



EXPLORE YOUR PARKS

exploreyourparks.com

ACTIVITY GUIDE MICHIGAN



**GREAT ACTIVITIES IN
YOUR STATE PARKS**

WHAT TO DO

BEFORE YOU GO

Tips for a better trip:

State parks offer a full, diverse menu of close-to-home adventures. You can visit for a few hours, a whole day or stay overnight and savor everything these public lands have to offer. This guide is full of ideas and activities to get you started. No matter what activity you choose, there are a few simple tips to ensure you have the most fun possible:

- Look at the weather report. Make sure you have all the clothing and gear you'll need so there are no surprises once you get to the park.
- Let someone know where you're going and when to expect you home.
- Invite a friend: Share the fun and help spread your love of nature by inviting someone to join you on your adventure.
- Bring your camera, a sketch pad or a journal to record all the fun memories of your visit. Share them with others and inspire them to enjoy state parks with you.



For more
information:





Why State Parks?

Just out your doorstep are dozens of unique places that are yours to explore and enjoy. Recreational facilities, hiking trails, historical landmarks, lakes, rivers, wildlife preserves, beaches and forests—they belong to you! Why is that? Because they're part of our public lands, our unique state parks system.

There's no better way to easily connect with nature, get some exercise in the outdoors, learn something new or just relax, than visiting your local state park.

Let's keep state parks healthy and available for future generations too. You can do that by visiting often and taking full advantage of the unique qualities of state parks, which are so vital to our country's heritage. You can also spread the word to others, invite your friends

and family and introduce your children to the wonders of public lands through visiting state parks.

Use this guide to learn about fun activities that are nearby at your state parks. These are just some of the great recreational opportunities that are offered. What are you waiting for?

Get out and explore!

READY TO FIND A PARK NEAR YOU? Head to **www.exploreyourparks.com** and type in your zip code to discover the state parks closest to you. You can also search by your favorite activity and find special events to attend.

Check out our Park Finder at
www.exploreyourparks.com



CAMPING 101

Tips for New Campers:

Imagine eating s'mores and telling stories around a campfire. Observe a shooting star flash across the sky. This is just part of what makes camping so magical. Here are a few tips to make your first camping trip the best:

- Arrive well before dusk to set up camp in daylight.
- Pack food that's easily prepared outdoors on a grill or camp stove.
- Practice setting up your tent at home to make sure you have all the necessary parts. Test your mattress for leaks.
- Follow the campground rules for campfires, pets, alcohol and quiet hours.



Gear Essentials:

- A tent that will shield you from the wind, sun and rain.
- A sleeping bag and sleeping pad/air mattress.
- Clothing and raingear (consider the worst possible weather).
- A flashlight and/or lantern with extra batteries.
- A first-aid kit, sunscreen, insect repellent.
- A map and compass/GPS for exploring.
- A multi-tool.
- Activities (books, games, camera).

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CAMPING SPOTS

Reserve a Campsite

Unroll your sleeping bag and see more of what your parks have to offer. When you camp, you really have time to unwind, separate from urban life and explore every facet of nature – day and night.

- To make a reservation online, visit www.midnrreservations.com, or call 1-800-447-2757.
- Campsite reservations may be made as early as six months in advance of arrival.

Essential Tips

- Keep your essentials safe. Use a wide-mouthed water bottle to hold those things you must keep dry: matches, cell phone, ID and extra small batteries.
- Make sure your first-aid kit is up to date and includes any prescription meds you need as well as emergency contact info and health alerts such as drug allergies.

Leave No Trace

1. Plan ahead and prepare.
2. Leave what you find.
3. Dispose of waste properly.
4. Minimize campfire impacts.
5. Respect wildlife. Observe from a distance.
6. Travel and camp on durable surfaces.
7. Be considerate of other visitors.

For more info: www.lnt.org



CAMP

Muskallonge Lake State Park
Harrisville State ParkMuskallonge Lake
State Park

Newberry, MI 49868
(906) 658-3338

The 217-acre Muskallonge Lake State Park sits between the shores of Lake Superior and Muskallonge Lake in an area known for its forests, lakes and streams. Historic forts and the Father Marquette National Memorial and Museum are excellent destinations for day trips. The 159 campsites offer electrical service, modern restrooms and a playground. A swimming beach is located in the campground, and fishing and hiking trails are nearby.

