



# REGIONAL KICKOFF EVENTS

## ***Exercise your body, mind and spirit – discover and explore the wonders of nature all around you in the Forest Preserve District of Cook County.***

Nine regional discovery activities will highlight the release of each of the District's new regional maps. Designed to combine exercise and exploration of natural areas with naturalists, activities will last three to four hours, and include canoe tours, a "dog walk" and various hikes and bike tours.

Advance registration is required for each of the nine activities in this series. Please contact us at (708) 771-1180 to reserve your spot today. All participants must sign a participation waiver agreement; a parent or guardian must sign the agreement for participants under the age of 18.

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### **Family Discovery Bike Ride in Thorn Creek (Region 9)**

Saturday, July 22, 9:30 a.m. – noon

Enjoy a leisurely eight-mile ride on the paved Thorn Creek Trail to explore the habitats of some of the preserve's summer residents. All children must be accompanied by an adult parent or guardian. Bring a picnic lunch if desired.

### **Exploration Hike in Tinley Creek (Region 8)**

Saturday, July 29, 8:00 a.m. – noon

Stretch your muscles, senses and mind as we explore the ravines and hillsides bordering Tinley Creek on a vigorous four (4) hour walk. Proper clothing is required.

Participants must be at least 12 years of age—children under 16 must be accompanied by a responsible adult. Bring a picnic lunch if desired.

### **Hike the Palos Preserves (Region 6)**

Sunday, August 13, 8:00 a.m. - noon

Join us for a few hours of vigorous hiking along the woodland and meadow trails of the Palos Hills. A stop at the Little Red Schoolhouse Nature Center will be part of the day. Wear sturdy hiking shoes or boots and bring enough water for a four-hour walk. Participants must be 12 years of age or older—children under 16 must be accompanied by a responsible adult.

### **Discover Chewab Skokie by Moonlight (Region 4)**

Wednesday, August 23, 5:00 p.m. - 10:00 p.m.

Experienced canoeists will explore the Skokie Lagoons by canoe and see the Forest Preserves in a whole different light. Bring a picnic dinner and a sharp sense of adventure. All children must be accompanied by an adult parent or guardian. Participants will be responsible for bringing their own canoes, paddles and life-jackets (PFD's). Those who do not own a canoe may call the District for information on rentals.

### **Geology Hike (Region 7)**

Sunday, September 10, 11:00 a.m. – 3:00 p.m.

How did the dramatic bluff and scenic hills of the Swallow Cliff area form? Why are the Cal-Sag and Des Plaines River valleys so wide, when the streams are small or practically non-existent? Some answers to these and other questions about geology and the origins of our landscape will be answered on this walk with the District's naturalist/geologist. Bring a picnic lunch for a trailside break.

### **Enjoy Nature With Your Dog, Des Plaines River Trail (Region 3)**

Saturday, Sept. 30, 9:30-11:30 a.m.

Bring your *sociable* dog for a discovery walk along the Des Plaines River Trail. Enjoy the delights of a fall morning, while you and your pet get the benefits of healthy exercise. Dogs must be properly licensed, leashed, well-behaved around strangers and under control at all times. Don't forget water and a treat for your dog and yourself!

### **Paddle Salt Creek (Region 5)**

Saturday, Sept. 23, 8:00 a.m. until 3:00 p.m.

Paddle your canoe along with us in a waterborne exploration of Salt Creek through the urban wilderness of Bemis and Bob Mann Woods. Please arrive promptly at 8:00 a.m. so that we can be on the water by 9:00 a.m. Bring a picnic lunch. Participants must bring their own canoes, paddles and life-jackets (PFD's). Those who do not own a canoe may call the District for information on rentals.

### **Deer Grove Birds by Bike (Region 2)**

Sunday, October 15, 7:30 - 11:00 a.m.

Enjoy the colors of fall during a morning ride on the Deer Grove unpaved bicycle trail. This trail includes some short steep hills and rough sections—mountain bikes or sturdy hybrid bikes required. Bring a picnic lunch if desired. Participants must be 12 years of age or older—children under 16 must be accompanied by a responsible adult

### **Hike the Spring Creek Preserves (Region 1)**

Sunday, October 29, 9:00 a.m. until 2:00 pm

Tromp with us through the Spring Creek Preserves and learn about the unique habitats and history of this corner of Illinois. Explore the ruins of old farmsteads and see massive old oak trees. View the hard work of volunteers to keep the preserves healthy. Bring food to share with others for our prairie lunch. Participants must be 12 years of age or older.

### **Healthy Lifestyle Walks**

Also new this summer, the District will begin a series of Healthy Lifestyle walks at five (5) of our six (6) nature centers. Looking for a mid-day break? Join lunch hour walks at River Trail or Crabtree. Are you a morning person? Check out the hikes at Trailside Museum, Camp Sagawau, River Trail, and the Little Red Schoolhouse. Come back often to get to know our naturalists and enjoy the beauty of changing seasons in the forest preserves. Registration in advance is required for hikes at Camp Sagawau (630) 257-2045.



**For information:**

**Trailside Museum (708) 366-6530**

**Little Red Schoolhouse (708) 839-6897**

**River Trail (847) 824-8360**

**Crabtree (847) 381-6592**