

Hiking Trail Maps

Sleeping Bear Dunes
National Lakeshore
Michigan



DETAILS ON 17 TRAILS IN SLEEPING BEAR DUNES

TAKE THE 'TRAIL TREKKER CHALLENGE' (SEE PAGE 6)



A Publication of
Friends of Sleeping Bear Dunes

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Learn more about ***Friends of Sleeping Bear Dunes***,
our mission, projects, and accomplishments on our web
site.

Support our efforts to keep Sleeping Bear Dunes
National Lakeshore a wonderful natural and historic
place by becoming a member or volunteering for a
project that can put your skills to work in the park.

This booklet was compiled by Kerry Kelly, ***Friends of
Sleeping Bear Dunes***.

Maps are from Sleeping Bear Dunes National
Lakeshore and Friends of Sleeping Bear Dunes.

Photos by Kerry Kelly

Sleeping Bear Dunes National Lakeshore maintains about 85 miles of official hiking trails on the mainland, about 12 miles of trails on South Manitou Island and over 20 miles of trails on North Manitou Island. In addition, there are many unofficial social trails within the National Lakeshore. This book describes the 14 official trails on the mainland and the trails on the two islands.

Each trail on the mainland has its own trailhead and parking area which can be located on the map of the Lakeshore on page 5. Each trail has its own unique beauty and challenges. Some have beautiful views from high vistas overlooking lakes, hills, or dunes. Others take you through fields of wildflowers with views of lakes or forest in the background. Our trails allow you to explore all of the various habitats within the National Lakeshore. Use the table on page 4 to compare the trails and choose the trail that's right for you today. Each trail is described on a page which includes a brief description of the trail, how to find the trailhead, and a trail map.

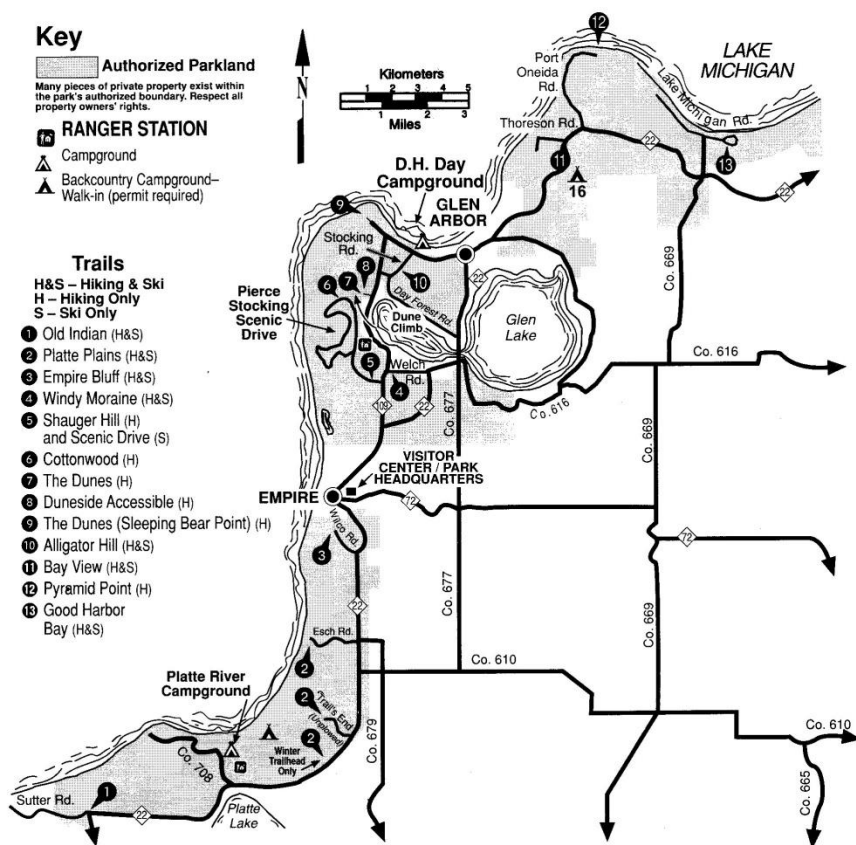
Trail Rules

- Get a Park Pass. Either an annual or weekly pass to Sleeping Bear Dunes National Lakeshore or National Parks Pass is required for using the trails. Passes are available at the Visitor Center, Dune Climb, Pierce Stocking Scenic Drive, Glen Haven General Store, and campground offices. There are also self-serve locations at some beaches.
- Plan ahead. Prepare for extreme weather and emergencies. Bring food and water. Always tell someone where you will be hiking and when you will return.
- Stay on established trails.
- Dispose of waste properly. Pack it in – Pack it out!
- Leave what you find. Preserve the past and leave rocks, plants, and other items as you find them for others to discover.
- If camping in the backcountry, build fires only in established fire rings. Put out fires completely.
- Respect wildlife. Observe wildlife from a distance. Never feed animals. Store food properly.
- Respect other visitors and protect the quality of their experience. Let nature's sounds prevail.

Pet Rules

- Pets are allowed on all trails except at the Dune Climb. Pets are also not allowed on ski trails (#1, 2, 4, 5, 10, 11, 13, 16) Dec 1 – March 31.
- Pets must be on a 6' leash.
- Do not leave pets unattended or tied to an object.
- Do not allow your pet to make unreasonable noise.
- Clean-up after your pet and dispose of waste in a trash receptacle.
- Keep your pet from interacting with wildlife.

#	Name	Distance	Difficulty	Features
1	Old Indian	2.5 mi 2 loops	One Easy Loop, One Moderate	Woods, access to Lake MI
2	Platte Plains Bass Lake Loop	3.5 mi loop	Easy	Woods, Bass Lake
2	Platte Plains Otter Creek Loop	4.6 mi loop	Easy	Woods, Otter Creek, Otter Lake
2	Platte Plains Lasso Loop	6.3 mi loop	Moderate	Woods, access to Lake MI
3	Empire Bluff	1.5 mi round trip out & back	Moderate	Woods, vista of Lake MI
4	Windy Moraine	1.5 mi loop	Moderate to Advanced	Woods, vista of Glen Lake
5a	Shauger Hill	2.4 mi loop	Moderate to Advanced	Woods
5b	Scenic Drive Ski Trail	8 mi – several loops	Easy to Moderate	Ski only on the Scenic Drive Road
6	Cottonwood	1.5 mi loop	Moderate	Dunes, vista of Glen LK, Lake MI
7	Dunes	3.5 mi round trip to Lake MI and back	Strenuous	Dunes, vista of Glen Lake, Lake MI
8	Duneside Accessible Replaced by SBHT	Dune Climb to Glen Haven 2mi	Wheelchair Accessible	Sleeping Bear Heritage trail
9	Sleeping Bear Pt	2.8 mi loop	Strenuous	Dunes, vista of Lake MI
10	Alligator Hill	Loop 1 – 3 mi Loop 2 – 4.6 mi Loop 3 – 4.7 mi	Moderate	Woods, vista of Lake MI and vista of Glen Lake
11	Bay View	2 Loops Farm – 2.4 mi Ridge– 4 mi	Easy to Moderate	Woods, meadows
12	Pyramid Point	Overlook & back – 1.2 mi Loop – 2.7 mi	Moderate	Woods, vista of Lake MI, Manitou Islands
13	Good Harbor Bay	2.8 mi loop	Easy	Woods, wetlands
14	South Manitou Island	Various loops	Easy	Woods, fields
15	North Manitou Island	Various loops	Easy, but long loops	Woods
16	Sleeping Bear Heritage Trail (SBHT)	22 mi one way From Empire to Bohemian Rd (CR-669)	Hard Surface –Easy except from Empire to Greenan Rd. which is moderate.	Woods, dunes. Steep hills from Empire to Greenan Road. On-road through Glen Arbor.
17	Kettles	Baatz Rd at Fritz Rd	Moderate	Steep hills, valleys with a spur to a bog



Want a Challenge?

