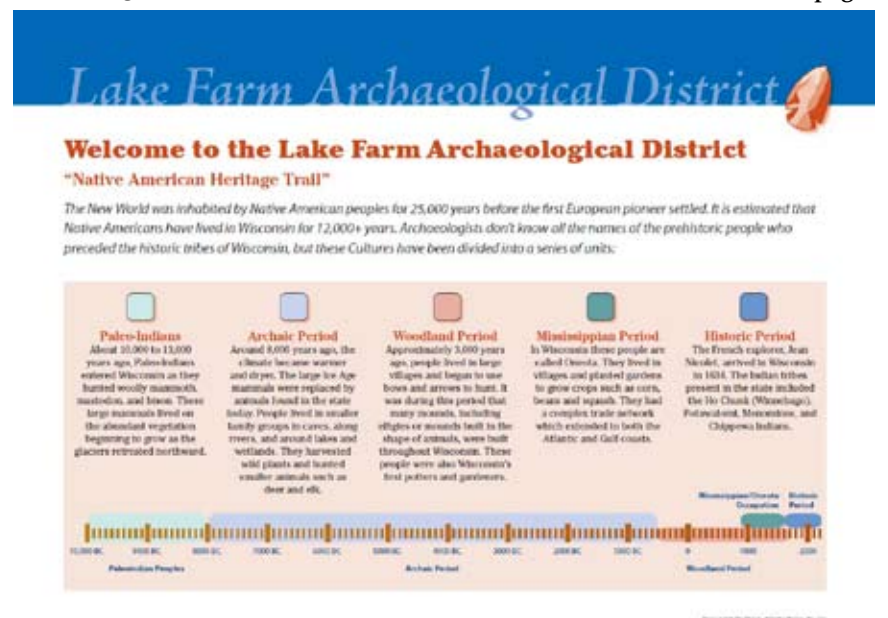


Lake Farm Archeological District on the National Register of Historic Places

Archaeologists speculate that the first human inhabitants came to North America from Asia approximately 25,000 years ago across a land bridge between Alaska and Siberia called Beringia. Those who hold to the migration theory believe that these early inhabitants arrived in Wisconsin approximately 12,000 years ago. Evidence of humans living on the land that is now Lake Farm Park dates back to 8500-5000 B.C., during the Late Paleo-Indian period. Archaeological studies have been conducted in the Dane County area since the late 1800s, but it wasn't until Philip H. Salkin and Thomas E. Emerson conducted a more extensive investigation in the 1970's that their discoveries led to the Lake Farm area being nominated for inclusion on the National Register of Historic Places, as well as

being designated as the Lake Farms Archaeological District in 1978. The

materials observed during these continued on page 10



Signs along the Lake Farm Archeological Trail

Camping at Capital Springs State Recreation Area

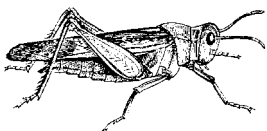


Camping Facilities and Registration

Lake Farm Park offers a modern 54 unit campground. Most sites have 50 amp service and designed to occupy motor homes, while sites 30 – 40, 42-43, 45-46 are tent sites only. Sites 53A & 54B are handicap accessible. Lake Farm also provides a group camp site on the shore of Lake Waubesa. Campers using individual sites must register prior to setting up at the self-registration station in the campground. Check-in and check-out are 3:00PM. Group camp is available by reservation only.

Reservations

Reservations for the campground, group camp and shelters must be made through the Dane County Parks Dept and can be made for the following year on the first Monday in November starting at 7:45am. Reservations can be made by calling (608) 224-3730 or on-line at www.reservedane.com. Campers may make site-specific reservations. Reservations can not be made at the park.



Firewood

Sold at the campground host site.



Showers

Located seasonally in the campground toilet building. Showers are individual stalls with secured doors.



Waste

Park rules require that you dispose of all waste only in the container provided for that purpose in the campground.



Wi-Fi

Free Wi-Fi is available in the campground



Dump Station

A dump station and water fill is located in the campground in front of the shower building.



Laundry

There are no laundry facilities located in the park. Laundromats are available close by in Madison.



Lake Farm Campground

Campground Hosts are here to serve you

If you need help or would like information about the park or the local area, find the campground host on site #21, near the self-registration stations. The campground host can also provide firewood, pet permits, lake access & Tenny Lock permits.

Outdoor Activities



Swimming

There are no swimming opportunities at Capital Springs. Numerous beaches and a pool are located a short distance away. Please contact park staff or the campground host for directions.



Boat Launch

A boat launch is located at the end of Libby Road. Either a state parks admission sticker or county lake access permit is required. Self-registration stations are located at the launch.



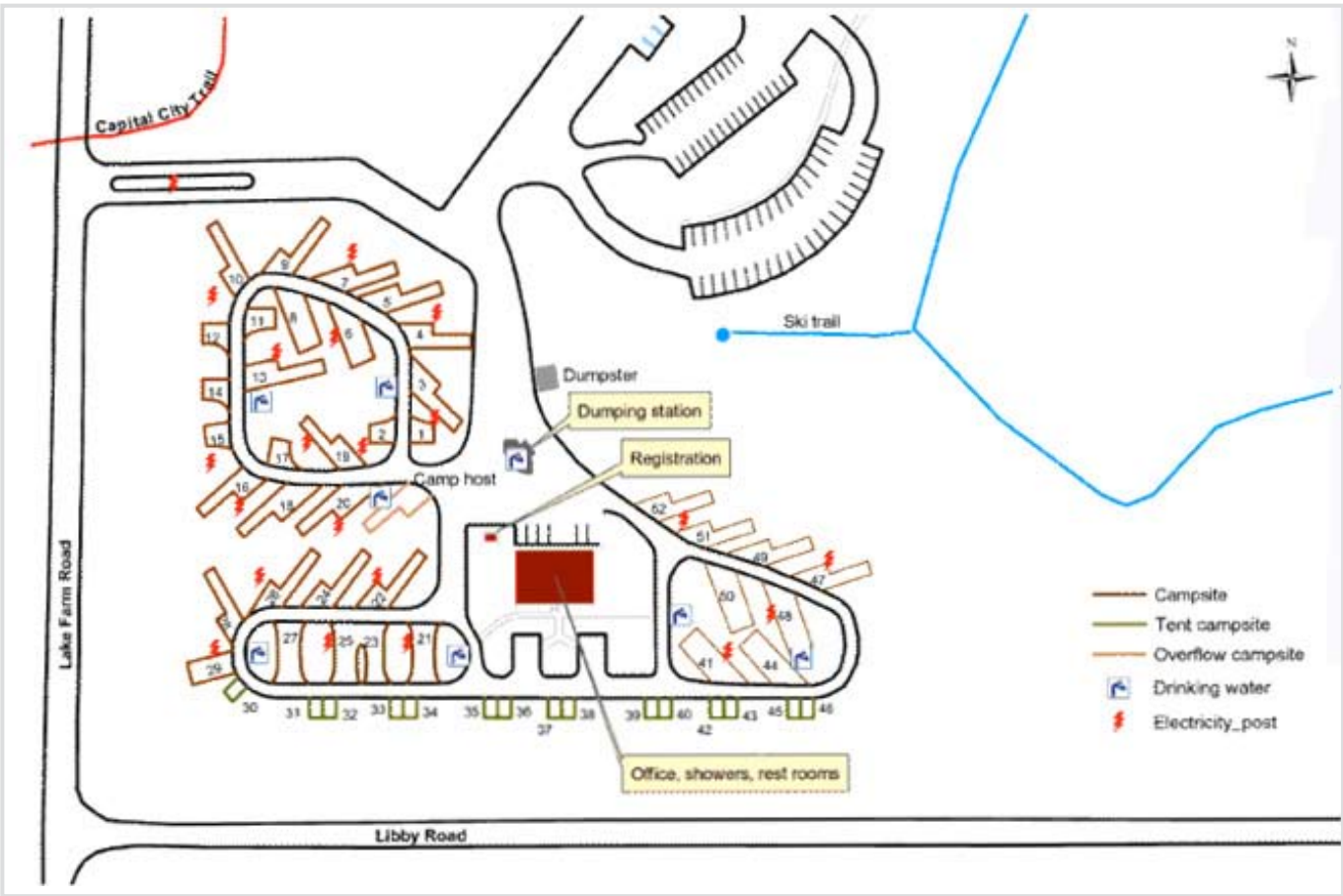
Fishing

Lake Waubesa contains panfish, crappies, walleye, bass, northern and Muskeg. Numerous angling opportunities are available from the shore line. A fishing license is required for anyone 16 or over. The Jenni & Kyle Preserve Unit offers two spring fed ponds with trout and panfish. Fishing at Jenni & Kyle Preserve is reserved for people with disabilities and children under 15.



Picnic Shelters

There are three open air shelters available at Lake Farm Park and one open air shelter at Jenni & Kyle Preserve. All shelters are available for reservations. Shelters 2 & 3 are located on the shore of Lake Waubesa. Reservations for shelters must be made through the Dane County Parks Dept and can be made for the following year on the first Monday in November. Reservations can be made by calling (608) 224-3730 or online at www.reservedane.com



Biking

Biking on park roads is allowed, but biking on park trails is prohibited. The Capital City State Trail runs next to the campground and provides miles of biking enjoyment. A state trail pass is required and can be purchased at the self-registration station in the campground or at the kiosks along the trail.



Lake Farm Shelter #3

The Wisconsin Department of Natural Resources provides equal opportunity in its employment, programs, services, and functions under an Affirmative Action Plan. If you have any questions, please write to the Equal Opportunity Office, Department of Interior, Washington, D.C. 20240

This publication is available in alternative format (large print, Braille, audio tape, etc.) upon request. Please call (608) 266-2181 for more information.

Lake Waubesa

Lake Waubesa is the shallowest of the Yahara chain of lakes, which includes Lake Mendota, Lake Monona, Lake Waubesa and Lake Kegonsa. Lake Waubesa has a maximum depth of 37 feet and is 2,080 acres in size and specializes in Walleye, Northern Pike, Muskie and Bluegill. Crappie, Large & Smallmouth Bass are also common in the lake.

Lake Waubesa is the Native American (Chippewa) word for “swan”. The lake got its name from the story of a settler who killed an exceptionally large swan in the area.

All four of the Yahara Lakes were formed during the last Wisconsin Glacial Episode that ended about 10,000 years ago when the glacier that moved across Wisconsin left deposits of rocks, sand, and silt. The Yahara Lakes are natural lakes, but there are dams and locks to help control water levels and for navigation. Boat or canoe access to Lake Waubesa is available at Lake Farm Park, Goodland County Park or Babcock County Park.

You can access Lake Monona and Lake Mendota via the Yahara River. A lock and dam is located at Lake Mendota and is open seasonally. The Yahara Chain of Lakes and Lake Waubesa in particular combine very accessible water, abundant fishing, and cultural opportunities, making it a great Wisconsin getaway with something to please everyone.

