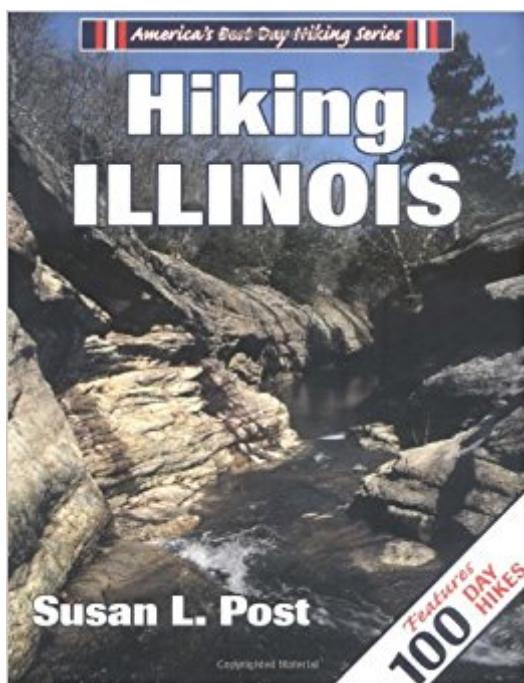


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# Hiking Illinois (America's Best Day Hiking Series)



## Synopsis

This is your complete guide to the most interesting and scenic day hiking trails in Illinois. No matter what part of the state you want to explore or how easy or hard a trek you want, this handy book will lead you to the right trail. Hiking Illinois features the following:- Detailed descriptions of 100 trails, including the length of trail, estimated time to hike it, and a difficulty rating- 143 easy-to-read park and trail maps- A map of each featured trail, with the points of interest labeled and their distances from the trailhead given- Practical information on how to get to parks, the park hours, available facilities, permits and rules, and a contact address and phone number- A convenient trail-finder grid, which provides a summary of each trail's features and location in the book- A section on nearby points of interest, with contact phone numbersHiking Illinois makes it easy to enjoy self-guided tours of trails in scenic areas in the north, central, and south sections of the state. You'll discover beautiful trails in 59 featured spots, including Bell Smith Springs Recreation Area, Moraine Hills State Park, Beall Woods, and Mississippi Palisades State Park.Author Susan Post is a professional naturalist and a native of Illinois who brings to life the history, terrain, flora, and fauna of each area. And her descriptions of nearby recreational and sightseeing destinations ensure that you won't miss anything on your trip.Whether you live in Illinois or are just visiting, there's no better way to discover the natural beauty of the state than with Hiking Illinois.

## Book Information

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## Customer Reviews

Susan Post has worked as a research biologist for the Illinois Natural History Survey since 1978. As

she's gone about her job, working on such projects as sampling streams for threatened and endangered plants and sampling soybean and horseradish fields for insect pests, Susan has crisscrossed Illinois and become well-acquainted with the natural areas of the state. Susan is the coauthor of *Illinois Wilds*, a book that showcases the state's natural areas. She also has written numerous articles on the fauna and flora of Illinois for such publications as the *Nature of Illinois* and the *Illinois Steward Magazine*. An accomplished nature photographer, Susan had had her pictures published in a number of regional magazines, including the *Forests of Illinois* and *Michigan Natural Resources Magazine*. Susan is a graduate of the University of Illinois at Champaign-Urbana. She resides in Champaign, Illinois, and enjoys taking photographs, traveling, and collecting American folk art in her leisure time.

Good ideas for hikes, the maps are pretty weak

I live in Chicago but hike every weekend, winter, spring, summer, fall. This book is perfect for any of the trails in or around Chicago or in Illinois you might want to try hiking. The author did a great job in putting the correct info on most of the trails he has listed in this book. Almost all have been right on target of what he claims them to be. And there are quite a few. This is must have for anyone interested in hiking Illinois. Well worth the money!!!!!! And I think anyone who buys this will agree. This book explains a good amount of trails and the lengths some of these parks are. The writer also tells you how difficult the trail is. A good amount of info was put into this book.

