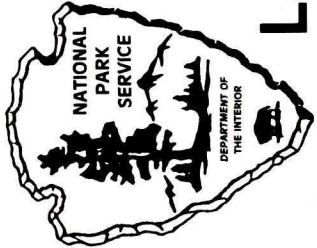


Hiking Trails

Side 1: Map & General Information
Side 2: Trail Descriptions

Sleeping Bear Dunes National Lakeshore

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



REVISED 2/95

General Trail Information

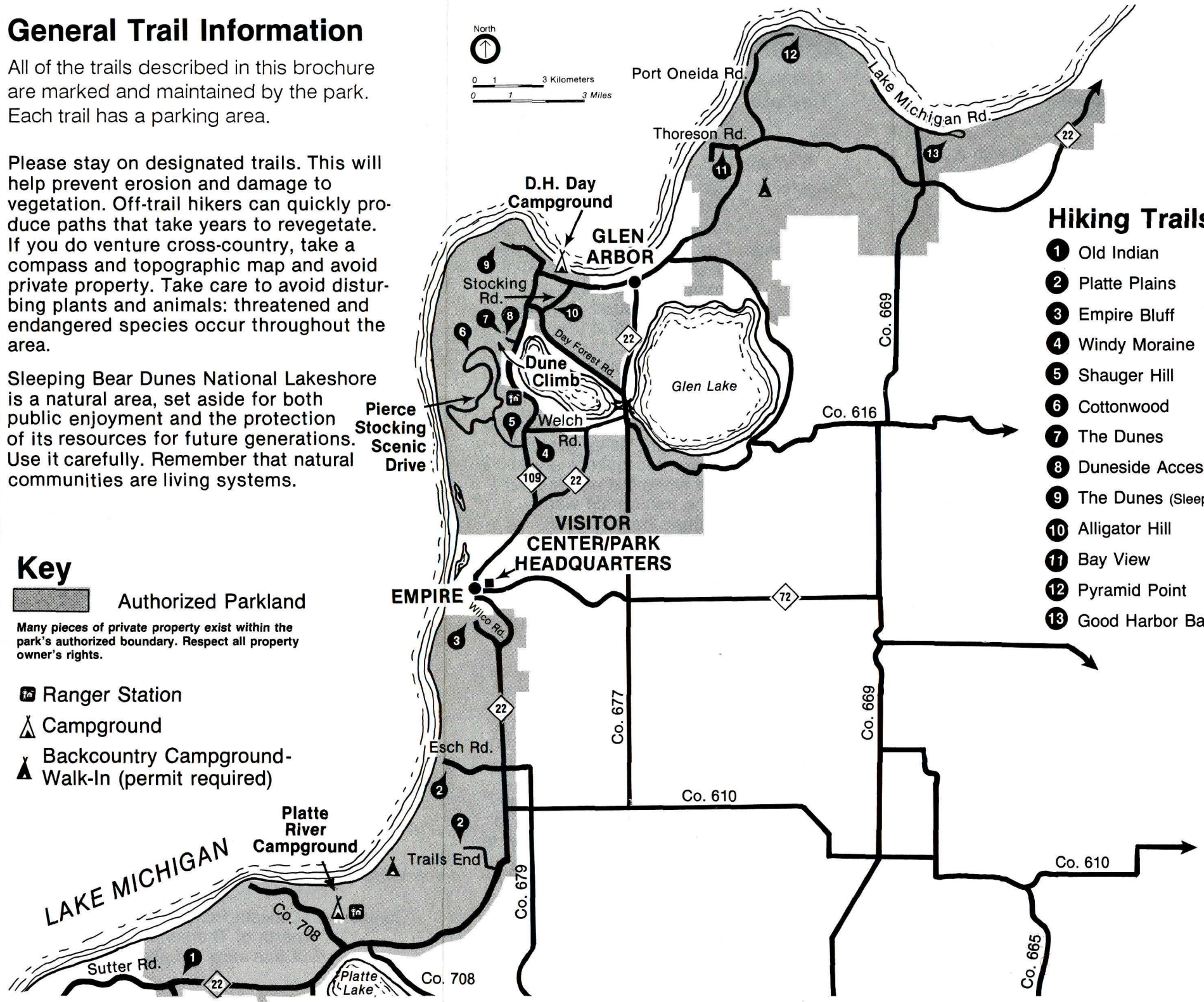
All of the trails described in this brochure are marked and maintained by the park. Each trail has a parking area.

