

2025 TRAVEL LOG



List all names in your group and their commemorative medallion choice: shield or zipper pull (see reverse side). Check the to indicate a dog. For groups larger than five, please submit additional logs. Up to two Travel Logs can be submitted per address. One medallion per participant.

	SHIELD	PULL	
Name: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Name: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Name: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Name: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Name: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Contact Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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

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

View full program information and trail maps: [LCPD.org/HLC](https://lcpd.org/HLC)

DATE	TRAIL / LOCATION	LENGTH	TRAIL FEATURES
_____	Buffalo Creek Forest Preserve 18163 W. Checker Road, Long Grove, IL 60047	1.9 miles	_____
_____	Fort Hill Trail/Ray Lake Forest Preserve 28444 N. Gilmer Road, Mundelein, IL 60060	1.3 miles	_____
_____	Hastings Lake Forest Preserve 21155 W. Gelden Road, Lake Villa, IL 60046	2.1 miles*	_____
_____	Independence Grove Forest Preserve 16400 W. Buckley Road, Libertyville, IL 60048	1.5 miles	_____
_____	Lakewood Forest Preserve 27277 Forest Preserve Road, Wauconda, IL 60084	1.6 miles	_____
_____	McDonald Woods Forest Preserve 19611 W. Grass Lake Road, Lindenhurst, IL 60046	2.3 miles*	_____
_____	Middlefork Savanna Forest Preserve 1401 Middlefork Drive, Lake Forest, IL 60045	1.2 miles	_____
_____	Old School Forest Preserve 28285 St. Mary's Road, Mettawa, IL 60048	1.4 miles	_____
_____	Prairie Wolf Forest Preserve 11403 W. Route 22, Deerfield, IL 60015	0.9 miles	_____
_____	Rollins Savanna Forest Preserve 20160 W. Washington St., Grayslake, IL 60030	1.5 miles	_____
_____	Spring Bluff Forest Preserve 1200 7th St., Winthrop Harbor, IL 60096	1.8 miles	_____
_____	Van Patten Woods Forest Preserve 15838 W. Route 173, Wadsworth, IL 60083	2.5 miles*	_____
_____	Wild Card You pick! Choose a 2-mile walk at any Lake County Forest Preserves trail.*	_____	_____

Dog-friendly Asphalt Boardwalk Grass Gravel * counts as two trails

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. Look for the Hike Lake County logo at the trailhead of each participating preserve to get started on the right route. Walk seven of the hikes between August 15 and November 30, and you’ll earn a commemorative zipper pull or shield for your walking stick, **while supplies last**.

Bicycling and horseback riding do not count toward this program.

Dogs can join the fun! The 🐾 icon indicates dog-friendly trails. Record your dog’s name on the Travel Log when they complete a hike with you to receive a commemorative dog tag for their collar. Up to three dogs per participant.

To participate: Use the Travel Log to record each hike. Submit your completed Travel Log by January 31, 2026 via:

- **Online:** Click the Submit Online button under “How it Works” at LCFPD.org/HLC.
- **In-person:** Visit one of the locations below.

General Offices | 1899 West Winchester Road, Libertyville, IL 60048 | 847-367-6640

Ryerson Welcome Center | 21950 North Riverwoods Road, Riverwoods, IL 60015 | 847-968-3320

- **Mail:** Send to Lake County Forest Preserves, 1899 W. Winchester Road, Libertyville, IL 60048.

Please allow 7–14 business days for processing. Include a valid email on your Travel Log in case we need to reach you.

Hiking sticks are on sale at the Dunn Museum’s Gift Shop: 1899 W. Winchester Road, Libertyville, IL 60048 | DunnMuseum.org



Shield



Zipper Pull/
Dog Tag

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’re 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

Join a naturalist for a guided walk of some of Lake County’s breathtaking scenery. Stroll through woodlands, prairies, and forests, while improving your health and knowledge of nature. For dates and locations: LCFPD.org/calendar