

Walk on the Wild Side This Spring!



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

April 10-June 2, 2018

10 am - 1 pm unless noted below


* Hike or bike **11** pretty "wild" places in Northern Illinois


* **43** outings (plus bonus kayak).


* Create your own package of 4, 6, or unlimited day trips with the best mix of days for you ~ Tuesday through Saturday.


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

* Learn cool nature info.

 **Hike Lakewood near Wauconda, April 10-14 (T-S)** Lake County's largest preserve boasts beautiful hiking trails and diverse wildlife. Enjoy sparkling lakes, sunning turtles, lovely woodlands and towering pine groves. Learn the area's history, and why this is the perfect early spring hike. *Hike distance: About 4 miles.*

 **Hike Wright Woods near Lincolnshire, April 17-21 (T-S)** Picture morning sunlight glittering on the Des Plaines River, the songs of chorus frogs, and forests of gorgeous old-growth trees opening their buds to the sun. *Hike distance: About 3 miles.*

 **Hike Starved Rock/Matthiessen near Utica, April 24-25 (T, W) 10 am – 4 pm.** You *must* visit this magical place in spring! Explore deep canyons, cascading waterfalls, spring wildflowers, gentle streams, rich history, proud old trees, and the Illinois River. On Tuesday, hike Starved Rock from one end to the other; on Wednesday, visit the highlights of Matthiessen and Starved Rock. (Some women get a room at the lodge and hike both days.) *Hike distance: 5-8 miles.*

 **Hike Hansen Woods near S. Barrington April 26-28 (Th-S).** Follow deer trails along pretty Poplar Creek, through sublime oak savannas, past a lovely hidden lake, and through prime wildlife habitats. *Hike distance: About 3 miles.*




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





Treat yourself to a mini spring getaway each week!


Thinking about joining our group?
Be our guest on your 1st day hike – no cost or obligation. Mark the free hike option on the last page of this brochure and the location where you'd like that free hike. We'll be in touch with details.


Welcome!


 **Hike Fox River Preserve near Port Barrington, May 1-5 (T-S)** We loved this preserve in winter ... let's enjoy it each season of 2018! Hike along the lovely Fox River and through gorgeous old oak trees to discover an active eagle nest, a beaver lodge and beaver "chews," and a heron rookery. *Hike distance: About 3 miles.*


 **Hike Raceway Woods near Carpentersville, May 8-12 (T-S)** This group favorite was once home to an international race track. The land has been returned to a pristine gem of rolling hills, welcoming forests, tall grass prairies and wildflowers. Visit Farmer Jack's horses along the way. *Hike distance: About 3 miles.*


 **Hike Herrick Lake near Wheaton, May 15-19 (T-S)** Hike the shoreline of peaceful Herrick Lake and then wind through enchanting woodlands and tallgrass prairie land. *Hike distance: About 3 miles.*

 **Hike Dixie Briggs near Algonquin, May 22-26 (T-S)** Enjoy rare native plants, rolling hills, rippling Dixie Creek, glacial kames, a fen, cheery birdsongs and majestic trees ~ including a grand-daddy burr oak. Bonus: park steward Al Wilson will delight us with stories of this rare fen ecosystem. *Hike distance: About 3 miles.*

 **Bike Botanic Gardens near Glencoe, May 22 & 26 (T, S)** Join us on a favorite bike trail winding through woodlands and past the sparkling Skokie Lagoons. When we arrive at the Botanic Gardens, we'll lock our bikes and let spring flowers put on their best show as we stroll past gardens, waterfalls, fountains, and amazing colors. *Biking distance: About 10 miles on a paved trail. Strolling time: About 1 hour.*

 **Hike Illinois Beach State Park near Zion, May 29-June 2 (T-S)** Picture lapping waves, sand dunes, bare toes in warm sand, smooth skipping stones, and gorgeous wildflowers. We'll trek through oak savannahs and along the gorgeous "dead river," looking for snapping turtles laying eggs, spawning carp and prickly pear cacti. *Hike distance: About 4 miles.*

 **Bike Busse Woods near Elk Grove Village Saturday, June 2 (T, S)** Bike under 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 13 Wild Woman Tri biking route. *Bike distance: Options for 11 or 22 miles.*

 **Kayak at Busse Woods near Elk Grove Village, June 2 (S) 1-3 pm.** Kayak on the pretty lake at Busse Woods and 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 women signed up for our spring day trips or the June *Wild Woman Tri*. We'll reserve the kayaks; you can pay the nominal fee that day.



Rediscover a childlike wonder of the outdoors...



...and of *playing* outdoors!

Times noted are for our hikes/bike rides - 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: We meet at the parks and will send you driving directions. We'll also send you fellow hikers' contact info so you can get in touch to "share the ride" if you'd like.

Weather: We have fun in all kinds of weather so we rarely postpone. If we *do* cancel, we'll email you by 8 am the morning of the hike or bike ride. Make-up dates are June 4-9.

Lunch: We enjoy outdoor picnics together on the trail or at its end, so bring a sack lunch/drink.

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



Wear comfy, broken-in walking shoes or waterproof 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: \$98 for 4 trips; \$140 for 6 trips; \$150 for unlimited trips (43 options!)

(About 1/5 of your registration cost is returned to local forest preserves through their user fees to Trailbound.)

- * Gone 1 week? Feel free to make up trips another week.
- * Stick with 1 day of the week, or mix it up as you need.
- * Bring a friend! 1st-time visitors get their 1st day trip for free
- * Refer 2 new women who sign up for a session of hiking and earn a \$25 certificate.

REGISTER ONLINE at www.TrailboundTrips.com or mail in the form on the next page

"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: _____

2. Order a booklet (optional). We'll email you driving direx, topics-of-the-day and rosters of your fellow hikers. If you'd ALSO like this info in a spiral-bound booklet, please check here and include an extra \$10 with your payment to cover printing/ mailing costs.

3. I'm in for: 4 trips 6 trips Unlimited trips Free 1st hike

4. Check the blue, dated boxes below for days you'd like to join us. (You can switch days later if necessary.) Kayaking doesn't count toward your "package," but we need to reserve your kayak.

4. Mail this form and your check (payable to Trailbound Trips), to Trailbound Trips, 533 S. Summit Street, Barrington, IL 60010.



Reconnect with nature ... and with yourself

Hike/Bike Options	Tuesday	Wednesday	Thursday	Friday	Saturday
Lakewood	Apr 10	Apr 11	Apr 12	Apr 13	Apr 14
Wright Woods	Apr 17	Apr 18	Apr 19	Apr 20	Apr 21
Starved Rock	Apr 24	Apr 25			
Hansen Woods			Apr 26	Apr 27	Apr 28
Fox River Preserve	May 1	May 2	May 3	May 4	May 5
Raceway Woods	May 8	May 9	May 10	May 11	May 12
Herrick Lake	May 15	May 16	May 17	May 18	May 19
Dixie Briggs	May 22	May 23	May 24	May 25	May 26
Botanic Gardens	May 22				May 26
Illinois Beach State Park	May 29	May 30	May 31	June 1	June 2
Busse Bike Ride					June 2 am
Bonus Busse Kayak					June 2 pm

Happy Trails from your Spring Trailbound Team!

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Email "Scout" with questions.