For hikers who want a challenge, a new program has been developed by two students at Glen Lake Schools that gives prizes and recognition to those who hike all 14 mainland trails in one year. The **Trail Trekker Challenge** provides a record book, so you can keep track of your hikes. Pick it up at the Sleeping Bear Dunes National Lakeshore Visitor Center in Empire. When you have hiked all of the trails, bring your completed record book back to the Visitor Center to receive your prize and get your name on the Park web site!

For extra credit, visit North and South Manitou Island and hike the trails there to be able to say that you've hiked all the official trails at Sleeping Bear Dunes.

#1 Old Indian Hiking and Ski Trail

Location: On M-22 north of Sutter Rd. in the southern part of the park

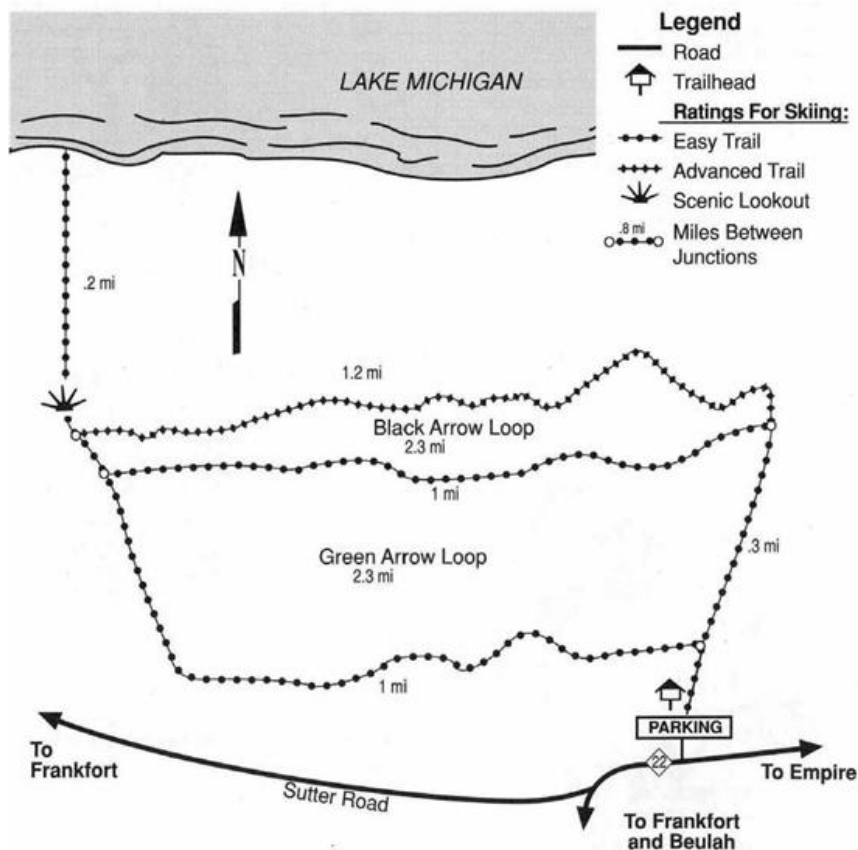
Distance: 2 loops of 2.3 miles each

Terrain: Relatively flat hardwoods and evergreen forest with a spur through low dunes to Lake Michigan. The Black Arrow Loop has some areas of steeper hills and sharp corners.

Difficulty: Soft-surface foot path. Green Arrow Loop is easy hiking and skiing. Black Arrow Loop is moderate hiking and advanced skiing.

Comments: The spur to Lake Michigan provides access to a remote beach, where you can often have the whole beach to yourself. Because of its relatively easy terrain, it is popular with cross country skiers.

Old Indian Hiking & Ski Trail



#2 Platte Plains Hiking and Ski Trail

Location: There are several trailheads for this large trail system: on the gravel road near the end of Esch Road, the end of Trail's End Road, and Platte River Campground. In the winter, a trailhead on M-22 for skiers is open.

Distance: Three loops:

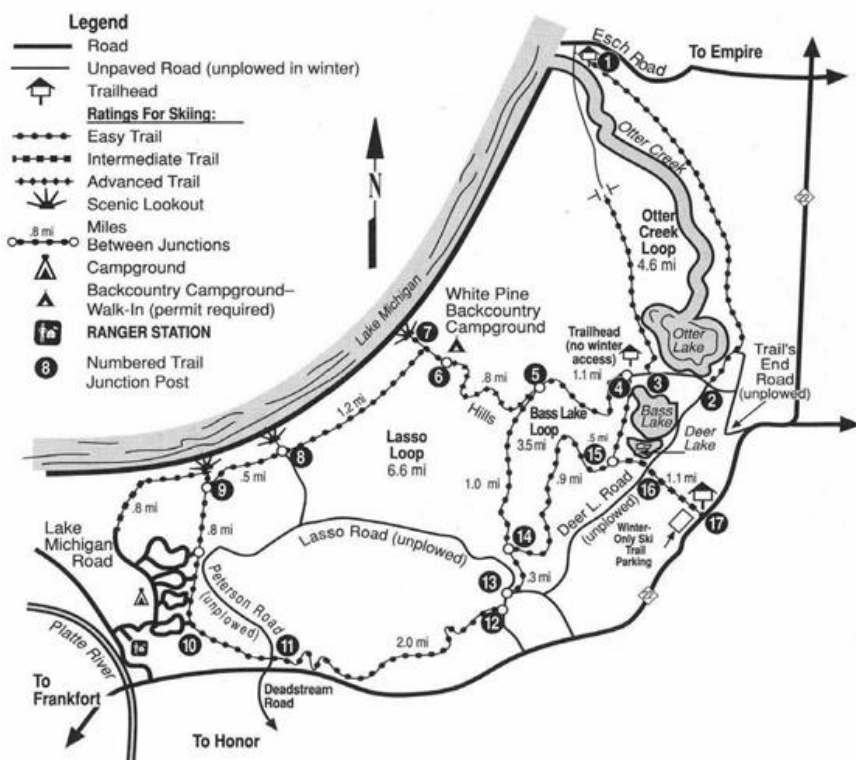
- Otter Creek Loop – 4.6 miles around Otter Creek and Otter Lake
- Bass Lake Loop – 3.5 miles near Bass and Deer Lakes
- Lasso Loop – 6.3 miles with several access points to Lake Michigan

Terrain: Mostly flat, with some moderate hills in a few areas of the Lasso Loop

Difficulty: Soft-surface foot path. Easy hiking and skiing.

Comments: The relatively flat terrain and proximity to lakes and streams makes this one of the most popular hikes for nature-lovers. Wildflowers and birds are plentiful and the walking is relatively easy. Most of this trail is good for beginners, but the 16-17 section is intermediate – not suitable for beginners.

Platte Plains Hiking & Ski Trail



#3 Empire Bluff Hiking Trail

Location: The trailhead is located on Wilco Rd. off of M-22 south of Empire.

Distance: 1.5 miles round trip from the trailhead to the overlook deck.

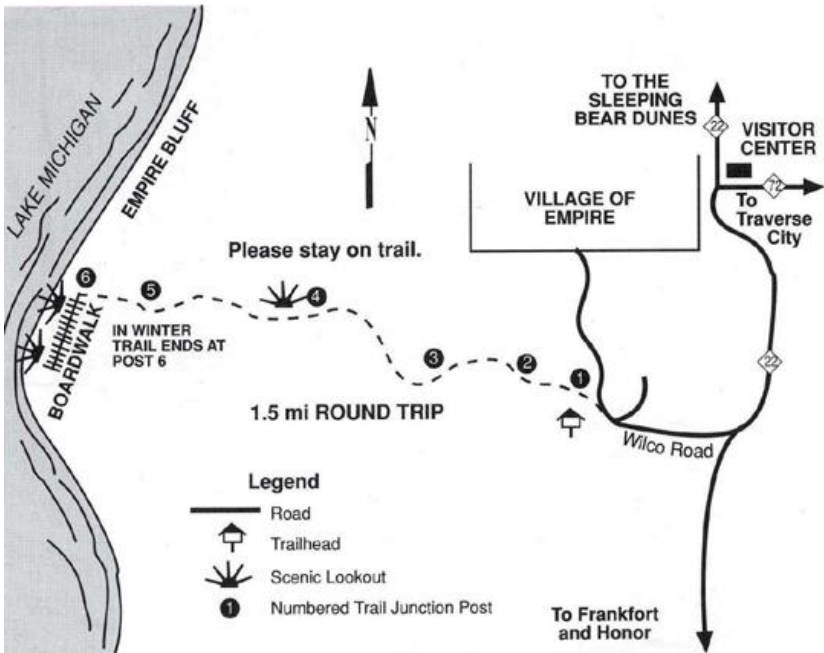
Terrain: Moderate hike with some hills through beech-maple forest to an observation deck on Empire Bluffs about 450 feet above Lake Michigan.