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.

Key

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



Hiking 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

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.

Safety

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

In case of emergency, seek help at the nearest ranger station, campground office or visitor center.

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



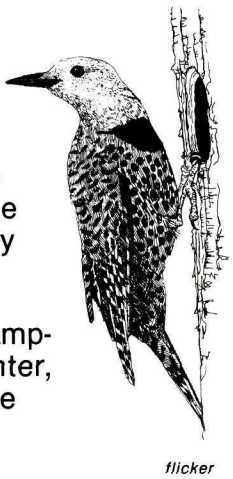
Poison Ivy. Remember... "Leaflets three, let it be."

Backcountry Camping

Backcountry camping is permitted at the White Pine Campground along the Platte Plains Trail and at the Valley View Campground north of Glen Arbor. Campers can obtain a free backcountry camping permit at the Visitor Center, D.H. Day Campground or the District Ranger Stations.

North and South Manitou Islands, accessible by passenger ferry from Leland, provide extensive opportunities for hiking and backpacking. Separate brochures are available giving detailed information about the islands.

A variety of flowers, birds and mammals can be seen along park trails.



flicker



columbine

1. Old Indian Trail

Distance: There are two loops, each about 4 K (2.5 mi.).

Trailhead: On M-22 just north of Sutter Road.

Terrain: Flat to gently rolling.

Vegetation: Evergreens and hardwoods.

Comments: The trail leads to a view of Lake Michigan and a wide expanse of low beach dunes.



2. Platte Plains Trail

Distance: The trail consists of three loops totaling 23.6 K (14.7 mi.).

Trailheads: There are two trailheads.

Otter Creek Trailhead: Take M-22 to Esch Road (6.5 K [4 mi.] south of Empire), turn west and proceed almost to Lake Michigan. Park on wide shoulder and walk south on unpaved road to trailhead. Gives access to the Otter Creek loop.

Trail's End Trailhead: Drive to the end of Trail's End Road, off M-22, 9.7 K (6 mi.) south of Empire. Gives access to Otter Creek Loop and Bass Lake Loop.

Terrain: Mostly flat; there are some short, steep hills on the Lasso Loop that leads to the White Pine Backcountry Campground.

Vegetation: Primarily pine-oak-aspen woods with some open fields, pine plantations and, near Lake Michigan, some low beach dunes.

3. Empire Bluff Trail

Distance: 2.4 K (1.5 mi.) round trip.

Trailhead: Wilco Road, off M-22, 2.7 K (1.7 mi.) south of Empire.

Terrain: Hilly.

Vegetation: Beech-maple forest, fields and dunes.

Comments: Leads to a scenic viewpoint high above Lake Michigan. A self-guiding brochure describes the scenery.



View from Empire Bluff Trail



4. Windy Moraine Trail

Distance: 2.4 K (1.5 mi.) loop.

Trailhead: Welch Road, just east of M-109, 5.6 K (3.5 mi.) north of Empire.

Terrain: Hilly.

Vegetation: Beech-maple forest, old farm fields and pine plantation.

Comments: A self-guiding brochure with the theme of biodiversity describes the scenery. From a high point along the trail, you can view Glen Lake, Lake Michigan and the Sleeping Bear Dunes.

5. Shauger Hill Trail

Distance: 3.9 K (2.4 mi.) loop.

Trailhead: Parking lot at entrance to Pierce Stocking Scenic Drive.

Terrain: Hilly.