Directions: From Sault Sainte Marie, take I-75 south toward St. Ignace. Take Exit 386 for M-28 toward Newberry; travel 53.3 miles to M-28; exit on to M-123; travel to CR-407.



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Harrisville State Park

Harrisville, MI 48740
(989) 724-5126

Harrisville State Park, situated on the shore of Lake Huron, is within a short drive of several popular area attractions, including the Sturgeon Point Lighthouse and Museum. Campers can rent bicycles in the park and head for the town of Harrisville to enjoy the art exhibits and summer concert series at the harbor. At the park campers can enjoy metal detecting, swimming and hiking. The park has 195 modern campsites, some with 50-amp service, as well as rental cabins and a lodge.

Directions: From Mio travel east on M-72 approx. 12 miles; turn south onto M-65/M-72 and drive about 7 miles; turn east on M-72; go approx. 22 miles to US-23 to Harrisville State Park.



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BIKING SPOTS

PHOTO: JIMMY CHIN

Get Rolling!

Many of our parks offer bike paths, rail trails and mountain bike trails, as well as quiet paved roads that are ideal for exploring on two wheels.

- Visit www.michigan.gov/dnr for more information on biking in our parks.

- Safety equipment such as helmets and protective gear are highly recommended for all riders.
- Like any outdoor adventure, if you come prepared, you will have a safer, more enjoyable experience.

IMBA Rules of the Trail

1. Ride Open Trails: Respect trail and road closures.
2. Leave No Trace: Be sensitive to the environment, dirt and vegetation. Avoid wet trails.
3. Control Your Bicycle: Ride within your limits.
4. Yield Appropriately: Do your utmost to let your fellow trail users know you're coming.
5. Never Scare Animals: Give animals enough room and time to adjust to you. Use special care when passing horses.
6. Plan Ahead: Know your equipment, your ability and the area in which you are riding and prepare accordingly.



INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION

IMBA has clubs and chapters in all 50 states and many countries. Go to IMBA.com for more information.

Pinckney Recreation Area Kal-Haven Trail State Park

Pinckney Recreation Area

Pinckney, MI 48169
(734) 426-4913

The Pinckney Recreation Area is a paradise for backpackers, mountain bikers, anglers and other recreation enthusiasts. Over 40 miles of multi-use trails with remote campsites afford a backcountry experience. Some 20 miles of the trails can be used for mountain biking, hiking and horseback riding. Waterloo-Pinckney Trail winds 13 miles through the Pinckney Recreation Area and continues for another 22 miles through the Waterloo Recreation Area.

Directions: From Ann Arbor travel I-94 west; take Exit 167 north to Baker Road toward Dexter; turn east onto Baker Road; turn north onto Main St. (name changes to Dexter Pinckney Road); turn west on N. Territorial Road; turn north onto Dexter-Townhall Road.

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Kal-Haven Trail State Park

Van Buren County Road Commission
Lawrence, MI 49064
(269) 674-8011

Travel through small towns, wooded areas and historical points of interest along the Kal-Haven Trail. The 33-mile rail trail connects Kalamazoo and South Haven in southwestern Michigan. It is a preferred destination for hiking, biking, cross-country skiing and snowmobiling. An 11-mile parallel section allows horses.

Directions: For Kalamazoo trailhead, take US-31 west to M-43. Go west on M-43 and north on 10th Street. For the South Haven trailhead, take I-196 to exit 22 (North Shore Drive) and go west to the blinking light (Blue Star or A2); go south on Blue Star/A2, turn right (west) on Wells Street, then right (north) on Baily Street to the park entrance.

Hiking Basics

Wear comfortable shoes: If your feet aren't happy, you won't be happy! Make sure you wear shoes with plenty of support, deep tread and weatherproofing. Wool or synthetic socks are best (avoid cotton).

- To estimate mileage, figure that most adults hike one mile in 15–30 minutes, depending on terrain.

If you have kids hiking with you or carry a heavy backpack, plan more time per mile.

- To maximize comfort and balance, pack the lightest items on the bottom of your backpack and heavier items on top or in the middle closest to your body. Keep items like water, snacks, map, camera and sunscreen handy in the outer pockets.

