

PLAY YOUR WAY

50TH BIRTHDAY 50 MILE CHALLENGE



Name
Start date
Finish date



Waterways

Location	Distance	How did you play?	Date
Crystal River	2.t		
Platte River	3.5-14.7 mi		
Loon Lake			
Otter Lake			
Bass Lake			
School Lake			

Celebrate the 50th Anniversary of your park, and earn a prize and bragging rights by moving 50 miles in some way in the National Lakeshore during 2020!

No matter how you choose to get out in your park, whether it be hiking, biking, paddling, horse riding, skiing, snowshoeing, or just walking the beach, your body will thank you for it! Daily physical exercise promotes physical and mental health.

What better way to celebrate the 50th anniversary of your park than to get your body moving in the park!

The environment, after all, is where we all meet, where we all have a mutual interest. It is one thing that all of us share. It is not only a mirror of ourselves, but a focusing lens on what we can become.

~Lady Bird Johnson

Other Locations

beach walk, hike to campground, etc.

Location	Distance	How did you play?	Date



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Location	Round trip	Difficulty	How did you play?	Date
Old Indian Trail	2.5 mi	Easy hike, easy to advanced ski	  	
Platte Plains Trail	3.5 - 14.7 mi	Easy hike and ski	  	
Empire Bluff Trail	1.5 mi	Moderate hike	 	
Windy Moraine Trail	1.5 mi	Moderate hike, advanced ski	  	
Shauger Hill Trail	2.4 mi	Moderate hike, advanced ski	  	
Cottonwood Trail	1.5 mi	Moderate	 	
Dunes Hiking Trail	3.5 mi	Strenuous	 	
Sleeping Bear Heritage Trail	5 - 22 mi	Easy	    	
Sleeping Bear Point Trail	2.8 mi	Strenuous	 	
Alligator Hill Trail	3 - 8 mi	Easy to moderate hike; moderate to advanced ski loop	   	
Bay View Trail	2.4-7.5 mi	Easy to moderate hike; easy to advanced ski	  	
Pyramid Point Trail	1.2 - 2.7 mi	Moderate	  	
Good Harbor Bay Trail	2.8 mi	Easy hike and ski	  	
Kettle Trail	2.8 mi	Moderate	  	

Guidelines

Anyone can participate.

Track your mileage on this log and bring it to the visitor center to redeem prize.

Share your experiences on social media using [#PlayYourWaySleepingBear50](https://www.instagram.com/PlayYourWaySleepingBear50). Send photos to slbeinfo@nps.gov to have them added to the park's Facebook 50th album.

Challenge runs for the 2020 calendar year.

Trails and waterways do not have to be completed in any certain order.

Trail permitting, you may opt to hike, jog, cross-country ski, snowshoe, or even horseback ride.

Celebrate

Completed your 50 miles? You get a sticker! Collect yours at a campground office or the visitor center, or mail your form to us at 9922 Front St., Empire, MI 49630 (be sure to include a return address).

The Earth is what we all have in common. ~Wendell Berry