

2024 TRAVEL LOG



List all participant names in your group and their commemorative medallion choice: **zipper pull** or **shield** (see reverse side for photos). Check the to indicate a dog participant. For groups larger than five, please submit additional Travel Logs.

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

PULL	SHIELD	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<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 learn more about supporting the Preservation Foundation.
- I would like to receive the Forest Preserves' monthly e-newsletter.

Full program information and trail maps are available at:
LCFPD.org/HLC

DATE	TRAIL / LOCATION	LENGTH	TRAIL FEATURES
_____	Captain Daniel Wright Woods Forest Preserve <i>24830 St. Mary's Road, Mettawa, IL 60045</i>	1.2 miles	_____
_____	Cuba Marsh Forest Preserve <i>24205 W. Cuba Road, Deer Park, IL 60010</i>	1.5 miles	_____
_____	Fourth Lake Forest Preserve <i>19808 W. Grand Ave., Lake Villa, IL 60046</i>	1.9 miles	_____
_____	Fox River Forest Preserve <i>28500 W. Roberts Road, Port Barrington, IL 60010</i>	2.2 miles*	_____
_____	Half Day Forest Preserve <i>24255 N. Highway 21, Vernon Hills, IL 60060</i>	1.1 miles	_____
_____	Heron Creek Forest Preserve <i>22890 N. Old McHenry Road, Lake Zurich, IL 60047</i>	1.9 miles	_____
_____	Lake Carina Forest Preserve <i>33919 Highway 21, Gurnee, IL 60031</i>	1 mile	_____
_____	Lyons Woods Forest Preserve <i>10200 Blanchard Road, Waukegan, IL 60087</i>	2 miles*	_____
_____	Raven Glen Forest Preserve <i>41080 N. U.S. Highway 45, Antioch, IL 60002</i>	1.4 miles	_____
_____	Ryerson Conservation Area <i>21950 N. Riverwoods Road, Riverwoods, IL 60015</i>	2.1 miles*	_____
_____	Sedge Meadow Forest Preserve <i>15615 W. Wadsworth Road, Wadsworth, IL 60083</i>	1.4 miles	_____
_____	Sun Lake Forest Preserve <i>22925 W. Grass Lake Road, Lake Villa, IL 60046</i>	2.6 miles*	_____
_____	Wild Card <i>You pick! Choose a 2-mile walk at any Lake County Forest Preserves trail.*</i>	_____	_____

Dog-friendly

Includes some sections of trail not ADA accessible

* 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 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, 2025 via:

- **Online:** Click the Submit Online button under “How it Works” at [LCFPD.org/HLC](https://www.lcfd.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.

Hiking sticks and handy Golden Guide books are on sale at the Dunn Museum’s Gift Shop:
1899 W. Winchester Road, Libertyville, IL 60048 • [DunnMuseum.org](https://www.dunnmuseum.org)



Shield



Zipper Pull

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).