

FOR IMMEDIATE RELEASE:

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Enjoy guided, evening hikes in the Kane County forest preserves

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

Each month, we'll take an invigorating two-hour hike at a different 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 hike will take place on Thursday, March 16, from 5-7 p.m. at Jon J. Duerr Forest Preserve, 35W003 Rt. 31, South Elgin.
- The second hike will be on Thursday, April 27, from 5:30-7:30 p.m. at Bliss Woods Forest Preserve, Preserve, 5S660 Bliss Rd., Sugar Grove.
- The third hike will take place on Thursday, May 18, from 6-8 p.m. at Tekakwitha Woods Forest Preserve, 35W076 Villa Marie Rd., St. Charles.

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

For more information on upcoming nature programs, visit www.kaneforest.com.

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