

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



# 2022 TRAVEL LOG

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

I would like to receive *Horizons*, the Forest Preserves' free quarterly magazine

I would like to learn more about supporting the Preservation Foundation

I would like to receive the Forest Preserves' monthly e-newsletter

DATE	TRAIL // LOCATION	LENGTH	TRAIL FEATURES
_____	<b>Buffalo Creek Forest Preserve</b> 2722 Old Hicks Rd, Long Grove, IL 60047	2.75 miles*	_____
_____	<b>Ethel's Woods/Raven Glen Forest Preserve</b> 19330 W Miller Rd, Antioch, IL 60002	1.5 miles	_____
_____	<b>Grant Woods Forest Preserve</b> 37600 N Cedar Lake Rd, Lake Villa, IL 60046	1.6 miles	_____
_____	<b>Greenbelt Forest Preserve</b> 2250 W Dugdale Rd, Waukegan, IL 60085	1.8 miles	_____
_____	<b>Hastings Forest Preserve</b> 21155 W Gelden Rd, Lake Villa, IL 60046	2.3 miles*	_____
_____	<b>Independence Grove Forest Preserve</b> 16400 W Buckley Rd, Libertyville, IL 60048	1.4 miles	_____
_____	<b>Lakewood Forest Preserve</b> 24145 W Ivanhoe Rd, Wauconda, IL 60084	1.3 miles	_____
_____	<b>Marl Flat Forest Preserve</b> 32609 N Fish Lake Rd, Round Lake, IL 60073	1.8 miles	_____
_____	<b>Old School Forest Preserve</b> 28285 N St Marys Rd, Libertyville, IL 60048	1.1 miles	_____
_____	<b>Edward L. Ryerson Conservation Area</b> 21950 N Riverwoods Rd, Deerfield, IL 60015	2 miles*	_____
_____	<b>Spring Bluff Forest Preserve</b> 1200 7th Street, Winthrop Harbor, IL 60096	1.8 miles	_____
_____	<b>Van Patten Woods Forest Preserve</b> 15838 W Rte 173, Wadsworth, IL 60083	2.3 miles*	_____
_____	<b>Wild Card</b> Your pick! Choose a 2-mile walk at any Lake County Forest Preserves trail.*	_____	_____

Dog-friendly

Natural surface trails, not ADA accessible

\* counts as two trails

Full program information and trail maps are available on our website [LCFPD.org/HLC](http://LCFPD.org/HLC)

► **HIKE LAKE COUNTY CENTERS**

Get a commemorative shield or zipper pull, while supplies last. Hiking sticks are on sale at General Offices or Ryerson Welcome Center. Handy Golden Guide books are on sale at Ryerson Welcome Center.

**General Offices** | 1899 W Winchester Rd, Libertyville, IL 60048 ..... 847-367-6640

**Ryerson Welcome Center** | 21950 N Riverwoods Rd, Riverwoods, IL 60015 ..... 847-968-3320



Lake County  
Forest Preserves



# 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! Take your dog along with you on the dog-friendly 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, 2023:

- Submit your form online under “How It Works” at [LCFPD.org/HLC](https://www.lcfd.org/HLC)
- Submit your form in-person at any Hike Lake County Center (see reverse side for addresses)
- Mail your form to Lake County Forest Preserves, 1899 W Winchester Rd, Libertyville, IL 60048



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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. Studies have shown that exercise in nature enhances the 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.
- It is important to stretch! Focus on 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 Lake County Hikes

This fall, join a naturalist for a guided walk of some of Lake County’s breathtaking scenery. Stroll through woodlands, prairies, forests, while improving your health and knowledge of nature.

For dates and locations, visit [LCFPD.org/calendar](https://www.lcfd.org/calendar)