Vegetation: Beech-maple forest with a few small clearings and pine plantations.



6. Cottonwood Trail

Distance: 2.4 K (1.5 mi.) loop.

Trailhead: Stop #4 on the Pierce Stocking Scenic Drive.

Terrain: Moderately rolling dunes.

Vegetation: Grasses, shrubs and wildflowers of the dunes.

Comments: A self-guiding brochure describes the plant life and geology of the dunes. Part of this trail is through loose sand, and is strenuous.



7. Dunes Trail

Distance: 5.6 K (3.5 mi.) round trip to Lake Michigan, time 3-4 hours.

Trailhead: The Dune Climb off M-109, 8.1 K (5 mi.) north of Empire.

Terrain: Steep, rugged dunes.

Vegetation: Grasses, shrubs and wildflowers of the dunes.

Comments: This trail is strenuous, with steep dunes and loose sand. Drinking water, sturdy shoes, suntan lotion, a hat and sunglasses are recommended.

8. Duneside Accessible Trail

Distance: 2.9 K (1.8 mi.) round trip.

Trailhead: North end of Dune Climb, off M-109, 8.1 K (5 mi.) north of Empire.

Terrain: Flat.

Vegetation: First half goes through a field, the second half through moist woods.

Comments: This trail is designed for use by all park visitors including those in wheelchairs and the visually impaired. Signs along the trail interpret the trees, bird life and other aspects of nature. This information is 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.



9. Dunes-Sleeping Bear Point Trail

Distance: 4.5 K (2.8 mi.) loop.

Trailhead: Take gravel road 1.2 K (.7 mi.) west from Maritime Museum in Glen Haven.

Terrain: Moderately rolling dunes.

Vegetation: Grasses, shrubs and wildflowers of the dunes.

Comments: A short spur near the beginning of the trail leads out to Lake Michigan. If you plan to walk the entire loop, go prepared with water, sturdy shoes, a hat, suntan lotion and sunglasses. Much of this trail is through loose sand, and is strenuous.

10. Alligator Hill Trail

Distance: Three loops of 4-5 K (2.5-3 mi.) each plus a spur trail of 1.3 K (.8 mi.), located off the first loop.

Trailhead: From M-109, 1.6 K (1 mi.) north of the Dune Climb, turn onto Day Farm Road, then, at Stocking Road turn left; or take Stocking Road south from M-109, just east of the D.H. Day campground.

Terrain: Hilly.

Vegetation: Beech-maple forest, brushy fields and pine plantation.

Comments: There is a view of Lake Michigan along the first loop and a view of Glen Lake at the end of the spur trail, but both are somewhat obscured by trees. Horses are permitted on this trail.



View from Windy Moraine Trail

11. Bay View Trail

Distance: 11K (7mi.) divided into several shorter loops.

Trailhead: Northbound vehicles take second Thoreson Road junction off M-22, 5.6 K (3.5 mi.) north of Glen Arbor.

Terrain: Hilly.

Vegetation: Beech-maple forest, old farm fields and pine plantation.

Comments: Lookout Point on the loop north of Thoreson Road gives a fine view of Lake Michigan.

12. Pyramid Point Trail

Distance: 4.3 K (2.7 mi.) loop.

Trailhead: Take M-22 to Port Oneida Road 6 K (3.7 mi.) north of Glen Arbor; follow Port Oneida Road till it ends at Basch Road. Follow Basch Road east to trailhead.

Terrain: Hilly.

Vegetation: Beech-maple forest and open fields.

Comments: Trail leads to a high, panoramic view of Lake Michigan half a mile from the trailhead.

13. Good Harbor Bay Trail

Distance: 4.5 K (2.8 mi.) loop.

Trailhead: Take M-22 to County Road 669 13 K (8 mi.) north of Glen Arbor; follow 669 toward Lake Michigan. Turn right on Lake Michigan Road and follow it to trailhead.

Terrain: Flat, wet in places.

Vegetation: Mostly wooded with a short section of low dunes near the start.