



Caring for the Earth

In 1953, the Benedictine sisters set down roots on a hilltop farm overlooking Lake Mendota and the skyline of Madison, Wisconsin. They became the new stewards of land that already held stories from many generations of human relationships. We gratefully acknowledge that this land has been honored and tended for thousands of years by members of the Ho-Chunk Nation and their ancestors.

Caring for the earth is part of our mission, rooted in Benedictine values of stability and respect for all of creation. The sisters, working alongside coworkers, volunteers, and many external partners, are committed to creating a place where ecological and spiritual renewal coexist side by side.

Today, visitors to Holy Wisdom Monastery can explore 191 acres of land, featuring restored prairies and oak savannas, a 10,000-year-old glacial lake, orchards and vegetable gardens, and one of the 'greenest' LEED-certified buildings in the country. We offer free, quarterly tours which are a great chance for new guests to get to know Wisdom Prairie.



All are welcome.

Nature Trails

Guests and the public are welcome to explore the nearly five miles of nature trails at Holy Wisdom Monastery and North Mendota Wildlife Area. Our trail system features mowed grass trails with gentle topography as well as periodic benches and meditation platforms.

Please help us sustain quiet and contemplative grounds during your visit.

- (1) No pets
- (2) No litter
- (3) No fires, unless approved in advance
- (4) Stay on designated trails
- (5) No camping, fishing, biking or driving on trails
- (6) Do not pick or remove any plants



Holy Wisdom Monastery

Does this land bring you peace?

Holy Wisdom Monastery flourishes due to the generosity of visitors and our community. There are multiple ways to help sustain the land. Learn more about upcoming events, volunteer opportunities or making a financial contribution: <https://rebrand.ly/HWM-FWP>

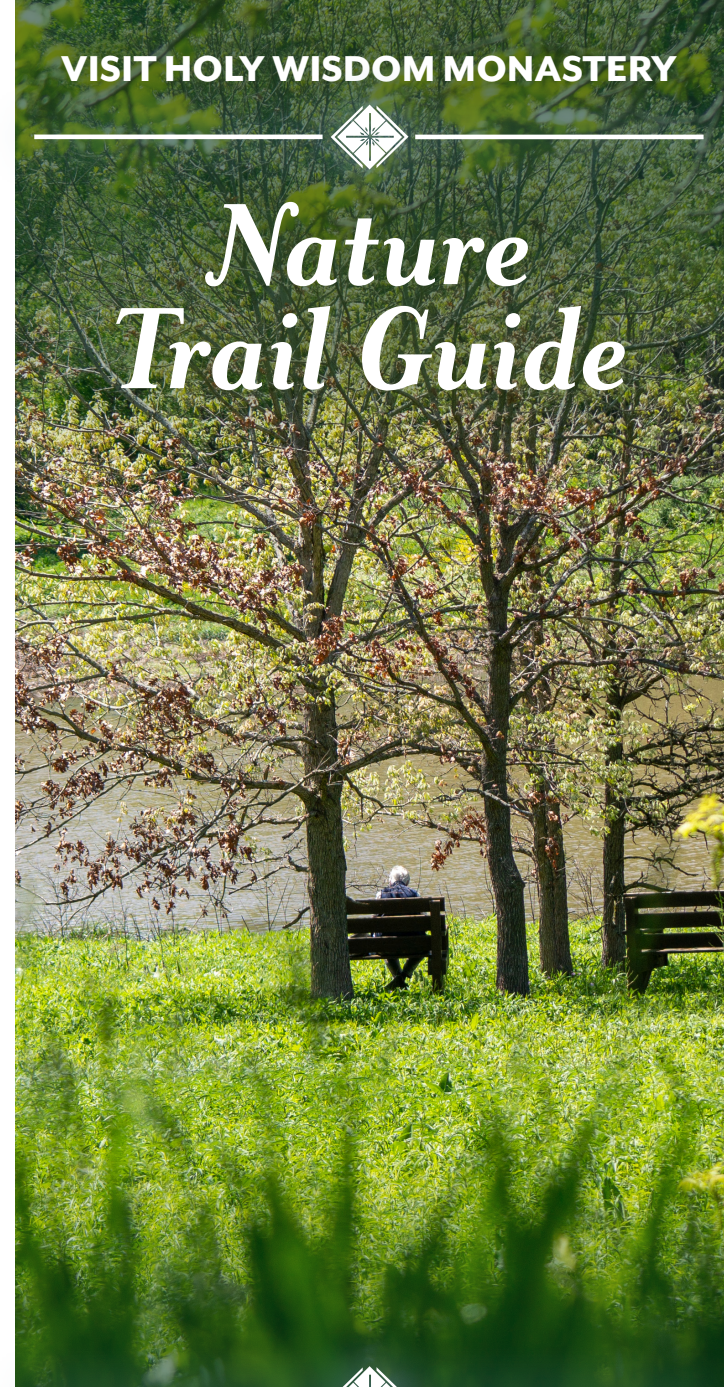


4200 County Rd M, Middleton, WI 53562
HolyWisdomMonastery.org | 608-836-1631, x123
aalstad@holywisdommonastery.org

VISIT HOLY WISDOM MONASTERY



Nature Trail Guide



*“All guests are to be received with sincere hospitality, ‘with the courtesy of love’”
– Rule of Benedict 53:1*

HOLY WISDOM MONASTERY

Tending a Sacred Space

	TRAILHEAD & KIOSK
	WALK-IN ENTRY
	WALKING TRAIL (with trail segment distance)
	SERVICE ROAD & TRAIL
	BUILDINGS
	OBSERVATION DECK
	BENCH SEATING
	MEDITATION PLATFORM
	PROPERTY BOUNDARY

