



HIKING CLUB 2023

August 2nd - October 28th

August 2nd

6pm | St. Patricks Park - South Bend, IN
Meet at big red barn

August 5th

9:30am | Love Creek Nature Center
Barrien Center, MI

August 9th

6pm | Bendix Woods - New Carlisle, IN
Meet at Van Paris Shelter

August 12th (Advanced)

9:30am | Grand Mere State Park
Stevensville, MI

August 16th

6pm | Rum Village - South Bend, IN
Meet at nature center

August 19th

9:30am | Sarett Nature Center
Benton Harbor, MI

August 23rd

6pm | Elkhart Environmental Center
Elkhart, IN

August 26th

9:30am | Potato Creek State Park
North Liberty, IN
Meet at nature center

August 30th

6pm | Galien River County Park
New Buffalo, MI

September 2nd (Advanced)

9:30am | Pokagon State Park - Angola IN
Meet at lodge parking lot

September 6th

6pm | Lydick Bog Nature Preserve
25898 US-20 South Bend, IN

September 9th

9:30am | Kemil Beach at Indiana Dunes
National Park - Beverly Shores, IN

September 13th

6pm | Boot Lake Nature Preserve
51430 CR 3 Elkhart, IN

September 16th (Advanced)

9:30am | Al Sabo Preserve
Kalamazoo, MI

September 20th

6pm | Notre Dame - South Bend, IN
Meet at Dorr parking lot (across from WNDU)

September 23rd

9:30am | Dr. T.K. Lawless Park
Vandalia, MI

September 27th

6pm | Cobus Creek County Park
30680 CR 8 Elkhart, IN

September 30th

9:30am | Bailly Homestead and
Chellberg Farm Trail - Chesterton, IN



BEACON
Health & Fitness

October 4th (Advanced)
6pm | Mt. Randall at Warren Dunes
Right after guard shack, trailhead lot

October 7th (Advanced)
9:30am | South Swan Creek Loop Trail
Fennville, MI

October 11th
6pm | Keller Park - South Bend, IN
Meet at tennis courts

October 14th (Advanced)
9:30am | Warren Dunes State Park
Sawyer, MI

October 18th
6pm | Potato Creek, Trail 4
North Liberty, IN

October 21st
9:30am | Location TBA

October 25th
6pm | Mishawaka River Walk
Central Park parking lot

October 28th (Advanced)
9:30am | Indiana Dunes State Park
Meet at Nature Center

Advanced Hikes

Most of these hikes are great for almost any fitness level, however a few of them feature steep inclines on sandy trails. Be aware of these difficult hikes as they may not be safe for all hikers.

Milt Cooper

Cell: 574-514-1022 | Home: 574-289-9730

Email: miltcooper40@gmail.com

*Milt is available by email. The best way to contact him the day of a hike is by phone, not email.

Hiking Times

Please be sure to check the hiking calendar to know the start time of each hike as well as directions to the location.

Arrive at meeting place at least 15 minutes early. Milt starts promptly and doesn't want to leave anyone behind.

Be sure to check the weather and if the temperature and heat index is over 90 degrees - we do not hike for safety reasons. We also do not hike when lightning is present. An email is sent out the day of the hike if it's canceled - but always feel free to call Milt if you have questions.

