



# Hiking & Safety

In case of an emergency or to report a crime, call 1-800-PARK-TIP.

## INSECT SAFETY

### Insect Bites and Stings:

- Ticks are present year-round. Take precautionary measures to prevent bites.
- Use insect repellent
- Wear light colored, long-sleeved shirts.
- Tuck pants into your shoes.
- Avoid outdoor activities at dawn and dusk to help prevent mosquito bites.
- Avoid loose and bright print clothing to help prevent yellow jackets and other stinging insects.
- Do not wear sandals while hiking; avoid wearing perfume, lotion and hairspray.
- Insect repellents DO NOT work against stinging insects.
- If stung, seek medical attention if symptoms of a systemic allergic reaction develop.

## SUMMER SAFETY

### Be Cool This Summer:

- Remember to bring plenty of water to stay hydrated.
- Stay in the shade when possible to prevent heat stroke.
- Remember sunblock to protect your skin.
- Wear sunglasses to protect your eyes.

## WATER SAFETY

- Don't swim when the waves are high.
- Wear a personal floatation device (PFD).
- Keep your children in sight at all times, and small children should be within reach when in the water.
- Watch for drop-offs and holes in the shoreline.
- Never swim alone.
- Don't swim near piers or man-made structures in the water.
- Be aware of water quality. Natural and man-made sources of contamination can affect water quality. If the water looks dirty, it probably is.
- Contact the park's info line for beach conditions: 219-395-1882.

## WINTER SAFETY

### Stay off the shelf ice!

- Walking on shelf ice is extremely hazardous.
- Dress in layers of loose-fitting clothes to prevent frostbite.
- Do not sled (except for in designated areas, like the one at West Beach).

# NATIONAL PARK HIKING GUIDE

HIKE	HIKE LENGTH	HIKE TIME	TRAIL SURFACE	
<b>EASY</b>				
Calumet Dunes Trail	0.5 miles	20 minutes	Paved	
Great Marsh Trail	1.3 miles	1 hour	Packed dirt and grass with some gravel. Trail can be very wet and muddy.	
Heron Rookery Trail	3.3 miles	1.5 to 2 hours	Packed dirt and clay. Trail can be very slippery and muddy.	
Hobart Prairie Grove Trails	2.2 miles	1.5 hours	Packed dirt and clay. Trail can be very wet and muddy.	
Marquette Bike Trail	4.6 miles	30 minutes	Gravel	
Paul H Douglas Trail (Miller Woods): <u>Center loop</u>	0.9 miles	30 minutes	Packed dirt with some sections of loose sand and accessible boardwalk.	
Pinhook Bog Trail* *Ranger-led tours only	0.9 miles	1 hour	Packed dirt. Section of floating boardwalk that submerges when walked on. Wear waterproof boots.	
Portage Lakefront and Riverwalk Trail	0.9 miles	45 minutes	Paved with some sections of boardwalk and one set of stairs.	
<b>MODERATE</b>				
Bailly Homestead, Chellberg Farm Trail: <u>Inner Loop</u>	1.1 miles	45 minutes	Packed soil with wood chips in places; several sets of stairs. Trail can be very wet and muddy.	
Dune Ridge Trail	0.7 miles	30 minutes to 1 hour	Mixture of loose sand and packed dirt. Some elevation changes.	
Glenwood Dunes Trails (Horseback riding allowed)	Less than 1 mile to 6.8 miles	Less than 1 hour to 4 hours	Packed dirt with some sections of sand or boardwalk. NO PETS*	
Little Calumet River and Mnoké Prairie Trails: <u>Outer Loop (Bailly/ Chellberg)</u>	3.4 miles	2.5 hours	Packed soil with wood chips in places; several sets of stairs. Trail can be very wet and muddy.	
Paul H Douglas Trail (Miller Woods): <u>Beach trail</u>	3.4 miles	2 hours	Packed dirt with some sections of loose sand. Some elevation changes.	
Tolleston Dunes Trail	2.9 miles	2 hours	Sand with some sections of packed soil, gravel, and boardwalk. Boardwalk can be submerged.	
Upland Trail (at Pinhook Bog)	2.1 miles	1.5 hours	Packed dirt. Trail can be very wet and muddy.	
<b>MODERATE to RUGGED</b>				
Cowles Bog Trail	4.7 miles	4 hours	Mixture of loose sand and packed dirt. Some elevation changes.	
Mount Baldy Beach Trail (Summit Trail CLOSED: Ranger-led tours only)	0.75 miles	1 hour	Packed dirt with sections of loose sand. Use caution when hiking to beach. Obey signs. Steep slope.	
West Beach Trails: Dune Succession (Loop 1): West Beach (Loop 2): Long Lake (Loop 3):	3-loop: 3.4 miles total 0.9 miles 1.2 miles 2.2 miles	45 minutes to 2.5 hours	Packed dirt with some sections of loose sand. Some elevation changes and long staircases on Dunes Succession Loop.	

\* Calumet Dunes Trail: Paved but slopes exceed ADA limits. Trail is wheelchair accessible with proper support. Restrooms are accessible. Great Marsh Trail: The main trail is not wheelchair accessible. There is a paved wheelchair accessible trail to an overlook of the marsh from the north parking lot. Hobart Prairie Grove Trails: The Oak Savannah Bike Trail (leading to the Hobart Prairie Grove Trail) is paved and wheelchair accessible. Paul H Douglas Trail (Miller Woods): Trails are not wheelchair accessible. The Paul H. Douglas Center, restrooms, and the walkway from the building to the marsh boardwalk and picnic tables are all wheelchair accessible.

ALL PETS: MUST be on a leash (6' or shorter).  
\* West Beach Trails: Pets are prohibited in the lifeguard swimming area in the summer. Glenwood Dunes Trails: Pets are prohibited on the equestrian portion of the trail for safety. Permitted elsewhere on a leash (6' or shorter). All pet excrement must be picked up and properly disposed of in trash receptacles.

 <b>STAY OFF SHELF ICE</b>  <b>Do Not Risk Your Life!</b>	 <b>DO NOT SWIM IN HIGH WAVES</b>  <b>Swim Safely</b>	 <b>PREVENT TICK BITES</b>  <b>Wear Tick Repellent</b>	 <b>SAVE OUR DUNES</b>  <b>Stay On Marked Trails</b>
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