

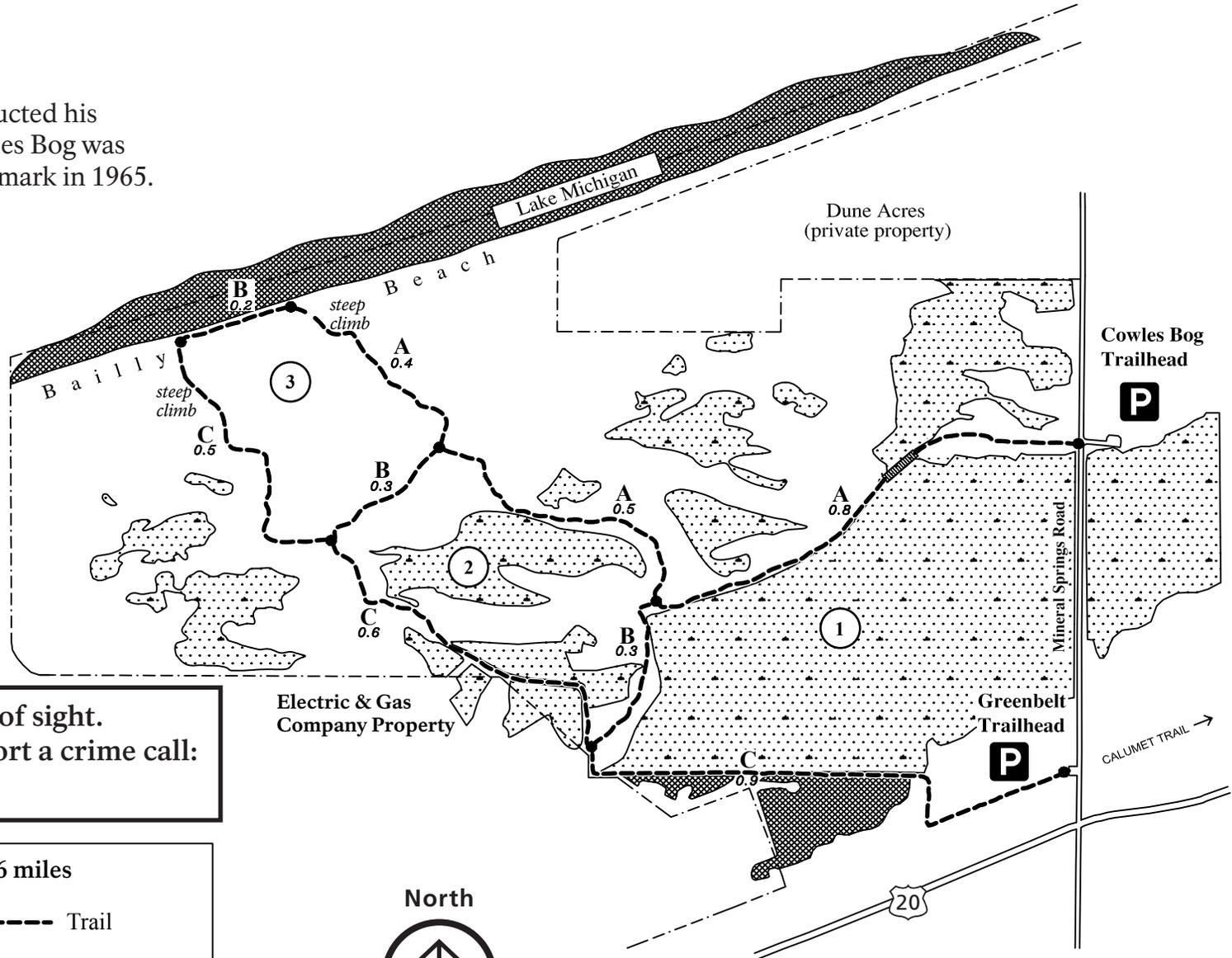


Cowles Bog Trail

In this area Dr. Henry Cowles conducted his initial studies of plant ecology. Cowles Bog was designated a National Natural Landmark in 1965.

Help preserve Cowles Bog for future generations—stay on trails, dispose of trash properly, leave natural things undisturbed, and leash your pet. Help protect the hiking trails—do not bike on them.

Use trail zones and segments to help rangers find your location if help is needed.



Please secure all valuables out of sight.
In case of emergency or to report a crime call:
1-800-PARK-TIP

Total Trail Distance = 4.6 miles

Boardwalk	Trail
Open Water	Wetlands
Park Boundary	Trail Zone
Mileage & Trail Segment	

Indiana Dunes National Lakeshore

National Park Service
U.S. Department of the Interior

Indiana Dunes National Lakeshore



The national lakeshore was established in 1966 to preserve for the educational, inspirational, and recreational use of the public, certain portions of the Indiana Dunes and other areas of scenic, scientific, and historic interest and recreational value in the state of Indiana. About two million annual visitors enjoy the park's 15,000 acres of wetlands, prairies, sand dunes, oak savannas, forests, and historic sites. The park's beaches hug the southern shore of Lake Michigan from Gary, Indiana, to Michigan City, Indiana. For more information, visit www.nps.gov/indu.

Trails in Indiana Dunes National Lakeshore

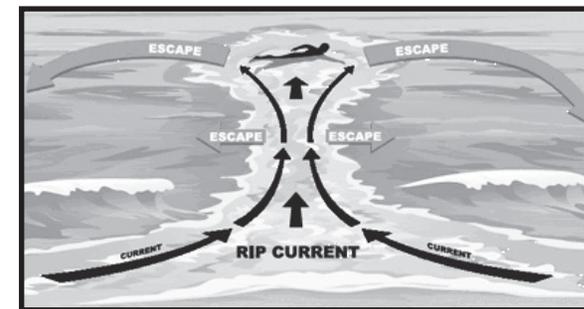
* Trail map available

- | | |
|---|------------------------------|
| 1 Miller Woods Trail* | 7 Calumet Dune Trail* |
| 2 West Beach Trails* | 9 Heron Rookery Trail |
| 3 Tolleston Dunes Trail* | 8 Dune Ridge Trail |
| 4 Cowles Bog Trail* | 10 Mount Baldy Trail* |
| 5 Bailly/Chellberg Trail* | |
| 6 Glenwood Dunes Horse and Hiking trail* | |

Water Safety

Lake Michigan waters can be hazardous. Rip currents occur frequently during periods of high wind and waves. During the winter, shelf ice forms along the lakeshore and is never safe to walk on. Check with local authorities about conditions and potential hazards.

Note: There are no lifeguards at any portion of the national lakeshore beach during the fall, winter, and spring.



Be a Volunteer

Help support Indiana Dunes National Lakeshore by becoming a volunteer. If you are interested in learning more, contact the volunteer coordinator at 219-395-1682.

