

National Park Service

U.S. Department of the Interior

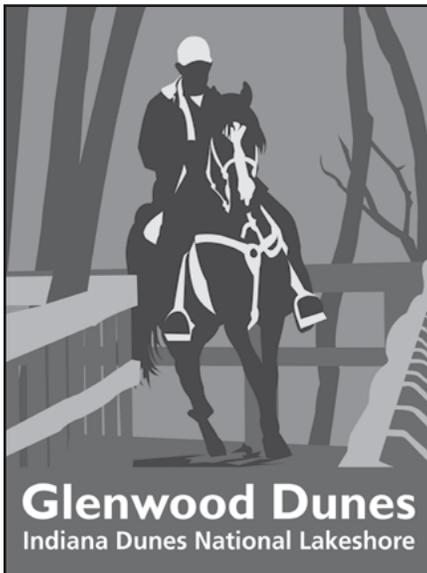
Indiana Dunes National Lakeshore



Trail Map

# Glenwood Dunes Trail System

*Experience your  
America™*



*Hike over forty miles  
of trails at  
Indiana Dunes  
National Lakeshore*



National Park Service  
Indiana Dunes National Lakeshore  
1100 N. Mineral Springs Rd  
Porter IN 46350  
[www.nps.gov/indu](http://www.nps.gov/indu)

Visitor Center 219-926-7561

*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 beach hugs the southern shore of Lake Michigan from Gary, Indiana, to Michigan City, Indiana. For more information, visit [www.nps.gov/indu](http://www.nps.gov/indu).*

The Glenwood Dunes Trail traverses the oldest sand dunes in the national lakeshore. Now covered in oak forest, these dunes formed 12,000 years ago when Lake Michigan's shoreline was about 60 feet higher than today. Wetlands, ranging from swamps to vernal ponds, fill the low spots between dunes and help contribute to the rich diversity of plant life found in the Indiana dunes.

This extensive trail system features interconnected loops ranging from less than a mile to 6.4 miles that are popular with hikers, horse riders, and cross-country skiers. In addition, the 1.7-mile Dunewood Trace trail connects the Glenwood system to the Dunewood Campground to the east. A 1-mile extension to the west connects these trails to the Dune Park South Shore Railroad station.

Horseback riding is permitted on portions of this trail from March 16 – December 14. Over the winter, horses are prohibited to prevent accidents with skiers on the trail. Visitors must provide their own horse or ski equipment.

## **Information & Safety**

**Trail Length** – From less than 1 mile to 6.4 miles.

**Average Hike Time** – From less than 1 hour to 5 hours.

**Trail Surface** – Mostly packed dirt with some sections of sand or boardwalk. A 1/3-mile section of the trail is paved.

**Difficulty** – Ranges from easy, with little change in elevation to moderate with steep slopes.

**Accessibility** – The Glenwood Dunes Trail features a 1/3 mile-long, paved wheelchair-accessible trail loop that can be accessed from the Kemil Road trailhead.

**Hours** – Open sunrise to 30 minutes past sunset.

**Pets** – No pets allowed on the Glenwood Dunes Trails for the safety of horse riders and skiers. On other trails, pets must be on a leash (6' or shorter).

Stay on the trail to protect wildlife and yourself.

No bicycles or motorized vehicles allowed.

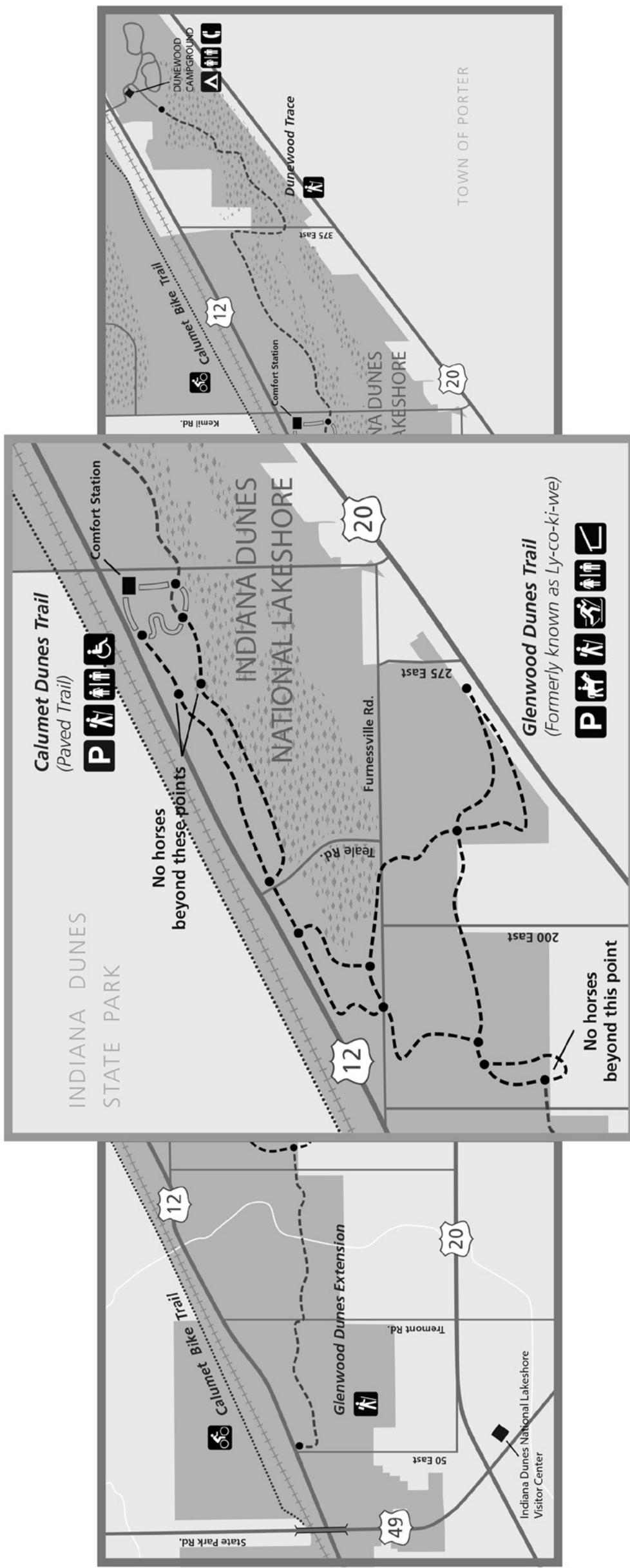
No littering, hunting, disturbing wildlife or picking plants.

Be prepared for changing weather conditions.

Use insect repellent, wear long sleeves, and tuck long pants into socks to avoid ticks.

**In case of an emergency or to report a crime, call 1-800-PARK-TIP.**

# Glenwood Dunes Trail System



Glenwood Dunes Total Trail Distance = 6.4 miles  
 Glenwood Dunes Extension Total Trail Distance = 1.2 miles  
 Calumet Dunes Total Trail Distance = .4 miles  
 Dunewood Trace Total Trail Distance = 1.8 miles

- Parking
- Trail
- Biking
- Bike Trail
- Wheelchair-accessible
- Shelter
- Restrooms
- Horse Trail
- Campground
- Wetlands
- Trailhead
- Mileage
- Paved Trail
- Bridge
- Train Tracks
- Cross-Country Skiing
- Telephone

In case of emergency or to report a crime, call 1-800-PARK-TIP. Secure valuables out of sight.