Difficulty: Soft-surface foot path. Moderate hiking. Some steep slopes & steps.

Comments: This is one of the most popular trails in the Park because of the outstanding vistas of Lake Michigan, South Bar Lake, Empire, and Sleeping Bear Dunes. You will find many spring flowers on this trail. Photographs of the view from the end of this trail are often used when describing Sleeping Bear Dunes National Lakeshore. If you only have time for one hike, this might be the one for you!



Empire Bluff Hiking Trail



#4 Windy Moraine Hiking and Ski Trail

Location: The trailhead is on Welch Rd. just east of M-109 near the entrance to Pierce Stocking Scenic Drive.

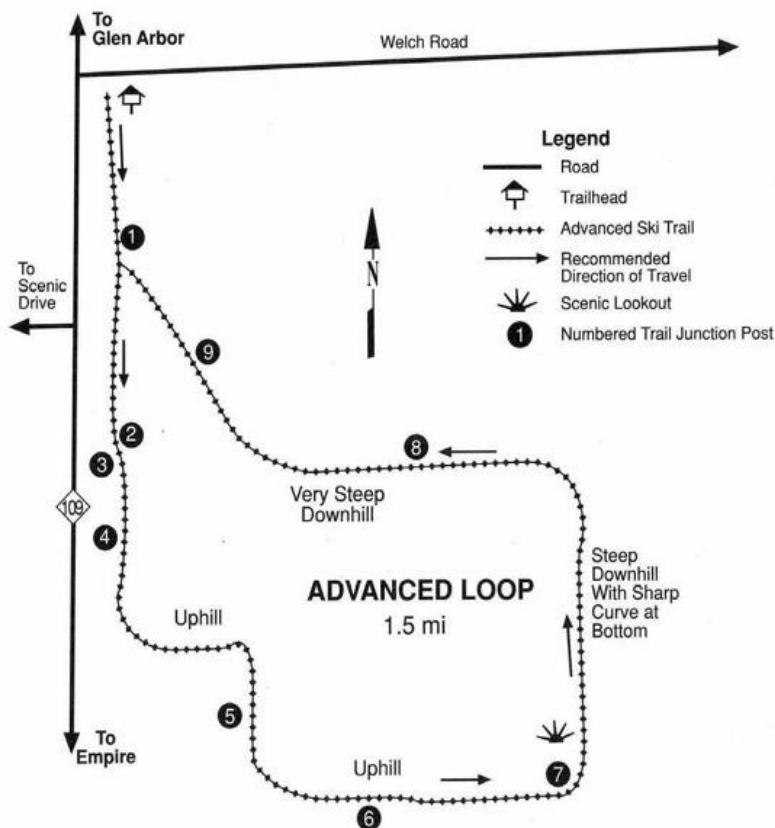
Distance: 1.5 mile loop

Terrain: The loop takes you through farm fields and after entering the woods, it goes up a gradual hill until you get a great view of Glen Lake (best in the winter when the leaves don't block the view). Then it's a relatively steep downhill walk, which can be challenging if you're on skis.

Difficulty: Soft-surface foot path. Moderate hiking and advanced skiing.

Comments: This trail is built on moraine – the remnant of the last glacier which deposited rocks, gravel, and sand to form this hill. This is a quiet trail with a nice view of Glen Lake. An interpretive display about soils is along the trail.

Windy Moraine Hiking & Ski Trail



#5a Shauger Hill Hiking and Ski Trail

Location: The trailhead is in the parking lot at the entrance to Pierce Stocking Scenic Drive on M-109.

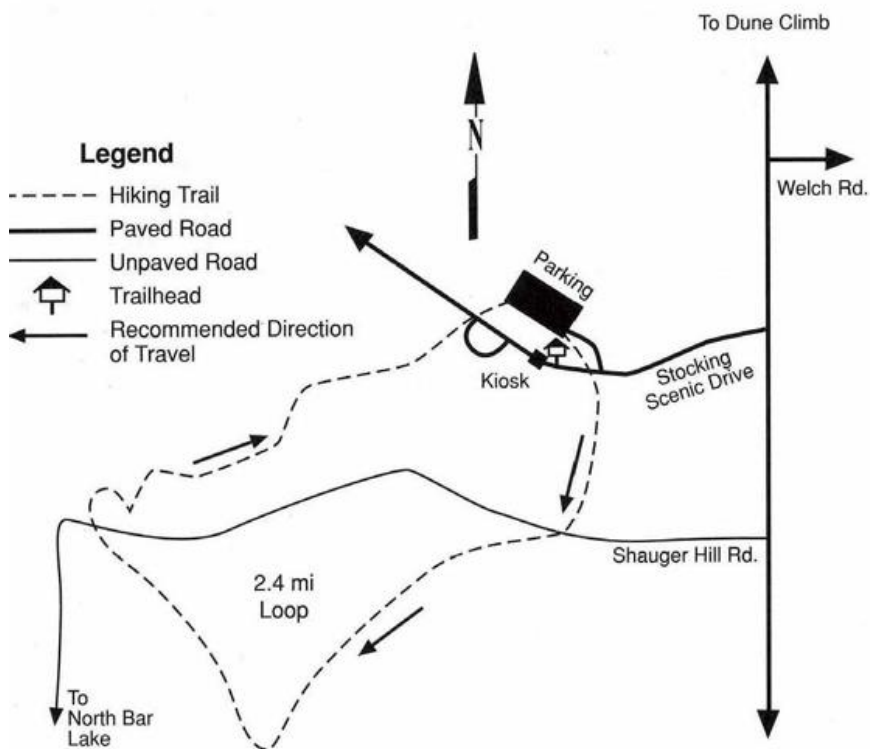
Distance: 2.4 mile loop

Terrain: This loop is through beech-maple forest over steep hills crossing Pierce Stocking Scenic Drive in two places. **Watch for traffic at crossings.**

Difficulty: Soft-surface foot path. Moderate hiking and advanced skiing.

Comments: You'll get a good workout on this trail, and if you're a cross country skier or like to snowshoe, this is an advanced trail.

Shauger Hill Hiking Trail



#5b Scenic Drive Ski Trail – Winter Skiing Only

Location: Pierce Stocking Scenic Drive on M-109. Park in the parking lot at the entrance to the Scenic Drive.

