

FOR IMMEDIATE RELEASE:

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Forest Preserve District of Kane County
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Get your steps in with Forest Preserve District guided hikes

GENEVA, IL — Get your daily 10,000 steps in, during Forest Preserve District’s invigorating naturalist-led hikes.

Each month, we’ll take a two-hour hike at a Kane County forest preserve. “Trek with a Naturalist” programs are designed for those who like active hiking, all year long. The naturalist will stop occasionally to interpret the ecology of the preserve, as we hike, but the main goal is to cover ground!

Join us at our upcoming hikes:

- Thursday, Feb. 20; 3:30-5:30 p.m.
Glenwood Park Forest Preserve; 1644 S. River St., Batavia
- Thursday, March 19; 5-7 p.m.
Jon J. Duerr Forest Preserve; 35W003 Rte. 31, South Elgin
- Thursday, April 16; 5:30-7:30 p.m.
Big Rock Forest Preserve; 46W072 Jericho Rd., Big Rock
- Thursday, May 21; 6-8 p.m.
Fox River Shores Forest Preserve; 701 N. Williams Rd., Carpentersville

These free programs are for ages 18 and above. Advance registration is required. Call 630-444-3190 or email programs@kaneforest.com to register.

For more information, visit www.kaneforest.com, or find us on social by searching @forestpreserve.