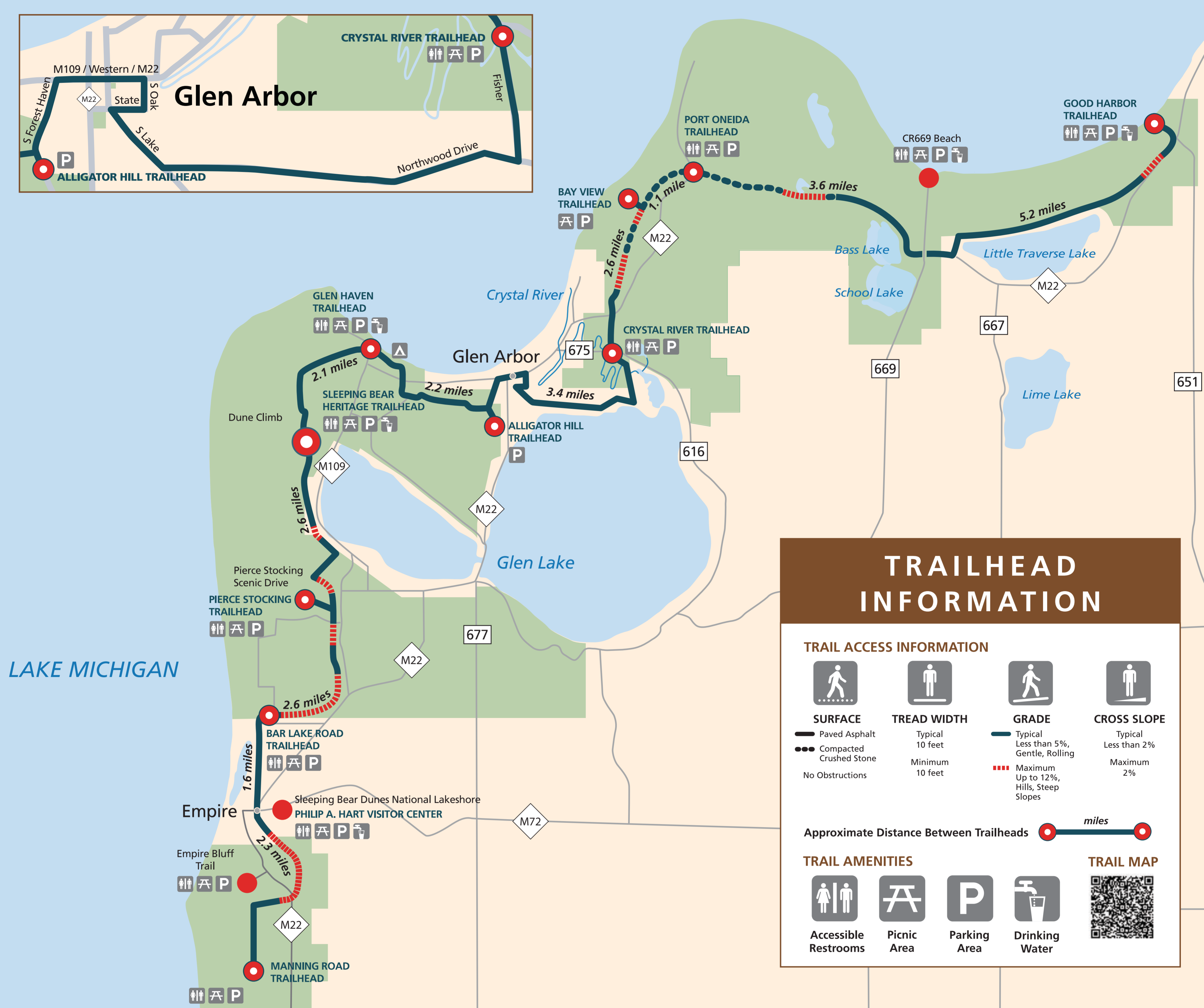
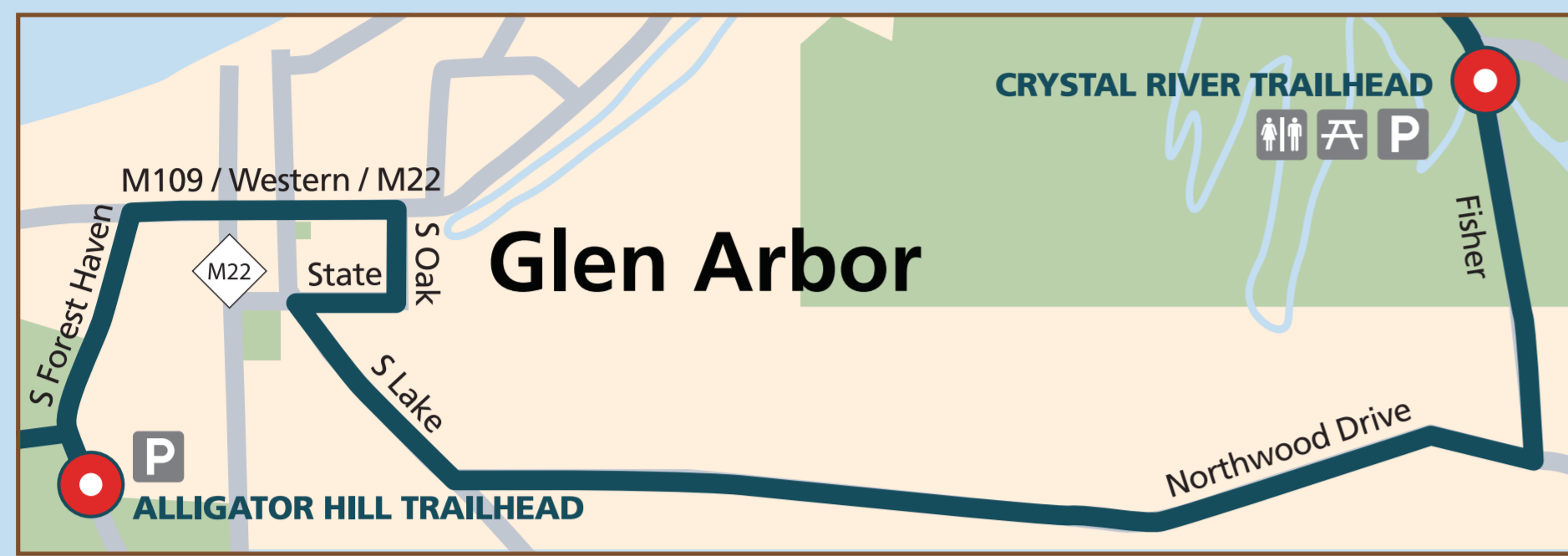


