

FOR IMMEDIATE RELEASE:

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Enjoy extended guided hikes during “Trek with a Naturalist”

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, Sept. 21, from 4:30-6:30 p.m. at Lake Run Forest Preserve, 40W255 Tanner Rd., Sugar Grove.
- The second hike will be on Thursday, Oct. 19, from 4-6 p.m. at Raceway Woods Forest Preserve, 17N702 Western Ave., Rt. 31, Carpentersville.
- The third hike will take place on Saturday, Nov. 11, from 9-11 a.m. at Grunwald Forest Preserve, 02S035 Lorang Rd., Elburn.

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, call 630-444-3190, visit www.kaneforest.com, or find us on social media by searching [@forestpreserve](#).