

Forest Trails Hiking Club



Founded in November 1942 by the late Dr. A.A. Gour

Come hike with us!

*Climb the mountains and get their good tidings.
Nature's peace will flow into you as sunshine flows
into trees. The winds will blow their own freshness
into you, and the storms their energy, while cares
will drop off like autumn leaves.*

—John Muir

Website: <http://www.foresttrailshc.com/>

Financial Manager:

Susan Olofson

1404 Grove Ave.

Park Ridge, Illinois 60068–5542

Email: susan.olofson@yahoo.com

(for membership status and dues)

To lead a hike:

E-mail LyleKay4@gmail.com

Notices:

- Neither snow nor rain nor heat nor gloom of night stays these hikers from the swift completion of their hike. Similar to the postal service, we go in all weather conditions.
- While hiking, please stay behind the leader—or you're on your own.
- Dogs are not permitted on hikes.
- You're welcome to join us at a tailgate immediately following the hike. These are usually held at a shelter near the parking lot. (In winter, tailgates are held at a local brewery.) If you choose to attend, please bring something to share.

About Forest Trails

Forest Trails is an informal social club of adults who wish to hike as a group. Members and guests hike at their own risk and are solely responsible for their own safety and well-being. The club is not providing a service and makes no claim as to the suitability or safety of any hike location.

Hikes are on Sunday unless otherwise noted. There's no sign-up or charge for hikes. Just show up! For information on individual hikes, call the leader(s). Some things to keep in mind: Carry lunch and/or snacks and water. Wear hiking boots or sturdy shoes. Also, keep in mind that we hike in all weather conditions, usually at a fairly brisk pace (3+ miles per hour).

Please be sure that you can hike the designated distance before coming on a hike. Unless noted otherwise in a hike's description, all hikes have dropout points or opportunities to turn back. On hikes listed as "strenuous," "moderately strenuous," or "fast-paced," participation is at the leader's discretion. He or she must keep up a steady pace—geared for the majority—to finish by the planned time. Leaders are not obligated to wait for slow hikers. If you're in doubt about participating, call or email the leader at least one day before the hike.

Drive times and mileage estimates are from the Chicago Loop. All hikes begin on time. Don't be late! You may miss the hike.

Upcoming Hikes		
Day	Hike Name	GPS Coordinates
Sunday, March 2	Chain O'Lakes State Park	N42.46588, W88.18974
Sunday, March 9	Veteran Acres Park, Wingate Prairie, Sterne's Woods & Fen, Crystal Lake	N42.25282, W88.32044
Sunday, March 16	Buffalo Creek / 3 Attached Parks, Buffalo Grove	N42.17008, W87.96600
Sunday, March 23	Blackwell and St. James Farm Forest Preserves	41.832097, -88.174640.
Sunday, March 30	Ice Age Trail—South Kettle Moraine, Shuttle Hike	N42.8767152, W88.5254539
Sunday, April 6	Glacial Park	N42.426312, W88.324265
Sunday, April 13	Mallard Lake and Hawk Hollow Forest Preserves, Hanover Park	N41.961139, W88.128500
Sunday, April 20	Rollins Savana/Millennium Trail, Grayslake	N42.36118, W88.02470
Sunday, April 27	Casey Trail, Libertyville	N42.301492, W87.954831
Sunday, May 4	Bluebell Hike at Knoch Knolls Park	N41.713591, W88.142332
Mothers Day Hike: May 9-11	North Kettle Moraine State Forest, WI	Contact Diane for hike details
Sunday, May 18	Maple Lake Boating Center, Palos Hills Forest Preserve	N41.711735, W87.893060
Sunday, May 25	Lapham Peak Unit, Kettle Moraine State Forest, WI	N43.039917, W88.393136
Sunday, June 1	Nordic Skiing and Hiking Trail, WI	N42.822060, W88.601063
Sunday, June 8	South Milwaukee Hike	N42.94863357, W87.8450574
Sunday, June 15	Grant Woods, Ingleside	42.397716, -88.130107
Sunday, June 22	Gallery Park, Glenview	42.08935° N, 87.81870° W
Sunday, June 29	Country Lane Woods near Willow Springs	N41.716617, W87.866145

