

Walk on the Wild Side This Spring!



Discover amazing beauty and kindred spirits ... all around you!

April 18-June 3, 2017

10 am - 1 pm unless noted below


* Hike or bike 9 pretty "wild" places in Northern Illinois, with 29 options (plus bonus kayaks).


* Create your own package of 4, 6, or unlimited day trips with the best mix of days for you: Tue, Wed, Fri & Sat.


* Rejuvenate your spirit and body with exercise, fresh air, sunshine, wildflowers, and discovery.

* Learn cool nature info.

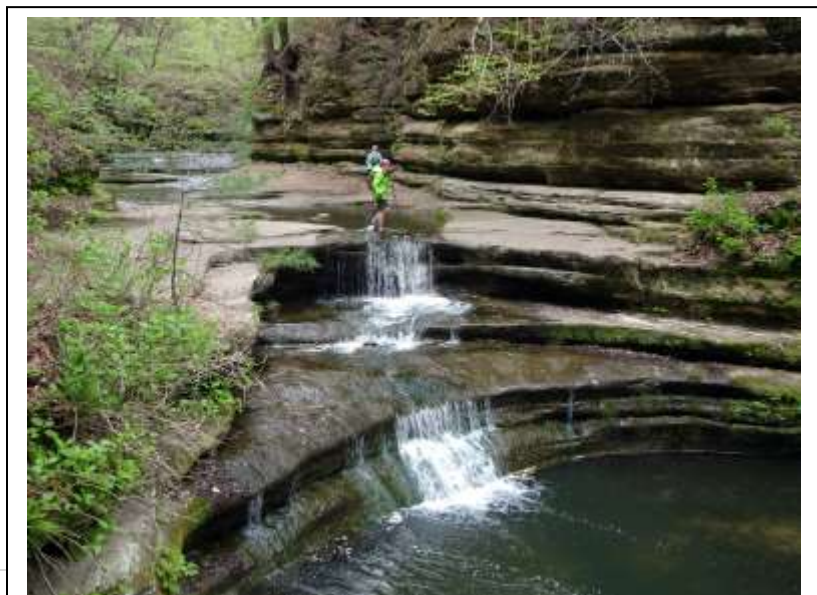
* Meet fun outdoor women.

 **Hike Beverly Lake near S. Barrington, April 18, 19, 21, 22 (T, W, F, S)** Fall in love with this preserve's wildlife and secluded beauty. We'll explore its picture-perfect lake, open meadows, and stands of mature oaks and evergreens. *Hiking distance: About 3 miles.*

 **Hike Starved Rock/Matthiessen, near Utica, April 21-22 (F, S) 10 am – 4 pm.** We can't imagine NOT visiting this magical place in spring! Explore deep canyons, cascading waterfalls, spring wildflowers, gentle streams, rich history, proud old trees, and the Illinois River. On Friday, hike Starved Rock from one end to the other; on Saturday, visit the highlights of Matthiessen and Starved Rock. (While this isn't an "overnight getaway," some women make it one by getting a room and hiking both days.) *Hike distance: 5-8 miles.*

 **Hike Lyon's Prairie/Hickory Grove near Cary, April 25, 26, 28, 29 (T, W, F, S)** Enjoy hilly woodlands, expansive meadows, early-spring wildflowers, and a jaunt to the Fox River. *Hike distance: 5-miles with a shorter-hike option.*


Hike Reed-Turner/Heron Creek near Long Grove, May 2, 3, 5, 6 (T, W, F, S) We've chosen to hike these adjoining preserves 3x this year to watch how their beauty unfolds through the seasons. Enjoy gorgeous ephemeral flowers, a hidden lake, old-growth forests, ravines, and rippling Indian Creek. *Hike distance: About 3 miles.*





Add adventure ... and conversation topics ... to your life.




Treat yourself to a mini spring getaway each week!

 **[Bike the Fox River Trail from St. Charles to North Aurora, May 9 & 13 \(T, S\) 10 am - 1:30 pm.](#)** The 18-mile paved loop hugs the Fox River; winds past waterfalls rushing over dams; passes a windmill; and runs through the charming villages of St. Charles, Geneva, Batavia, and North Aurora. Plus, we'll watch for wildflowers, ducks galore, kayakers, and ice cream shop. *Bike distance: 18 miles.*

 **[Hike Bluff Spring Fen near Elgin, May 10, 12, 13 \(W, F, S\)](#)** This hidden gem delight us with a fen, prairies, bur oak trees, wetlands, kames, and wildflowers. The *Chicago Trib's* nature writer raves it is "a rare ecosystem ... not to be missed." *Hike distance: About 3 miles.*

 **[Hike Fullersburg Woods near Oakbrook, May 16, 17, 19, 20 \(T, W, F, S\) 10 am – 1:30 pm.](#)** Our trail winds along Salt Creek, through mature woods and spring flowers, and past a waterfall that sounds as pretty as it looks. Then, visit the Old Graue Mill, our state's only operating waterwheel/grist mill. The museum here was a stop on the famous Underground Railroad and now features a miller turning out stone-ground cornmeal, glimpses of Victorian living, and an exhibit of spinning/weaving. *Hike distance: About 3.5 miles.*

 **[Hike Baker's Lake, near Barrington, May 23, 24, 26, 27 \(T, W, F, S\)](#)** As we follow the shoreline of peaceful Baker's Lake, look for migrating birds that congregate on its island bird sanctuary. Our trail also takes us through graceful tallgrass prairies, along deer paths, and to Beese Park. *Hiking distance: About 4 miles.*



Reconnect with nature ...



