



Sleeping Bear Dunes National Lakeshore

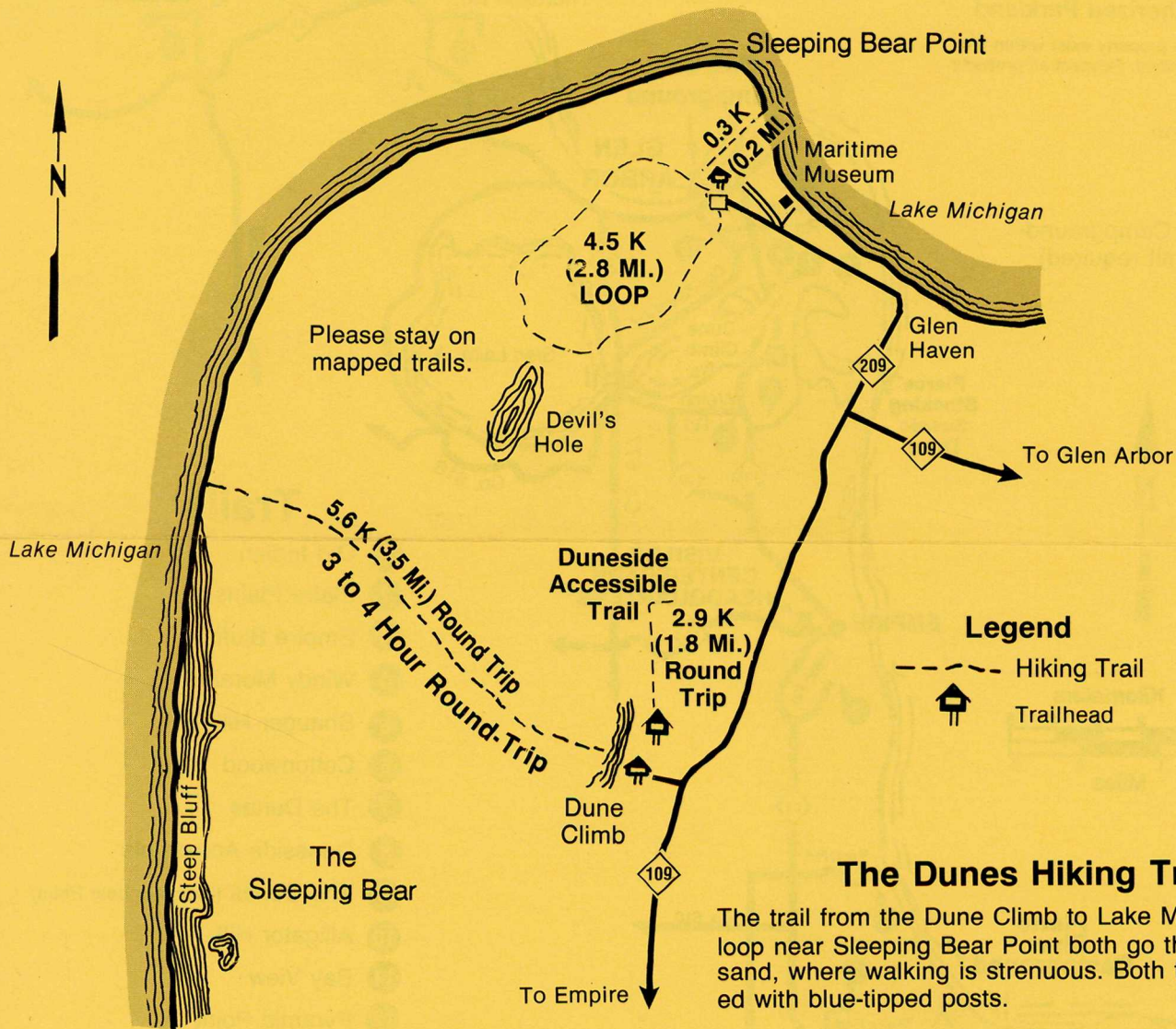
9922 Front St. (M-72)
 Empire, MI 49630-9797
 616-326-5134