Save the Date

July 18-20 - Camping/Hiking at the Ice Age Trail (Leader: Paula Uscian)
 October 3-5 – Camping/Hiking at Turkey Run (Leader: Jim Davis)
 October 17-19 – Camping/Hiking at Devil's Lake (Leader: Steve Pales)

March 2 - Chain O'Lakes State Park

Hike Length: 10-12 miles; Starts at 9:30 am

Driving info: About 1.25 hours, 65 miles

Leader: Char Carle (815 276-5104)

Chain O'Lakes State Park is in the heart of Illinois' largest concentration of natural lakes. The park has nearly 6,500 acres of water and 488 miles of shoreline. We'll hike on several of its trails. Take Northwest Tollway (I-90) to Barrington Road. Go north on Barrington Road (it merges with Rte. 59) to Rte. 12 (Rand Road). Continue northwest on Rte. 12 past Fox Lake to Wilmot Road. Turn right (north) and go to the park entrance. Drive 1.4 miles on the main park road past the horse trailer parking to the fork in the road. Turn left (north) and park in the lot south of the park office, where it says "Badger Trail Parking."

GPS: N42.46588, W88.18974

March 9 - Veteran Acres Park, Wingate Prairie, Sterne's Woods & Fen, Crystal Lake

Hike Length: About 10 miles; Starts at 9:30 am

Driving info: About 1.4 hours, 55 miles

Leader: Heidi Hanson, dix37326@duck.com

Rolling gravel hill prairie and wooded forest, grass, gravel, paved, and single-track dirt trails. Some rugged, steep paths. Moderate to brisk pace. Restrooms at the parking area and additional stops during the hike. For trail conditions, mileage, bailout, and after-hike plans, watch for pre-hike email.

Take the Jane Addams Tollway (I-90) west to IL-31 N (Exit 54B). Drive about 13 miles to IL-176/E Terra Cotta Ave. and turn left or travel west to Walkup Road. Turn right (north). Look for Veteran Acres parking lot on the right.

GPS: N42.25282, W88.32044

March 16 - Buffalo Creek /3 Attached Parks, Buffalo Grove

Hike Length: 10 miles; starts at 9:30 am

Driving info: About 40 minutes, 35 miles

Leader: Steve Pales (847 770-0964), stephenpales@yahoo.com

This hike includes 5 miles of gravel trails within Buffalo Creek- 408 acres of preserve acquired between 1978 and 1998 for flood water retention (east side) and preservation of open space (west side). The remainder of the hike is on an asphalt trail through three large connecting parks.

Take 1-294 north to exit 24, turn left (west) onto Deerfield Road, which turns to Deerfield Pkwy. Go 4.9 miles west. At Buffalo Grove Road turn left, in 600 feet turn right into park lot.

Or take 1-94/41 north to Lake Cook Road, turn left for 8.3 miles. At McHenry Road turn right for 0.7 mile. At Buffalo Grove Road (W14) turn right (north). In 0.5 mile turn left into parking lot.

Park on left (west) side of parking lot: Mike Rylko Community Park, Buffalo Grove, IL 60089(600 feet south of Deerfield Pkwy on N Buffalo Grove Road (CR-W14) on west side.

GPS: N42.17008, W87.96600

March 23 - Blackwell and St. James Farm Forest Preserves

Hike Length: 10-12 Miles; starts at 9:30 A.M.

Driving info: About 40 minutes ~ 30 miles

Leader: Rob Small (630/465-2393) rjcsmall@gmail.com

This hike traverses the Blackwell and St. James Farm Forest Preserves. It is a relatively flat, well paved trail through densely wooded areas. Please check your email for any updates nearer to the hike date.

