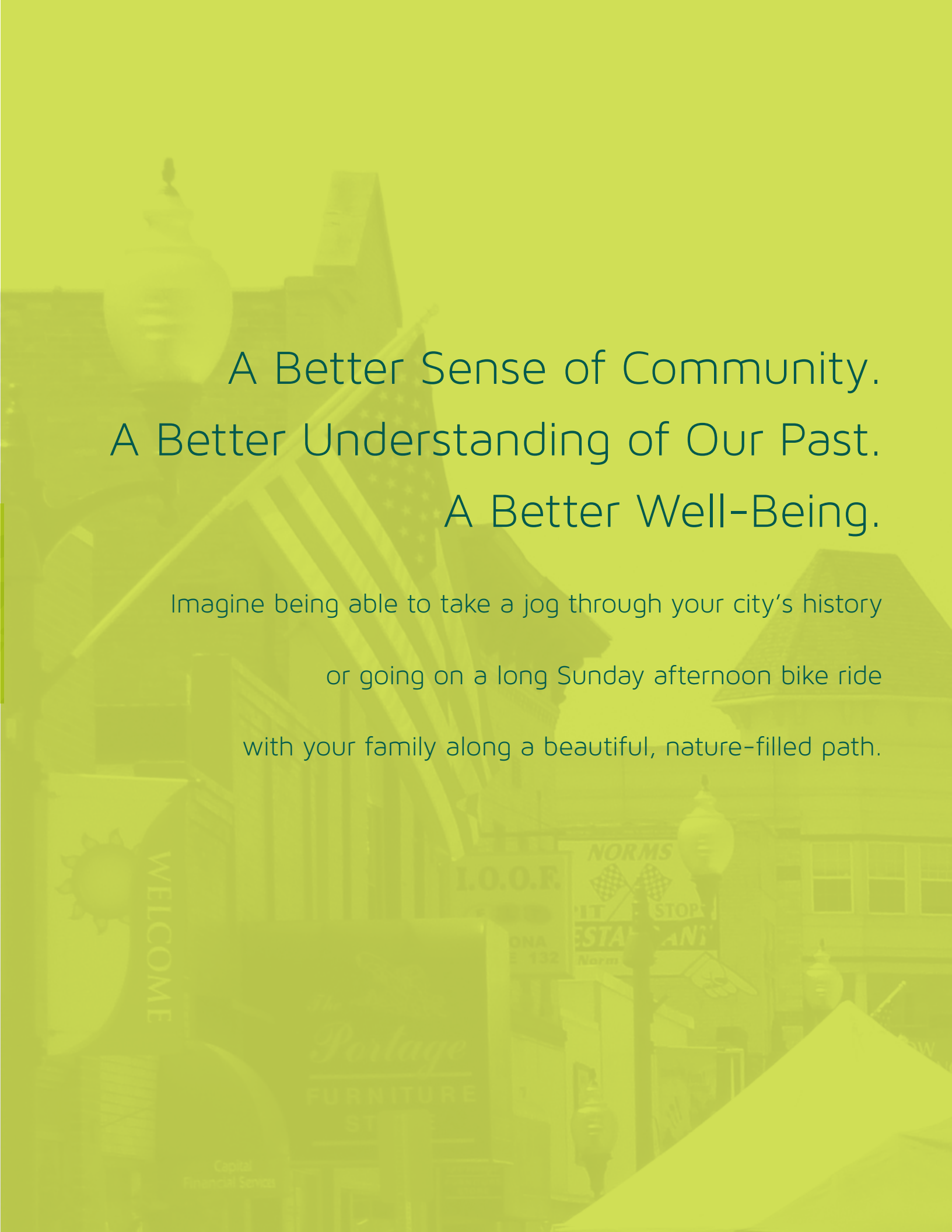




**Join Us on a Path to Better...**

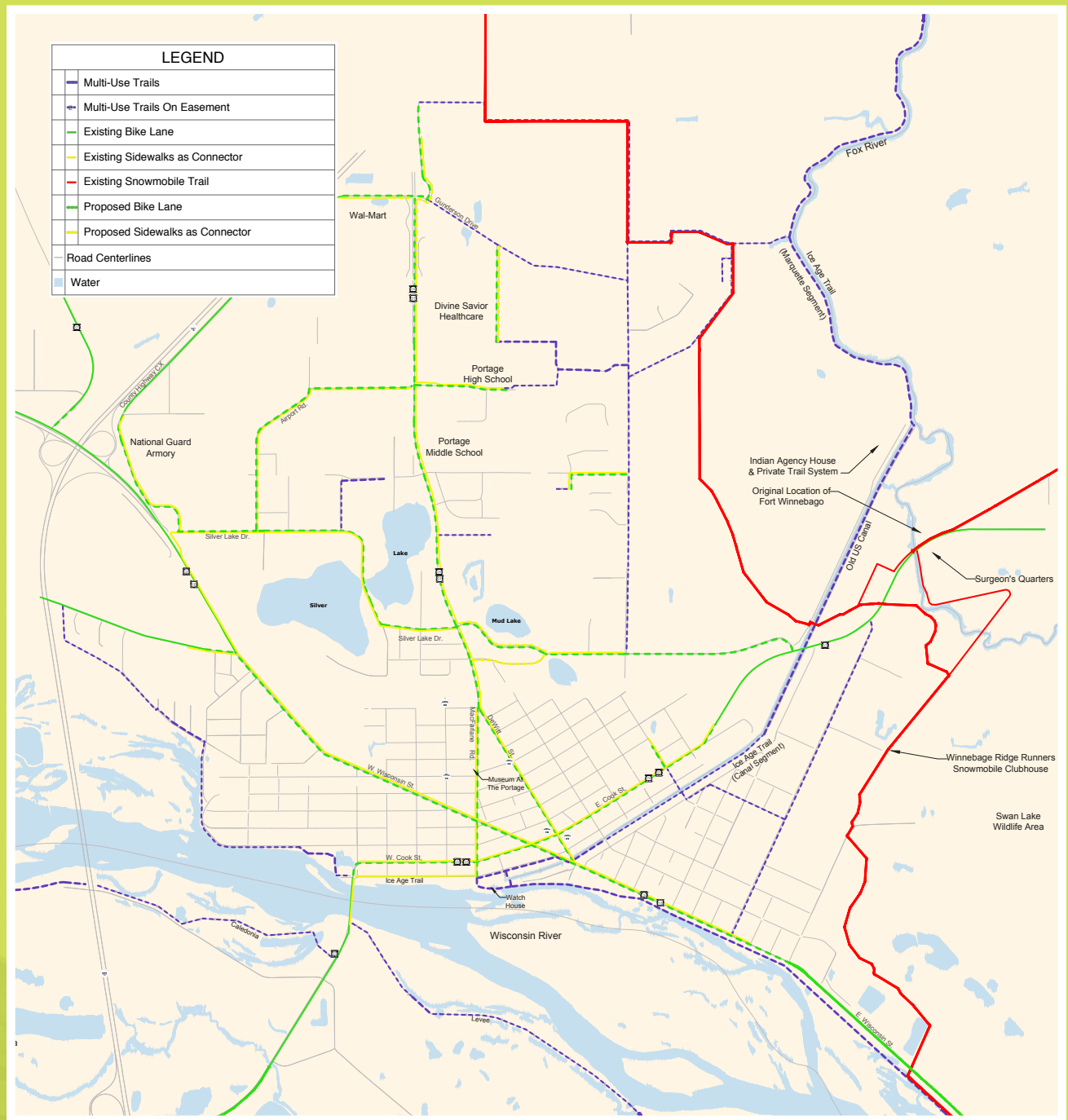




# A Better Sense of Community. A Better Understanding of Our Past. A Better Well-Being.

Imagine being able to take a jog through your city's history  
or going on a long Sunday afternoon bike ride  
with your family along a beautiful, nature-filled path.





Now, imagine being able to do this without even leaving town. The addition of the Portage Area Trails and Heritage System (PATHS), a 65-mile trail system that will allow residents and visitors to freely bike, run or walk the community, makes this daydream completely possible. With your support, our community can enjoy the path's numerous benefits, including a link to our natural and historic wonders, an opportunity for increased wellness and a chance for economic growth.