Dunes & Duneside Hiking Trails

- A 5.6 K (3.5 MI.) ROUND TRIP ACROSS DUNES
- A 4.5 K (2.8 MI.) LOOP NEAR SLEEPING BEAR POINT
- A 2.9 K (1.8 MI.) ROUND TRIP ACCESSIBLE TRAIL



REVISED 2/94



The Dunes Hiking Trails

The trail from the Dune Climb to Lake Michigan and the loop near Sleeping Bear Point both go through loose sand, where walking is strenuous. Both trails are marked with blue-tipped posts.

Safety Tips

- Consider your ability before you go.
- Allow plenty of time.
- Take drinking water, suntan lotion, a hat and sunglasses.
- Wear shoes. Hot sand can burn bare feet.
- Supervise children.
- Stay on trail to avoid getting lost.
- Do not run down dunes.
- Beware of landslides on steep dunes.
- Beware of snow avalanches in winter.

The Duneside Accessible Trail

This trail is designed for all park visitors including those in wheelchairs and the visually impaired. The first half of the trail passes through an open field, while the second half goes through moist woods.

Signs along the trail interpret the trees, birds and other aspects of nature. This information is also available on a cassette tape, which can be borrowed together with a cassette player at the park visitor center in Empire.

Mosquitoes are abundant along the wooded half of the trail during warm weather: be prepared.

The dunes are a beautiful, varied and fragile environment. Please stay on mapped trails to prevent erosion and damage to plants. Do not collect wood in the ghost forests.

Enjoy your walk on these unique dunes!

General Trail Information

All of the trails described in this brochure are marked and maintained by the park. Each trailhead has a parking area and a map box containing detailed trail maps.





Please stay on designated trails. This will help prevent erosion and damage to vegetation. Off-trail hikers can quickly produce paths that take years to revegetate. If you do venture cross-country, take a compass and topographic map and avoid private property. Take care to avoid disturbing plants and animals: threatened and endangered species occur throughout the area.