# SLEEPING BEAR HERITAGE TRAIL



## TRAILHEAD INFORMATION

### TRAIL ACCESS INFORMATION

SURFACE	TREAD WIDTH	GRADE	CROSS SLOPE
Paved Asphalt Compacted Crushed Stone No Obstructions	Typical 10 feet Minimum 10 feet	Typical Less than 5%, Gentle, Rolling Maximum Up to 12%, Hills, Steep Slopes	Typical Less than 2% Maximum 2%

Approximate Distance Between Trailheads miles

### TRAIL AMENITIES

Accessible Restrooms	Picnic Area	Parking Area	Drinking Water

### TRAIL MAP



## Trail Etiquette

- Stay to right, alert others when passing on left
- Do not block trail when stopped—move to side
- Cyclists ride single file when other users are present
- Please wear a helmet for your safety
- Dispose all trash and animal waste in trash receptacles
- Stay on trail, respect plants and wildlife

## Shifting Sands

The highest dunes along Lake Michigan are not pure sand from top to bottom. Glaciers left moraines – piles of mixed rock and soil – upon which winds continue to deposit grains of sand, thus building perched dunes. This national park was created to protect these rare geological features. The Dune Climb is a falling dune, pure sand blown beyond the edge of the moraine. People and winds are its agents of change.