From Chicago take I-290 West to I-88 West. Take I-88 West to the Winfield Road exit. Turn right (north) on Winfield Road. Turn left (west) on Butterfield Road (IL-56 W). Continue half of a mile to the Blackwell

Forest Preserve Entrance. Turn right (north) onto Main Drive and continue to the second parking lot on your right at the South Shelter sign.
GPS: 41.832097, -88.174640.

March 30 - Ice Age Trail–South Kettle Moraine, Shuttle Hike

Hike Length: 15+ miles; starts at 9:30 am
Driving info: About 2.5 hours, 100 miles
Leader: Vicky Connors (847 736-6221), vconnors60@yahoo.com

We will be hiking the central segment of the South Kettle Moraine Ice Age Trail, perhaps the most scenic and rewarding section. There will be no dropout points and we will need to keep a brisk pace. —bring snacks.

Take the Tri-State Tollway (I-94) north to Wisconsin Highway 50. Go west on Highway 50 to Route 12. (You can also take I-355 or I-290/Route 53 North to Route 12.) Go north on Route 12 to mile marker 320 past Lake Geneva (end of expressway). Continue on Route 12, bearing right as it merges with Route 67. Continue on 12/67 for 7 miles, then keep straight on Route 67 when Route 12 branches off to the left. Continue on Route 67 for another 3.1 miles. As you enter the town of Little Prairie, pass Bluff Road, then turn left on Palmyra Road. Go approximately 3.2 mi. (Palmyra Road will change into Little Prairie Road, then County Z). You will come to a rail crossing. Turn right immediately after the crossing onto Route 59; in 0.5 mi. turn right into State Forest Headquarters; proceed to parking lot. No fee is required to park in this lot. To eliminate backtracking, we will shuttle to the beginning of the hike on Route 12. Volunteers are needed to shuttle hikers.
GPS: N42.8767152, W88.5254539

April 6 - Glacial Park

Hike Length: 10 miles; starts at 9:30 am
Driving info: About 1.25 hours, 65 miles
Leader: Char Carle (815 276-5104)

Glacial Park is McHenry County Conservation District's most treasured open space holding, known for its rolling prairie, delta kames, oak savanna and meandering Nippersink Creek. We'll hike the kames (steep hills) and keep up a brisk pace of about 3+ miles per hour. Consider bringing hiking poles, as this hike can be strenuous.

Take I-94 north to Belvidere Road (Route 120). Go west 18 miles to Richmond Road (Route 31). Go about 6 miles to Harts Road, turn left and follow signs to Lost Valley Visitors Center parking lot. Note: it is before the barn parking that you will see ahead. The Visitors' Center has ample parking and bathrooms.
GPS: N42.426312, W88.324265

April 13 - Mallard Lake and Hawk Hollow Forest Preserves, Hanover Park

Hike Length: 9-10 miles; starts at 9:30 am
Driving info: 40-45 minutes
Leader: Mike Claerhout (331 625-5202), claerhoutm@aol.com

This hike consists of a loop at Mallard Lake connecting to a loop through the prairie at Hawk Hollow. Mostly flat, with just a couple hills moderate in length and pitch. We will hike around Mallard Lake as well as bisect it via two island bridges. Mostly crushed gravel here with a stretch of single track/bushwhacking along the south shore. At Hawk Hollow the trails are a mixture of gravel, turf and mown prairie. Main bailout at the border of the two preserves. Restroom in the parking area.

Mallard Lake located off of Schick Rd., 1/4 mile west of Gary Ave. There is a stoplight at the forest preserve entrance.
GPS: N41.961139, W88.128500

April 20 - Rollins Savana/Millennium Trail, Grayslake

Hike Length: 11 miles; starts at 9:30 am
Driving info: 1 hour, 50 miles
Leader: Steve Pales (847 770-0964), stephenpales@yahoo.com

This hike is on a wide gravel prairie trail. The land 450 acres acquired between 1988 and 1993, then opened in 2004 is former farmland that is being restored as part of a massive habitat and preservation project.

