

# 2016 TRAVEL LOG



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_

Dog's Name(s) (if participated) \_\_\_\_\_

DATE	TRAIL // LOCATION	LENGTH	TRAIL FEATURES
_____	<b>Captain Daniel Wright Woods</b> , Mettawa <i>On Saint Mary's Rd. at Everett Rd., south of Route 60.</i>	1.6 miles	_____
_____	<b>Grant Woods-North</b> , Lake Villa <i>On Grand Ave. (Route 132), east of Route 59 and west of Fairfield Rd.</i>	1.6 miles	_____
_____	<b>Grassy Lake</b> , Lake Barrington <i>On Kelsey Rd., west of Old Barrington Rd.</i>	1.8 miles <sup>^</sup>	_____
_____	<b>Independence Grove</b> , Libertyville <i>On Buckley Rd. (Route 137), east of Milwaukee Ave. (Route 21) and west of River Rd.</i>	1.9 miles <sup>#</sup>	_____
_____	<b>Lake Carina-Kilbourne Road</b> , Gurnee <i>On Kilbourne Rd., south of Route 41.</i>	1.2 miles	_____
_____	<b>Lake Carina-Loop</b> , Gurnee <i>On Milwaukee Ave. (Route 21), north of Belvidere Rd. (Route 120) and south of I-94.</i>	1.0 miles <sup>^</sup>	_____
_____	<b>Lakewood-Winter Sports Area</b> , Wauconda <i>On east side of Fairfield Rd., south of Route 176.</i>	1.7 miles <sup>^</sup>	_____
_____	<b>Pine Dunes</b> , Antioch <i>On Hunt Club Rd., north of Edwards Rd.</i>	2.3 miles <sup>*</sup>	_____
_____	<b>Prairie Wolf</b> , Highland Park <i>On Half Day Rd. (Route 22), east of Waukegan Rd. (Route 43).</i>	2.0 miles <sup>*</sup>	_____
_____	<b>Raven Glen-East</b> , Antioch <i>On Route 45, south of Route 173 and north of Miller Rd.</i>	1.4 miles	_____
_____	<b>Singing Hills</b> , Round Lake <i>On Fish Lake Rd., north of Gilmer Rd.</i>	3.5 miles <sup>*</sup>	_____
_____	<b>Sun Lake</b> , Lake Villa <i>On Grass Lake Rd., west of Deep Lake Rd. and east of Route 83.</i>	2.5 miles <sup>*</sup>	_____
_____	<b>Wild Card</b> <i>Your pick! Choose a 2-mile walk at any Lake County Forest Preserves trail.</i>	_____	_____

\* counts as two trails      # no dogs allowed      ^ not ADA accessible

## ► HIKE LAKE COUNTY CENTERS

Get a commemorative shield or zipper pull at any of the locations listed below, while supplies last. Hiking sticks available for purchase at all locations; official Hike Lake County dog collars on sale at General Offices or Ryerson Woods; handy Golden Guide Books on sale at Ryerson Woods.

**General Offices** | 1899 W Winchester Rd, Libertyville ..... 847-367-6640  
**Independence Grove** | Visitors Center, 16400W Buckley Rd, Libertyville ..... 847-968-3499  
**Operations Office** | 19808 West Grand Avenue, Lindenhurst ..... 847-968-3411  
**Ryerson Woods** | Welcome Center, 21950 N Riverwoods Rd, Riverwoods ..... 847-968-3320

18<sup>th</sup> Annual  
**HIKE**  
LAKE COUNTY



**Lake County  
Forest Preserves**

[www.LCFPD.org](http://www.LCFPD.org)

# Like to Hike?

**Choose seven trails. Record your travels.**

**Receive a commemorative zipper pull or shield for your walking stick.**

Enjoy fall breezes and autumn colors while exploring designated "Hike Lake County" trails. At each designated preserve, look for the Hike Lake County logo at the trailhead to get you started on the right route. Complete just seven of the hikes between August 15 and November 30, and you'll earn a commemorative zipper pull or shield for your walking stick.

Let your dog join in the fun! You can purchase an optional Hike Lake County collar for your dog, then take your dog along with you on the trails. Record your dog's name on the Travel Log, and your canine friend will receive a commemorative collar tag (up to 3 dogs).

**To participate:** Use the Travel Log to record each hike. Submit your completed Travel Log by January 31, 2017 by either:

- Bringing your Travel Log to any Hike Lake County Center.
- Mailing your form with a self-addressed stamped envelope to: Lake County Forest Preserves, 1899 W. Winchester Rd., Libertyville, IL 60048.
- Submitting your form online under "Travel Log" at [LCFPD.org/HLC](http://LCFPD.org/HLC).

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## Walking for Fitness

Just 30 minutes a day of moderate exercise can contribute significantly to your well-being: improving cardiovascular health, lowering blood pressure, helping control weight and reducing risk of major illnesses and disease. Exercise has a psychological payoff, too: more energy, reduced stress levels, and better sleep.

Walking is one of the easiest ways to add activity to your routine. A 15-minute walk at lunch is a great way to clear your head and get some fresh air—while meeting half of your daily goal. For maximum fitness benefits, swing your arms while you walk, and try to keep up a good pace.

## Tips to Get Started

- Don't overdo it. If you are not used to daily walks, start with short easy-paced walks, and gradually increase distance and speed.
- Buy a good, supportive walking shoe that has a more rounded heel. Running shoes are not recommended.
- It is important to stretch your calf and thigh muscles. The best way is to begin walking at a normal pace for a few minutes, then stop, stretch, and continue your walk at a faster pace. This warms up your muscles before you stretch, reducing chances of injury.
- Watch your stride. As you progress and want to intensify your walking program, increase the number of steps you take, not the length of your stride. Taking longer strides than normal makes you more prone to injury.

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## Guided Hike Lake County Hikes

On Sundays from August 21–November 13, join a naturalist for a guided walk of some of Lake County's breathtaking scenery. Stroll through woodlands, prairies, forests, and along the Des Plaines River Trail while improving your health and knowledge of nature.

Walks are free and open to all ages; 16 and under must be accompanied by an adult. No registration required. Please note: with the exception of service animals, dogs and other pets are not permitted at walk programs.

**For dates and locations, visit [LCFPD.org](http://LCFPD.org)**