

Sleeping Bear Dunes

National Park Service
U.S. Department of the Interior

Sleeping Bear Dunes
National Lakeshore



Good Harbor Bay Trail

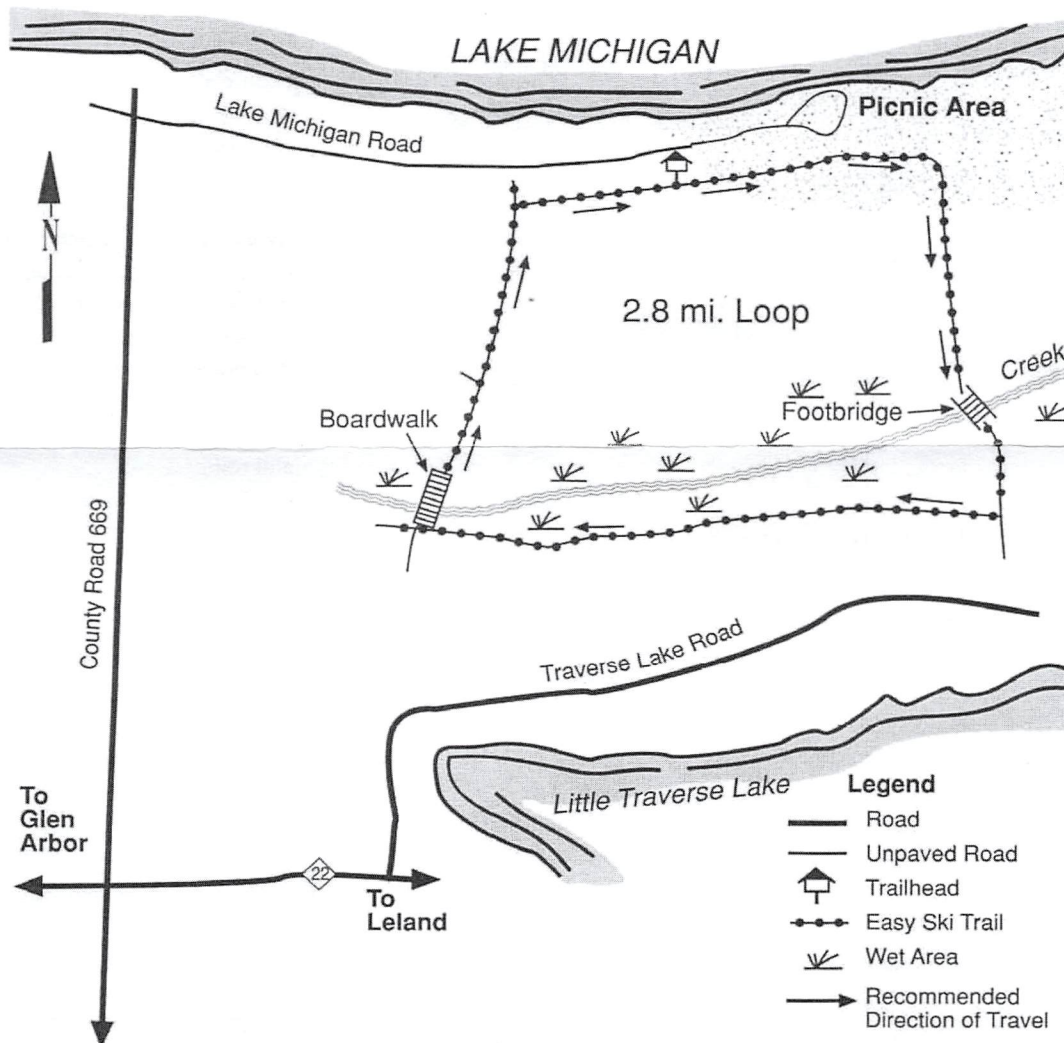


Trail Description

Good Harbor Bay Trail lies between Little Traverse Lake and Lake Michigan. Starting from the beach and traveling inland, you pass through an active dune zone, a shrub zone, a pine-oak forest, and the beginnings of a beech-maple forest. Just a few thousand years ago, the forested zones were barren

beaches. Plants, through their growth and decay, have built up a topsoil on top of old dunes.

The trail is mostly flat, with a few small grades. A portion of the trail passes through a swamp, and a small bridge assists in crossing one wet spot.



See reverse side for other trails at Sleeping Bear Dunes National Lakeshore and general trail information.

General Trail Information

All trails listed below are marked and maintained by the park. Each trail has a parking area.






















Hiking trails on the dunes are marked by blue-tipped posts.

