



# 2015 TRAVEL LOG

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_

Dog's Name(s) (if participated) \_\_\_\_\_

DATE	TRAIL // LOCATION	LENGTH	TRAIL FEATURES
_____	<b>Captain Daniel Wright Woods Canoe Launch</b> , Vernon Hills <i>On Route 60 east of Milwaukee Ave. (Route 21).</i>	1.8 miles	_____
_____	<b>Cuba Marsh</b> , Deer Park <i>On Cuba Rd., west of Ela Rd. and east of Route 59.</i>	3.4 miles*	_____
_____	<b>Fox River</b> , Port Barrington <i>On Roberts Rd. west of Route 59.</i>	1.1 miles	_____
_____	<b>Grant Woods—South</b> , Ingleside <i>On Monaville Rd., east of Route 59 and west of Fairfield Rd.</i>	1.9 miles	_____
_____	<b>Heron Creek</b> , Lake Zurich <i>On Old McHenry Rd., south of Route 22.</i>	1.6 miles	_____
_____	<b>Lyons Woods</b> , Waukegan <i>On Blanchard Rd., just west of Sheridan Rd. and south of Yorkhouse Rd.</i>	1.9 miles	_____
_____	<b>McDonald Woods</b> , Lindenhurst <i>On Grass Lake Rd., just west of Route 45 and east of Route 83.</i>	3.1 miles*^	_____
_____	<b>Nippersink</b> , Round Lake <i>On Route 120 (Belvidere Rd.) just west of Cedar Lake Rd. and east of Fairfield Rd.</i>	1.3 miles	_____
_____	<b>Oak Spring Rd. Canoe Launch</b> , Libertyville <i>On Oak Spring Rd., west of Saint Mary's Road.</i>	3.2 miles*	_____
_____	<b>Old School</b> , Mettawa <i>On St. Mary's Road south of Route 176 and north of Route 60 (Townline Rd.).</i>	1.4 miles	_____
_____	<b>Van Patten Woods</b> , Wadsworth <i>On Route 173, just east of Route 41.</i>	2.4 miles*	_____
_____	<b>Waukegan Savanna</b> , Wadsworth <i>On Yorkhouse Rd. west of Delany Rd.</i>	1.8 miles^	_____
_____	<b>Wild Card</b> _____ <i>Your pick! Choose a 2-mile walk at any Lake County Forest Preserves trail.</i>	_____	_____

\* counts as two trails

^ section or entire trail not wheelchair accessible

## ► HIKE LAKE COUNTY CENTERS

Get a commemorative shield or zipper pull at any of the locations listed below. Hiking sticks available for purchase at all locations; official Hike Lake County dog collars on sale at General Offices or Ryerson Woods; handy Golden Guide Books on sale at Ryerson Woods or the Discovery Museum.

<b>General Offices</b>   1899 W Winchester Rd, Libertyville	847-367-6640
<b>Greenbelt Cultural Center</b>   1215 Green Bay Rd, North Chicago	847-968-3477
<b>Independence Grove</b>   Visitors Center, 16400 W Buckley Rd, Libertyville	847-968-3499
<b>Lake County Discovery Museum</b>   27277 N Forest Preserve Rd, Wauconda	847-968-3400
<b>Operations Office</b>   19808 West Grand Avenue, Lindenhurst	847-968-3411
<b>Ryerson Woods</b>   Welcome Center, 21950 N Riverwoods Rd, Riverwoods	847-968-3320

Full program information and trail maps are available on our website [LCPD.org/HLC](http://LCPD.org/HLC)

17<sup>th</sup> Annual  
**HIKE**  
LAKE COUNTY



**Lake County  
Forest Preserves**

[www.LCFPD.org](http://www.LCFPD.org)

# Like to Hike?

**Choose seven trails. Record your travels.**

**Receive a zipper pull or a commemorative 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 in 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, 2016 to receive your free commemorative shield or zipper pull. Bring your form to any Hike Lake County Center, or mail with a self-addressed stamped envelope to: Lake County Forest Preserves, 1899 W. Winchester Rd., Libertyville, IL 60048. Submit your form online under "Travel Log" at [LCFPD.org/HLC](http://LCFPD.org/HLC).

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## 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. Exercise has a 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. Running shoes are not recommended.
- It is important to stretch 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.

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## Guided Hike Lake County Hikes

On Sundays from September 6–November 22, join a naturalist for a guided walk of some of Lake County's breathtaking scenery. Stroll through woodlands, prairies, forests, and along the Des Plaines River Trail while improving your health and knowledge of nature.

Walks are free and open to all ages; 16 and under must be accompanied by an adult. No registration required. Please note: with the exception of service animals, dogs and other pets are not permitted at walk programs.

**For dates and locations, visit [LCFPD.org](http://LCFPD.org)**