

FOR IMMEDIATE RELEASE:

Nov. 14, 2017



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Enjoy extended, guided hikes during “Trek with a Naturalist”

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

Each month, District staff lead an invigorating two-hour hike at a forest preserve. “Trek with a Naturalist” programs are designed for those who like active hiking. A naturalist will interpret the ecology of the preserve, along the way.

Join us at one or all three hikes:

- The first hike will take place Saturday, Dec. 9, from 9-11 a.m. at Freeman Kame Forest Preserve, 40W346 Freeman Rd., Gilberts. Meet at parking lot entrance, off Freeman.
- The second hike will be Saturday, Jan. 6, from 9-11 a.m. at Dick Young Forest Preserve, 2S326 Nelson Lake Rd., Batavia. Meet at Nelson Lake entrance.
- The third hike is Thursday, Feb. 15, from 3:30-5:30 p.m. at Aurora West Forest Preserve, 40W032 Hankes Rd., Aurora.

These free programs are for ages 18 and above. Advance registration is required. Call 630-444-3190 or e-mail programs@kaneforest.com to register.

For more information, visit www.kaneforest.com, or find us on social media by searching @forestpreserve.