

2017 TRAVEL LOG



Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Email _____
 Dog's Name(s) (if participated) _____

DATE	TRAIL // LOCATION	LENGTH	TRAIL FEATURES
_____	Cuba Marsh , Deer Park <i>On Cuba Rd, west of Ela Rd and east of Rte 59.</i>	1.75 miles	_____
_____	Edward L. Ryerson Woods , Riverwoods <i>On Riverwoods Rd between Half Day Rd (Rte 22) and Deerfield Rd, just west of I-94.</i>	2.50 miles*^#	_____
_____	Ft. Hill , Wauconda <i>On the west side of Gilmer Rd just north of Rte 176.</i>	1.60 miles	_____
_____	Grant Woods – South , Ingleside <i>On Monaville Rd between Rte 59 and Fairfield Rd.</i>	1.90 miles	_____
_____	Greenbelt – Cultural Center , North Chicago <i>On the east side of Green Bay Rd (Rte 131), between 10th and 14th streets, south of Rte 120.</i>	1.45 miles	_____
_____	Half Day , Vernon Hills <i>On Rte 21 (Milwaukee Ave) at the light for Woodlands Pkwy, south of Rte 60.</i>	1.60 miles	_____
_____	Hastings Lake , Lake Villa <i>On Gelden Rd, southwest of Grass Lake Rd.</i>	2.10 miles*	_____
_____	McDonald Woods , Lindenhurst <i>On Grass Lake Rd, just west of Rte 45 and east of Rte 83.</i>	2.90 miles*^	_____
_____	Nippersink , Round Lake <i>On Rte 120 (Belvidere Rd), just west of Cedar Lake Rd and east of Fairfield Rd.</i>	1.30 miles	_____
_____	Old School , Mettawa <i>On Saint Mary's Rd south of Rte 176 and north of Rte 60.</i>	1.30 miles	_____
_____	Ray Lake , Wauconda <i>On Erhart Rd, east of Gilmer Rd and west of Freemont Center Rd.</i>	2.30 miles*	_____
_____	Van Patten – Sterling Lake , Wadsworth <i>On Rte 173, east of Rte 41.</i>	1.40 miles	_____
_____	Wild Card <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

19th Annual
HIKE
LAKE COUNTY



**Lake County
Forest Preserves**

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, 2018 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.

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.

Guided Hike Lake County Hikes

On Sundays from August 20–November 19, 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