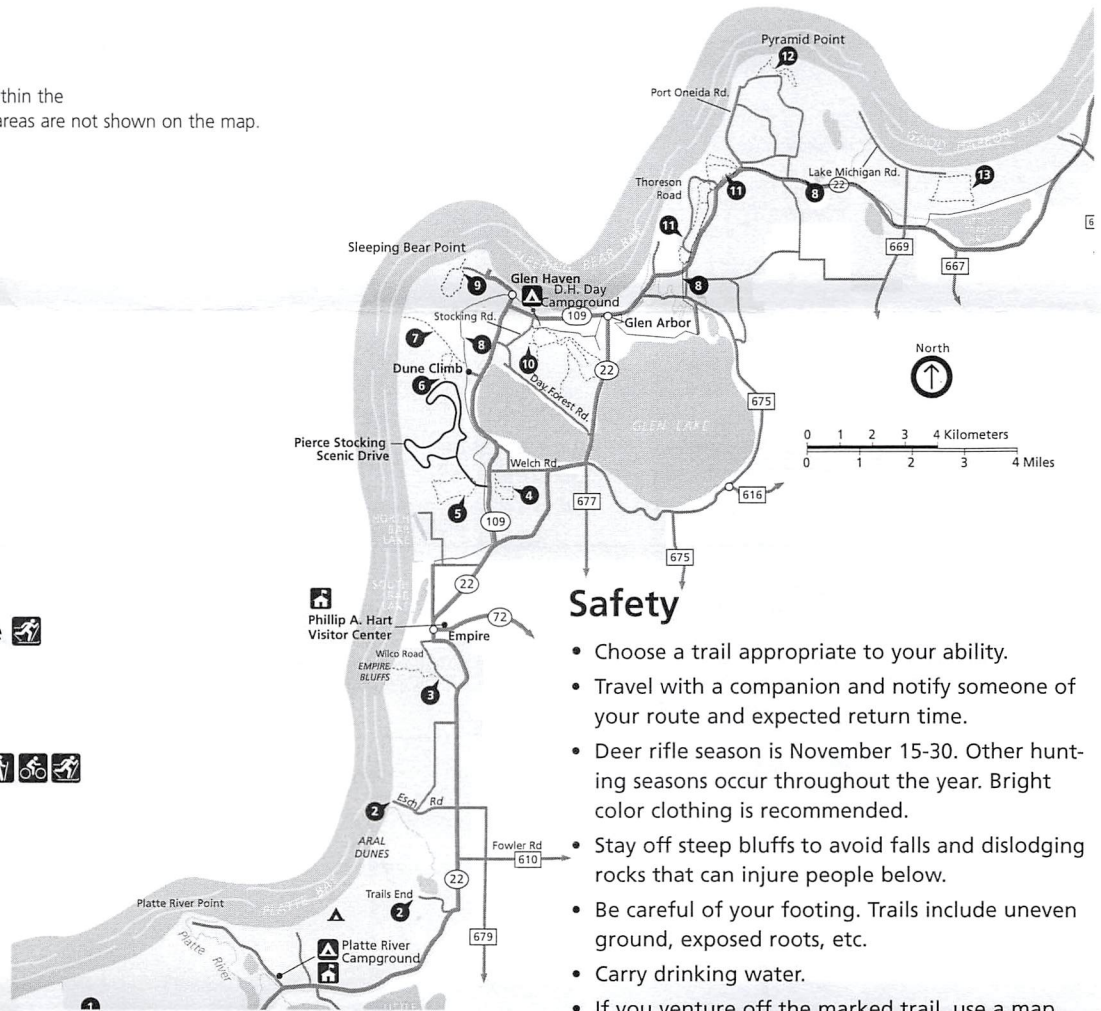
For cross-country skiers, most trails are marked by color-coded triangular signs: green—easy, blue—intermediate, black—advanced. These ratings are based on steepness of slopes. Markers are visible only when you follow the recommended direction of travel. Ski trails are not

groomed (*except* for the Sleeping Bear Heritage Trail) but are usually well tracked by previous skiers.

To prevent erosion and to avoid disturbing plants and animals, please stay on designated trails.

Key

-  Authorized parkland
Several pieces of private property exist within the park's authorized boundary. Many small areas are not shown on the map. Respect all property owners' rights.
-  Ranger station
-  Campground
-  Backcountry campground
-  Hiking trail
-  Ski trail
-  Bike trail
- 1** Old Indian 
- 2** Platte Plains 
- 3** Empire Bluff 
- 4** Windy Moraine 
- 5** Shauger Hill  & Scenic Drive 
- 6** Cottonwood 
- 7** Dunes Trails 
- 8** Sleeping Bear Heritage Trail 
- 9** Dunes Trail 
- 10** Alligator Hill 
- 11** Bay View 
- 12** Pyramid Point 
- 13** Good Harbor Trail 



Safety

- Choose a trail appropriate to your ability.
- Travel with a companion and notify someone of your route and expected return time.
- Deer rifle season is November 15-30. Other hunting seasons occur throughout the year. Bright color clothing is recommended.
- Stay off steep bluffs to avoid falls and dislodging rocks that can injure people below.
- Be careful of your footing. Trails include uneven ground, exposed roots, etc.
- Carry drinking water.
- If you venture off the marked trail, use a map and compass.
- Poison ivy is common. Learn to recognize it. Remember: "Leaflets three, let it be."
- Be prepared for mosquitoes.

Winter safety:

- Snow avalanche or sand slide danger is present year-round on steep dunes and bluffs.
- Skiers, be aware of changing snow conditions. Alternate freezing and thawing can turn gentle slopes into icy, advanced hills.
- Darkness comes early in winter. Allow plenty of time to return to your car before dark.
- Dress for weather. In winter, carry extra clothing and emergency supplies.
- The use of skis, snowboards, or any type of sled is prohibited except at the Dune Climb within the designated area when it is covered by snow.

Regulations for Mainland Trails

- Vehicles, including bicycles, are permitted only on roads. Bicycles are also permitted on the multi-use Sleeping Bear Heritage Trail.
- Snowmobiling is prohibited except on rights-of-way along state and county roads.
- Collecting plants and other natural, historical, and archeological items is not permitted. Exception: certain edible fruits and mushrooms may be collected in limited quantities for personal use.
- Pets on trails must be kept on a 1.8 meter (6-foot) maximum, hand-held leash. Pets are prohibited on ski trails December 1 through March 31 and at the Dune Climb throughout the year.
- Glass is banned on all park beaches.
- Fires are permitted only in campground and picnic area fire rings and on areas of bare Lake Michigan beach sand between the water and the first dune.

Police, Fire, Ambulance: 231-326-4700 or 911