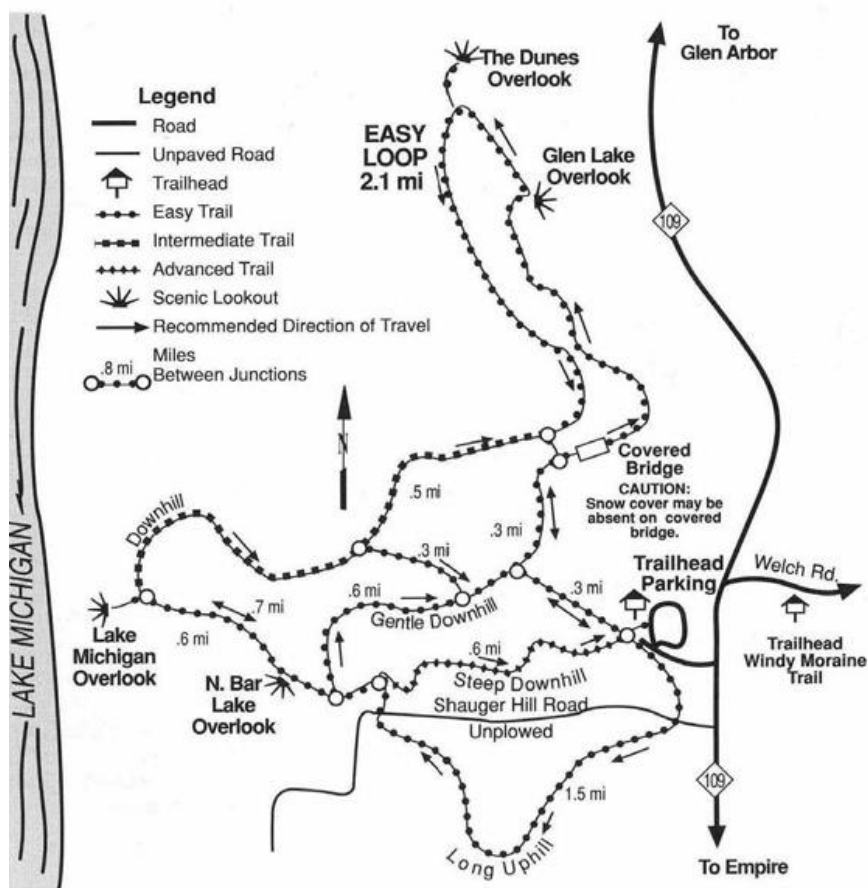
Distance: Loops totaling 8 miles of trail. The trail intersects with Shauger Hill Trail with an additional 2.4 miles of trail.

Terrain: Skiers will be on or alongside the pavement of the Scenic Drive through rolling hills. There are some long uphill grades and gentle downhill.

Difficulty: Easy to Difficult skiing.

Comments: Because the trail is on the paved roadway, it is very open with few obstacles making it easier for beginners. Some of the uphill sections can be very challenging. Seeing the overlooks in winter is spectacular.

Scenic Drive Ski Trail



#6 Cottonwood Hiking Trail

Location: Stop #4 on the Pierce Stocking Scenic Drive on M-109.

Distance: 1.5 mile loop

Terrain: The trail goes through sandy soil of the perched dunes, which makes walking difficult. There is no shade, so wear sun block and bring water.

Difficulty: Sandy trail. Moderately difficult hiking.

Comments: This hike takes you through the native plants of the Sleeping Bear Dunes. You will find a variety of hardy wildflowers, grasses and shrubs. It offers great views of the dunes, Dune Climb, Glen Lake, and Lake Michigan.

#7 Dunes Hiking Trail

Location: The Dune Climb on M-109.

Distance: 3.5 miles round trip from the Dune Climb to Lake Michigan.

Terrain: The trail goes through sandy soil of the perched dunes, which makes walking difficult. There is no shade, so wear sun block and bring water.

Difficulty: Sandy trail. Strenuous hiking.

Comments: This hike takes you through the native plants of the Sleeping Bear Dunes to Lake Michigan. As you hike this trail, you will find that it takes a lot longer to arrive at Lake Michigan than you expect. Wearing shoes, hat, and sun block is highly recommended. The sand in the summer sun is very hot on the feet and some of the plants that live in the dunes have sharp thorns or stems that can hurt your feet. When you arrive at Lake Michigan, you will find a large wooden shipwreck about ¼ mile north of where the trail comes out. This washed up on the shore in October, 2010. Another shipwreck is located about ¼ mile south.



#8 Duneside Accessible Trail

This trail has been replaced by #16 Sleeping Bear Heritage Trail.

Location: The trailhead is on the north side of the parking lot at the Dune Climb on M-109.

Distance: 2 miles to Glen Haven and 2 miles further to Glen Arbor.

Terrain: The trail is flat, paved asphalt and goes along the front edge of the dune through the woods to a wetland observation deck and on to Glen Haven.

Difficulty: Easy, wheelchair accessible.

#9 Sleeping Bear Point Hiking Trail

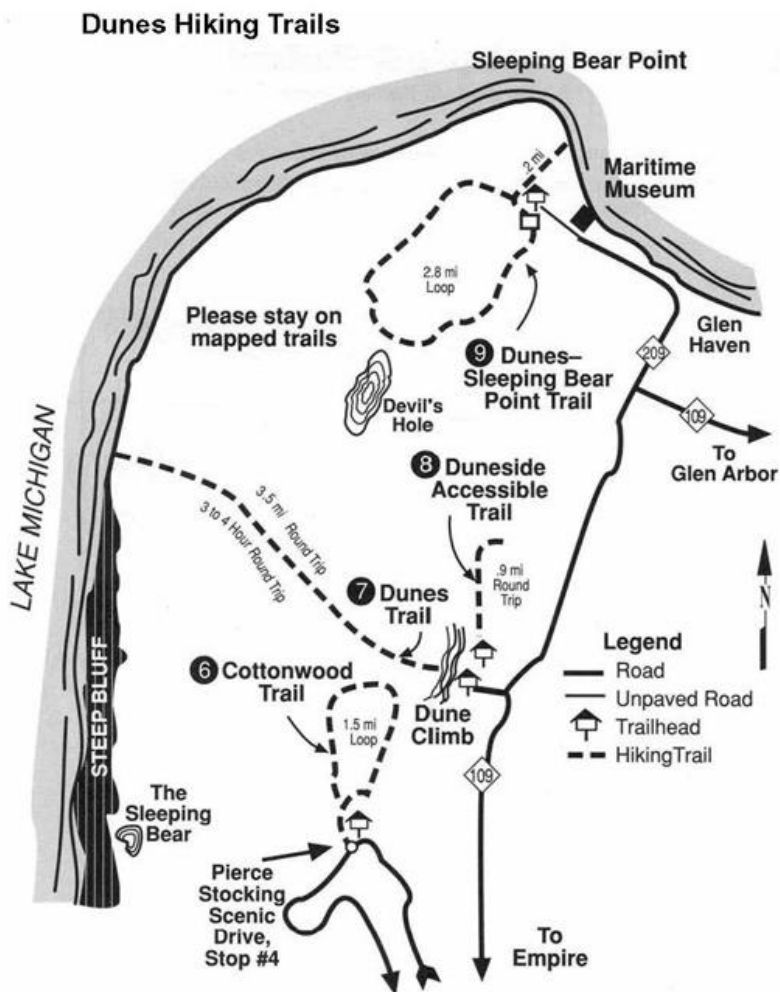
Location: The trailhead is just west of the Maritime Museum near Glen Haven.

Distance: 2.8 mile loop

Terrain: The trail goes through sandy soil of the perched dunes, which makes walking difficult. There is no shade, so wear sun block and bring water.

Difficulty: Sandy trail. Moderately difficult hiking

Comments: This hike takes you through the native dune grasses of the dunes near Sleeping Bear Point with access to Lake Michigan. You get great views of Lake Michigan and the Manitou Islands beyond the Dunes.

