



HIKING CLUB 2024

August 3rd - October 30th

August 3 \$

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

August 7 \$

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

August 10 \$

9:30am | Potawatomi Park
Tippecanoe, IN

August 14

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

August 17 (Advanced) \$

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

August 21 \$

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

August 24 (Advanced) \$

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

August 28

6pm | Elkhart Environmental Center
Elkhart, IN

August 31 (Advanced)

9:30am | Al Sabo Preserve
Kalamazoo, MI

September 4

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

September 7 (Advanced) \$

9:30am | Indiana Dunes State Park
Meet at Nature Center

September 11

6pm | McCoy Creek
501 W. Smith St., Buchanan, MI.

September 14 \$

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

September 18

6pm | South Bend River Walk
Meet at the Farmer's Market

September 21 \$

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

September 25 \$

6pm | Oxbow Lake County Park
23033 CR. 45, Goshen, IN

September 28 (Advanced) \$

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

October 2

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

October 5

9:30am | Oshtemo Township Park
Lillian Anderson, Kalamazoo, MI

October 9 \$

6pm | Potato Creek State Park
North Liberty, IN - *(Cemetary Parking Lot)*

October 12 (Advanced) \$

9:30am | Warren Dunes State Park
Sawyer, MI - *(Trailhead Parking Lot)*

October 16

6pm | Keller Park - South Bend, IN
Meet at Pickleball courts

October 19

9:30am | TBA

October 23

6pm | Notre Dame - South Bend, IN
Meet at Old Golf Course Parking Lot

October 26

9:30am | TBA

October 30

6pm | Mishawaka River Walk
Central Park lot, north of river

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

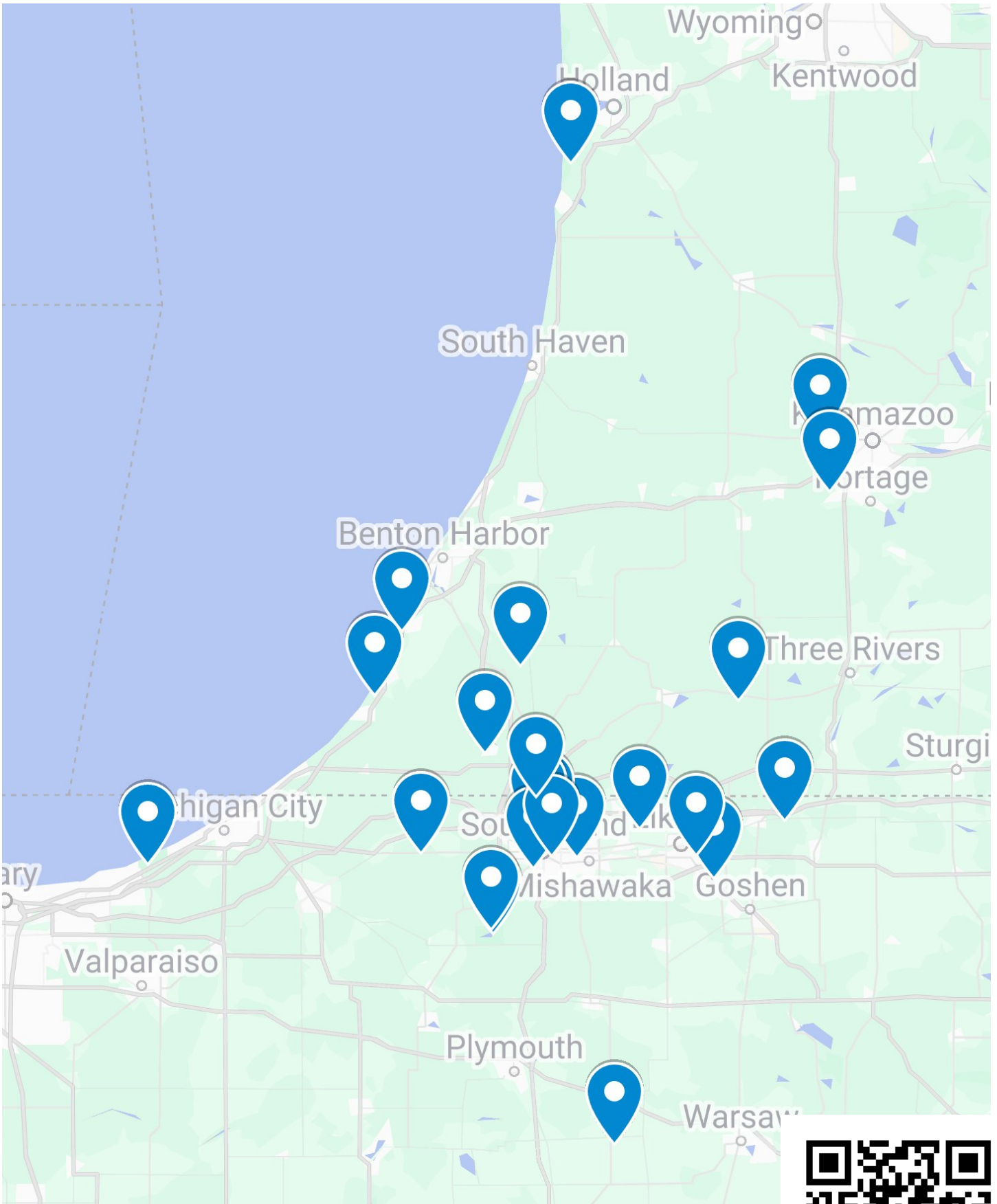
You can purchase a guest pass to bring a friend along for a hike! Purchase a guest pass at the info desk for \$10/use. If your friend decides to join the group we will take the \$10 off of their registration.

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>

