



2026

TrailLink Unlimited 

Guides



400 State Trail
Wisconsin



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Traveling the 400 State Trail is a numbers game. The trail's name refers to the old Chicago and North Western Railway's "No. 400" passenger train that zoomed through here between Chicago and St. Paul—a distance of 400 miles accomplished in 400 minutes. Other numbers related to the trail might interest trail users: 22, the number of miles between trailheads in Elroy and Reedsburg; 10, the number of times the route crosses the Baraboo River; 7, the miles of parallel horseback-riding trail; 3, the number of junctions with other trails.

NOTE: A State Trail Pass (\$ 25 annually/\$ 5 daily) is required for bicyclists and horseback riders ages 16 and older. Snowmobilers must display either a Wisconsin registration or a snowmobile State Trail Pass. For information, go to dnr.wi.gov/topic/parks/trailpass.html.

About the Route

Leaving off from the trail's northern endpoint in the historic railroad hub of Elroy, the trail leaves off just a couple of blocks from the Elroy-Sparta State Trail.

In the first mile heading south, the trail crosses the first of nearly a dozen bridges or trestles spanning the Baraboo River. The valley provides a level ride to Reedsburg, but trail users will be able to see hilltops, cliffs, and dramatic rock formations common to the so-called Driftless Area that wasn't scraped flat by Ice Age glaciers.

In 4 miles, the trail arrives at a park and restrooms in Union Center, followed by a junction with the Hillsboro State Trail. In another 3 miles, the trail runs through Wonewoc, a narrow part of the valley that's a tourist destination for trail pedalers as well as river paddlers. Wonewoc has two campgrounds (Baker's Field is located along the trail) and numerous restaurants, taverns, and grocery stores.

The horseback-riding trail runs from here to La Valle. The old railroad grade passes through woodlots and wetlands in this section where trail users might spy deer, raccoons, and skunks, as well as a variety of songbirds and waterfowl. Two public recreation areas, Hemlock-Sauk County Park and Dutch Hollow Lake, offer waterside recreation close to the trail 5.4 miles past Wonewoc on Dutch Hollow Road.

Trail users can find more refreshments in La Valle. About 2 miles past the La Valle business district, County Road V can take trail users on a 1-mile side trip to Lake Redstone, a reservoir nestled in the hills.

About 7.7 miles past La Valle, the trail arrives in Reedsburg. While its early history involved growing hops and brewing beer, now it's the home to the annual 10-day Fermentation Fest that celebrates all things fermented. The trail reaches its southeastern end here at a restored railroad depot that serves



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States: Wisconsin

Counties: Juneau, Sauk

Length: 21.9 miles

Trail end points: Cedar St. (Elroy) to 240
Railroad St. (Reedsburg)

Trail surfaces: Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Fishing, Horseback
Riding, Mountain
Biking, Snowmobiling, Walking, Wheelchair
Accessible, Cross Country Skiing

Parking & Trail Access

The 400 State Trail runs between Cedar St. (Elroy) and 240 Railroad St. (Reedsburg).

Parking is available at:

- Wayside Park (Reedsburg)

These are not official addresses, please see [TrailLink Map](#) for all parking options and detailed directions.



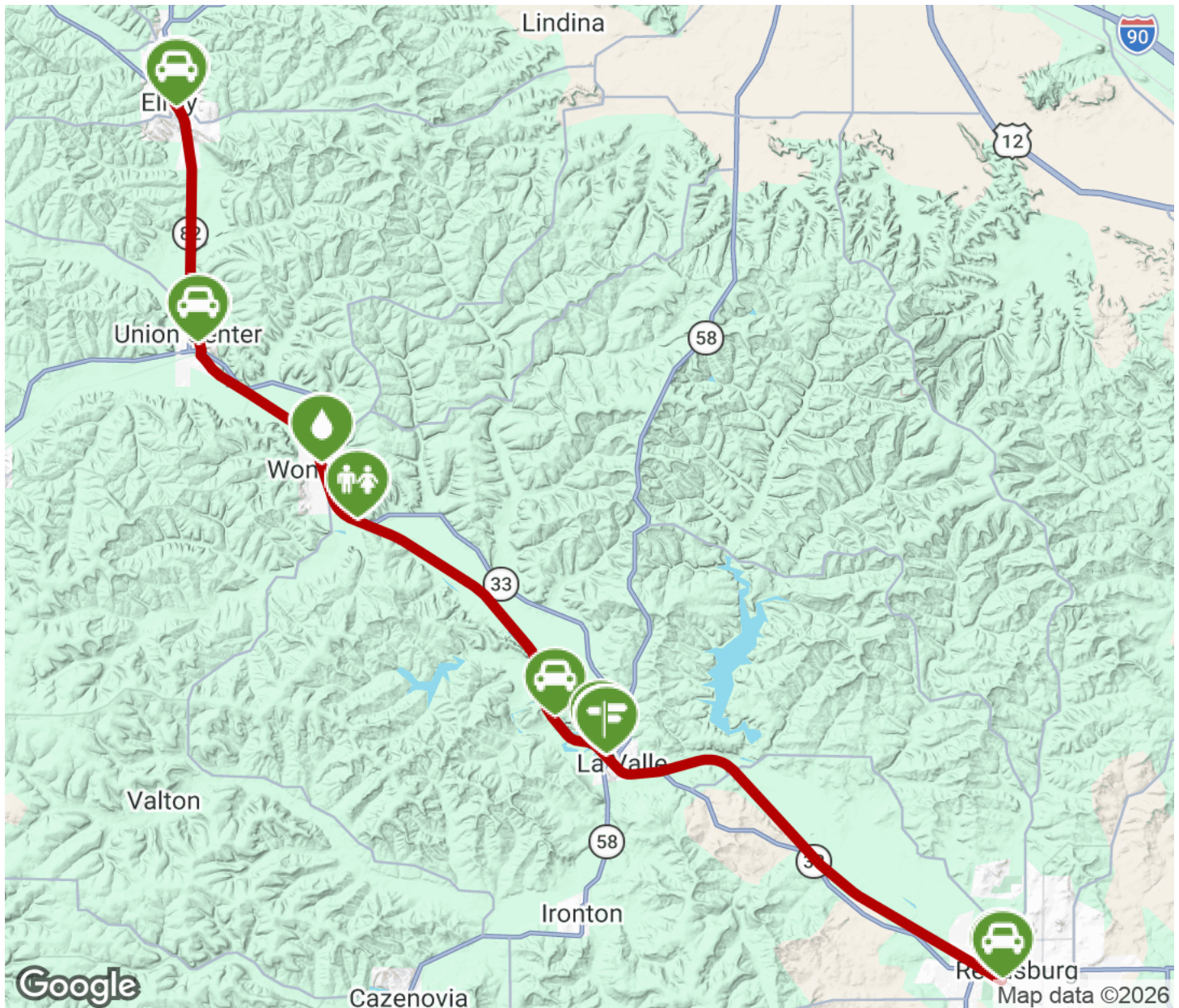
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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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