

FOR IMMEDIATE RELEASE:

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Explore the Changing Seasons with Trek with a Naturalist

GENEVA, IL — Enjoy crisp air, scenic trails and seasonal discoveries during the Forest Preserve District of Kane County's Trek with a Naturalist program series.

This monthly program invites participants 18 years and older to explore a different preserve on each guided hike. Whether you're a seasoned hiker or simply enjoy spending time outdoors, these treks offer an opportunity to stay active and discover the natural beauty of Kane County.

A District naturalist will stop occasionally along the way to interpret the ecology of the preserve, but the main goal is to cover 3 to 5 miles at a pace of approximately 3 miles per hour.

Upcoming dates and locations include:

- Thursday, Oct. 15, from 4 to 6 p.m. at Bliss Woods Forest Preserve; 5S660 Bliss Rd., Sugar Grove
- Saturday, Nov. 21, from 9 to 11 a.m. at Hampshire Forest Preserve; 44W780 Allen Rd., Hampshire
- Saturday, Dec. 5, from 9 to 11 a.m. at Prairie Green Forest Preserve; 698 N. Peck Rd., Geneva

Advance registration is required for these free programs. To register, visit www.kaneforest.com/register, call 630-444-3190 or email programs@kaneforest.com.

For more information, visit www.kaneforest.com, or find us on social media by searching @forestpreserve.

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