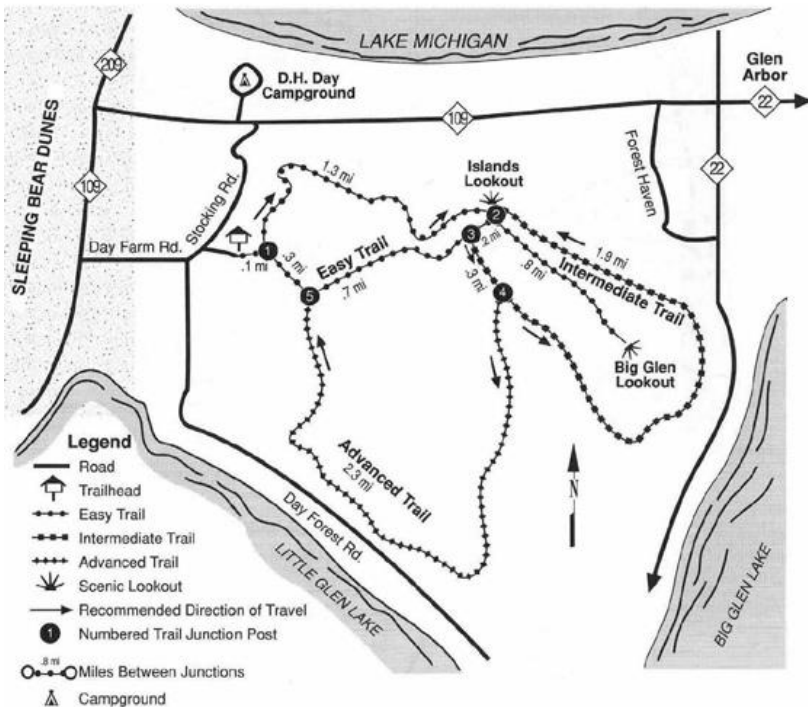


#10 Alligator Hill Hiking and Ski Trail

Location: The trailhead is east of the DH Day Campground off Stocking Road.
Distance: 8 miles total in 3 loops. Each loop is 3-4.6 miles long.
Terrain: Long gradual hills through beech-maple forest.
Difficulty: Soft-surface foot path. Moderately difficult hiking and skiing.
Comments: There is a bench with a great view of the Manitou Islands at the top of Alligator Hill. You can often watch Great Lakes freighters travel through the Manitou Passage from here. A 1.6 mile spur along the ridge takes you to a view of Glen Lake. This was once a golf course – part of a planned resort. Can you see the fairways or greens? Alligator Hill was hit hard by a severe windstorm in August of 2015.



Alligator Hill Hiking & Ski Trail



#11 Bay View Hiking and Ski Trail

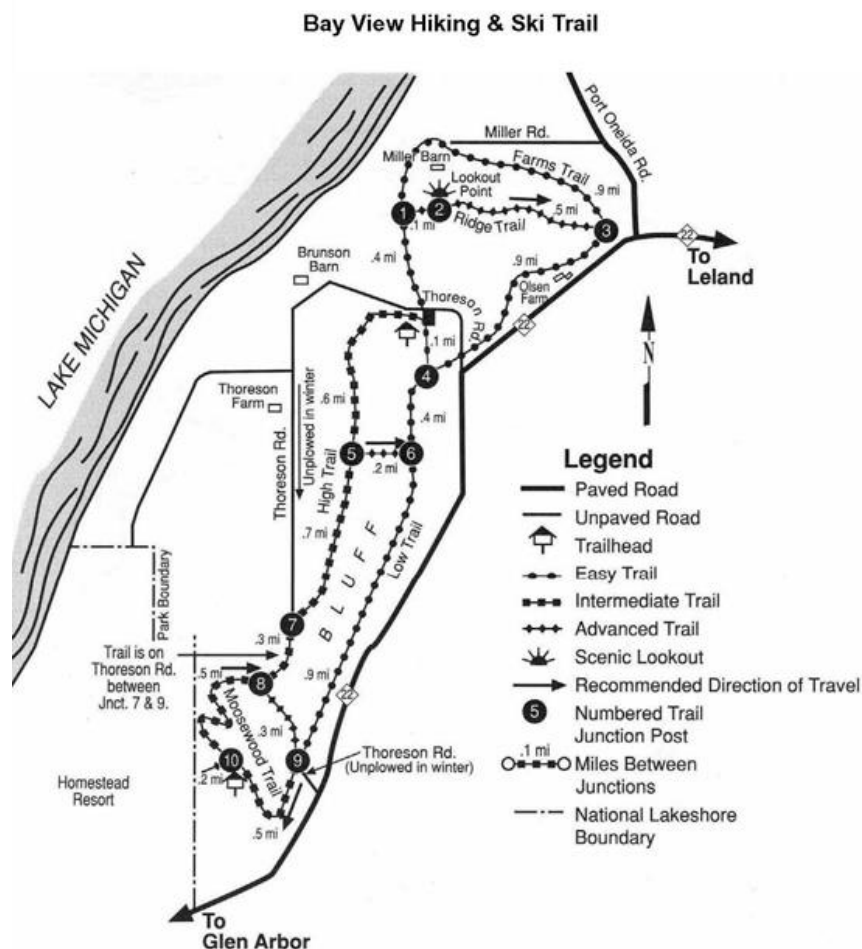
Location: The trailhead is on Thoreson Road near M-22.

Distance: 7.5 miles total in 2 loops. Farm Loop: 2.4 mi, Ridge Loop: 4 mi.

Terrain: Meadows, fields, edge of Beech-Maple forest, Farms of Port Oneida Rural Historic District. Mostly flat along meadows and fields and along the ridge. Steep hills on trail connectors between upper and lower segments.

Difficulty: Soft-surface foot path. Easy to Moderately difficult.

Comments: There is a bench with a great view of the Manitou Islands on the Ridge trail. Nice views of Lake Michigan and Sleeping Bear Point at #5. Good trail to see striped maple (moosewood) trees.



#12 Pyramid Point Hiking Trail

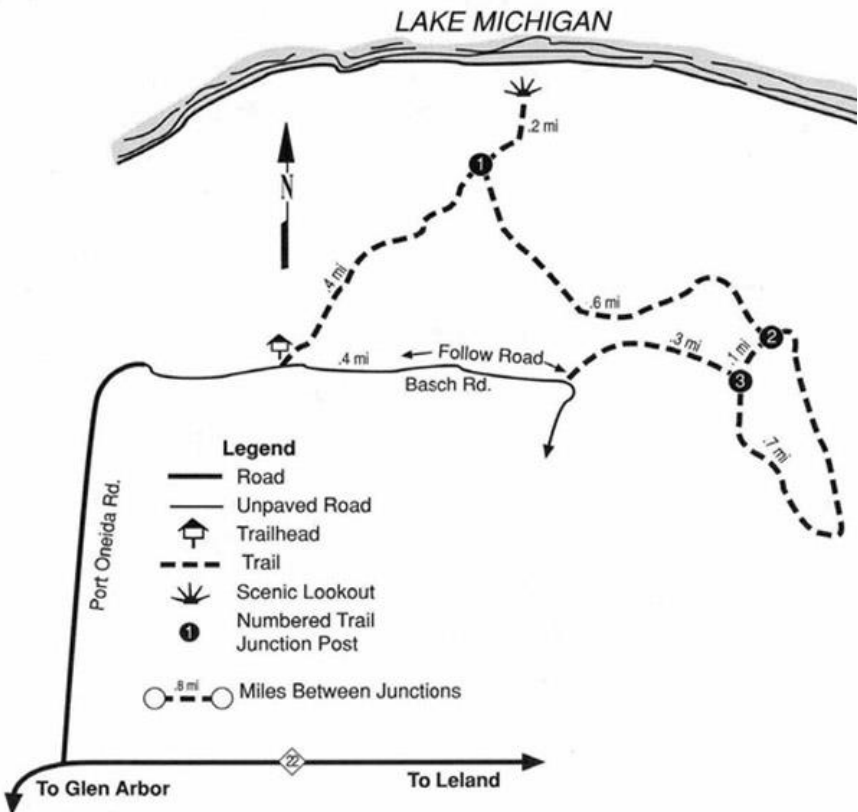
Location: The trailhead is on Basch Rd. Take Port Oneida Rd north from M-22.

Distance: 1.2 miles round trip from the trailhead to the overlook. The whole loop trail is 2.7 miles and the last part of the loop is on Basch Rd.

Terrain: You will be climbing a steep hill through Beech-Maple forest to the bluff that overlooks Lake Michigan and the Manitou Islands. The loop goes down from the hill into a deep valley and back up to Basch Rd.

Difficulty: Soft-surface foot path; some water bar steps. Moderate hiking

Comments: For your safety and to prevent erosion, please do not descend the bluff to Lake Michigan.



#13 Good Harbor Hiking and Ski Trail

Location: The trailhead is on Lake Michigan Road. Take County Road 669 north from M-22 toward Lake Michigan and turn east (right) on Lake MI Rd.