Take I-90 north to I-94 north. Take exit 11B for IL-120/Belvedere Road. Go west 5.5 miles. At Atkinson, turn right (north), go 1.6 miles. At Washington, continue straight into Rollins Savana Forest Preserve entrance. Address is 20160 W Washington Street, Grayslake, IL 60030.
GPS: N42.36118, W88.02470

April 27 - Casey Trail, Libertyville

Hike Length: 11-12 miles; starts at 9:30 am
Driving info: About 1 hour, 40 miles
Leader: Lisa Ruhland, 773-547-0350, l.ruhland@comcast.net

This out-and-back hike will be at a brisk pace on wide crushed limestone trails beginning on the Des Plaines River Trail before connecting to the Casey Trail. Bailouts are available. Take I-94 North to Rockland Road/IL 176, exit 16. Turn right (west) onto Rockland Road and go 2.2 miles to Milwaukee Ave. Turn right (north) onto Milwaukee and go 1.1 miles to Adler Park on the right (at the light, across from the fire department). Follow along the road to the right to the outdoor swimming pool. There is a large parking lot behind the pool. The trailhead address is 1500 N Milwaukee, Libertyville, IL 60048.
GPS: N42.301492, W87.954831

May 4 - Bluebell Hike at Knoch Knolls Park

Hike Length: 8-10 miles; starts at 9:30 am
Driving info: About 45 minutes, 30 miles
Leader: Rob Small (630 465-2393), rjcsmaill@gmail.com

Enjoy the beautiful bluebells as we hike along the east and west branches of the DuPage River leading to the confluence of the river branches.

Take the Stevenson Expressway (I-55) south to Rte. 53; turn right (north) onto Rte. 53; turn left (west) onto Royce Road; turn right (north) onto Washington Street; turn left (west) onto Ring Road; turn left (south) onto Knoch Knolls Road; turn left (south) into Knoch Knolls Nature Center parking lot.
GPS: N41.713591, W88.142332

May 9 – 11 (Mother's Day Hike) - North Kettle Moraine State Forest, WI

Hike Length: 25- and 16-mile options; see start-times below
Driving info: About 3 hours, 130 miles
Key Contact: Diane Sotiros (312 925-4943), diane_sotiros@yahoo.com

Important: Notify Diane Sotiros if you are coming! Diane will provide info on hotels, restaurants, hike details, and tailgate, etc. Note the Saturday date! We are again offering two hike options on the Ice Age Trail: 25 miles and 16 miles. Both are strenuous hikes over hilly terrain, so participants must be in very

good physical condition. The 25-mile hike starts at 7 am. Hikers should expect to complete the full 25 miles in about nine hours; there is no halfway return point. (A “sag wagon” is available in the event of any problems.) The 16-mile hike begins about 9:30 am at Mauthe Lake (along the route of the longer hike).

ATTENTION: We need volunteers for the “sag wagon.” This involves carrying hikers’ lunches, extra water, clothes, etc.; providing minor first aid and transportation in case of injuries; counting heads to ensure no one is left behind; and providing snacks (paid for by the club) at various stopping points. It can be an enjoyable experience for those who would like to join the group but don’t want to hike.

May 18 - Maple Lake Boating Center, Palos Hills Forest Preserve

Hike Length: 10 miles; starts at 9:30 am

Driving info: About 1 hour, 30 miles

Leader: Kathy Siemeck (e-mail: ksiemeck72@gmail.com)

This hike is in a beautiful, forested area of Palos Hills Forest Preserve. We will hike at a moderate pace. From Chicago: Take the Stevenson Expressway (1-55) west to LaGrange Road; go south on LaGrange Road to 95th Street; turn right (west) and go to Wolf Road; turn left (south) and go to the Maple Lake Boating Center (first entrance on left). We will meet at the second parking lot.