# Portage Area Trails and Heritage System (PATHS)

## Get the Lay of the Historical Land

We are proud to have the opportunity to share the history of Wisconsin's third oldest settlement. Experience our past as you venture down the same corridor taken over 10,000 years ago when travelers portaged between the Fox and Wisconsin rivers. Stop and visit Portage's historical offerings at sites like The Indian Agency House, Fort Winnebago Surgeons Quarters, Portage Canal, Fort Winnebago, The Ice Age Trail, Pine Island Wildlife Area, Duck Creek and Downtown and Residential Historic Districts.

## Your Way to Wellness

The Portage community's health statistics are alarming — we have a higher than average rate of deaths due to suicide, diabetes and strokes. Fortunately, continued research tells us that walkable communities directly contribute to lower rates of mental and physical health concerns.

**The PATHS project** can bring us back to making outdoor physical activity a part of our way of life and help us head off the major and chronic conditions that are ailing our population, such as depression, cardiovascular issues and stress. The Surgeon General indicates that adults should get 150 minutes of moderate-intensity activity each week and children and teens should engage in at least one hour of activity each day. In a walkable community, it is easy to accumulate 30 minutes of activity or more because daily tasks, such as going to and from school or work and running errands, can be performed by walking rather than driving.

Not only is exercise great for your physical health, but for your mental health as well. The PATHS project will provide the opportunity for social interaction among families and friends, helping foster a sense of community.

The extent of bicycle and walking trails in a community has been described as a barometer of a city's quality of life. With the Portage Area Trails and Heritage System, the quality of life in our community can reach new heights.

## Make Portage's Economy Soar

Community and recreational amenities, such as a trail system like PATHS, are key attractions in recruiting families, professionals and business owners to communities such as Portage. Walkable communities have proven to lead to higher property values, increased private investments, increased tourism and a good climate for business.

PATHS also connects to the Columbia County bike loop system, bringing in even more economic benefits with bicycle tourism. Studies show bike tourists spend an average of \$49.28 per day while trail visitors spend an average of \$26.43 per day. This benefit extends to local businesses — many times trail users visit restaurants, retail businesses and lodging facilities that are located along the trail.

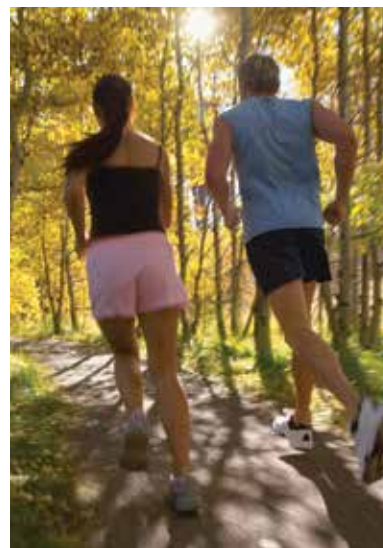
## Bring Serenity to the City

Accessible paths are about so much more than just walking and running — they create a peaceful atmosphere inside an otherwise busy city. Paths allow community members a hub to get away from their everyday stress and provide a no-cost recreational option for families in our community. This is an opportunity to lose yourself in a serenity-filled atmosphere, leaving your troubles behind.

On top of these benefits, the proposed path would add to the City of Portage's Parks and Recreation calendar of events. Paths of this style would lend themselves to run/walks, 5ks and half marathons that could be planned as programs, fundraisers or community events. Similar programs are already being organized, and with additional paths, Portage's recreational future is limitless.

## PATHS Highlights

- Opportunity for community events that will bring in participants from other areas, leading to increased lodging and food sales
- Less pollution production
- No-cost recreation and transportation
- Decreased cardiovascular disease due to opportunity for increased heart-healthy exercise
- Reduced stress and depression
- Opportunity for families to spend quality time together while focusing on both mental and physical health
- Brings entire system of paved and unpaved paths, connector paths and sidewalk lanes to 65 miles
- Enriches overall quality of life





The Portage Area Trails  
and Heritage System will bring  
history, wellness, economic  
growth and peace to those who  
reside in or visit the  
Portage area.  
Support the initiative  
today to lead to  
a better tomorrow.

For more information  
about Portage,  
visit [www.portagewi.com](http://www.portagewi.com)  
or contact the Portage Area  
Chamber of Commerce  
at 608.742.6242.