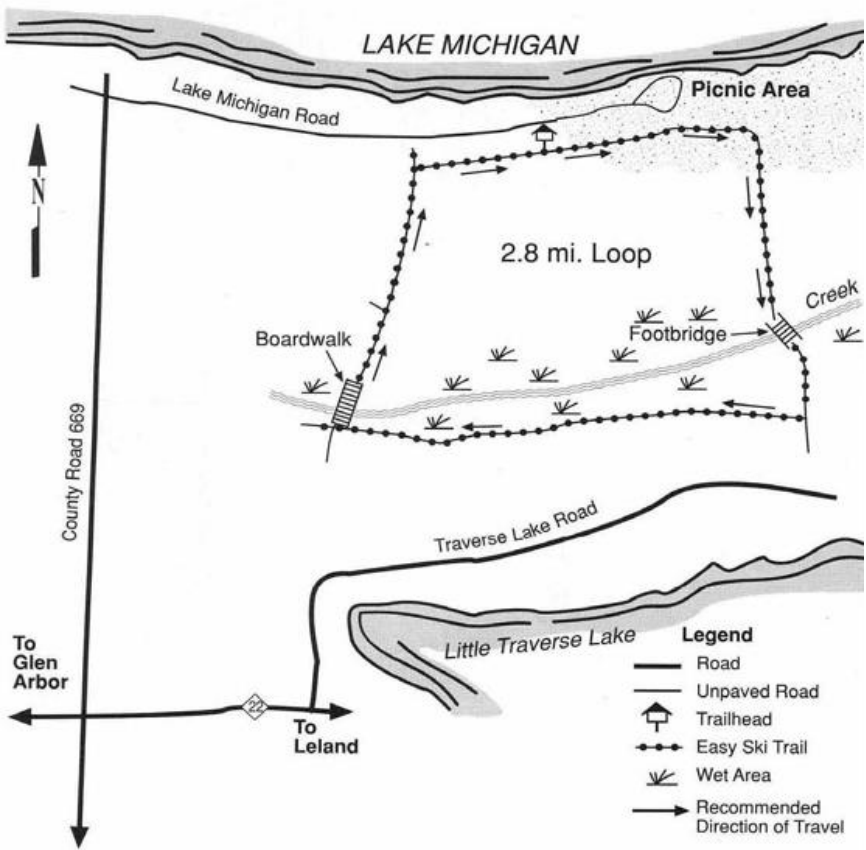
Distance: 2.8 mile loop

Terrain: Flat loop through woods and wetlands.

Difficulty: Soft-surface foot path. Easy hiking and skiing. Some areas in wetlands have narrow boardwalks.

Comments: This is a good trail for beginner skiers.

Good Harbor Bay Hiking & Ski Trail



#14 South Manitou Island Trails

Location: Take the passenger ferry from the Fishtown dock in Leland. Make reservations with the Manitou Transit. www.manitoutransit.com 231-256-9061

Distance: About 10 miles of trails.

Terrain: Mostly flat trails along old county roads.

Difficulty: Soft-surface foot path, easy hiking. Boarding the ferry may require extra planning for those in a wheelchair.

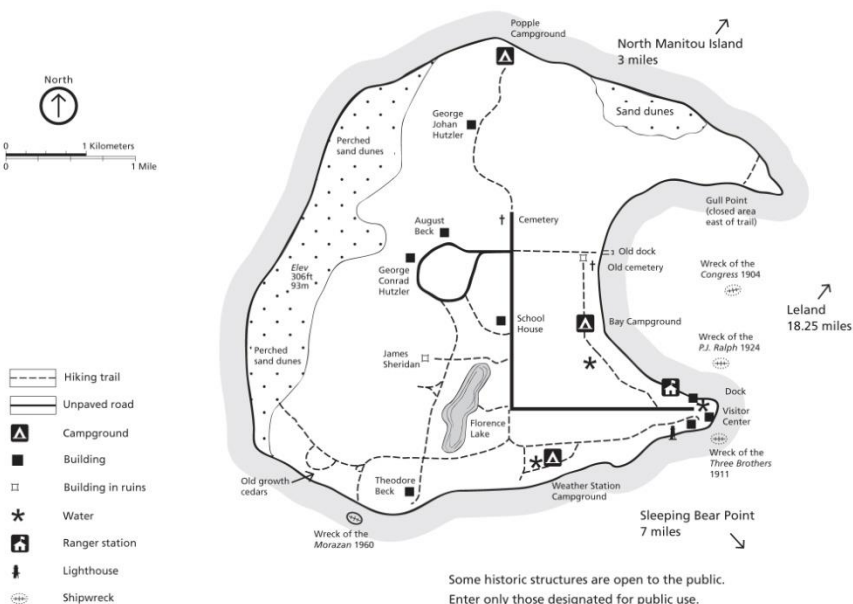
Comments: A trip to South Manitou Island will be the highlight of your visit to Sleeping Bear Dunes National Lakeshore. You can visit the village, climb the lighthouse, and get up close to a shipwreck. Day trips are available in the summer and camping overnight in designated backcountry campgrounds is available for multiple day trips.

Hiking around South Manitou Island

The island is small and its ecosystem extremely fragile. Your visit is one of thousands each year. Make your impact small and your enjoyment large.

ROUND TRIP distances for suggested hikes, starting at the ranger station:

Lighthouse	0.6 miles	School House	3.0 miles
Gull Point	4.6 miles	Weather Station Campground	2.7 miles
Old growth cedars and shipwreck	6.9 miles	Popple Campground	7.4 miles
West side sand dunes	7.4 miles	Bay Campground	1.0 miles
Cemetery via road	4.6 miles	Around island via shoreline	10.0 miles
Old Cemetery via beach	2.0 miles		



#15 North Manitou Island Trails

Location: Take the passenger ferry from the Fishtown dock in Leland. Make reservations with the Manitou Transit. www.manitoutransit.com 231-256-9061

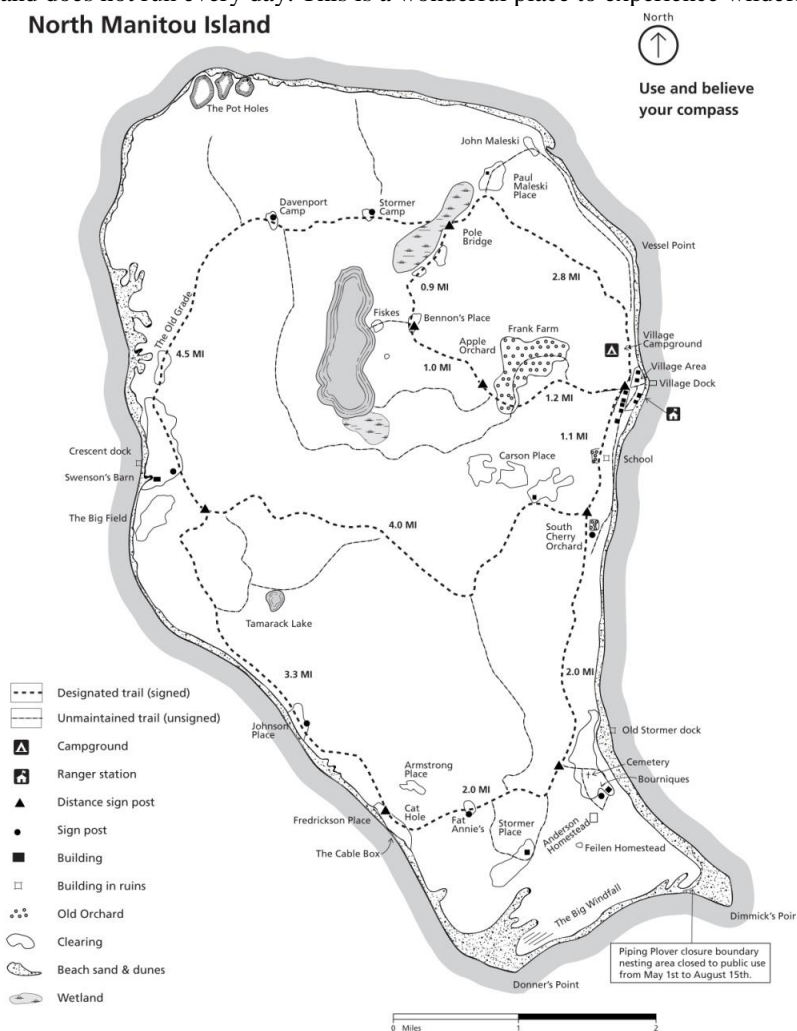
Distance: About 20 miles of trails

Terrain: Mostly flat trails along old county roads.

