



# HIKING CLUB 2024

## April 3<sup>rd</sup> - June 29<sup>th</sup>

### April 3

6pm | Notre Dame - South Bend, IN  
Dorr Rd. lot across from WNDU

### April 6

9:30am | SW Michigan College  
Dowagiac, MI. Meet at Student Union  
off Dailey Rd.

### April 10

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

### April 13

9:30am | Lawless Park  
Vandalia, MI

### April 17

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

### April 20 \$

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

### April 24

6pm | Rum Village - South Bend, IN  
Meet at Nature Center

### April 27 \$ (Advanced)

9:30am | Chain O Lakes St. Park  
Albion, IN. Meet at beach parking lot

### May 1

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

### May 4

9:30am | Oshtemo Township Park  
Kalamazoo, MI

### May 8

6pm | Spicer Lake - New Carlisle, IN

### May 11 \$

9:30am | Francis Park - Logansport, IN

### May 15

6pm | Benton Spillway River Park  
68587 Co. Rd. 31, New Paris, IN

### May 18

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

### May 22

6pm | Galien River County Park  
New Buffalo, MI

### May 25 \$ (Advanced)

9:30am | Saugatuck Dunes St. Park  
Holland, MI Right after guard shack,  
trailhead lot

### May 29

6pm | Oxbow County Park - Goshen, IN

### June 1 \$

9:30am | Potato Creek  
North Liberty, IN. Meet at Nature Center

### June 5 \$

6pm | Potato Creek - North Liberty, IN  
Trail #4, meet at cemetery parking lot

### June 8

9:30am | South Swan Creek Loop Trail  
Fennville, MI



**BEACON**  
Health & Fitness

## June 12

6pm | Niles Riverfront Park - Niles, MI  
Parking lot South of Wonderland Cinema

## June 15 \$

9:30am | Indiana Dunes State Park  
Portage, IN. Meet at Nature Center

## June 19

6pm | Bonneyville Mill Park – Bristol, IN  
Meet at mill parking lot

## June 22

9:30am | TBA

## June 26

6pm | TBA

## June 29

9:30am | TBA

### 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](mailto: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

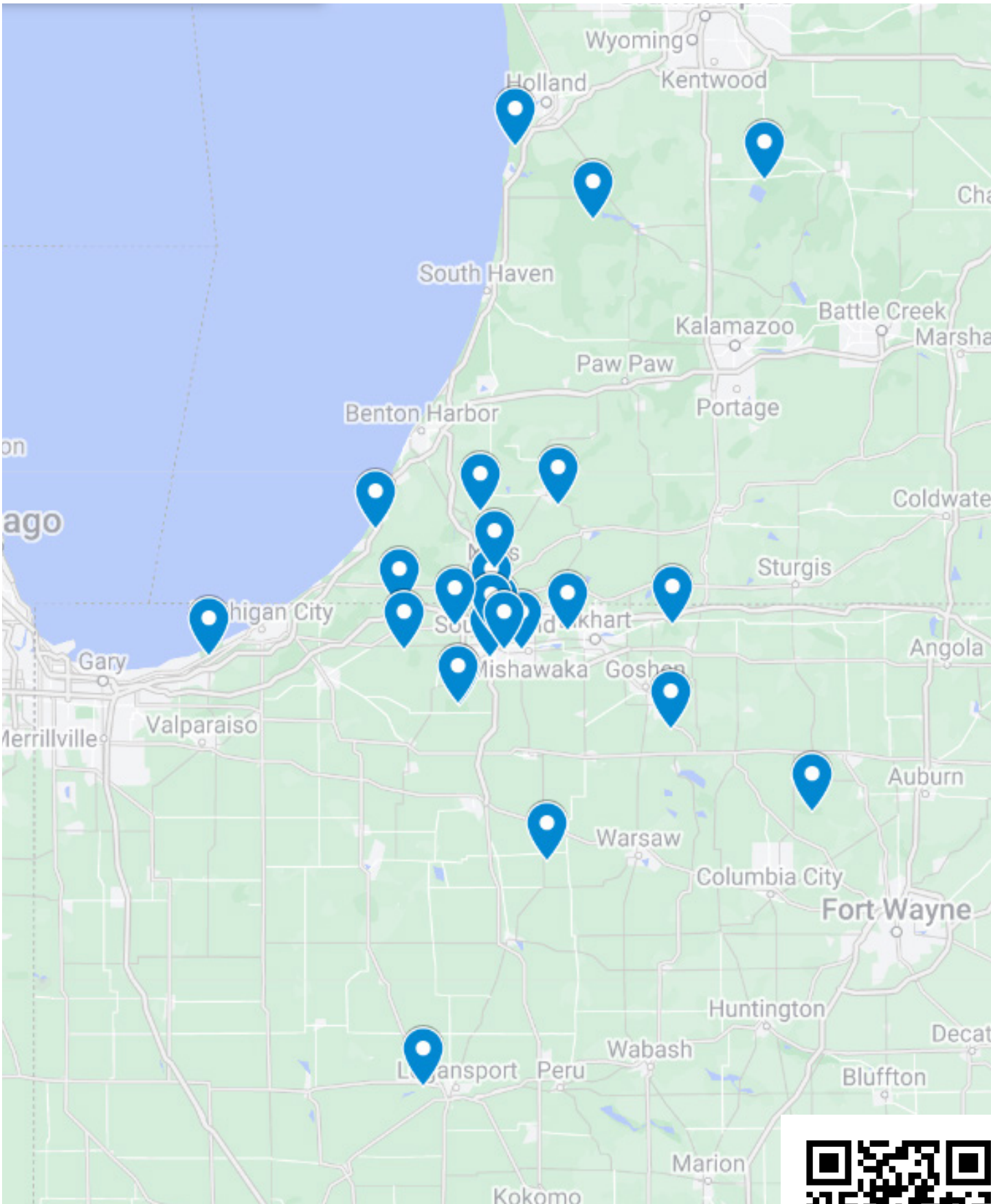
You can purchase a guest pass to bring a friend along for a hike! Purchase a guest pass at the info desk for \$10/use. If your friend decides to join the group we will take the \$10 off of their registration.

### 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>