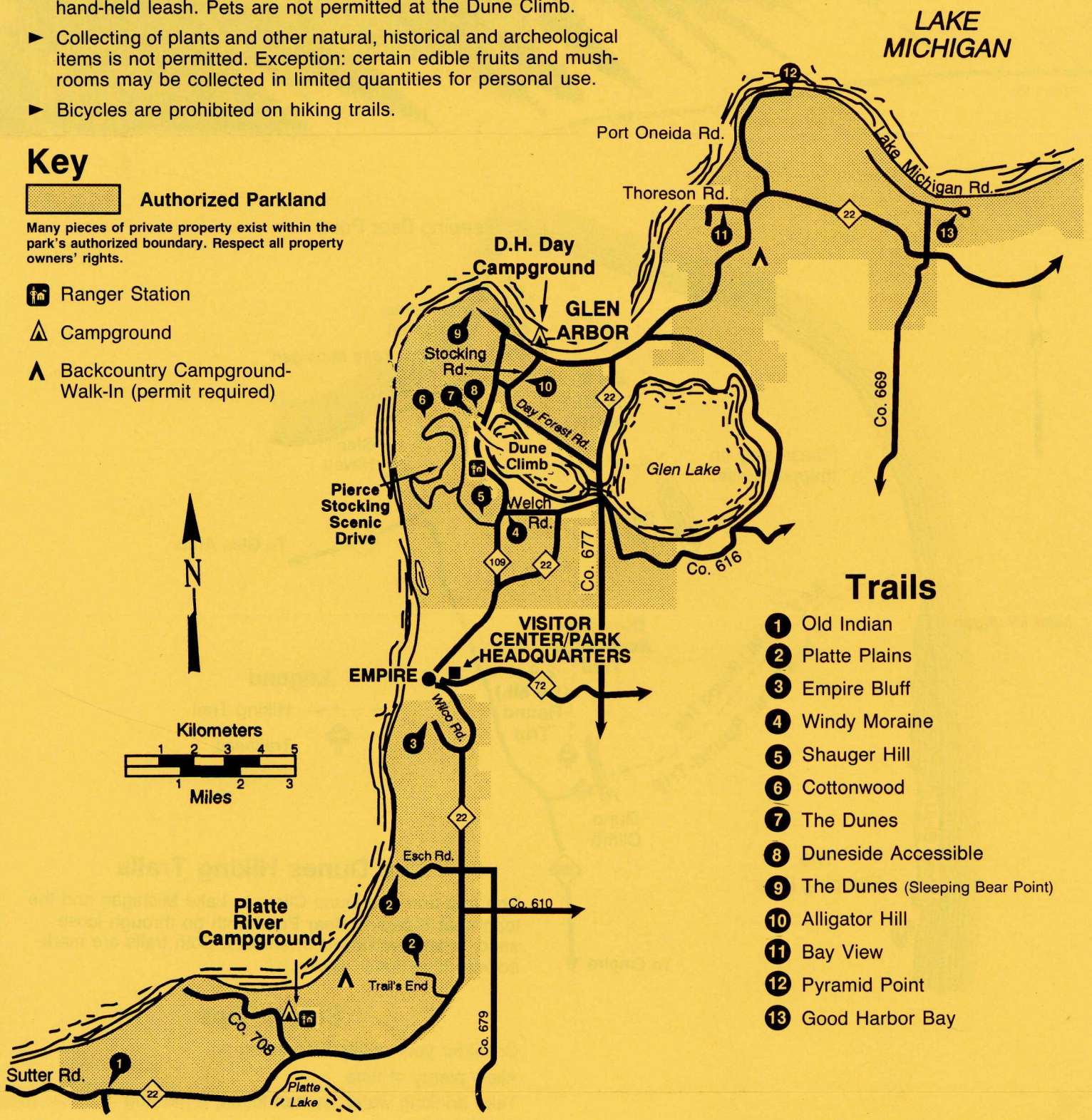
Sleeping Bear Dunes National Lakeshore is a natural area, set aside for both public enjoyment and the protection of its resources for future generations. Use it carefully. Remember that natural communities are living systems.

Regulations

- ▶ Pets on trails must be kept on a 1.8 meter (6-foot) maximum, hand-held leash. Pets are not permitted at the Dune Climb.
- ▶ Collecting of 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.
- ▶ Bicycles are prohibited on hiking trails.

Key

-  Authorized Parkland
- Many pieces of private property exist within the park's authorized boundary. Respect all property owners' rights.
-  Ranger Station
-  Campground
-  Backcountry Campground-Walk-In (permit required)



Trails

- 1 Old Indian
- 2 Platte Plains
- 3 Empire Bluff
- 4 Windy Moraine
- 5 Shauger Hill
- 6 Cottonwood
- 7 The Dunes
- 8 Duneside Accessible
- 9 The Dunes (Sleeping Bear Point)
- 10 Alligator Hill
- 11 Bay View
- 12 Pyramid Point
- 13 Good Harbor Bay

Safety

- ▶ Travel with a companion and notify someone of your route and expected return time.
- ▶ Carry drinking water, compass & matches.
- ▶ Avoid poison ivy.
- ▶ Dress for the weather.
- ▶ Be prepared for mosquitoes.
- ▶ Be careful of your footing. Trails include uneven ground and exposed roots.
- ▶ Deer rifle season is November 15-30. Other hunting seasons span the entire year. Bright-colored clothing is recommended.

Emergency

In case of emergency, seek help at the nearest Ranger Station, campground office or Visitor Center or call:

Park Rangers-Emergency Dispatcher
616-326-5134
Police, Fire, Ambulance: 911