GPS: N41.711735, W87.893060

May 25 - Lapham Peak Unit, Kettle Moraine State Forest, WI

Hike Length: 14 miles, with 8-mile option; starts at 9:30 am

Driving info: About 2 hours, 115 miles

Leader: Michelle Chelap [CHELL-up] (847 644-7607), m.chelap@me.com

Hills, hills, and more hills! We will start out on the challenging Black Loop at Lapham Peak at a moderate but steady pace. There will be a lunch break at the observation tower. After lunch, those taking the 8-mile option will head out on the IAT trail to the E11 trail intersection, turning left to finish the Black Loop. For those wanting a longer hike, I will be heading out on the IAT in the other direction to the Schoeninger Savannah and back, for a total of 14 miles. Plan for about six hours to complete the 14-mile hike (~1000 ft total elevation gain), including breaks. Lapham Peak is in the Kettle Moraine area of Southern Wisconsin. It was formed 10,000 years ago when a glacier covered much of the area. A 45-foot observation tower sits atop the highest point in Waukesha County (1,233 feet above sea level). The area’s glaciated topography provides excellent hiking. Park at the Homestead Hollow Parking Lot. Map: [laphammap](#)
GPS: N43.039917, W88.393136

Note: There is an \$11 daily parking fee. (Or you can purchase an annual Wisconsin State Park pass for \$38.)

June 1 - Nordic Skiing and Hiking Trail, WI

Hike Length: 9+ miles; starts at 9:30 am

Driving info: About 2 hour, 100 miles

Leader: Galina Shuster (847 337-7377), shuster309@comcast.net (prefer text message over email)

This is a beautiful, moderate skiing/hiking trail. The trail is wide and mostly smooth, but it has some hills. There are plenty of options for distance and terrain, depending on your energy levels. The largest loop has the most hills, and it is 9 miles long. The trails are very well marked and there are plenty of shortcuts (bailout) options. Depending on how the group feels we can take one of the shorter loops in addition to 9 miles—there are plenty choices between 2/3 of a mile and 3.5 miles. There is a bathroom at the parking lot, but no bathrooms on trails. There is a place for a picnic with some tables, but I encourage you to bring folding tables, in case the place is too busy. There is a winter shelter for skiers, but it may not be open in the summer.

Take I-94 W to WI-50 W in Kenosha. Take exit 344 from I-94 W, get on US-12 W/WI-120 N in Lyons, merge onto US-12 W/WI-120 N, continue on US-12 W to your destination in La Grange. N9084 Co Rd H, Whitewater, WI 53190
GPS: N42.822060, W88.601063

June 8 - South Milwaukee Lakefront–Sheridan, Warnimont, & Grant Parks, including Seven Bridges

Hike Length: 9 miles; starts at 9:30 am
Driving Info: 1.5 hours; 90 miles
Leader: Michelle Chelap (847 644-7607), m.chelap@me.com

Meet at the parking lot of the Warnimont Golf Course, just south of the Sheridan Park Archery Range. We'll hop on the wooded trails that wind along the Lake Michigan bluffs. FYI for people who are sensitive to exposure/heights: there are a couple short sections where the trail runs VERY close to the edge of high bluffs. This is a "Call 911" kind of situation, should someone trip and fall. We will also walk along a stretch of beach, climb & descend stone stairways, walk along a paved bike path, and cross wooden bridges.
GPS: N42.94863357, W87.8450574

June 15 - Grant Woods, Ingleside

Hike Length: 9-11 miles; starts at 9:30 am
Driving info: 1.5 hours, 56 miles
Leader: Stefanie Mucker (773 519-2433), stefaniemucker@gmail.com

This hike is on a wide gravel trail through mostly woods with some prairie on 1226 acres, plus bonus woods to the north. This trail has never been farmed and offers diverse trees with small rolling hills (200 ft elevation) and a lake. The hike will be 9-11 miles, with a bail out at 6 miles. There is a large picnic area with a shelter, electricity and grill.

