

**FOR IMMEDIATE RELEASE:**

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**Enjoy extended guided hikes during Trek with a Naturalist series**

GENEVA, IL — Get your daily 10,000 steps in, during 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, June 21, from 6-8 p.m. at Lone Grove Forest Preserve, 49W055 Perry Rd., Maple Park.
- The second hike will be on Thursday, July 19, from 6-8 p.m. at Hampshire Forest Preserve, 44W880 Allen Rd., Hampshire.
- The third hike will take place on Thursday, Aug. 16, from 6-8 p.m. at Fabyan East Forest Preserve, 1500 Crissey Ave., Rte. 25, Geneva.

These free programs are for ages 18 and above. Advance registration is required. Call 630-444-3190 or email [programs@kaneforest.com](mailto:programs@kaneforest.com) to register.

For more information, visit [www.kaneforest.com](http://www.kaneforest.com), or find the Forest Preserve District on social media by searching @forestpreserve.