

FOR IMMEDIATE RELEASE:

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Get Your Steps in with our Monthly Naturalist-Led Hikes

GENEVA, IL — Come explore nature and get active this fall! Join us for our invigorating, naturalist-led hikes designed for those who enjoy active hiking year-round. This monthly program is perfect for individuals looking to get in their daily 10,000 steps while discovering the beauty of various preserves.

Each hike features a District naturalist who will occasionally stop to interpret the ecology of the area, though the main focus is on covering ground and enjoying the great outdoors. These hikes are open to ages 18 and above.

Upcoming Hike Dates:

- **Thursday, Sept. 19;** 4:30-6:30 p.m. at Camp Tomo Chi-Chi Knolls, located at 40W095 Freeman Rd., Gilberts.
- **Thursday, Oct. 17;** 4:00-6:00 p.m. at Campton Forest Preserve, located at 4N379 Town Hall Rd., St. Charles.
- **Saturday, Nov. 2;** 9:00-11:00 a.m. at Prairie Green Forest Preserve, located at 698 North Peck Rd., Geneva.

All hikes are free. Advance registration is required. To register, visit www.kaneforest.com/register, call 630-444-3190 or email programs@kaneforest.com.

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

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