

FOR IMMEDIATE RELEASE:

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Enjoy guided hikes this fall during Trek with a Naturalist program

GENEVA, IL — Get your daily 10,000 steps in, during guided hikes with Forest Preserve District of Kane County naturalists.

Each month, we'll take an invigorating two-hour hike at a forest preserve. "Trek with a Naturalist" programs are designed for those who like active hiking. The hikes will be led by a naturalist, who will interpret the ecology of the preserve along the way, but the main goal is to cover ground!

Join us at our upcoming hikes:

- This Fall, the first hike will take place on Thursday, Sept. 16, from 4:30-6:30 p.m. at Dick Young Forest Preserve, located at 39W115 Main St., Batavia.
- The second hike will be on Thursday, Oct. 21, from 4-6 p.m. at Lone Grove Forest Preserve, located at 49W005 Perry Rd., Maple Park.
- The third hike will take place on Saturday, Nov. 6, from 9-11 a.m. at Lake Run Forest Preserve, located at 40W255 Tanner Rd., Sugar Grove.

These free programs are for ages 18 and above. Advance registration is required. Call 630-444-3190 or email programs@kaneforest.com to register.

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