AHS Essentials Checklist:

1. Appropriate footwear.
2. A map and compass as backup to a GPS system.
3. Extra water and a way to purify it.
4. Extra food.
5. Rain gear and extra clothing.
6. Safety Items: matches or a lighter to build a fire, a light and a whistle.

7. A first-aid kit.
8. A knife or multi-tool.
9. Sunscreen and sunglasses.
10. A daypack/backpack.

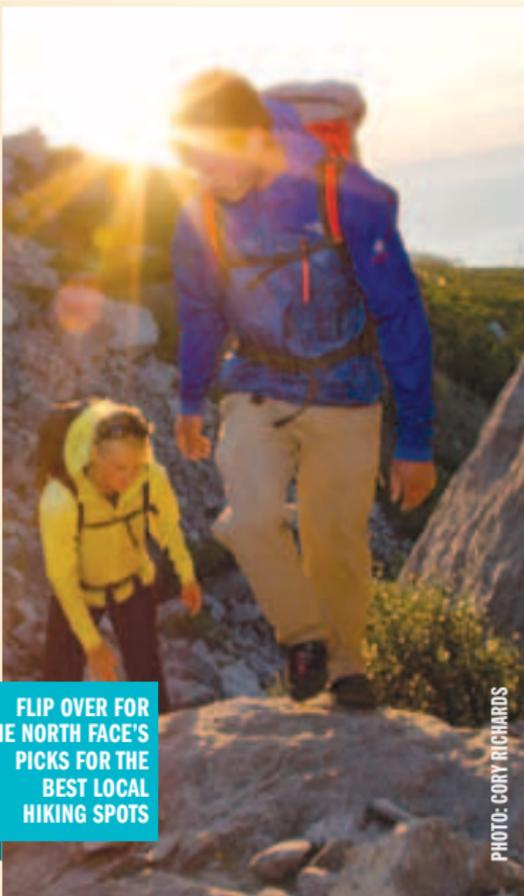


PHOTO: CORY RICHARDS

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HIKING SPOTS

HIKE

Yankee Springs Recreation Area
Wilderness State ParkYankee Springs
Recreation Area

Middleville, MI 49333
269-795-9081

The 5,200-acre Yankee Springs Recreation Area was once the hunting grounds of the Algonquin Indians. Among thirty miles of hiking trails is a six-mile stretch of the North Country Trail, the hiking route from North Dakota to New York. Points of interest accessible from the trail system include Devil's Soup Bowl, a glacially carved kettle formation, Graves Hill Overlook and The Pines.

Directions: From Kalamazoo travel north on US-131 23 miles toward Grand Rapids; turn east onto M-179/129th Ave.; bear south onto S. Briggs Road/CR-430 for about 1 mile.

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Wilderness State Park

Carp Lake, MI 49718
(231) 436-5381

Miles of wilderness and 26 miles of Lake Michigan shoreline provide wildlife viewing opportunities along the numerous trails throughout the 'dark sky' park, which also offers amazing stargazing. The terrain, which varies from dense coniferous forest to mature hardwood forest, with pockets of open, wet meadows, allows for unparalleled seclusion. Hikers headed into the forest are advised to carry a map and compass.

Directions: From Petoskey take US-31 north approx. 28.5 miles, turn west onto E. Gill Road; travel approx. 2.6 miles north onto Cecil Bay Road; travel approx. 3.7 miles to Wilderness Park Drive, turn west to park.

PHOTO: JACKSON KAYAK

Explore On Water

You don't have to be an outdoor expert to go paddling. Many parks make it easy for you to explore in a kayak or canoe. Give it a try, and you'll see how unique and relaxing a water trip can be!

- If you don't have your own equipment, check with the park office about rentals, or contact a local outfitter to learn more about the different offerings. Outfitters

can also connect you with how-to clinics or guides that make getting on the water easier.

- More than 1,300 public boating access sites and more than 80 harbors and marinas throughout Michigan make it easy to plan your boating adventure. Visit <http://www.mcgi.state.mi.us/MRBIS> for more information.

Essential Tips

1. Always wear a Personal Flotation Device (PFD).
2. Don't boat alone.
3. Recognize your limits.
4. Understand the potential dangers of cold water and hypothermia.
5. Check the weather and water conditions before you head out.
6. Be prepared with sun protection, proper clothing, a watertight container for valuables and a safety whistle.
7. Keep a safe distance from other boats.
8. Let someone know your plans.

