

# Sleeping Bear Dunes

National Park Service  
U.S. Department of the Interior



Sleeping Bear Dunes  
National Lakeshore

## Old Indian Trail

[www.nps.gov/slbe](http://www.nps.gov/slbe)



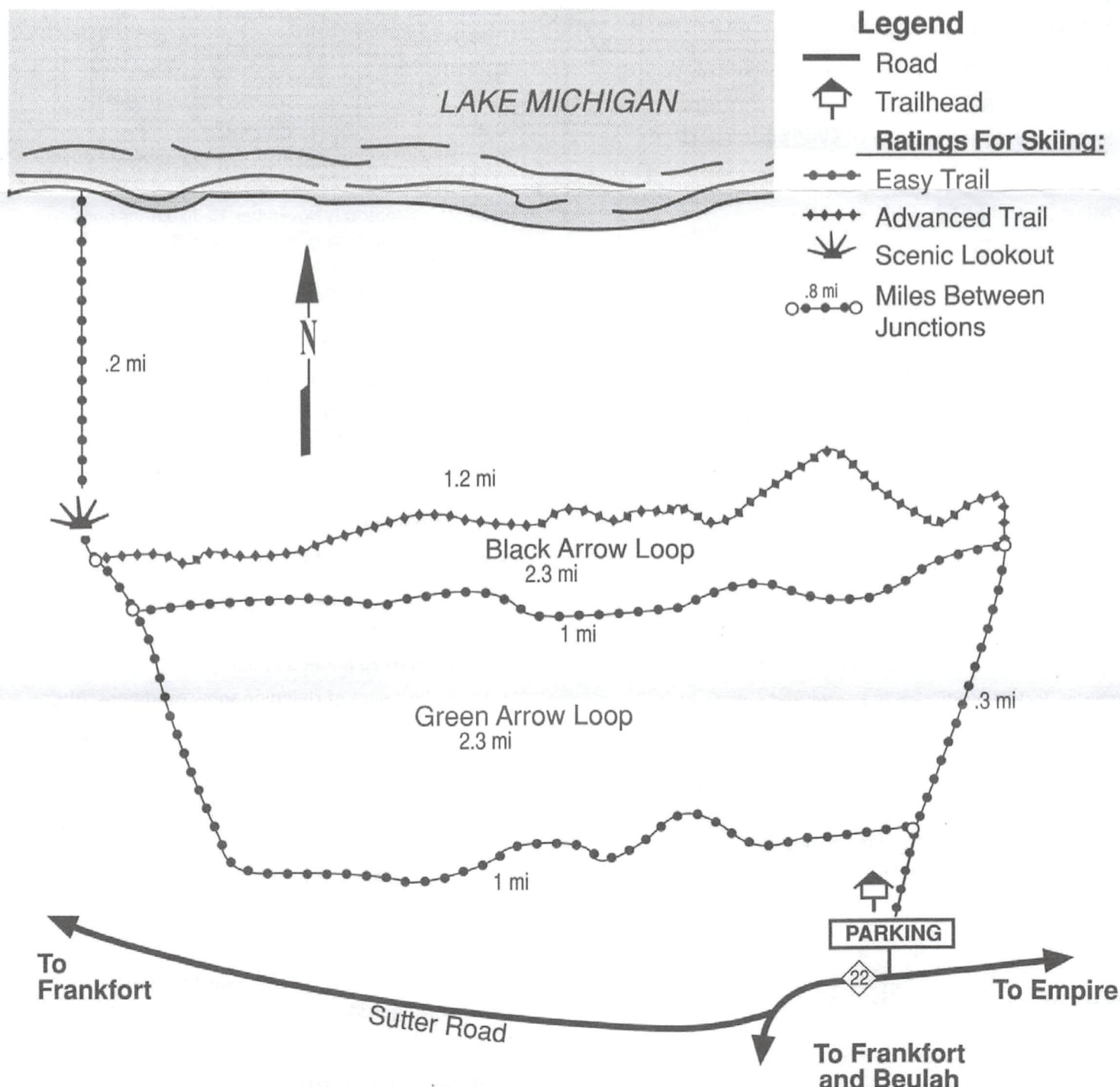
### Trail Description

The trail leads to a view of Lake Michigan and a wide expanse of low beach dunes. Early Indians established trails up and down the coastline and to and from the shorelines where they fished and camped. This trail follows a portion of one such pathway to the beach.

