

FOR IMMEDIATE RELEASE:

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Get your steps in with Forest Preserve District guided hikes

GENEVA, IL — Get your daily 10,000 steps in, during our guided hikes with Forest Preserve District of Kane County naturalists.

Each month, we'll take an invigorating two-hour hike at a forest preserve. "Trek with a Naturalist" programs are designed for those who like active hiking. The hikes will be led by a naturalist, who will interpret the ecology of the preserve along the way.

Join us at one or all three hikes:

- The first will take place on Thursday, March 15, from 5-7 p.m. at Fox River Bluff West Forest Preserve, 5N753 IL Rte. 31, St. Charles.
- The second hike will be on Thursday, April 19, from 5:30-7:30 p.m. at Fitchie Creek Forest Preserve (East), 10N630 Nesler Rd., Elgin.
- The third hike will take place on Thursday, May 17, from 6-8 p.m. at Johnson's Mound Forest Preserve, 41W600 Hughes Rd., Elburn.

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 media by searching @forestpreserve.