

Do you think
YOU can
HIKE
all of the trails
in **ONE YEAR?**

Earn a prize and bragging rights by successfully completing each of the 13 mainland trails in the National Lakeshore (almost 100 miles)!

Hiking is a great way to get daily physical exercise and promote health while also discovering the beauty of the area. What better way to get your muscles warm, your heart pumping, and your senses savoring the views!

Whose
IDEA
was
this?

Bonnie Ricord and Lena Cruz are 2011 graduates of Glen Lake High School as well as the co-creators of this unique program.

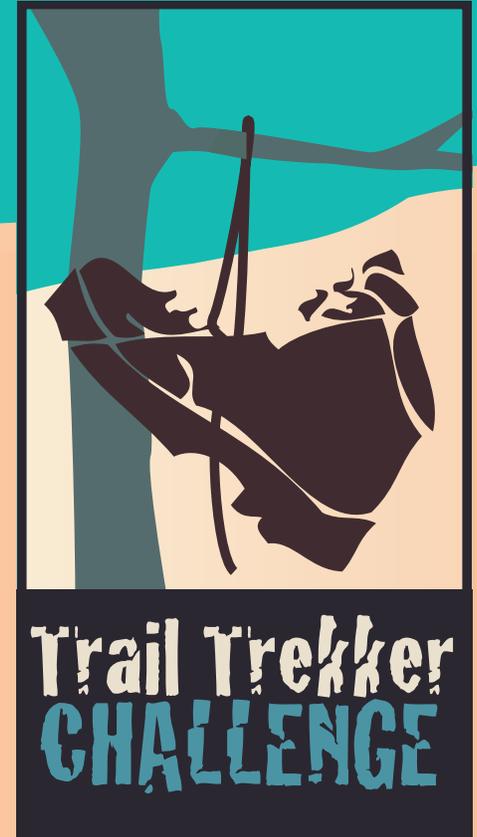
Having grown up in the suburbs of Columbus, Ohio, Bonnie possesses a great appreciation for the beauty of the Sleeping Bear Dunes National Lakeshore. She plans to study natural resources at the University of Vermont.

Lena, a native of Leelanau County, also shares a passion for the outdoors and plans on attending the University of Michigan to pursue a degree in biology.

With this project they hope to help others foster a connection with nature, encourage awareness and support for the Sleeping Bear Dunes National Lakeshore, and, ultimately, promote healthiness and well-being throughout the community.

Funding provided by The Friends of Sleeping Bear Dunes. www.friendsofsleepingbear.org

Sleeping Bear Dunes
National Lakeshore



*In every walk with nature
one receives far more than
he seeks – John Muir*



TRAIL TREKKER LOGBOOK

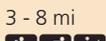
Carry this logbook with you on all of your hikes.



Guidelines

- Anyone can participate.
- Booklet must be brought to the visitor center to redeem prize.
- Challenge must be completed within one year of the participant's chosen start date.
- Trails do not have to be completed in any certain order.
- Trail permitting, you may opt to jog, cross-country ski, snowshoe, or even horseback ride.

Name
Start date
Finish date

Trail	Round trip	Difficulty	Observations (weather conditions, animal tracks, wildlife sightings, etc.)	Date completed
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	4.25 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		