

2026 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: _____	☐	☐	☐
Name: _____	☐	☐	☐
Name: _____	☐	☐	☐
Name: _____	☐	☐	☐
Name: _____	☐	☐	☐

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 program details and trail maps:
LCFPD.org/HLC

DATE	TRAIL / LOCATION	LENGTH	TRAIL FEATURES
_____	Captain Daniel Wright Woods Forest Preserve 24830 St. Mary's Road, Mettawa, IL 60045	2.5 miles*	_____
_____	Cuba Marsh Forest Preserve 24205 W. Cuba Road, Deer Park, IL 60010	1.6 miles	_____
_____	Ethel's Woods Forest Preserve 19330 Miller Road, Antioch, IL 60002	1.3 miles	_____
_____	Fort Sheridan Forest Preserve 1275 Gilgare Lane, Lake Forest, IL 60045	1.1 miles	_____
_____	Grant Woods Forest Preserve 25405 W. Monaville Road, Ingleside, IL 60041	2.5 miles*	_____
_____	Grassy Lake Forest Preserve 23982 N. Kelsey Road, Lake Barrington, IL 60010	1.8 miles	_____
_____	Half Day Forest Preserve 24255 N. Route 21, Vernon Hills, IL 60060	1.9 miles	_____
_____	Independence Grove Forest Preserve 16400 W. Buckley Road, Libertyville, IL 60048	1.5 miles	_____
_____	Lyons Woods Forest Preserve 10200 Blanchard Road, Waukegan, IL 60087	2 miles*	_____
_____	Raven Glen Forest Preserve 41080 N. U.S. Highway 45, Antioch, IL 60002	1.7 miles	_____
_____	Ray Lake Forest Preserve 23275 W. Erhart Road, Wauconda, IL 60060	2.6 miles*	_____
_____	Van Patten Woods Forest Preserve 15838 W. Route 173, Wadsworth, IL 60083	1.9 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



**Lake County
Forest Preserves**

In recognition of America's 250th anniversary, we selected this year's trails for their connections to Lake County's history. All locations feature informational panels in English and Spanish at the trailhead, while the icon identifies routes with additional trailside panels.

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 December 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 W. Winchester Road, Libertyville, IL 60048 | 847-367-6640
 - Ryerson Welcome Center** | 21950 N. Riverwoods Road, Riverwoods, IL 60015 | 847-968-3320
- **Mail:** Send to Lake County Forest Preserves, 1899 W. Winchester Road, Libertyville, IL 60048.



Shield



Zipper Pull/
Dog Tag

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

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/guided-HLC