Boat Launch

Capital Springs State Recreation Area offers barrier free lake access through out the year at Lake Farm boat launch on Lake Waubesa. Either a Dane County Lake Access Permit or State Park admission sticker is required. Self-Registration stations are at the launch for either a daily or annual Dane County Lake Access permit. Restrooms and a fish cleaning facility are also available at the launch.

Canoe Launch

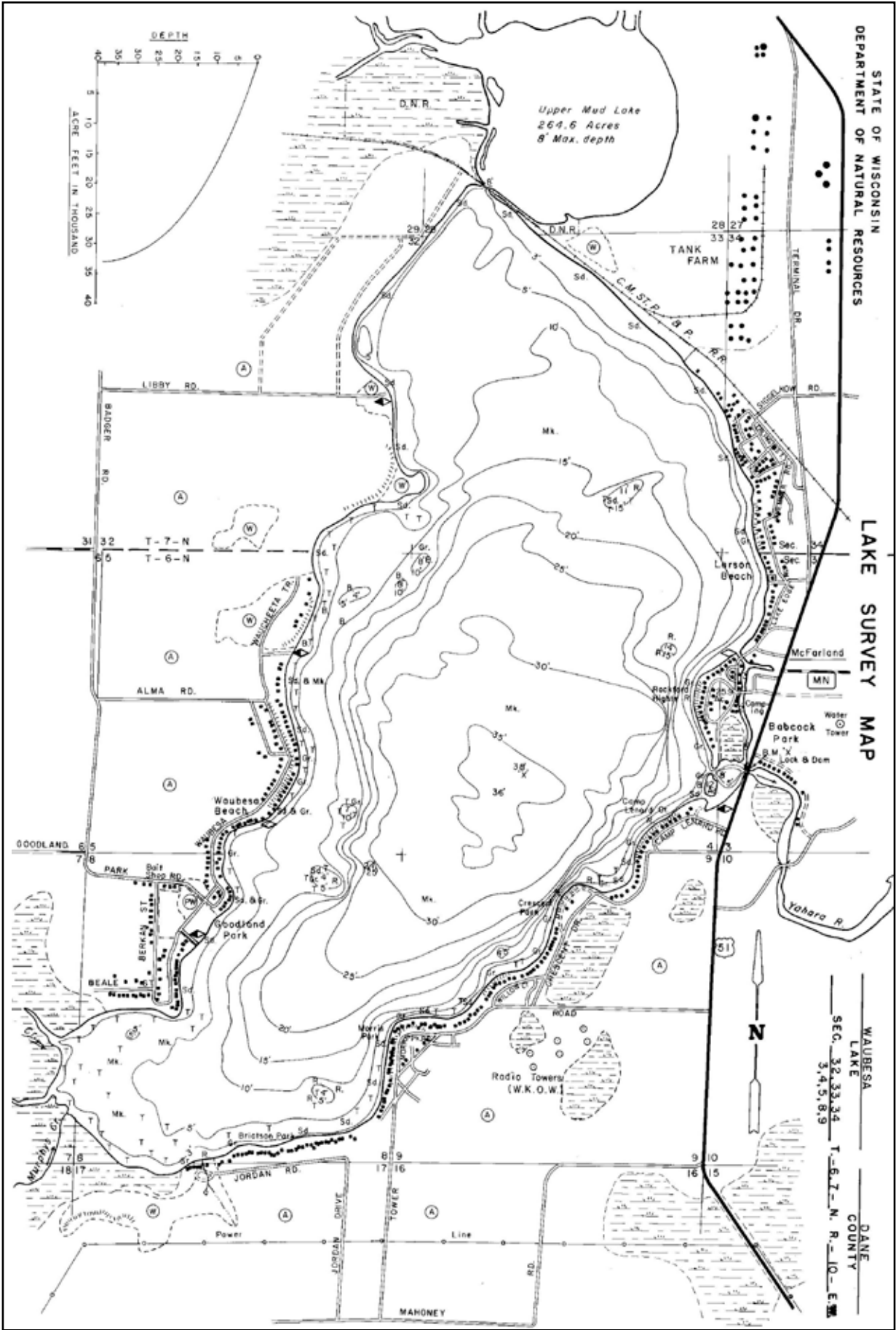
Lake Farm also offers a pier for launching canoes. Several rivers and streams are in close proximity to the launch, including Nine Springs Creek and the Yahara River.

Winter Access

The launch and restrooms are open year round, and plowed in the winter for easy access to the ice.

Source: Wisconsin Department of Natural Resources 608-266-2621

Lake Waubesa – Dane County, Wisconsin DNR Lake Map
Date – Aug 1981 - Historical Lake Map - Not for Navigation



Why is keeping your pet on a leash a park rule?

- ✓ To protect pets from other pets
- ✓ To protect people from pets
- ✓ To protect wildlife and wildflowers

Pets are welcome at the park, but please keep these 5 important rules in mind:

- All pets must be leashed and under control at all times and may not interfere with others enjoyment.
- Leashes can not exceed 8 feet long
- All pets must have a Dane County Pet Permit
- Owners are responsible for picking up after their pets
- Pets are allowed on trails, but prohibited in the picnic area, playgrounds and park buildings

Due to the lack of compliance in the past to control their pets while visiting the park, violations of any pet rule will result in eviction from the park and the possibility of a substantial fine. Please help other visitors enjoy the park by being a responsible pet owner.



Fishing on Lake Waubesa

By Conservation Warden Dave Wood

The boat launch at Lake Farm gives excellent year around access to fishermen using Lake Waubesa and Upper Mud Lake. These lakes are known for excellent panfish action and are the destination for anglers from all over the Midwest. Bass, Northern Pike, Walleye, and Musky fishing is also great on these waters and a number of fishing tournaments take place on the Madison chain of lakes every weekend. Anglers fishing shallow weed beds in early summer can expect to have great action on bluegills and crappies. Walleye fishermen seem to concentrate on the points such as Hog Island in the evening or around inlets and outlets like the railroad trestle or Babcock Park. In mid summer Northern Pike can be found near underwater springs or on the deep weed edges. Bass seem to be found everywhere amongst the weeds or other structure such as piers or submerged brush or trees. Perch fishermen do well in mid summer anchored in deep water. Fishermen should consult current fishing regulations for bag and size limits. Anglers are also reminded that aquatic invasive species laws are in effect to curtail the spread of these species. Boaters must remove weeds attached to their boat and trailer and may not launch a boat trailer with weeds attached. Live wells, bilges, and motors must be drained of water prior to leaving the launch area. Consult signs posted at the launch area or current fishing regulations for further information

This park is for the birds!



A Common Loon in breeding plumage on Lake Waubesa.

By Patrick Ready

Here at Capital Springs State Recreation Area there are several types of habitat to hike and explore while looking for birds. The more habitat variety you have the more bird species you'll find. Depending on the time of year of your visit will affect the number and species of birds you hear and or see. There are several places where you can drive and park for quick looks or you can hike along one of many trails and enjoy birding as you go checking different habitats.

On the far western edge along Moorland road is a small parking area for bikers, dog walkers and birders. In spring the parking area is the first place to stop and check for birds. Several warbler species can be found working the trees such as Yellow warblers, Tennessee, Blackburnian, Magnolia, and Orange Crowned. Catbirds, Robins, Kingbirds, Black-capped Chickadees, Baltimore Orioles, and maybe even Orchard Orioles can be found in this part of the park.

Across the road you will see a boardwalk extending out into the marsh. This boardwalk leads to a viewing platform where you can get a good view of the marsh and the settling ponds of Nine Springs. These ponds are part of the Madison Metropolitan Sewage District. Don't be alarmed. These ponds don't smell like sewage. Nine Springs is the best place to see shorebirds, spring-fall. (Access to these ponds in the MMSD Wildlife Observation Area is 100 yards west along the Capital City State Trail. Signs will assist you on the way.) As you walk along the boardwalk keep an ear and eye open for Sedge Wrens, Common Yellowthroat and Yellow warblers, Sora Rails, and Red-winged

Blackbirds. While on the viewing platform you may see several duck species such as Mallards, Blue-winged Teal, Northern Shoveler, Ring-necked, Green-winged Teal and possibly herons such as Great Blues and the smaller Green heron. Search the open skies for Bald Eagles or Osprey that hunt for fish on nearby lakes. Both species now nest in the Madison area.

Sandhill cranes like the habitat here as well. The Summer evenings may reveal cranes flying in from surrounding fields to spend the night in the safety of the ponds at Nine Springs. Watch and listen for their prehistoric sounding calls as they approach from the distant sky. This is an unforgettable sight that will stay in your memory for a long time.

In winter, this same marsh area is totally different. Only a few hardy species can survive this open, windswept landscape. Northern Shrikes are sometimes sitting out in the open on the branch of a small sapling. In early morning or late evening Short-eared Owls or Rough-legged Hawks may drift over the marsh cattails, or open



Once a rare site, Eastern Bluebirds have made a comeback in recent years.

fields looking for mice or voles. A



Two Sandhill Cranes feed at the edge of the marsh.

murder of crows might be stalking the distant trees creating mayhem for who- knows-what.

Back at the parking area, on the south end, there is access to a hiking trail. The Lussier-Moriane Trail loops around a large, tall grass prairie restoration. This is a good place to look for native sparrow species. Song, Field, Chipping, Savannah, and perhaps Vesper Sparrows are possibilities in spring and summer. Meadowlarks and Bob-o-links shouldn't be ruled out. Perhaps a bluebird will fly by to say hi.

Heading eastward from this area make a stop at the Heritage Center at Lake Farm County Park. Plenty of parking is available with trails heading in different directions to area around Capital Springs State Recreation Area. The nearby campground is a good place to look for Eastern Bluebirds. Volunteers have several nest boxes that they



A Bald Eagle soars over Lake Waubesa in search of food.

monitor and record data throughout the nesting season. Tree Swallows compete with bluebirds and they share the campground with their human visitors. Look for Killdeer, which sometimes nest in the rocks right in the campsites! Red-tail hawks can be seen soaring high above on warm, summer thermals or just perched at the top of one of the mature oaks. Marsh hawks may be gliding over the open prairie pausing now and then in search of food. Listen closely and you might hear and see Sandhill Cranes as they nest in the nearby marsh. Watch for them in early summer walking along the edge of the tall grasses with a chick, or "colt", in tow. The protective parents are teaching their offspring to find food.

The far eastern part of the park borders Lake Waubesa. A boat landing and large parking lot are at the end of Libby Road. (Either a Dane County Access Permit or State Park Admission Sticker is required for parking at the launch. Free parking is available at the shelters) Nice, easy walking trails can be found along the lakeshore behind the restroom building. Stop and scan the lake for any waterfowl. Common Loons can be seen in early spring and late fall as they migrate through, occasionally stopping to rest. Just after the ice



A Red-bellied Woodpecker at nest hole in an old dead tree.

