

# 2023 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>Fort Sheridan Forest Preserve</b> 🐾 ♦ 1005 Vattman Road, Lake Forest, IL 60045	1.7 miles	_____
_____	<b>Grant Woods Forest Preserve</b> 🐾 24801 West Grand Avenue, Lake Villa, IL 60046	1.6 miles	_____
_____	<b>Grassy Lake Forest Preserve</b> 🐾 23860 North Old Barrington Road, Lake Barrington, IL 60010	1.6 miles	_____
_____	<b>Greenbelt Forest Preserve</b> 🐾 1110 Green Bay Road, North Chicago, IL 60064	1.3 miles	_____
_____	<b>Independence Grove Forest Preserve</b> 16400 West Buckley Road, Libertyville, IL 60048	1.4 miles	_____
_____	<b>Marl Flat Forest Preserve</b> 🐾 32609 North Fish Lake Road, Round Lake, IL 60073	1.7 miles	_____
_____	<b>McDonald Woods Forest Preserve</b> 🐾 ♦ 19611 West Grass Lake Road, Lindenhurst, IL 60046	2.4 miles*	_____
_____	<b>Nippersink Forest Preserve</b> 🐾 900 West Belvidere Road, Round Lake, IL 60073	1.3 miles	_____
_____	<b>Pine Dunes Forest Preserve</b> 🐾 42909 Hunt Club Road, Antioch, IL 60002	2.2 miles*	_____
_____	<b>Ryerson Conservation Area</b> ♦ 21950 North Riverwoods Road, Riverwoods, IL 60015	1.5 miles	_____
_____	<b>Singing Hills Forest Preserve</b> 🐾 30700 North Fish Lake Road, Round Lake, IL 60073	2.6 miles*	_____
_____	<b>Van Patten Woods Forest Preserve</b> 🐾 15838 West Route 173, Wadsworth, IL 60083	1.7 miles	_____
_____	<b>Wild Card</b> _____ 🐾 You 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 at [LCFPD.org/HLC](http://LCFPD.org/HLC).

## ► HIKE LAKE COUNTY CENTERS

Get a commemorative shield or zipper pull, while supplies last. Hiking sticks and handy Golden Guide books are on sale at the Dunn Museum or Ryerson Welcome Center.

**Dunn Museum** | 1899 West Winchester Road, Libertyville, IL 60048 ..... 847-968-3400

**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



# 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. Please note that bicycling and horseback riding do not count toward this program.

Let your dog join the fun! Look for 🐾 to determine which trails are dog-friendly. Record your dog’s name on your Travel Log, and your canine friend will 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, 2024:

- 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 West Winchester Road, Libertyville, IL 60048.



## 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, and forests, while improving your health and knowledge of nature.

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