



2026

TrailLink Unlimited 

Guides



Stower Seven Lakes State Trail

Wisconsin



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The Stower Seven Lakes State Trail runs for nearly 14 miles along an old railroad corridor between Amery and Dresser, passing through the towns of Deronda, Wanderoos and Nye. In Amery, the trail begins at Harriman Avenue, heading west. If you head east, you'll be on the [Cattail State Trail](#) (which allows motorized vehicles).

The trail is mostly rural, passing among wetlands and lakes and among farms and remnants of prairie, with lots of wildlife. A state [trail pass](#) is required for cyclists and cross-county skiers.



Stower Seven Lakes State Trail

Wisconsin

States: Wisconsin

Counties: Polk

Length: 13.5miles

Trail end points: Harriman Ave. (Amery) to
90th Ave. (Dresser)

Trail surfaces: Crushed Stone, Gravel

Trail category: Rail-Trail

Trail activities: Mountain

Biking, Walking, Wheelchair Accessible, Cross
Country Skiing

Parking & Trail Access

In Amery, park at the eastern trailhead between Harriman Avenue and Keller Avenue. On-street parking is available in Wanderoos and Dresser and there's a parking lot at Lotus Lake County Park, just east of the trail along 90th Avenue.



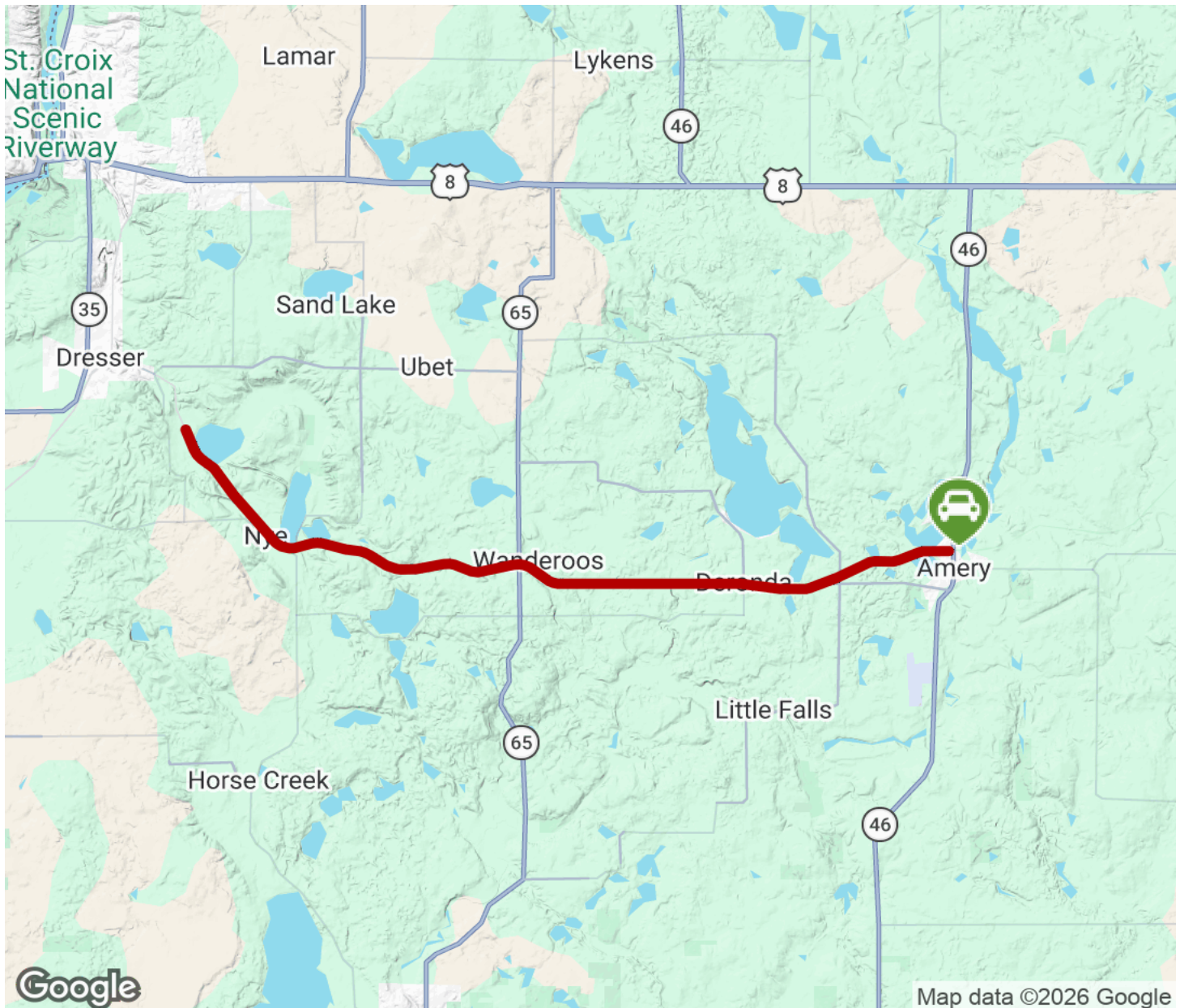
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Stower Seven Lakes State Trail

Wisconsin



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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