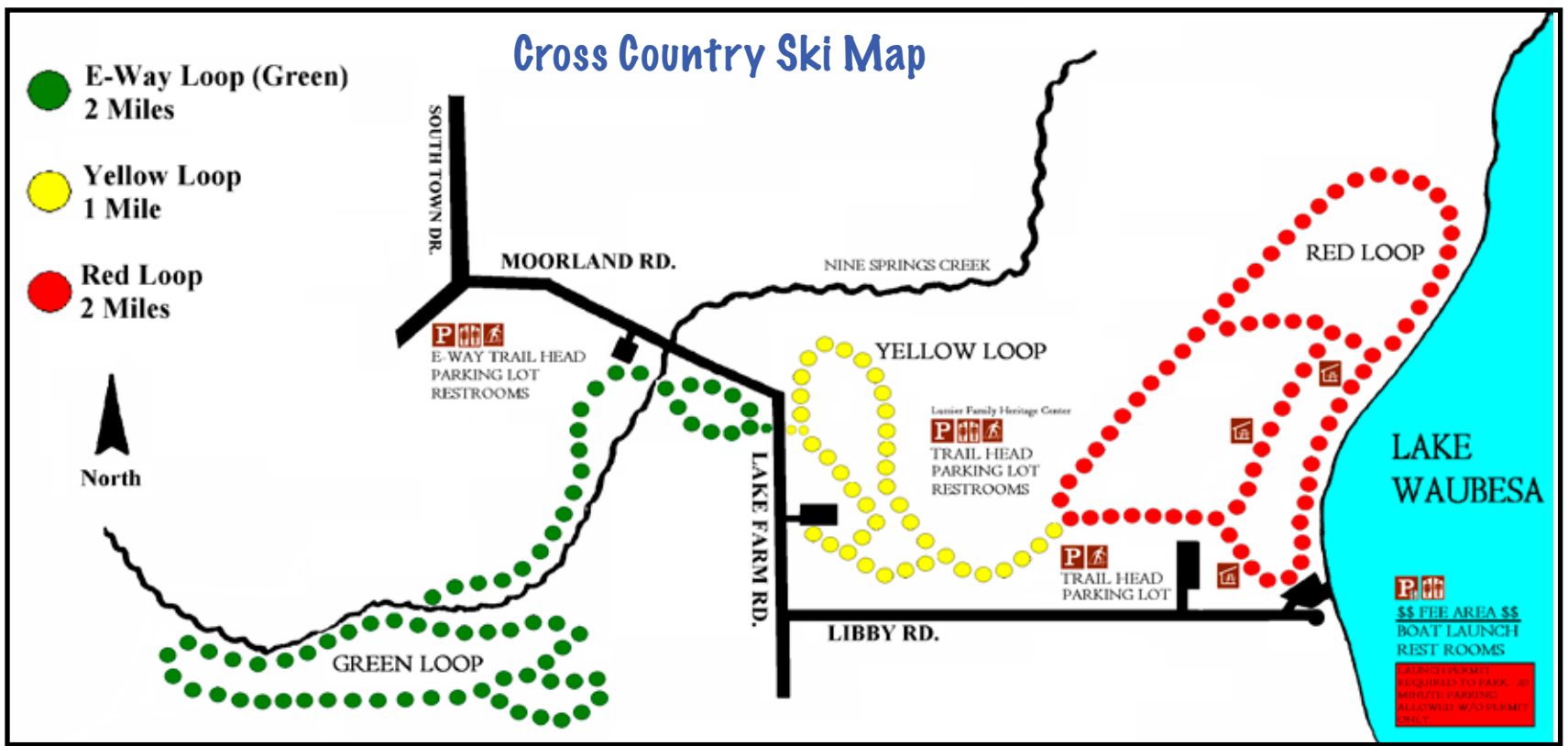
opens in late March or early April loons are in breeding plumage and can be heard calling to one another. Search for migrating ducks here as well. American Wigeons, Buffleheads, Common Goldeneyes, Ring-necked, Redheads, Ruddy, and possibly Northern Pintails can be seen bobbing between the waves. Common, Red-breasted, and Hooded Mergansers mix in with a variety of duck species gradually working their way north to summer nesting sites. Try to spot Bald Eagles and Osprey. You may get lucky and see one plunge to the water, grab a fish with their outstretched talons and then fly off to a nearby perch to feed.

The wooded trail along the western edge of lake Waubesa is an excellent place to see many songbirds that return each spring to nest. Migrant species are also moving through. Hermit Thrushes, Veery, and Swainson's Thrushes can be spotted with their robin cousins searching for food along the trail. Several woodpecker species inhabit the mature trees of this woodland. Red-bellied, Hairy and Downy are the most common but occasionally a Pileated may pay a surprise visit. So keep your eyes peeled. As many as 24 warbler species can be observed here on a spring day. Most notable is the Connecticut Warbler, a seldom seen but often heard warbler of our north woods forest. In early May this trail can be an excellent place to see and hear the elusive Connecticut Warbler without having to make the long drive up north.

The trail continues along the lake to the north to the railroad tracks. As you amble along pause to check the trees, lake and fields for birds. Flycatchers, wrens, blackbirds, vireos, sparrows, and raptors all make their home here. Take a good bird guide along to help identify the birds you see. Keep a list and see how many species you find. Start a Life List and add to it whenever you stop and spend time enjoying our native birds. Bring your kids or grandkids and show them the beauty of our natural areas and the wildlife that call it home.

Patrick Ready is a member of the Board of Directors of the Madison Audubon Society (www.madisonaudubon.org) and leads birding field trips in the Capital City State Park area.

Photos by Patrick Ready



Winter at Capital Springs State Recreation Area

Cross Country Skiing – Once the snow begins to fall, the majority of trails are used for Cross Country Skiing. Three separate colored loops offer 7 miles of cross country skiing.

We hope you enjoy your winter activities while at Capital Springs State Recreation Area. It is our goal to provide a safe, enjoyable area for park visitors. Most of the ski trails are easy to moderate in difficulty. A few trails will have hills with difficult turns. Please use caution at all times when on the trails. Most trails are one way for everyone's safety

and enjoyment. Please ski in the direction posted on the map and use only designated trails. Trails that are maintained are groomed and tracked as often as possible. There is not a regular schedule for grooming and tracking. Most trails are both tracked for diagonal skiers and groomed for skate skiers. Where the trail is too narrow to skate, please diagonal ski in the set track. Diagonal skiers, especially beginners, greatly appreciate a clear track.

Pets and hiking are **not** allowed on the ski trails. Separate trails are available for hikers.

Snowshoeing: Snowshoeing and hiking is not allowed on groomed ski trails. You are allowed to snowshoe or hike anywhere in the park, except on groomed ski trails. Remember not to snowshoe or hike on groomed ski trails.



Red Cross Country Ski Loop

Glad you Asked.....

In order to provide a safe, quiet and enjoyable park experience, here are a few things you should know:

- The park is open all year from 5 am – 10 pm. Camping is seasonal from April through October. Only registered campers at their campsites are allowed after 10 pm
- No vehicle admission sticker is required except in the boat launch area
- Vehicles are only allowed on paved surfaces and gravel
- Campers may not set up camp between the hours of 10pm and 5am. Only two vehicles are allowed at each campsite at one time
- Site rental is from 3pm – 3pm. If your site is vacant before 3pm, you may set up
- Reservations must be made through the Dane County Parks and can not be made at the park
- Only one wheeled camp unit per site. No limit on the number of tents as long as they fit in the designated site
- One family and 2 guests or 6 individuals can occupy a site. A family consists of a parent or parents, and unmarried dependent children living at the parent's home
- All plants and flowers are protected at the park and may not be picked with the exception of edible fruits, and nuts

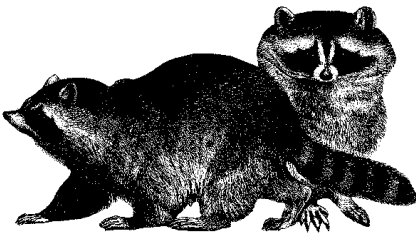
Volunteering

The Wisconsin DNR and Dane County Parks are combining resources to offer a wide variety of volunteer activities within the Capital Springs State Recreation Area. Are you concerned about the environment? Do you enjoy Capital Springs and the opportunities it offers for recreation? Do you enjoy feeling like a part of an organization committed to providing quality recreation as well as resources stewardship? If so, join us at Capital Springs as a volunteer and share your skills and talents with our visitors.

All of the volunteering within Capital Springs State Recreation Area is organized by the Adult Conservation Team (ACT) volunteer program of Dane County Parks. Every year, thousands of ACT volunteers restore native habitat, conduct research, help in parks and campgrounds and participate in special events like Earth Day.

Without the contributions of volunteers, a great deal of the “extras” which make this park a great place to visit would simply not get accomplished. If you are a self-motivated individual and would like to participate in any activity in the park as a volunteer, we would be happy to set up a program with you. The park staff as well as other County and State staff and volunteers can assist in training as needed for you to participate. The volunteers at the park take a great deal of pride in their work, have a tremendous sense of accomplishment for a job well done and are an invaluable “natural resource”.

If you want more information about volunteer opportunities at the park, please contact the Dane County Adult Volunteer Coordinator at 608-224-3601, 3101 Lake Farm Park, Madison, WI 53711.



Breaking down Capital Springs State Recreation Area

Capital Springs State Recreation Area is a partnership between multi-governmental agencies including WDNR, Dane County Parks, MMSD, City of Fitchburg, WDOT, City of Madison, City of Monona and the Town of Blooming Grove. The recreation area consists of 8 units; Capital Springs State Park Unit (under development), Lake Farm Park Unit, E-Way Unit, Jenni & Kyle Preserve Unit, MMSD Wildlife Observation Unit, Nevin Springs Unit, Monona Wetland Conservancy Unit and the Upper Mud Lake Unit, totaling a little over 2,500 acres. We'll start from the west and move east and describe each unit.

Nevin Springs Unit - Nevin Springs Fishery and Wildlife Area

Nevin is the oldest of all DNR managed lands, acquired by the state in 1876 for use as a fish hatchery. The Nevin Springs Fish and Wildlife Area is located in the City of Fitchburg south of the City of Madison and is adjacent to the Nevin Fish Hatchery, the DNR's South Central Regional Office and Service Center. The area is managed for fish and wildlife habitat with hunting and other secondary, compatible recreational activities. The vision for the Nevin Springs Fishery and Wildlife Area is to provide fish and wildlife habitat as well as environmental education and recreational opportunities that will encourage the appreciation, protection, and balanced use of Nevin's unique natural resources with the Madison Metropolitan Area.

The property's fourteen natural springs are part of the Nine Springs E-Way Corridor and feed into the Yahara River System. The Capital City State Trail passes through the natural area portion of the property. Parking is available off Syene Road near McCoy Road.

Jenni & Kyle Unit - Jenni & Kyle Preserve.