...and with yourself.

"Thank you for Trailbound Trips and what that has meant to me: camaraderie, new friendships, acceptance, continued love of the outdoors, learning, travel, and more importantly, laughing!" ~Nancy B.

Bike Busse Woods near Elk Grove

Village, May 30, June 3 (T, S) Bike under green forest canopies, along the shores of tranquil Busse Lake, and past grazing elk in this serene 3,700-acre wooded retreat. **BONUS:** use this as a test ride for the June 14 *Wild Woman Tri* biking route! ***Bike distance: Options for 12 or 20 miles.***



Kayak at Busse Woods near Elk Grove Village, May 30 & June 3 (T & S) 1-3 pm.

Join us to kayak on the pretty lake at Busse Woods & learn the route for our June Wild Woman Tri. This freebie is not part of our spring "program"... just extra fun-in-the-sun. Because of limited space, it's open only to our spring wild women or those signed up for the June *Wild Woman Tri*. We'll reserve the kayaks; you can pay for them that day.

Times noted are for our hike/bike - not travel. Please be prompt out of courtesy to other Wild Women, and so you don't miss us. Return times are approximate, depending on our pace and trails.

Driving: Carpool with fellow hikers/bikers for twice the fun! We'll send you directions and other Wild Women's contact info so you can touch base.

Weather: We have fun in all kinds of weather so we rarely postpone. If we *do* cancel, we'll email you by 8 am. Make-up dates: May 31, June 2 & 3.



Don your helmet, a grin, and your exploring spirit!



Play like you did as a little girl!

Bring/wear: Bring a sack lunch, water, fanny pack or daypack, sunglasses, and camera. Dress in layers and for comfort, not fashion.



Wear comfy, broken-in walking shoes or hiking boots with sock liners under Smart Wool hiking socks. You might like to use a hiking stick (available at Target/Walmart).



Bring a bike, helmet, and lock. Your bike need not be fancy, but check tires, brakes, chains, and gears the day before we ride so you can fix your bike or borrow one, since we can't delay our trip for repairs.

Cost: \$95 for 4 trips; \$135 for 6 trips; \$145 for unlimited trips (29 options!)

* Gone 1 week? Feel free to do 2 trips another week.

* Stick with 1 day of the week, or mix it up as you need.

* Bring a friend! Free 1st day-trip for 1st-time visitors; if she joins, we'll pro-rate her remaining trips.

* Refer 2 new women who sign up for a session of hiking and earn a \$25 certificate.

* Save 10% on women's hiking clothes/gear at Erehwon, with a card we'll provide you.

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do ... Explore. Dream. Discover." ~Mark Twain

Sign Up Today & Play Outdoors This Spring

1. Your name: _____

Cell Phone: _____

E-mail: _____

Address: _____

City: _____

State/Zip: _____



Spot all kinds of wildlife!

2. **Order a booklet (optional).** We'll email you driving directions, our topics-of-the-day, *Erehwon* savings card, and rosters of your fellow hikers. BUT, if you would also like this info *mailed* to you in a spiral-bound booklet, please check here ___ and include an additional \$10 with your payment to cover printing/mailing costs.

3. Register: I'm in for:	Hike/Bike Options	Tuesday	Wednesday	Friday	Saturday
___ 4 trips	Beverly Lake	Apr 18	Apr 19	Apr 21	Apr 22
___ 6 trips	Starved Rock/Matthiesson			Apr 21	Apr 22
___ Unlimited trips	Lyon's Prairie/Hickory Grove	Apr 25	Apr 26	Apr 28	Apr 29
___ Kayaking*	Reed-Turner/Heron Creek	May 2	May 3	May 5	May 6
	Fox River Trail Bike	May 9			May 13
Put a check mark in the blue, dated boxes	Bluff Spring Fen		May 10	May 12	May 13
on the right for days you'd like to join us.	Fullersburg	May 16	May 17	May 19	May 20
(You can switch days later if necessary.)	Baker's Lake	May 23	May 24	May 26	May 27
	Busse Woods Bike	May 30			June 3
	Bonus Busse Kayak*	May 30			June 3

*Kayaking is a freebie & doesn't count toward your "package." Please note if you're joining us so we can reserve your kayak, which you'll pay for that day. Space is limited to those who sign up for our spring hikes or the Wild Woman Tri.

4. **Mail this form**, with your check, to: Trailbound Trips, 533 S. Summit Street, Barrington, IL 60010
(Make checks payable to *Trailbound Trips*). **OR REGISTER ONLINE** at www.TrailboundTrips.com

Happy Trails from your Spring Trailbound Team!
Call or email Carol Ruhter with questions.

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