The terrain of the Green Arrow Loop is flat to gently rolling. Black Arrow Loop

includes some steep hills and sharp curves.

Vegetation varies along the trail, with hemlock-hardwood forest grading into pines and oaks. Shrubs, grasses and other dune plants grow along the spur trail to Lake Michigan.



Visitors to the National Lakeshore are required to purchase a Park Pass.

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 

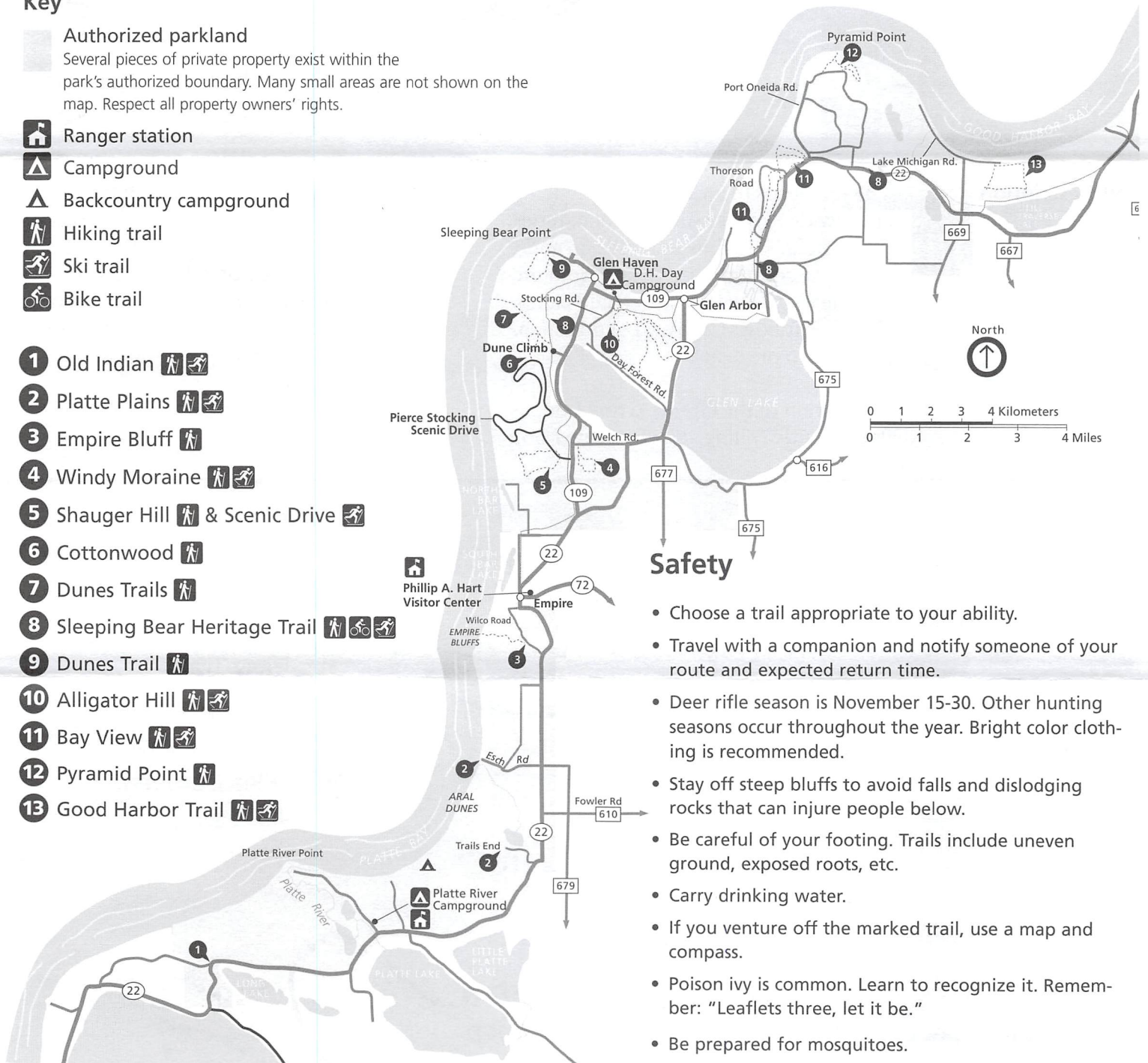
**9** Dunes Trail 

**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.

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

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

## 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.