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PADDLING SPOTS

PADDLE

Burt Lake State Park
Young State Park

Burt Lake State Park

Indian River, MI 49749
(231) 238-9392

Michigan's Inland Waterway is a 40-mile long boating adventure across the top of the state's Lower Peninsula. Set in the middle of the route is Burt Lake State Park. This is a perfect spot for paddlers to set up a base camp and head out to explore the quiet waters, go fishing and view the abundant wildlife.

Directions: From Petoskey travel north on US-31 approx. 11 miles; turn east onto M-68 and drive approx. 10 miles; turn north on South Straits Hwy. The park entrance is about 1/4 mile down the road on the left.



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Young State Park

Boyer City, MI 49712
(231) 582-7523

Young State Park sits on Lake Charlevoix in northwest Michigan. The lake's Caribbean blue water and wooded shoreline is considered by many to be one of the ten most beautiful lakes in the world. The park is close to Charlevoix, Boyne City and East Jordan, all of which offer small-town charm – especially in the summer months. Choose a town and paddle over for lunch. Young State Park's 41 modern camp sites, sandy beaches and hiking trails make it a great place to return after a day's exploring.

Directions: From W. Michigan Street in Boyne City travel north onto Charlevoix-Boyer City Road (name changes to Charlevoix-Boyer City Road/CR-C56); turn west onto Park Drive.

Time To Unwind

Young and old, we all need time to play, whether that means going on a wildlife walk, tossing a ball, having a picnic, biking, swimming, flying a kite or other active pursuits.

Studies show that taking time out to exercise in a playful way has lasting positive effects on your health. Some examples include:

- Burning calories, boosting your metabolism and strengthening your heart.
- Improving your mental health with the release of endorphins, serotonin and other feel-good hormones.
- Increasing your sense of connection to the outdoors, family and your children.

Essential Tips

- Build time into your schedule for outdoor activities – and make sure to keep your commitment.
- Keep a change of clothing and some discs in your car so you can take advantage of spontaneous opportunities to play a round.
- Encourage your kids to turn off the TV or video games and spend time outdoors at your favorite park or forest.
- Instead of meeting friends or co-workers indoors, have them join you for a round of disc golf. It's a unique, social sport for players of all ages and levels of ability.



PHOTO: COREY RICH

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DISC GOLF SPOTS

PLAY DISC GOLF

Holly and Fort Custer Recreation Areas
Sleepy Hollow and Newaygo State Parks**Holly Recreation Area**

Holly, MI 48442
(248) 634-8811

Holly Recreation Area has a few holes in open meadows, but is mostly a wooded course. There's an option to play 18 or 24 holes.

**Fort Custer Recreation Area**

Augusta, MI 49012
(269) 731-4200

Fort Custer Recreation Area's front nine mixes open holes with elevation and technical shots. The back nine's fairways have a links-style layout.



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Sleepy Hollow State Park

Laingsburg, MI 48848
(517) 651-6217

Sleepy Hollow State Park offers a good mix of holes featuring technical, wooded and open fairways. Elevation and water add variety to the course.

Newaygo State Park

Newaygo, MI 49337
(231) 856-4452

Newaygo State Park offers 18 holes on the pro-quality course. The tight fairways make it a grueling challenge.

GEAR UP!

The Path Starts Here

We at The North Face love the outdoors. It's where we develop character, confidence, clear minds, healthy bodies and respect for nature. We believe in sharing this passion by enabling all types of exploration – from your backyard to the Himalayan peaks. Our goal is to inspire the next generation of explorers and conservationists by helping them discover nature's playground. Adventure is everywhere. Never Stop Exploring.



Get Geared Up!

Visit us at one of these locations:

**THE NORTH FACE –
SOMERSET COLLECTION NORTH
2800 WEST BIG BEAVER
TROY, MI 48084
(248) 816-2800**

**THE NORTH FACE GRAND RAPIDS
3159 28TH STREET SE
KENTWOOD, MI 49512
616-940-0681**

PHOTO: TIM KEMPLE



WHERE TO GO

PHOTO: ADAM CLARK



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