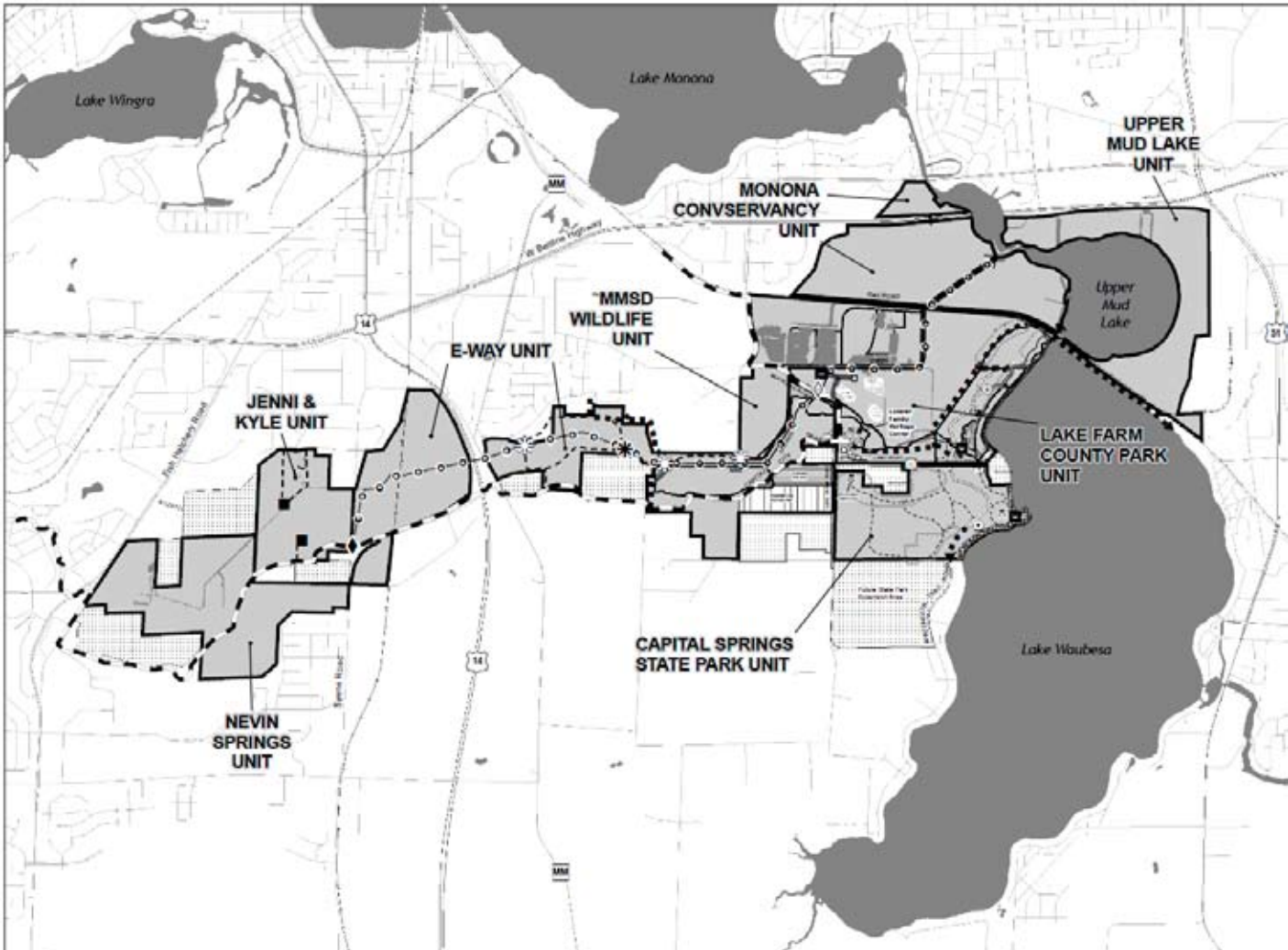
The vision for the Jenni & Kyle Preserve began with a generous gift from Patricia and Harvey Wilmeth. This gift was given in memorial to their grandchildren who both died of a degenerative neurological disease by the age of 4. The purpose of this parkland is to provide an accessible space in which visitors, especially those living with disabilities, may learn about and enjoy nature. In 1988, Dane County Parks used a portion of the donation to help purchase the original 160 acres of land in the Nine Springs E-Way. With the help of WDNR Stewardship dollars and multiple private



Shelter at Jenni & Kyle



Jenni & Kyle ponds



Nine Springs E-way

donations, Dane County Parks has since developed a shelter, parking area, paths and fishing piers, all of which are fully accessible to all user groups. At present, recreational and educational activities center around two spring fed ponds near the shelter / parking area. The shelter can be reserved through Dane County Parks by visiting www.reservedane.com or calling (608) 224-3730. *Please note special fishing rules: Fishing ponds are for children 14 years of age or younger and persons with permanent disabilities who might otherwise not be able to enjoy a fishing trip.* The park is located at 925 Post Road, Madison, WI.

E-Way Unit

In 1969 the National Endowment for the Arts funded a proposal submitted by UW-Madison Professor Philip Lewis for the development of an environmental study model to "show how a community can identify and capitalize on existing natural and manmade resources in an effort to elevate environmental, ecological, and esthetic planning decisions to a higher priority within the community development decision-making process".

This study resulted in a proposed "E-Way" system that would link various natural and manmade features along a seven-mile corridor south of the City of Madison. This "natural laboratory" was to be used for the study of education, ecological, esthetic and environmental values. Most of the Capital Springs State Recreation Area Units fall within this E-Way corridor.

Dane County Parks has developed 5 miles of intricate trails system meandering through the E-Way past large wetlands and sedge meadows, native forest and many large springs. These features provide ideal habitats for a wide variety of vegetation and wildlife in the corridor. The park is located at 1947 Moorland Rd., Madison, WI.



Sandhill Cranes, photo by Phillip Billings

MMSD Wildlife Unit - MMSD Wildlife Observation Unit.

A 600-acre wetland at the mouth of Nine Springs Creek includes the 140-acre Madison Metropolitan Sewerage District (MMSD) Wildlife Observation Area. The observation area represents a commitment by the MMSD to enhance a unique and valuable resource. Just a few years ago, the observation area was a storage lagoon for biosolids that were produced at the Nine Springs Wastewater Treatment Plant. The biosolids have been removed and the area has been reconstructed for wildlife habitat and recreation. Bird-watchers have always enjoyed this area and the MMSD hopes that the reconstruction will provide even better viewing for naturalist. In the western part of the observation area, water levels are managed to provide excellent conditions for migratory shorebirds. During the spring and fall migratory seasons, water is pumped out of the ponds. This exposes the mudflats and their abundant food supply. The eastern zone contains a combination of open water and wetlands that attracts marsh birds and water birds. Over 200 different species of

birds have been documented at the site, some of which are rare in this part of the country. Over 3 miles of trails explore the area and provide excellent bird and wildlife viewing.

Monona Conservancy Unit - Monona Wetland Conservancy Unit.

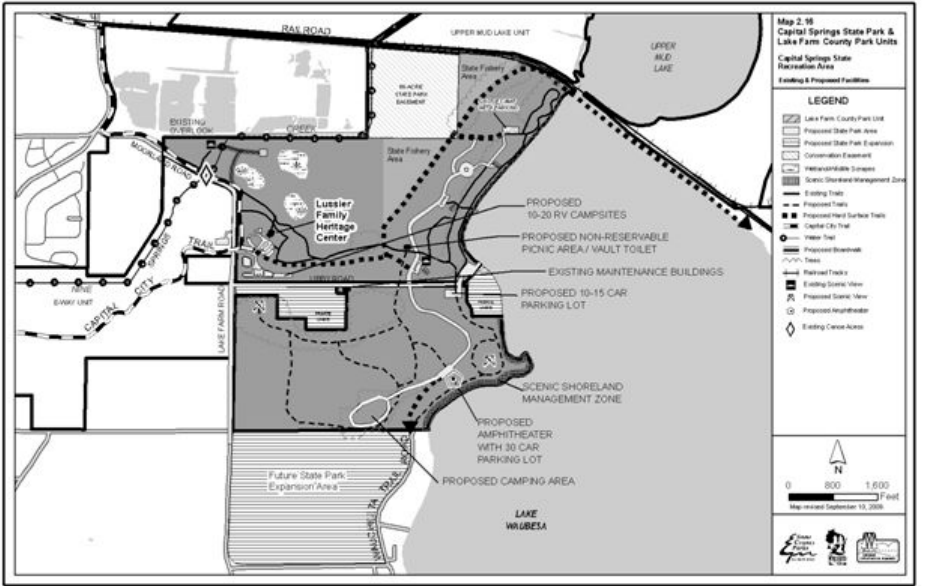
In the early 1970's, the Kaukauna-Gisholt Machine Company gifted the City of Monona with a 226-acre wetland area. City management plans for this area have been limited do to the high development cost. The conservancy boasts some of the best sedge meadow and undisturbed wildlife habitat in the recreation area. Bordering with the MMSD Unit, Upper Mud Lake Unit and the Nine Springs Creek makes a scenic water trail for canoe and boaters.

Upper Mud Lake Unit

The Upper Mud Lake Unit is owned by multiple landowners including the WDOT, WDNR, MMSD, City of Madison and Town of Blooming Grove. Upper Mud Lake is 260 acres in size and primarily used for boating, fishing, and waterfowl hunting. While there is limited accessibility by boat, future development would include a parking lot near the east side to allow a trailhead access to Upper Mud Lake. A floating boardwalk is also proposed near the parking lot to provide handicap accessible waterfowl hunting / observation blind.

Capital Spring State Park Unit (Undeveloped)

Located next door to Lake Farm County Park, the Capital Springs



State Park, when developed, will enhance not only Lake Farm, but the entire recreation area. The 290 acre property was purchased in 2001 to celebrate the 100 year Centennial Anniversary of the Wisconsin State Parks. The original name of the Capital Springs did include “Centennial” but was later removed as original development plans were scaled back. The master plan for the property includes the addition of a 30 unit rustic campground located on the south end of the property in a mixed hardwood forest. A scenic amphitheater is proposed on the shores of Lake Waubesa. With the back drop of Lake Waubesa, this will be an excellent venue for interpretive presentations, family gatherings, celebrations and much more. Also included is a 30-40 foot observation tower located on the highest point of the property. From here you will have a birds eye view of Lake Waubesa to the east, the Monona Conservancy, Upper Mud Lake, MMSD and Lake Farm to the North and the E-Way to the west.

The majority of the property will be restored to native prairies and oak savannas. Miles of hiking and cross county ski trails will meander the rolling slopes of the state park and connect with miles of trails at Lake Farm.

Lake Farm County Park Unit

Considered the jewel of Dane County Parks, Lake Farm County Park serves as the hub of the recreation area. This 328 acre park offers modern camping minutes from downtown Madison, the Alliant Energy Center or the UW Campus; yet far enough out of Madison to enjoy the quiet county feeling. The park has 3 large reserveable shelters, a boat launch, a group camp on the shore of Lake Waubesa and over 4 miles of hiking and ski trails. The Capital City State Trail meanders through the park where parking, water and restrooms are available. The entire area is rich with Native American history that prompted in-depth archeological studies in the early 1970’s. The park is part of the larger Archaeological District and is a member of the National Register of Historic Places. Equally as rich is the wildlife, restored prairies and scenic views of wetlands and Lake Waubesa. New additions to the park will also be seen in the coming years, which include: an addition of 20 electrical sites to the campground; a proposed 1.75 mile paved bike path will connect the existing campground and Capital City State Trail the shelters and Lake Waubesa. This trail is also proposed to connect the Lower Yahara Trail (currently under development), which would connect McFarland and Stoughton to Madison; a 1600’ boardwalk from the current MMSD observation platform winding east to a new overlook platform near the Heritage Center; an expansion of the group camp to include 7 yurts and a non-reserveable picnic shelter.