Take I-90 north to I-94 north. Take exit IL-132 W/W Grand Ave. Go west 2.6 miles. Turn left onto Rollins Road. Turn Right onto Hook Road. Turn right onto IL-83 N/N Barron Blvd. Turn left onto Monaville Road. Stay on Monaville Road through the traffic circles. Turn left into the Grant Forest preserve entrance after the second traffic circle. Drive to the last parking lot. Address is 25405 West Monaville Road, Ingleside, IL.
GPS: 42.397716, -88.130107

June 22 - Gallery Park, Glenview

Hike Length: 10 miles; starts at 9:30 am
Driving Info: 21 miles, 24 minutes
Leader: Steve Pales (847-770-0964), stephenpales@yahoo.com

This hike starts and ends on land once the Glenview Naval Air Station (1937-1995), now a Glenview Park District park. Hike is within a variety of different settings within mostly open areas. We will hike around a lake, a basin and a small section of prairie trail. Trails are both wide and narrow, mostly paved trails, some limestone, cut grass and dirt trails.

Take I90 and I94 Kennedy Expressway north 8 miles. Stay right onto I94 Edens Expressway 9 miles to exit 34B Lake St. Take Lake St west 3.2 miles. Turn right on Patriot Blvd for .6 miles. Turn right onto Chestnut for 900 feet. Turn left, park between buildings close to grass.
GPS: 42.08935° N, 87.81870° W

June 29 - Country Lane Woods near Willow Springs.

Hike Length: Roughly 10 miles; starts at 9:30 am

Driving Info: 30 minutes; 22 miles

Leader: Terry Johnson (708 557 8292), terry.johnson708@gmail.com

This out-and-back hike will be on wide, mostly-shaded, gravel paths. We'll leave the single tracks to the mountain bikers. The route is mostly flat; any elevations are gradual. Porta potties are at the parking lot and also at the 3- and 6-mile marks. A bailout is available at the 7-mile mark. We've reserved the shelter at the parking lot.

Take I-294 south to Exit 22 (75th Street toward Willow Springs Road). Turn right onto 75th street and go a half mile until you hit Willow Springs Road. Turn left onto Willow Springs Road and travel 2.7 miles until you hit 95th Street. Make a left onto 95th street and go four blocks. The entrance is on 95th St, midway between La Grange Road and 104th Avenue (aka Flavin Rd/Willow Springs Rd).
GPS N41.716617, W87.866145

SAVE THE DATE

July 18-20 - Camping/Hiking at the Ice Age Trail (Leader: Paula Uscian)

October 3-5 – Camping/Hiking at Turkey Run (Leader: Jim Davis)

October 17-19 – Camping/Hiking at Devil's Lake (Leader: Steve Pales)

Membership Information

Dues are \$10 per year (per household) for membership. Be aware of your expiration date. You should also receive a renewal reminder, so be sure to check your spam folder. If your membership has expired, you will no longer receive schedules. Please send checks (payable to Forest Trails Hiking Club) to Susan Olofson, 1404 Grove Avenue, Park Ridge, IL 60068-5542. Or you may pay via PayPal or Venmo. Please select "friends/family" when initiating a payment (the club is NOT a business). We are under "Forest Trails Hiking Club"; email address is fthc.payment@yahoo.com.

Name:

Street Address:

City and State:

Zip Code:

Email Address:

For new members: If you pay by Paypal or Venmo, you need to send Susan Olofson an email at susan.olofson@yahoo.com so that she has your email address. Once we receive your dues payment, you will be sent an invitation to join fthc.groups.io. You must accept this invitation and set your password. This will ensure that you are on the club's email distribution list and that you will receive updated schedules and other information, such as hike updates, additional hikes, weather conditions, or changes to scheduled hikes. If you do not receive an invitation, please check your spam folder.

For current members: If you misplace a schedule, the current schedule can always be found on fthc.groups.io.

Beyond the Hike: In addition, Forest Trails Hiking Club offers an optional email group, Beyond the Hike, for members to exchange information that doesn't relate directly to hikes led by members. It covers such topics as carpool requests, lost and found, gear information and recommendations, gear for sale, special events that may interest club members, and other activities that fall outside hiking (e.g., bike rides, skiing). To address spam concerns, Beyond the Hike participants can control whether and how they receive emails posted to the group. To join or request additional information, contact Paula Uscian at pmuscian@sbcglobal.net