Difficulty: Soft-surface foot path, easy hiking. Boarding the ferry may require extra planning for those in a wheelchair.

Comments: North Manitou Island is managed as wilderness. Backcountry camping for several days is required since the ferry does not stay at the island and does not run every day. This is a wonderful place to experience wilderness.

North Manitou Island



#16 Sleeping Bear Heritage Trail (SBHT)

This trail is a hard-surface, multi-use trail, which runs about 22 miles from Empire through Glen Haven and Glen Arbor to Bohemian Road. It is perfect for walking, biking, and cross-country skiing. The trail section from Empire to Glen Arbor is groomed for skiing in the winter.

The trail is generally asphalt, but in some areas you will find boardwalk over wetland areas and in the Port Oneida Rural Historic District, it is packed, crushed stone. Most of the trail is accessible and suitable for wheelchair use. Eventually, the trail will be extend to CR-651 on the north and from Empire to Manning Road on the south.



Download a detailed Interactive Map of the SBHT - go to the trail web site www.SBHTmap.org.

Details for SBHT – Empire through Glen Arbor to Bohemian Road

Location: You can get on the trail at several points:

- Bar Lake Road Trailhead at the corner of Voice and Bar Lake Roads – just north of the Village of Empire
- Pierce Stocking Scenic Drive – Lower Parking Lot
- Dune Climb parking lot – The main Sleeping Bear Heritage Trailhead is located on the north side of the parking lot
- Glen Haven Village
- DH Day Campground
- Forest Haven Road in Glen Arbor
- Glen Arbor – street parking
- Glen Arbor – Crystal River Trailhead/Put-In Parking Lot
- Bay View Trailhead on Thoreson Road
- Port Oneida Road – Kelderhouse Parking Area
- Bohemian Road – CR-669 at the beach parking lot

Distance: 22 miles one-way from Empire through Glen Arbor to Bohemian Road (CR-669) in the Port Oneida Rural Historic District.

Terrain: The trail goes through wooded areas and a short area through dunes between Glen Haven and the Dune Climb. The trail also goes through Glen Arbor on streets. There are two sections of boardwalk north of Glen Arbor and areas where the trail goes along the edge of historic farm fields.

Difficulty: The section between Empire and Greenan Rd and has several steep slopes and hills and may be challenging. The paved asphalt trail is gentle and rolling with only a few moderate grades between Greenan Rd and Glen Arbor. The section through Glen Arbor is on streets, so be careful of traffic and pedestrians. From the Crystal View Trailhead to Bohemian Rd is generally flat and gently rolling hills. There are a few moderate hills in this section but nothing challenging. This section has a boardwalk over wetlands near Westman Road and along the edge of Narada Lake. Most of this section is asphalt, but once the trail enters the Port Oneida Rural Historic District, the trail surface changes to packed crushed stone. A few hills in this area can have erosion problems which can cause small wash-outs and loose stones. BE CAREFUL.

Comments: There is a new trailhead parking lot and vault toilet located near the corner of Voice Road and Bar Lake Road just north of Empire. A spur trail leads south from the parking lot to Lacore Road, which goes south into the village of Empire. Heading north from the parking lot, you will enter deciduous forest and some challenging hills as you climb toward the Pierce Stocking Scenic Drive. While there is a bike lane on the Scenic Drive, we do not recommend riding here because the Scenic Drive is winding and has some very steep slopes. It also has a lot of automobile traffic during the summer. There is a spur trail that leads to the lower parking lot at the Scenic Drive, where there is a vault toilet.

Heading north from Pierce Stocking Scenic Drive, the trail goes down a steep, long hill to Greenan Road (We call it “The Bear”. You’ll understand when you ride your bike back up!). Be prepared to use your brakes going down this hill because there is a STOP sign at the bottom! And remember this hill for your return trip, because it is quite a challenge riding south! Save your energy. There are several resting areas on the side of the trail where you can catch your breath.



The trail from Greenan Road to the Dune Climb follows M-109 closely and is generally easy with just a few rolling hills. There are several driveways on this section, so be on the lookout for vehicles in the driveways. When you arrive at the Dune Climb, you can find modern restrooms at the southern end of the parking lot near the Dune Center. Picnic

tables are located at the foot of the Dune Climb and benches are located at the main SBHT Trailhead near the northern end of the parking lot. Browse the donor recognition panels and see who has contributed to building this fabulous trail. If you have the energy, take off your shoes and climb the dunes for an awesome view of Glen Lake!

Riding north from the Dune Climb takes you into deciduous forest for a couple of miles on relatively flat terrain. When you see the trail straighten out, you will be riding on the roadbed of the historic narrow gauge railroad that carried lumber from the DH Day sawmill on Glen Lake to the dock in Glen Haven. You will also see some open dunes in this stretch of trail.

The trail enters the village of Glen Haven and crosses Main Street at the Sleeping Bear Inn, General Store, and modern restrooms.



This road is heavily used in the summer, so beware of cross traffic that does not stop!



Glen Haven is a historic logging village and is home to a working blacksmith shop, General Store, and Cannery Boat Museum. Just down the road to the west about half mile is the old US Coast Guard Station, which is now the Maritime Museum. Glen Haven beach access is next to the Cannery. This is a perfect place to stop on your journey, learn a little history,

and get your feet wet in Lake Michigan!

The trail continues from Glen Haven about $\frac{1}{4}$ mile to the DH Day Campground. As you ride through the campground be aware of pedestrians and campground traffic! Especially in the summer, campers are walking the campground loops, going to the beach, restrooms, or interpretive programs in the campground. As you ride through the campground, look to your left and you will see the DH Day Log Cabin. This is a historic landmark from when the campground was the first State Park in Michigan. DH Day was the first Michigan State Park Commissioner, and he donated the land and built the cabin for use in the park. As you leave the campground, the trail turns right onto DH Day Main Road, a seasonal county road, which has very little traffic, but cars are allowed on this part of the trail.



The trail then crosses M-109. **Traffic at this intersection does not stop and is often moving fast. PLEASE BE CAREFUL WHEN CROSSING M-109.**

Look both ways and make sure you have enough time for your whole group to cross safely.

The trail winds through a beautiful thick forest and follows along the base of Alligator Hill, which provides an impressive wooded bluff as background to the trail. The trail goes along the ridge of ancient Lake Michigan shoreline in this area too. You can see the ridges and swales of the ancient beaches as you go along the trail. In August, 2015 a severe windstorm struck this section of the trail knocking down many of the large trees that used to provide a beautiful canopy. The result of that windstorm is obvious in this section. Interpretive signs tell the story of the storm.

When you come to Forest Haven Road, you are on the western outskirts of Glen Arbor. You will now be sharing the road with automobile traffic through the Village of Glen Arbor. Please follow traffic rules and **STOP** at stop signs. You will find signs to guide you through the village, but here is a short description of your route through Glen Arbor.



Turn left and ride to M-109 and turn right and ride through downtown to Oak Street. Turn right on Oak Street for a block to State Street. Turn right on State Street and ride a block to Lake Street. Turn left on Lake Street and ride a few blocks to Northwood Drive. Turn left on Northwood Drive and ride about 1.5 miles to Fisher Road. Turn left on Fisher Road and ride to the Crystal View Trailhead Parking Lot. Now you can get back on the paved trail.

Be careful when you cross Crystal View Road. **Traffic does not stop and may be moving at a high rate of speed.** After crossing Crystal View Road, ride the boardwalk over the wetland along Westman Road. The trail crosses M-22 near the entrance to the Homestead Resort. This is also a busy highway intersection with traffic moving at a high rate of speed. **STOP AT THIS INTERSECTION! Traffic does not stop. Be sure you have enough time for your whole group to cross the intersection safely.**

The trail now winds through a beautiful wooded area that is part of the Bay View Hiking Trail. Bikes are not allowed on the rustic hiking trail, so stay on the Sleeping Bear Heritage Trail (SBHT). There are a couple of areas where the rustic hiking trail intersects with the SBHT. At these points, you may drop off

your bike and walk up the hiking trail for a view of Sleeping Bear Bay, South Manitou Island, and Sleeping Bear Point.

