



2022 TRAVEL LOG

Name _____

Address _____

City _____ State _____ Zip Code _____

Email _____ Dog Name(s) (if participating) _____

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

Full program information and trail maps are available on our website LCPD.org/HLC

*counts as two trails

► HIKE LAKE COUNTY CENTERS

Get a commemorative shield or zipper pull, while supplies last. Hiking sticks and official Hike Lake County dog collars 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 North Riverwoods Road, IL 60015 847-968-3320



Lake County
Forest Preserves

24th Annual
HIKE
LAKE COUNTY



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, 2023:

- Bring your Travel Log to any Hike Lake County Center.
- Mail your form to Lake County Forest Preserves, 1899 West Winchester Rd, Libertyville, IL 60048.
- Submit your form online under "Travel Log" at [LCFPD.org/HLC](https://www.lcfd.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. 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)



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Forest Preserves