



2018 TRAVEL LOG

Name _____

Address _____

City _____ State _____ Zip Code _____

Email _____

I would like to receive the Forest Preserves
monthly e-newsletter featuring news and events

Dog's Name(s) (if participated) _____

DATE	TRAIL // LOCATION	LENGTH	TRAIL FEATURES
_____	Fox River , Port Barrington <i>On Roberts Road west of River Road.</i>	2.2 miles*	_____
_____	Grant Woods , Lake Villa <i>On Cedar Lake Road, just south of Grand Avenue.</i>	1.6 miles^	_____
_____	Heron Creek , Lake Zurich <i>On Old McHenry Road, south of Route 22.</i>	1.6 miles	_____
_____	Lyons Woods , Waukegan <i>On Blanchard Road, just west of Sheridan Road and south of Yorkhouse Road.</i>	1.2 miles	_____
_____	Marl Flat , Round Lake <i>On the east side of Fish Lake Road, north of Route 120 and south of Nippersink Road.</i>	1.8 miles	_____
_____	Middlefork Savanna , Lake Forest <i>On Waukegan Rd, north of Route 60 and south of Route 176. Turn west onto Middlefork Dr. Proceed to the end of Middlefork Drive, left at the fork to enter preserve parking area.</i>	2.6 miles*	_____
_____	Prairie Wolf , Highland Park <i>On Half Day Road (Route 22) east of Waukegan Road (Route 43).</i>	1.7 miles	_____
_____	Raven Glen , Antioch <i>On Route 45 south of Route 173 and north of Miller Road.</i>	1.4 miles	_____
_____	Rollins Savanna , Grayslake <i>On Drury Lane, south of Rollins Road and north of Route 83.</i>	3.7 miles*	_____
_____	Sedge Meadow , Wadsworth <i>On the south side of Wadsworth Rd, east of Rte 41 and west of the Des Plaines River.</i>	2.3 miles*	_____
_____	Waukegan Savanna , Wadsworth <i>On Yorkhouse Road west of Delany Road.</i>	1.8 miles^	_____
_____	Oak Spring Road Canoe Launch/DPRT , Libertyville <i>On Oak Spring Road, west of Saint Mary's Road, at Canoe Launch.</i>	1.6 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 60048 847-367-6640

Operations Office | 19808 West Grand Avenue, Lindenhurst 60046 847-968-3411

Ryerson Woods | Welcome Center, 21950 N Riverwoods Rd, Riverwoods 60015 847-968-3320

20th 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, 2019 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 19–November 18, 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