Lussier Family Heritage Center

The mission of the Lussier Family Heritage Center is to provide an environment that supports and encourages the discovery of the history, culture, and resources of the Dane County Region, the Nine Springs E-Way, and Lake Farm County Park through recreation, interactive programs, special events, and interpretation. The Lussier Family Heritage Center also offers the community a year-round flexible facility in a unique natural setting for: meetings, conferences, weddings and receptions, corporate and family parties, artistic performances and symposiums.



Lussier Family Heritage Center

Fund raising is currently underway to build and complete the interpretive wing of the center.

State Trails around Capital Springs State Recreation Area

Capital City State Trail

The Capital City State Trail is a 9.5 mile multi-use paved trail meandering through the heart of the Capital Springs State Recreation Area offering users hiking, jogging, bicycling, roller-blading and roller skiing. Operated in a cooperative relationship with Dane County, the Capital City State Trail serves as the hub of the Madison biking system linking the Military Ridge State Trail, Badger State Trail, City of Madison and City of Fitchburg trail corridors. The trail meanders through the heart of the E-way and urban greenways through shady woodlands, prairies and wetlands and offers excellent opportunities for wildlife observation with constantly changing diversity of landscape and rolling hills. Lake Farm Park, anchored on the east end of the trail, provides restrooms, water and camping opportunities. The trail also passes through the Jenni & Kyle Preserve and the Nevin Springs Fish Hatchery & Hunting Grounds before entering into an urban greenway. A state trail pass is required for all users 16 years of age or older using a bicycle, roller blades or roller skies. Trail passes and parking are available at the kiosks off of Verona Road, Syene Road, Knob Hill and at Lake Farm park. Motorized vehicles, horses or hunting are prohibited on the trail.

Military Ridge State Trail

Located on the west end of the Capital City State Trail, the Military Ridge State Trail is a 40-mile trail that heads west through Verona, Mt. Horeb and into Blue Mound State Park. A bicycle campground is also located at Blue Mound State Park adjacent to the trail. The trail continues west through Barneveld, Ridgeway and ends in Dodgeville. An access trail in Dodgeville leads you into the back of Governor Dodge

State Park and down to Cox Hollow Lake. Approximately 3 miles of trail between Madison and Verona are paved with asphalt. The remainder of the trail is surfaced with crushed limestone and has a gentle grade of 2 to 5 percent. There are a total of 47 bridges, which are decked and railed. Between Verona and Mt. Horeb, the trail wanders through the Sugar River Valley. Between Mt. Horeb and Dodgeville the trail follows along the top of the Military Ridge. For more information, please contact the Military Ridge State Trail, 4350 Mounds Park Road, Madison, WI 53517 (608) 437-5711.

Badger State Trail

The Badger State Trail is a 40-mile trail that heads south out of Madison to the Illinois border. Located near the west end of the Capital City State Trail, the trail starts at the end of Madison’s South West Commuter Bike Trail and heads south through Fitchburg to Belleville. Just north of Belleville, the Badger connects with the 600 mile Ice Age National Scenic Trail. Heading south through Belleville, the Badger enters a ¼ mile long curved railroad tunnel. With



Tunnel on the Badger State Trail

limited visibility, walking bicycles or flashlights are recommended through the tunnel. Continuing south on the Badger, you meet up with the Sugar River State Trail. A short bike north on the Sugar River State Trail provides access to New Glarus Woods State Park. The Badger continues south through Monroe to Freeport, Il were the trail proceeds south on the Jane Addams Trails in Illinois. For more information, please contact the Badger State Trail, Box 805, W5446 County Hwy. NN, New Glarus 53574 (608) 527-2335.

Ice Age Scenic Trail (Hiking Only)

The Ice Age Trail is a National Scenic Trail located entirely within Wisconsin. The trail is also one of 42 designated Wisconsin State Trails, and the only one specifically designated as a “State Scenic Trail”. From Interstate State Park on the Minnesota border to Potawatomi

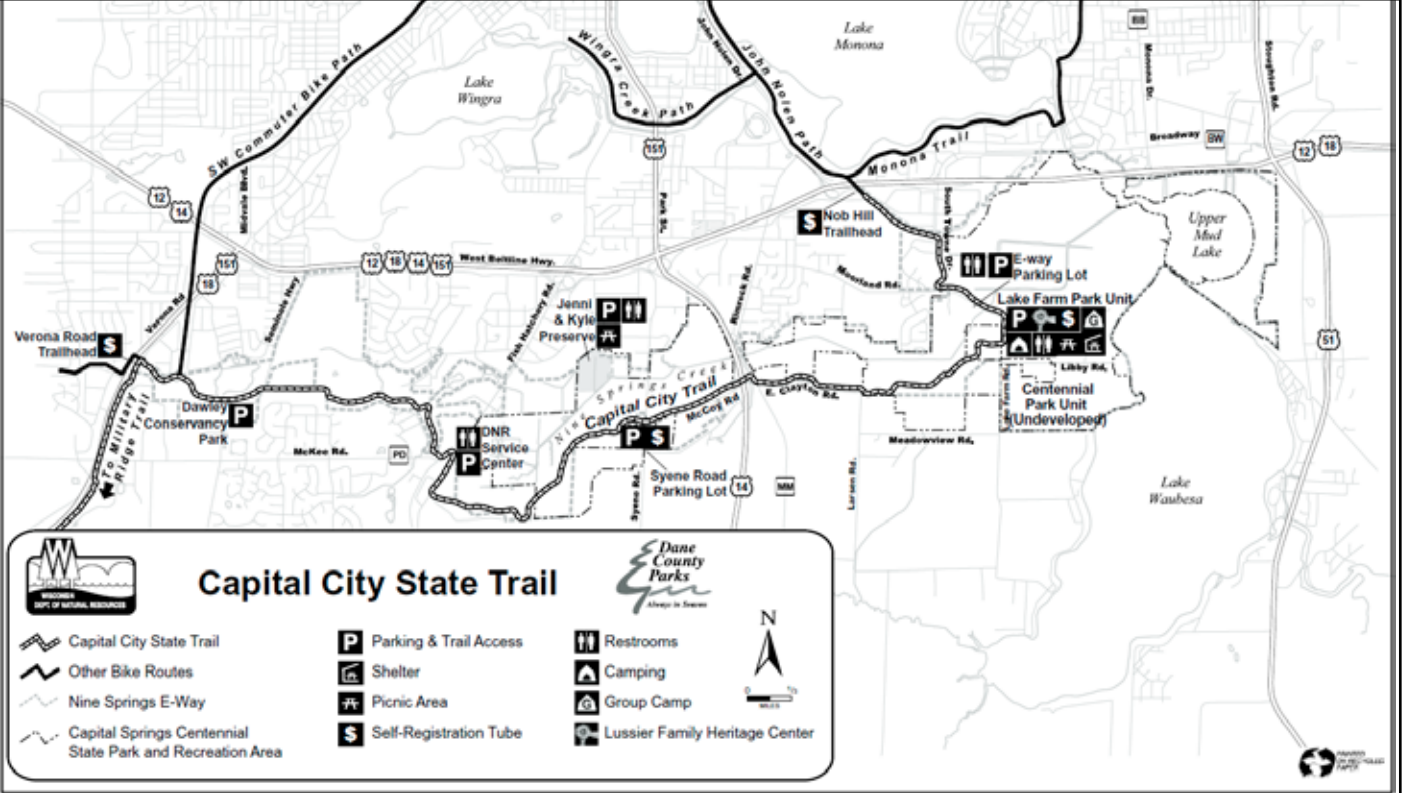
State Park on Lake Michigan, the Ice Age Trail winds for more than 600 miles, following the edge of the last continental glacier in Wisconsin. One of only eight National Scenic Trails, the Ice Age Trail is intended to be a premier hiking trail and conservation resource for silent sport and outdoor enthusiasts. The trail traverses some of Wisconsin’s most scenic landscapes, travels through 30 counties on state, federal, county and private lands, connecting dozens of communities.

Glacial Drumlin State Trail

The Glacial Drumlin State Trail is a 52 mile trail running between Wisconsin’s two largest urban areas. Starting at Cottage Grove, the trail heads east through 10 small towns to Waukesha. Most of the trail is surfaced with crushed limestone packed to a smooth surface. Thirteen miles of the trail from Waukesha through the town of Dousman are paved with asphalt. The trail lies in the glaciated area of the state near the southern limit. The landscape is dominated by interrupted drainage patterns, many small, short streams, and wetland. Uniformly oriented

drumlin swells are obvious glacial features. Heading east out of Cottage Grove, you will pass through the small towns of Deerfield, London and Lake Mills. A restored train depot (open seasonally) offers visitors a picnic shelter, restrooms and interpretive opportunities. Just south of Lake Mills and the trail is Sandhill Station State Campground.

Aztalan State Park, located just east of Lake Mills, and a short distance north of the trail, is a day use park, and contains Wisconsin’s most important archaeological site. Continuing east, you pass through Jefferson and then to Pholman County Park that offers water and picnicking. You will pass through Sullivan, Dousman and Wales. Lapham Peak Unit of the Kettle Moraine State Forest is located in Wales and offers water, picnicing and backpack camping. The trail then continues on to Waukesha. For more information, please contact Glacial Drumlin State Trail – West, 1213 South Main Street, Lake Mills, WI 53551 (920) 648-8774.





National Trails Day

Friends of Capital Springs Recreation Area.

The Friends of Capital Springs Recreation Area, Inc. is a non-profit organization made up of individuals, families, and community business partners whose mission is to develop, promote, and maintain the educational and recreational opportunities within the area, as well as to promote the protection of natural habitat encompassed with the Capital Springs Recreational Area. The Friends group represents all the units in the recreation area including Lake Farm, Jenni & Kyle, E-Way, Nevin, MMSD, Capital City Trail, Lussier Family Heritage Center and the new Capital Springs State Park. Members have the opportunity to share their skills and talents with others while enjoying the park. Members can be as active in the group as their schedules permit. A major time commitment isn't necessary, but members can volunteer as much as they want. Some of the activities include:

- 📖 National Trails Day on the Capital City State Trail – Held each year on the first Saturday in June.
- 📖 Woodland restoration
- 📖 Prairie Seed Collection
- 📖 Prairie Restorations
- 📖 Harvest Moon Interpretive Event & Fund Raiser – Held each year at the end of September or early October.
- 📖 Interpretive Presentations
- 📖 Prescribed Burns

📖 Arbor Day Tree Planting
Through the years, the Friends of Capital Springs State Recreation Area have made significant and generous contributions to the park. A few examples include new interpretive signage for the Heritage Trail, National Trail Day Interpretive Signage and thousand of dollars in Lussier Family Heritage Center Donations.
Join Today! Help support the wonderful recreational opportunities and cultural history of this truly special natural resource located right next to the City of Madison. Please visit our website at www.fwsp.org/capitalsprings/ or contact Linda Mittnacht at (608) 224-3604 for more information.



