



## Sun Prairie & Madison Area Running Routes



### **Sun Prairie:**

Running Diva Mom Studio: 351 E Main Street, 335 Cannery Square

Take Market St/Columbus St towards business park. Or take bike path to the Dream Park, past the Sun Prairie East High School and cross Highway N to use the Meadow Crossing neighborhood bike path through the prairie.

Carriage Hills Estates Park: 540 N Musket Ridge Drive

Use the pond's one mile loop within the park as your warm-up. Then cross onto Gas Light Drive or Carriage Drive for additional path which will lead you to Town Hall Road's segment of the path, near Patrick Marsh.

Orfan Park: 2050 St. Albert the Great Drive

Take the Orfan Park biking path east towards the rolling prairie or west towards Bird St

Sheehan Park (West): 1115 Linnerud Drive (across from the Sun Prairie Public Library)

Take Linnerud Dr bike path towards downtown Sun Prairie or use the Sheehan Park bike path along the tree line

Stoneridge Estates Park: 300 Stonehaven Drive

Use the park's trail system around the baseball diamond and the pond towards Bird St. This will connect with the Orfan Park bike path, just south of Buck & Honey's

Thoreau Park: 1521 Thoreau Drive

Enjoy this park for a nice stretching session after your run and grab the path, adjacent to the park's pond. Follow it past Creekside Elementary and meander through the neighborhood and along O'Keeffe Ave.

Wyndham Hills Park: 675 N Heatherstone Drive (shares lot with Horizon Elementary)

Follow the bike path along Highway 19. Continue along Highway C. Or take the lit trails near Sun Prairie West High School during darker runs.

## **Madison Area:**

Upper Yahara River Trail: Park at Sunfish Pond, 4590 Windsor Rd, Windsor/Deforest

Lower Yahara River Trail: Park at McDaniel Park, 4081 McDaniel Ln, McFarland

Glacial Drumlin State Trail: Park at Cottage Grove Trail Head, 220 S. Main St, Cottage Grove

Pheasant Branch Conservancy: Park at Orchid Heights Park, Middleton

UW Arboretum: Park at Wingra Beach near Zoo or Arboretum Visitor's Center on Arboretum Drive, Madison

Capital City Bike Path: <https://dnr.wisconsin.gov/topic/parks/capcity> Madison/Fitchburg  
Park at Olin-Turville parking lot near Sheraton, 1156 Olin-Turville Court, Madison  
Park at Machinery Row (near Monona Terrace): 601 Williamson Street, Madison

Badger State Trail: <https://dnr.wisconsin.gov/topic/parks/badger/maps> Madison to Monroe

Military Ridge State Trail: <https://dnr.wisconsin.gov/topic/parks/militaryridge> Fitchburg/Verona

American Family Trails: Park anywhere along the American Family Parkway complex and enjoy several 1-2 mile loops.