A birthday gift for my granddaughter who had climbed Mount Kilimanjaro and hiked in Japan and Europe. Thought she might like to stick closer to home sometimes. The book was greatly appreciated.

As described, this book includes detailed descriptions of 107 hikes, from easy strolls through city parks to demanding treks in magnificent, remote portions of Illinois that will amaze those who may be somewhat unfamiliar with the natural beauties available within the state. However, it is far more than just a trail guide summary. It also includes a wealth of information on the geological, biological, and human history of some of the more unique regions within the state. Area descriptions provide vivid accounts of their geological origin, geopolitical influences (including early and modern human habitation) shaping them, and even local legends and lore. Natural history buffs, or those aspiring to be, will enjoy the accounts of the variety of flora and fauna that may be encountered at each

location. Driving directions and area maps help guide hikers to each region and the individual trailheads. Sections describing facilities within each location and other nearby areas of interest make this an important resource beyond a hiking guide. The maps, visual waypoints, mileage markers, and flowing descriptions of geological features, plants, and animals along the way give readers the impression of actually hiking along with the author. Hikers will never feel the need for a GPS unit to find their way along the trail. I particularly enjoyed the author's brief, personal notes italicized at the beginning of each hike's description. These informational tidbits and overviews highlighted the author's experiences or impressions of each hike and really set the stage for the information that follows. This guide is very well written and was exceptionally easy to read. In fact, it read much more like a narrative rather than a "how-to" or "where-to" guidebook. Hiker or not, this book will make one vastly more knowledgeable of the natural history and beauty of Illinois. And, be forewarned; read a segment or two and even the most avowed couch-potato will want to trade in that remote for a pair of hiking boots.

More than just a list of trails and directions, "Hiking Illinois" is a siren song luring the reader to lace up his boots and explore the hidden wonders of the Prairie State. For example, describing one hike, the author observes that "monarch butterflies cluster on Joe-Pye weed blooms, white ladies' tresses orchids bloom along the spring runs, giant robber flies with orange-red eyes sally forth seeking prey, a large walking stick may hitch a ride on your backpack, and violet-blue-fringed gentians add a bit of the fall sky to the marl flats." Who wouldn't drop the remote and leap from the La-Z-Boy? With each of the 107 day hikes chronicled by author Post, the reader receives a lesson in the surrounding flora, fauna and geology. Have you noticed that shooting star blossoms emit an odor similar to grape juice? Can you guess the members of a puddle-club? What is the origin of Liesegang rings? Are you still seated? I, for one, couldn't wait to begin following Ms. Post's footsteps. My first hike was at the Morton Arboretum near Lisle, Illinois. "Hiking Illinois" provided a brief history of the arboretum, clear directions for driving there, a list of amenities at the site, rules and restrictions as well as hours of operation. An overview map of the entire arboretum property offered perspective as to the size of the park and the portion in which I would be hiking. I chose to hike the East Main Trail and found the starting point with ease following Ms. Post's directions. My hiking companion and I made no wrong turns, despite numerous intersecting trails, with the guidance of both step-by-step written instructions and an inset map for the East Main adventure. (Yes, the large ash with the alligator-like bark was there on the right.) The author didn't prepare us for the two White-winged Crossbills that appeared in the grove of pines as we began our hike, but how could she have

known? And ear plugs should have been recommended as we approached the marsh at the 3.3 mile mark. The din created by tens of thousands of Western Chorus Frogs was deafening. The author did inform us that the marsh was a glacial pothole created when a chunk of retreating glacier broke off, melted and filled with water. And we were also unprepared for the flock of fifty Sandhill Cranes that floated overhead on the thermals as we approached the end of our 4.5 mile hike, but the dolomite prairie was along our route just as described. If the reader was not an outdoor enthusiast before reading this book, he is sure to be a convert after just a few pages. And for the veteran hiker, the numerous accounts of adventures from all regions of Illinois are sure to open new vistas. I highly recommend "Hiking Illinois" as a must read.

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