Bring a Friend

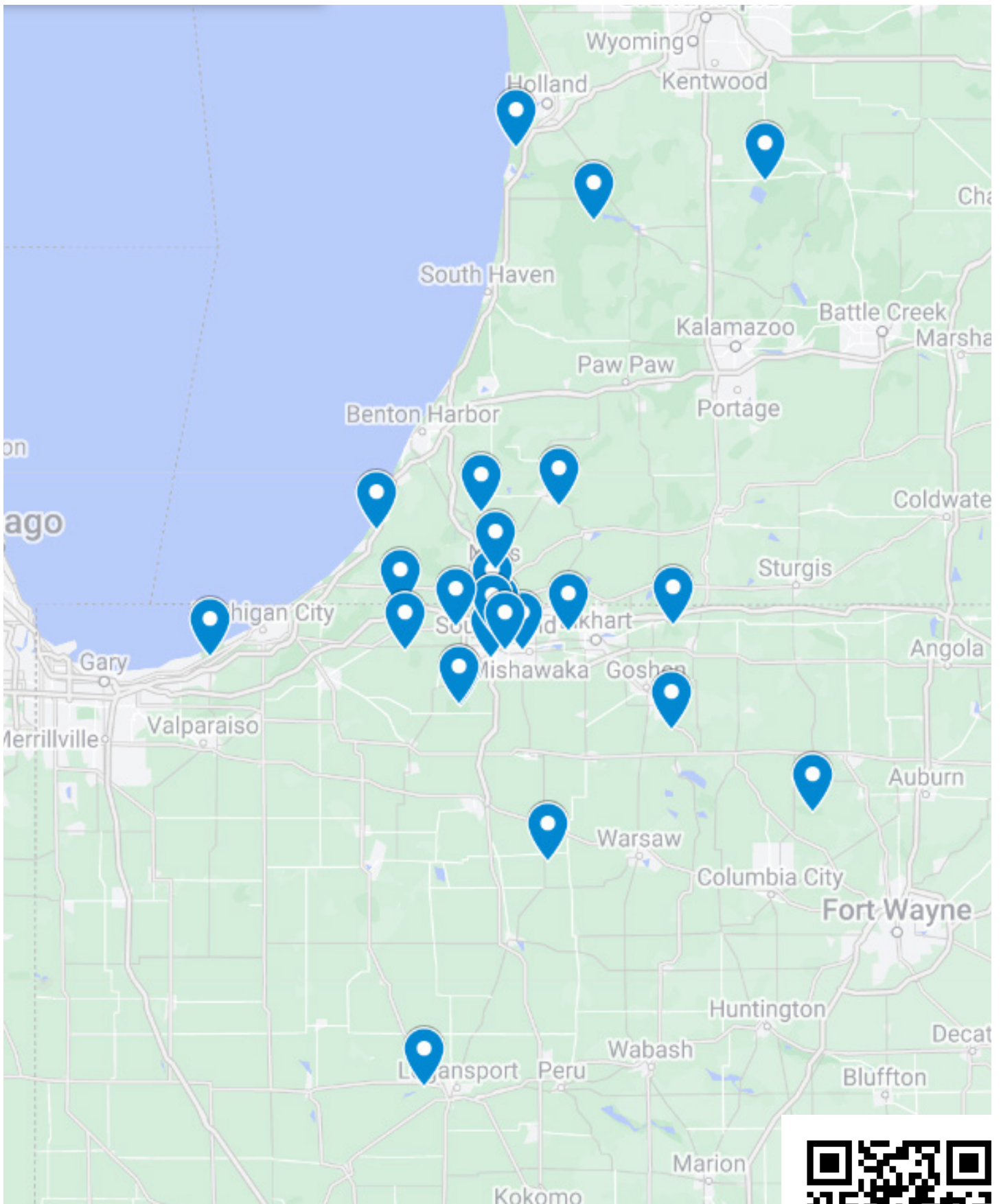
You can purchase a guest pass to bring a friend along for a hike! Purchase a guest pass at the info desk for \$10/use. If your friend decides to join the group we will take the \$10 off of their registration.

Hiking Tips

- We recommend hiking poles, wicking socks, running shoes, trail running shoes or hiking boots
- Water is a must for hiking! Drink 2-3 Oz every 15 minutes to replace fluids. (Suggested: Gatorade, bars, gels).
- Due to weather and distances with these hikes, no dogs or children under 16 are allowed.
- Do not over/under dress and be sure to dress in layers. Weather may start cold but will warm up quickly and we don't want anyone to overheat or be too cold.

State Park Pass

Some of these hikes are in State parks which have an entrance fee per vehicle. You may choose to purchase an annual State Park pass (Indiana - \$50 or \$25 for anyone 65+ & Michigan - \$34 for out of state). These can be purchased on the Indiana/Michigan DNR websites.



View the interactive Hiking Club map to see all the meeting locations & get directions by visiting the link below or scanning the QR code.

<https://beacon.health/hikingmap>