About a mile after crossing M-22, the trail surface turns from asphalt to packed crushed stone. The trail is now entering the Port Oneida Rural Historic District. Because of the historic nature of this district, asphalt surface was not appropriate to the historic viewscape. Be careful when the surface changes. The crushed stone can be loose in spots and riders must exercise more caution to avoid slipping.



A spur in the trail goes to the Bay View Trailhead Parking Lot on Thoreson Road. Going along the trail north of Thoreson Road, you will ride along historic farm fields at the edge of the forest. Imagine watching the farmers working his fields with a team of horses or an old tractor. The trail will approach the Charles Olsen Farm, which is the headquarters of Preserve Historic Sleeping Bear, a non-profit organization dedicated to restoring historic structures and landscapes in Sleeping Bear Dunes National Lakeshore. They have an exhibit of the Port Oneida Rural Historic District in the house. Stop by, take a break, and visit with their knowledgeable volunteers as you browse through their exhibit.

The trail continues about ½ mile to Port Oneida Road and the Kelderhouse Farm. There is a parking lot, vault toilet, and picnic tables at this stop. Take time to explore the Port Oneida School across the road and the Kelderhouse Cemetery.

The trail continues near M-22 but winding through the edge of the forest. It crosses in front of the historic Lawr Farm and then crosses Basch Rd. About half mile further and the trail comes to an old log cabin and a boardwalk that crosses over the edge of Narada Lake. The boardwalk offers a great place to observe wildlife: beaver, otter, and a wide variety of birds. The old log cabin is the North Unity School. It was a one-room school built about 1878 to educate the children of the bohemian farm families that settled in this area.

The trail surface changes back to asphalt just past Narada Lake and continues along M-22 until reaching Bohemian Road (CR-669). The trail ends at that point but bikers can ride about 0.75 miles north to the Lake Michigan beach at Good Harbor, where there is a drinking fountain, vault toilet and picnic tables.

Skiing and Snowshoeing



The trail is groomed for cross-country skiing from Empire to Glen Arbor during the winter. During this time of year, from December through March, pets are not allowed on the trail. Snowshoers, please stay in the middle of the trail to avoid the classic ski tracks. Contact us to be on our e-mail ski report, which will let you know when the trail is freshly groomed.

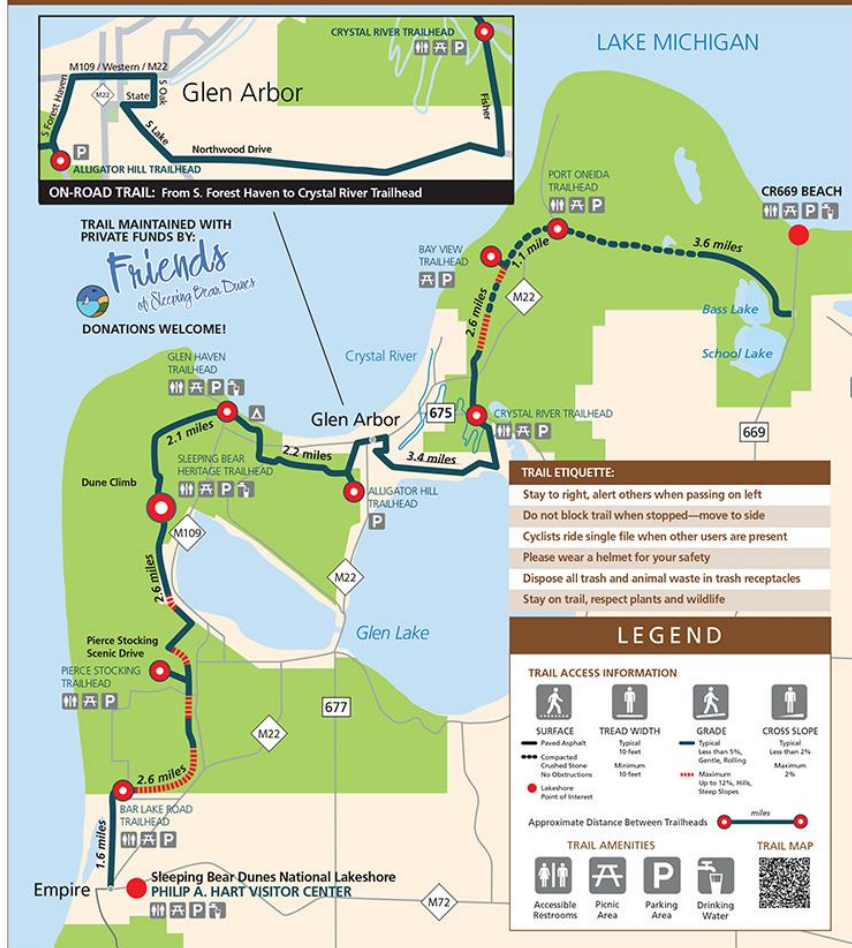
See the Sleeping Bear Heritage Trail map on the next 2 pages.

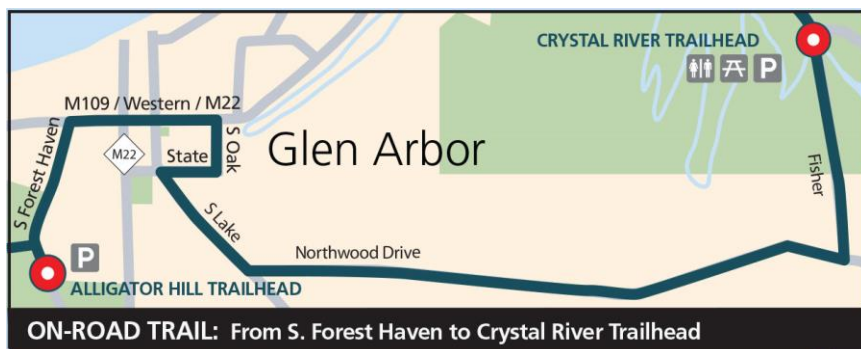
Sleeping Bear Heritage Trail

SUMMER

SLEEPING BEAR HERITAGE TRAIL

SLEEPING BEAR DUNES NATIONAL LAKESHORE





LEGEND

TRAIL ACCESS INFORMATION



SURFACE

- Paved Asphalt
- Compacted Crushed Stone
No Obstructions
- Lakeshore Point of Interest



TREAD WIDTH

- Typical
10 feet
- Minimum
10 feet



GRADE

- Typical
Less than 5%,
Gentle, Rolling
- Maximum
Up to 12%, Hills,
Steep Slopes



CROSS SLOPE

- Typical
Less than 2%
- Maximum
2%

Approximate Distance Between Trailheads



TRAIL AMENITIES



Accessible
Restrooms



Picnic
Area



Parking
Area



Drinking
Water

TRAIL MAP



#17 Kettles Trail

Location: The trailhead is on Baatz Road near Fritz Road about 1 mile north of M-22 and 1 mile west of CR-669.

Distance: 3.5 miles total including a loop and a spur to the bog

Terrain: From the parking lot, the trail is relatively flat (<5% grade) through a meadow to an overlook describing geologic kettles. The rest of the trail winds through steep hills and valleys of woods and wetlands.

Difficulty: The first ¼ mile section is universally accessible, 4-feet wide and tread is compacted crushed stone. The rest of the trail is soft-surface foot path with some steep hills and valleys. Hiking is moderate difficulty, skiing is advanced in some areas – steep hills with curves.

Comments: This area was added to the Park because of its unique geological and biological characteristics. It is a good example of kettle moraine geology with some kettles having a bog in the bottom. This area of the park has a beautiful display of spring wildflowers. It also gets more snow than the rest of the Park, so snowshoeing is excellent.