Cylie, Cayce & Dakota with Smokey



Safety Tips

Here are a few tips to help make a happy and accident-free vacation.

- While hiking, stay on the designated and signed trails shown on the park map. When you wander off these trails, you do so at your own risk.
- When boating, do so with an eye towards your safety and the safety of others. Remember, a Coast Guard approved life jacket is required. Reference the Wisconsin Boating Regulations for a complete list of boating regulations.
- What may appear to be a “tame” animal may be ill or possibly rabid, and sick animals can bite. Leave it alone! Please report too-friendly or too-aggressive animals to the park staff.
- Never eat berries or plant parts unless you are certain of their identity. Staying on the hiking trails will lessen your chances of walking through poison ivy.
- Keep your bike under full control at all times. Keep at least two bike lengths between riders and warn others when passing. Pull off the road or trail to view wildlife, flowers, or scenic views. Be cautious in areas with loose gravel or sand, wet leaves, or other loose material.

Emergency Information

Emergency: **9-1-1** for the Dane County Emergency System (Call for Rescue, Fire and Police)

Illness or injury – In case of any injury or illness, contact park staff or campground host for directions to area hospitals.

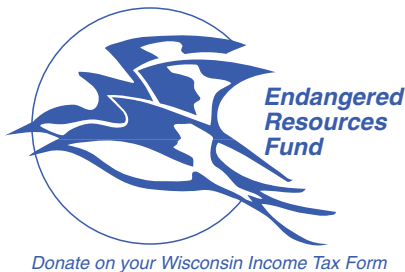
Fire – In case of fire, contact park staff or campground host immediately. Do not attempt to put out a fire until you are sure that the authorities will be notified.. If necessary, phone 9-1-1.

Disturbance – In case of a disturbance, notify park staff or campground host immediately. Be sure to write down any pertinent information such as campsite number, license plates, make and model, etc.

If necessary, you may phone directly to the Dane County Sheriff’s Department, 608-255-2345 (this is the non-emergency number, in an emergency call 9-1-1.

SAVE THE VISITOR

We hope you’ll find the Visitor a valuable aid during your stay here. We hope it’ll be so valuable you won’t throw it away and that you will take it home for future reference or to pass on to a friend. Whatever you do, please don’t discard it carelessly. If you must discard it, recycle it or use a container. Please, don’t litter.



Vegetative Management

A major goal of the Wisconsin State Parks System and Dane County Parks is to be stewards of the natural resources. Capital Springs State Recreation Area is striving to enhance and restore the natural resources that once thrived in this area. Many years ago, long before the farmers moved into the area, the vegetation was managed by fire. Vast open prairies were burned to enhance the growth of the tall prairie plants and limit the growth of unwanted trees and shrubs. Fires were caused by both natural conditions and lit by the Native Americans of this area. Fire was also a controlling factor in the wooded areas of the park. The understory was kept open by fires which helped to control the growth of small, scrub trees and enhance the reproduction of oak trees and oak woodland plant species.

When the European settlers came to this area they used the land for farming and grazing. The open areas that were once prairie had now become corn and alfalfa fields. All but about one tenth of one percent of Wisconsin’s native prairies had been destroyed. Grazing by the farm animals also caused a change in the wooded area of the park. Cattle would eat the tender, sweet grasses and Forbes and leave behind the thorny Gooseberry and Prickly Ash. Many school groups, scouting organizations and volunteers have, and continue to help plant Forbes and collect seeds for the prairie. The prairie becomes a brilliant display of color each summer through fall. Yellow and purple are dominant colors of the prairie. Controlled burning continues to “clean” the prairies and keep out unwanted vegetation. Seeds are collected from the prairie in the fall and used to reseed other areas.

The understory of many of the parks woodlands has become over grown with exotic and unwanted species such as buckthorn, honeysuckle and gooseberry. Over time, the exotic species will be removed and fire will be used to reduce the groundcover and leaf litter. The area will be opened up to resemble and oak woodlot which will have larger oak trees as well as some other mixed hardwoods. The smaller vegetation will be removed to help open up the canopy within the woods. This will open up the ground to sunlight so that woodland species will be seeded into the area throughout the restoration project. Fire will continue to be a factor in controlling the vegetation in the woodlands.

Additional restoration efforts will start in the near future as 175 acres of farm fields in the new Capital Springs State Park will be restored to prairie and oak savanna. Anyone with an interest in assisting with the native vegetation restoration project is welcome to contact the park. All offers to help are appreciated.



Prairie Folklore

By Wayne Pauly, Dane County Parks

Indian Hemp Dogbane



Apocynum cannabinum

In Fall, native people peeled the fibrous coating from either 'Indian hemp' or 'spreading dogbane', and then twisted a string stronger than dental floss. They used it for bow strings, animal snares, and fish nets. The two dogbanes look similar with red stems, milky juice, and clusters of small pinkish white flowers, however, on occasion one of the 'dogbanes' has dozens of dead flies hanging from the flowers--'flytrap plant'.

Although I'd read about flies being trapped by the flowers, I had to search for several years before seeing it for myself. It's an amazing sight, the flies seeking nectar get their 'tongue' caught between the stamens and are hung by the tongue until dead. There were dozens of dead flies in each flower cluster and several individual flowers had four or five dead flies hanging by their tongues. One time, a trapped fly was still alive, buzzing about a flower trapped by its short tongue. I used the tip of a knife to gently pry apart the stamens releasing the fly's tongue. It flew away with a sore 'tongue' as reminder--if it sees a bunch of dead flies hanging from some flowers, don't get so curious about what tasted so good.

Jewel Weed Impatiens capensis Meerb.

I am saddened by how few people know about the simple pleasures of Jewel weed. You find this orange flowered succulent annual in wet open areas, while the yellow flowered ones are in the sunlit openings of wet woodlands.

Named jewel weed for the water droplets on leaf margins, sparkling like diamonds in the morning sun. The other common names touch-me-not and quick-in-the-hand describe the behavior of seed pods. Shaped like miniature green bananas, when bumped the sides fly apart, coil up, and catapult the seeds. One group of children wondered if we could cross jewel weed with other plants to get self peeling bananas and oranges. Imagine their fun, running fingers down the fruit aisle at Woodmans, bananas and oranges exploding in all directions.

Have a trusting friend close their eyes and hold out a hand, then gently deposit several seed pods, and watch them jump when they close their hand and the pods come alive, quick-in-the-hand. Then you might consider tasting a seed whose flavor is reminiscent of walnuts.

The stems transform from translucent green to rust red with the first fall frost and collapse across the marsh waiting for the blanket of pure white snow.

Frost Aster & Frostweed

Aster simplex [A. lanceolatus] & Helianthemum canadense

Frost aster makes sense because the white flowers thrive during the sharp frosts of early October, but why frostweed for a yellow flower that appears during the balmy days of June. Well, people named frostweed for what they saw five months later on crisp mornings of early November, and I had to look for years before seeing the magical frost on a sand prairie of the Wisconsin River. Standing there, we saw scattered patches of white on the ground resembling windblown tufts of milkweed fluff,

but it was actually hoarfrost on the stems of frostweed. Moisture driven up from the roots had burst the stems and formed delicate fairyland hills and valleys of frost around the reddish stems. It disappeared as the sun warmed the earth. I have not taken the time to find it again, but the memory remains crystal clear

Mayapple, Umbrella Plant, Hog apple



Podophyllum peltatum

Mayapples emerge in spring looking like tightly closed umbrellas which unfold into the green parasols little girls twirled above their heads with many airs and graces. The ripe lemon yellow fruit appeals more to children than to certain adults who called it hog-apple, while suggesting it was only fit for pigs and little boys. However, poet James Whitcomb Riley must have liked the flavor because he described the proper way to eat this exotic tasting fruit.

“And will any poet sing of a lusher, richer thing.

Than a ripe May apple, rolled like a pulpy lump of gold

Under thumb and finger tips; and poured through the lips?”

On the other hand, the unripe green fruit smells awful. An older volunteer associates the stink with his parents first new car 60 years ago. An envious neighbor squashed unripe fruits on the radiator, and for months afterward, the hot radiator sent the disagreeable smell through the new car (not quite the “new car” smell they had hoped for).

Aspens - Populus tremuloides Michx.

In the language of leaves and flowers, the aspen represented fear and gossip because its leaves were always trembling like a person in fear, or wagging like a gossiping tongue. Stand under an aspen and listen, a slight breeze causes the leaves to wave and whisper like the sound of a brook rushing over rocks. The leaf stems of aspen are flat not round. Round stems give leaves strength to hold their position and resist the wind, but flat stems allow the wind to wiggle the leaf this way and that. Why the difference? Well, some speculate that during wind storms, the wiggling aspens leaves offer less resistance to the wind than the rigid leaves of other trees, resulting in fewer broken branches of the weak wooded aspen.

My favorite memory of aspen involves an old friend who died a few years back. It seems she had fond memories of a country childhood spent playing around a small stream. The sound of the water over rocks probably brought back pleasant sun warmed thoughts. After her children were gone, the years passed, and she wanted to hear that sound again when she woke in the morning. So on a whim they visited a local Christmas tree farm and asked how much for an aspen tree, they were willing to dig it themselves. The surprised owner told them that those weed trees were free and they could dig up every last one if they wanted.

So that spring a clump of aspens were planted near the windows and she heard the sound of the

brook whenever she listened for it. Her husband said the only problem was that the root sprouts kept trying to take over the yard but he took care of them with the lawn mower and an old hatchet.



Jack-in-the-pulpit

Jack is probably the best known of all the woodland wildflowers, and readily grows in shady flower gardens. I remember a folklore tour where a woman asked if anyone had ever heard Jack preach--she was serious. She had us kneel down, put our ears next to the flower, and gently squeeze the sides of the “pulpit”. The overlapping edges of the leaf in front quietly squeaked as the edges rubbed over each other—“that’s Jack’s high squeaky preaching voice” she said.

A century ago people used the name Indian turnip, while country boys called it memory root because of the cruel prank they played on new kids at school. They offered the new boy a bite of their “turnip”. The corm has calcium oxalate crystals which puncture the soft tissues of the mouth with an excruciating pain—never to be forgotten, hence “memory root”. Native Americans destroyed the crystals by long drying or baking.

Recently I learned that Jacks can change sex from one year to the next. If at the end of a growing season the corm has stored lots of food, then the following year it produces two sets of leaves and female flowers, however, with less stored food, it produces one set of leaves and male flowers. This explains why we see so many more of their red fruits in our savanna restorations after we clear the underbrush and thin out the trees to let in more light.

Oaks and Lightening

You’ve seen trees struck by lightning, but did you notice that some scars are straight, while others spiral around the tree. Years ago I asked a group of naturalists if anyone could tell my why. Well, Rick grinned and said, “The lightning coming straight down must have been in a hurry”. Actually, it was following water vessels that make up the wood grain --- sometimes the grain is straight, sometimes it spirals. If you look for lightning scars, take note that oaks are struck and damaged more than any other tree.

A German rhyme loosely translated said,
*“Before the oaks you ought to back off,
Before firs you ought to flee,
But you should seek out the beeches”*
(P.S. it rhymes in German)

And in England,
*“Beware of the oak it courts the stroke,
Avoid the ash it draws the flash,
Creep under a thorn, it will save you.”*

Scientific research confirms these old legends, for example in a 11 year forest study in Lippe, Germany, oaks were hit 56 times, firs and pines 24 times, and beeches not at all, although

the forest was 70% beech trees. Our ancient European ancestors noticed this phenomenon, and that's why the Greek hurler of lightning, Zeus, had is oracular oak where his voice was heard in both the rustle of the leaves and the crash of thunder. Other gods of lightning whose revered symbol is the oak include the Scandinavian Thor with his thundering hammer and the Roman god Jupiter.

Beeches may avoid lightning strikes because oil in the wood reduces its ability to conduct electricity. In addition, when struck, it is left undamaged because lightning follows the path of least resistance, and flows outside of the tree in the slick of rainwater on the smooth beech bark. Oaks, however, have very rough bark that doesn't wet uniformly, so the path of least resistance is the tiny water filled vessels making up the grain of the tree. The sudden 50,000 degree temperature explosively vaporizes water in the narrow vessels, blowing the tree apart.

Bergamot - Monarda fistulosa

Once, on a tour an older woman remembered that during the Great Depression her parents stretched the food budget using dried bergamot flowers as a pepper substitute. We all tried it right there and found it to be a potent pepper with a three second delay. People chewed a few flowers, uttered a few words about not tasting anything, interrupted by vigorous spitting as the potent pepper took effect. It was lots of fun!

Long ago I heard that native bees are divided

into two groups, long tongue and short tongue. Because of the long tube leading to the nectary, only long tongue bees can pollinate bergamot. But look close at the base of those long lavender tubes, there's a hole chewed through apparently by short tongue bees who take the nectar but don't help with the pollinating. So next time your in the prairie watch for the thieving short tongue bees at the underside of the flower while the law abiding long tongue bees arrive on top.

Shagbark Hickory

Growing up in Illinois, we heard many stories about Lincoln, and a mental picture of him reading his borrowed books by the light of the fireplace stayed with me. Many times while camping I've tried to read by firelight, and it's a frustrating experience; the bright flames are too hot to get near and by the time the fire cools down, the good light is gone.

Some years ago I paged through a book on Appalachian crafts and a reference to Abraham Lincoln caught my eye. His family stocked up on hickory bark to use on long winter nights, and Lincoln, like other impoverished pioneers who needed to read or work by inconsistent firelight, used a few slabs of hickory bark to renew the flames, thus providing a steady light. I tried it and it worked great. A small piece of hickory bark on the coals created a steady flame for reading. Later I created a crude reading candle using an old bowl filled with dirt, a few hot coals



from the fire, and some hickory bark. Blowing on the hot coal in the bowl ignited the resins in the hickory bark and provided ten minutes of reading.

It got me thinking, how we do not record the ordinary, just the special. Writings about early American life occasionally refer to candle making, but rarely mention other forms of light used by the log cabin families before the advent of cheap coal oil for lanterns. I picture someone a few hundred years from now looking over a 20th Century family photo album and imagining our life as one long vacation interrupted by innumerable birthday parties

**Leave Firewood at Home -
Keep Wisconsin parks, forests and campgrounds healthy**

For many people, a campfire is an important part of the camping experience. It's the family room of the campsite; a place to share a laugh, eat meals and toast marshmallows.

But the firewood that fuels your campfire could also be transporting harmful insects and diseases to the forested areas in Wisconsin, including your favorite park or campground. Trees in your own backyard or neighborhood could also be at risk.

Pests and diseases such as the emerald ash borer, gypsy moth, oak wilt and beech bark disease are easily spread through infested firewood. For example, emerald ash borer is now in Wisconsin. This beetle commonly moves around on firewood and has already killed millions of trees in other states and in Canada.

- 1) Leave firewood at home. Purchase only "certified" firewood that has been treated to kill lurking threats from invasive hitch hikers. Or, buy firewood near or at your campground. Find a list of certified firewood dealers online at: www.emeraldashborer.wi.gov. Also, many



properties offer firewood for sale, or private sellers have it available near the park. With the increasing complexity of firewood regulations, this is the easiest way to plan.

- 2) Burn all of your firewood at your campsite; do not take it with you to another destination.
- 3) Reduce your need for open fires by cooking over gas or charcoal. Instead of an evening campfire, explore new night-time activities like star-gazing or viewing wildlife by flashlight.

- 4) Stay updated on changing firewood rules and restrictions. These are likely to tighten across the state in 2010 as more and more properties are taking preventive measures.

Campfires remain an important part of the outdoor experience in Wisconsin, but we must all take a few precautions to keep our forests and campgrounds – and our city parks and yards – healthy.

"There's a wealth of natural beauty in Wisconsin, much of it on our state properties for everyone to enjoy. Taking some precautions with firewood will help ensure that these terrific resources are around for years for generations to enjoy," Cummings Carlson said.

Campers will find reasonably-priced firewood within or nearby all state parks and forests. Wood from unapproved sources may be confiscated and destroyed. Firewood is available from the Campground host. Ask a ranger or campground host about firewood rules, or visit online: www.dnr.wi.gov/invasives/firewood/

Lake Farm Archeological District

continued from page 1

studies suggest that the prehistoric residents of the area were not farmers, but nomadic tribesmen who utilized the rich supply of food that was provided by the lake, the marsh and the surrounding woodlands. Since no evidence was found of villages being constructed in this area, it is assumed that groups or families gathered in the area during certain seasons of the year and then moved on. A description of many of the resources and how the early inhabitants used them can be found on several of the trail signs that are located throughout the park area along the Heritage Trail. One of the most interesting legacies of the Late Woodland cultures (1,000 BC – 1,600 AD) was the creation of a series of mounds that were constructed in the shape of various animals or geometric forms. Although no mounds were discovered in the Lake Farms Archeological district, many artifacts from this culture were found. Several mounds are located on the land adjacent to the property, including Capital Springs State Park, and some may have even been located in the district prior to the land being cultivated. Over 1000 mounds have been identified in Dane County, most of which were constructed between 700-1300 A.D. (The following was excerpts from "Lake Farm Park - A Compilation of Information, Maps, Pictures and Recollections Related to the History of Lake Farm Park" by Volunteer Larry Dickerson)



Photo by Phil Billings

Kids Activity Page

"Trails at Capital Springs" Crossword Puzzle

Can you solve the trails crossword puzzle? All the answers are trails within the Capital Springs State Recreation Area.

Across:

1. Gateway to 9 Springs
4. Glacial Significance

Down:

2. State Trail Pass Required
3. Deer
5. Cultural/Historical
6. Has Natural Springs
7. Birdwatchers Delight



Residents of the Park Wordsearch

K P T N S L E P E E C E S K C U H C D O O W S U O
E P A T T A N U N S G G I K F O X D N G G E E A
S H T D I E N K N A H R F O C O T T O N T A I L K
E E U T Q E S D C O Y E A O O P O S S U M S S O N
E A R U U A S H F L O Q Y X E F L O P S G K E U
G S T I L R S A C I S U T U O R S O E S N K
A L R R E K A L E L K O K T S S S O O N A U O S
N N E S Y O S E O E O L N T E A Q Q O G I N M E C
A T S Q R S U Y O A E U E H E U U S T S P S U
I S R Y R E V A E B U G L C U R O E I I R S I H F
D N H E K A L F U R U L L K R P E M R R N H T A
A G E A M U S K R A T S E V A E E D A R R C C H
N C N S E S E O U O A A L C S E N D L D E E I O
A S S N O O C C A R U G S E O X R E U A C S L L S
C E F N D R P S C O T P D F D D X E E T O Y O C I

See If You Can Find These Residents of the Park

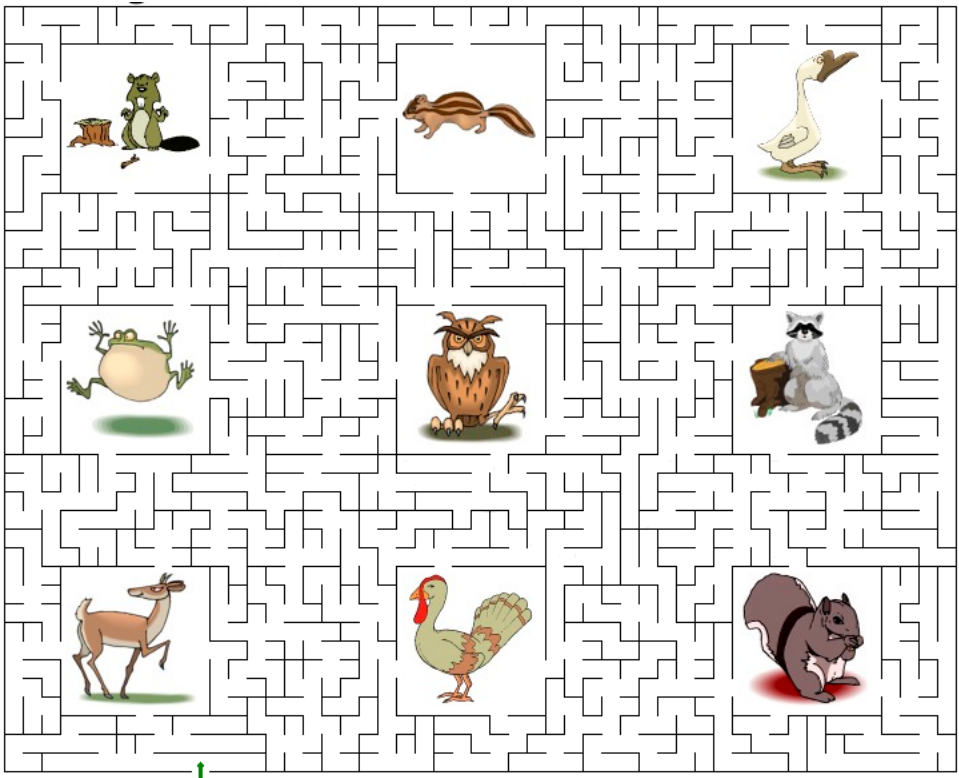
DEER	TURKEY	EAGLES
SKUNK	FOX	COYOTE
GRAY SQUIRREL	FOX SQUIRREL	CHIPMUNKS
COTTONTAIL	MUSKRATS	BEAVER
WOODCHUCKS	RACCOONS	OPOSSUM
PHEASANTS	SANDHILL CRANE	TURTLES
FROG	SNAKE	CANADIAN GEESE

Lake Farm Scavenger Hunt:

Take a hike with your family around Lake Farm and see how many of the clues you can find.

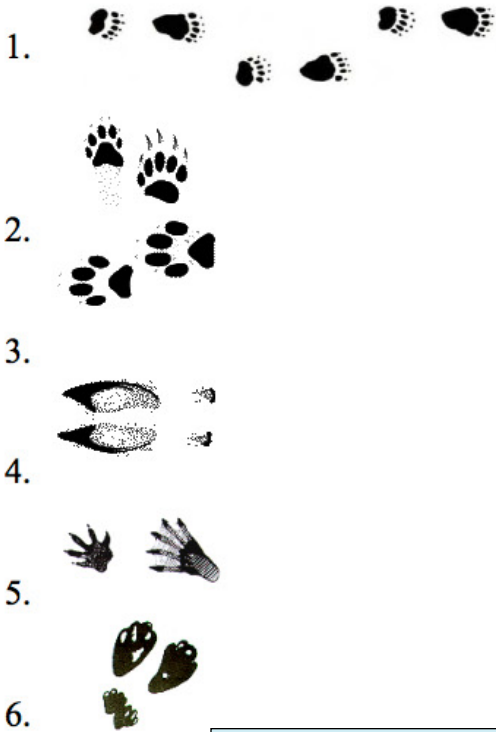
1. What is the name of the Campground Host?
2. How many slides are on the play equipment in the campground?
3. How many campsites are in the campground?
4. What color is the observation scope on the Heritage Center deck?
5. The weather vane on the roof of the Heritage Center has a sculpture of what on it?

6. How many bat houses are on the red barn next to the Heritage Center?
7. What type of renewable energy powers the Heritage Center?
8. Which shelter is next to the observation tower?
9. What cleaning facility is located at the boat launch?
10. If you fell off this long narrow structure behind shelter #2, your going to get wet. What is it?
11. An interpretive signs is located between shelters 2 & 3 near the lakeshore. What is it about?
12. What color are the slides at shelter #3?
13. What color is the hand pump at group camp?
14. How many benches are at the MMSD Wildlife Observation Platform?



Start here and see if you can make it to all the animals

Match the Tracks



Bobcat
River Otter
Moose
Bear
Chipmunk
Mink
Badger
Meadow Vole
Opossum
Coyote
Raccoon
River Otter
Deer
Timber Wolf
Beaver
Snowshoe Hare

Answers on
bottom of page.

Animal Tracks Answers: 1. Bear 2. Badger 3. Coyote
4. Deer 5. Beaver 6. Snowshoe Hare

CROSSWORD PUZZLE ANSWERS
Across:
1. Gateway to 9 Springs (EWAY)
4. Glacial Significance (LUSSIERMORAINE)
Down:
2. State Trail Pass Required (CAPITAL CITY)
3. Deer (WHITTETAIL TRAIL)
5. Cultural Historical (LAKE FARM HERITAGE)
7. Birdwatchers Delight (MMSD)

Park Map

Capital Springs Recreation Area

- Parking

Restrooms

Campground

Group Camp

Showers

Campsites with Electricity

Shelter

Picnic Area

Boat Launch

Canoe Launch
- Fishing

Vista

Hiking Trail

Bike Trail

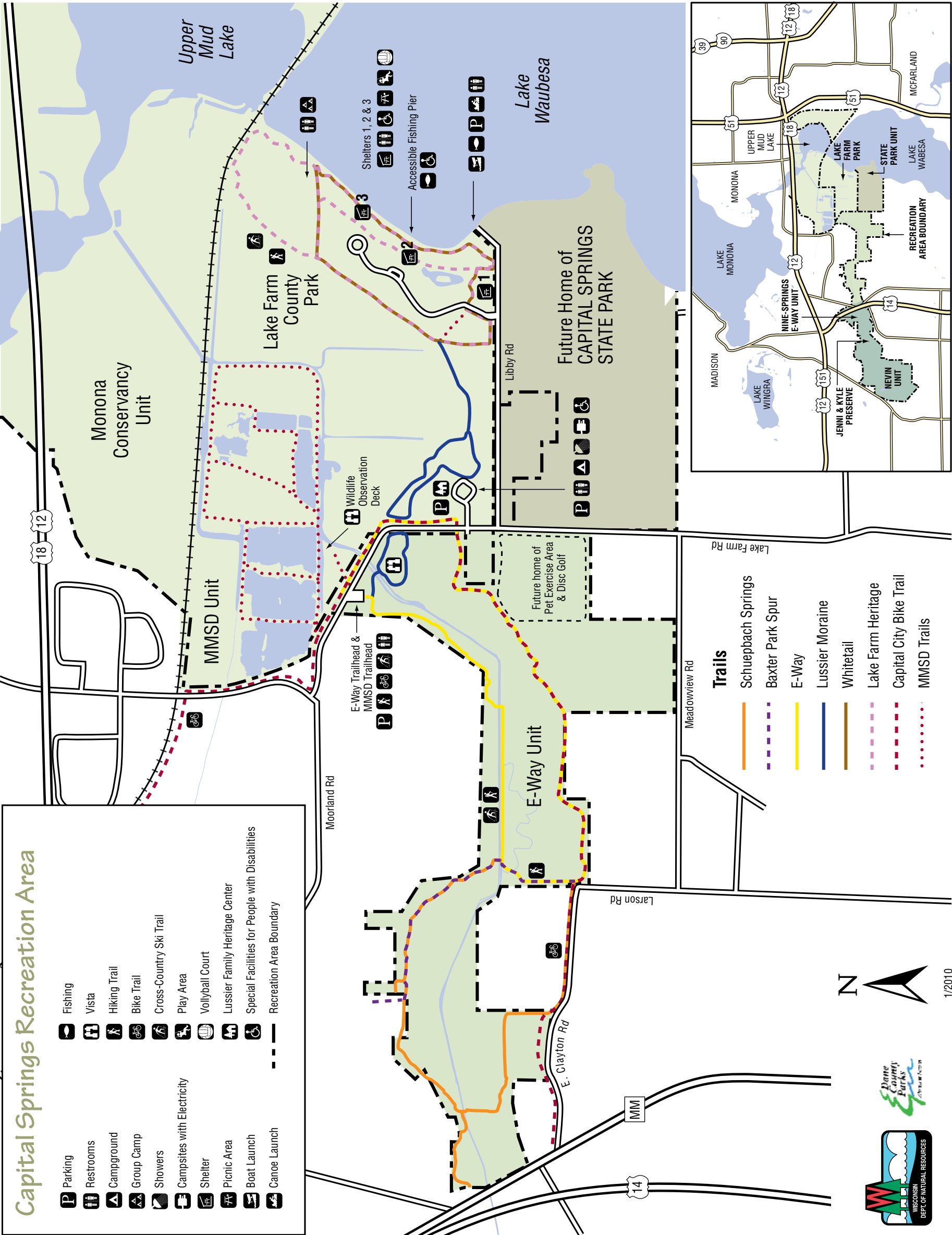
Cross-Country Ski Trail

Play Area

Volleyball Court

Lussier Family Heritage Center

Special Facilities for People with Disabilities
- Recreation Area Boundary



1/2010



- Trails**

Schuepbach Springs

Baxter Park Spur

E-Way

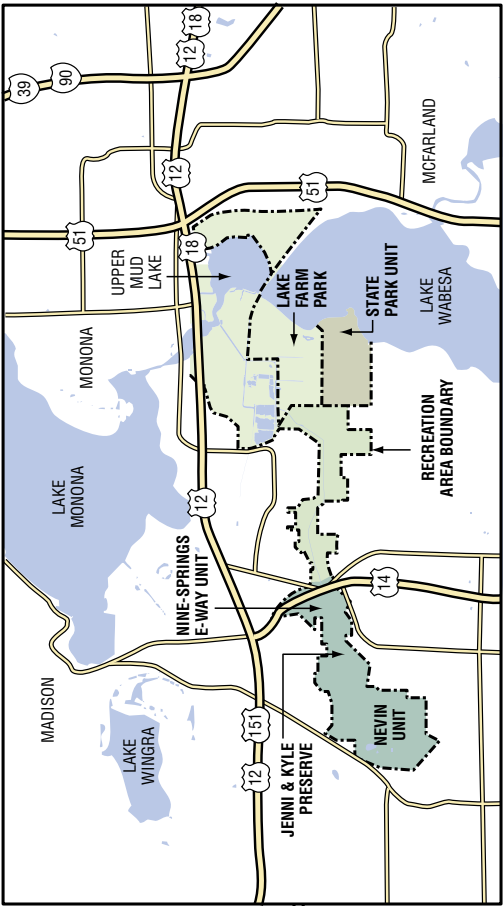
Lussier Moraine

Whitetail

Lake Farm Heritage

Capital City Bike Trail

MMSD Trails



Hiking Trails

Capital Springs State Recreation Area provides miles of hiking trails extending from the shores of Lake Waubesa two miles west through the beautiful E-way.

Lake Farm Heritage Trail – (Easy 2.1 mile) Take a self guided interpretive hike around the shores of Lake Waubesa. Interpretive signage exposes you to the cultural and historical significance of the prehistoric Lake Farm Culture and the Lake Waubesa area as well as some of the areas natural history. The observation tower is located near shelter #1 and is open seasonally.

Whitetail Trail – (Easy 1.3 mile) Linking the shelters and group camp, this trail offers wonderful views of the wetlands and wildlife. The trail overlaps with the Lake Farm Heritage Trail to offer views of beautiful Lake Waubesa. The observation tower is located near shelter #1 and open seasonally.

E-Way Trail – (Easy 2.7 mile) The gateway to the Nine Springs E-Way Corridor starts here. This tranquil wetlands trail meanders alongside the Nine Springs Creek through the heart of the E-way before connecting to the Capital City State Trail. Connects with the Baxter Park and Schuepbach trails.

Baxter Park Spur Trail – (Easy) A connector trail from the Capital City State Trail to the City of Madison-Baxter Park.

Schuepbach Springs Trail – (Easy 2 mile) A primitive trail that extends off of the E-Way trail through the Nine Springs E-Way and lazily meanders through uplands and wetland area. Several natural springs are located along the west end of the trail, before returning you on the Capital City State Trail.

Lussier - Moraine Trail – (Moderate 1.6 mile) A gentle winding and sloping trail around the Lussier Family Heritage Center that overlooks the MMSD Wildlife Observation Area and Monona Conservancy. The trail crosses Lake Farm Road and a half-mile of the trail situates on top of a glacial moraine with a view of the surrounding country side and wetlands. Nestled within a restored prairie is an observation deck located on the west corner of the moraine. The trail offers a great bird's eye view of the MMSD Wildlife Observation Area as well.

MMSD Wildlife Area Trail – (Easy - 3.3 miles) Trails winding through this reconstructed wildlife habitat are a bird watchers delight. The trail also offers an elevated boardwalk and observation platform.