

the Conservationist

A Quarterly Publication of the Forest Preserve District of DuPage County

Fall 2024

Our Wild Cat

**DuPage Forest Preserves:
Preserved for You**

Fall Calendar



Forest Preserve District of DuPage County

from the president



We live in a world where the use of artificial intelligence is growing in businesses as well as in schools. Technology makes our lives easier and more efficient in so many ways, but as so many studies show, it cannot compete with the benefits of *nature* intelligence.

Spending time outdoors, such as in a DuPage forest preserve, contributes to an overall sense of well-being and happiness and has been linked to reduced stress, anxiety, and depression. Natural areas can have a calming effect, helping to lower cortisol levels and improve mood, and can enhance focus and attention. Studies even suggest that time in nature can help improve mental clarity and stimulate creative thinking and problem-solving skills.

Of course any physical activity in the preserves — hiking, biking, jogging, etc. — can go a long way to boost energy and reduce feelings of fatigue (not to mention improve cardiovascular health, strengthen muscles, and benefit overall fitness)!

But more green time and less screen time is always a winning proposition, especially for younger forest preserve visitors. Spending more time outdoors in later adolescence and young adulthood is associated with a reduced risk of late-onset nearsightedness.

All of this makes living in DuPage County such a bonus. With 26,000 acres of open space, 60 forest preserves, and 175 miles of trails — all preserved for you — there's a place where you can soak up the benefits of nature no more than 10 minutes from home.

I look forward to seeing you on the trails this fall and invite every member of your family to experience all our DuPage forest preserves have to offer.

Daniel Hebreard

President, Forest Preserve District of DuPage County



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BOARD MEETINGS

For schedules and agendas or to watch live or recorded meetings, visit dupageforest.org.



THE CONSERVATIONIST

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FOREST PRESERVE DISTRICT OF DUPAGE COUNTY

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dupageforest.org

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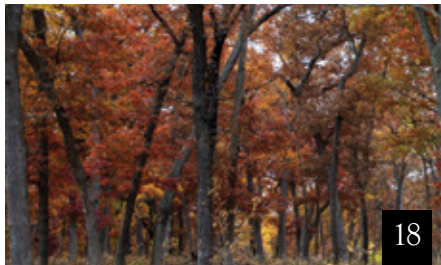
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On the cover: Bobcat Josef/stock.adobe.com

OUR *Mission*

To acquire and hold lands for the purpose of preserving the flora, fauna and scenic beauty for the education, pleasure and recreation of DuPage County citizens

SE Viera Photo/stock.adobe.com

news & notes



NEW NAME, *Same Focus on Wildlife*

The Forest Preserve District has announced that its nationally renowned wildlife treatment and education center in Glen Ellyn — formerly Willowbrook Wildlife Center — will reopen as the DuPage Wildlife Conservation Center at Willowbrook Forest Preserve this fall.

The new moniker highlights the center's renewed emphasis on conservation and its range of wildlife-related activities, including rehabilitation and the propagation of endangered and threatened species. The new name also firmly establishes the center in DuPage, which is important as its national reputation continues to grow.

This is not the first name change for the site. It was originally called Willow Brook in 1956 as a nod to the name previous owners had given the creek that flows through the preserve. In 1976 after years of growth and a gradual shift to a professional animal-care staff, it gained the name Willowbrook Wildlife Haven. In 1993 it was renamed Willowbrook Wildlife Center.

Key features of the new DuPage Wildlife Conservation Center will include outdoor and indoor animal rehabilitation areas, educational exhibits on the wildlife rehabilitation process, an outdoor classroom, an interpretive trail with wildlife observation areas, and outdoor activity spaces that demonstrate how to attract and live harmoniously with native wildlife.

THANK YOU *for Being a Friend*

The Friends of the Forest Preserve District of DuPage County is a 501(c)(3) that engages the community in philanthropy to advance the mission and support the purpose of the District. We are grateful to those who donated \$500 or more to the Friends or the Forest Preserve District during the second quarter of 2024.

Gift of \$50,000 or More

TC Energy

Gift of \$10,000 – \$24,999

Robert & Toni Bader Charitable Foundation Inc.

Gift of \$5,000 – \$9,999

Michael Firman and Marilyn Schweitzer
Jeffrey Jens
Molex

Gift of \$2,500 – \$4,999

Ann Boisclair
Mark Wight

Gift of \$1,000 – \$2,499

Christopher Burke
James and Valerie Carroll
Daniel Dietzler
Mary Ann Mahoney
Mike and Dorothy Vondra Foundation
Rice Lake Square
Robinson Engineering Ltd.
James Wolfe

Gift of \$500 – \$999

Anonymous
Bowman
Anthony and Joyce Carey
Scott Day
Downers Grove Junior Women's Club
Flock of Readers Book Club
Louis Gallucci
Howard Goldstein and Peggy McGrath
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David and Amy Reeter
John Schroeder
Chet and Jeanette Wilczak

To learn about opportunities to donate or partner with the Friends, contact Partnership & Philanthropy at 630-871-6400 or fundraising@dupageforest.org, or visit dupageforest.org/friends.



PERMITS ON SALE DEC. 1

Annual 2025 permits for off-leash dog areas, private boating, archery, and model crafts go on sale Sunday, Dec. 1, at dupageforest.org under "Get a Permit." They will also be available Monday – Friday 8 a.m. – 4 p.m. from Visitor Services at 630-933-7248 or at Forest Preserve District headquarters at 3S580 Naperville Road in Wheaton. Questions? Call Visitor Services, or use our convenient online chat at dupageforest.org.



FINANCIAL Award

For the second year in a row, the Forest Preserve District has received the Government Finance Officers Association's Distinguished Budget Presentation Award for its fiscal year budget. The award highlights the District's commitment to the highest principles of budgeting and transparency and reflects the dedication of its board of commissioners and staff.

The awards program recognizes governments that excel in producing budget documents that serve as policy documents, financial plans, operational guides, and communication tools.

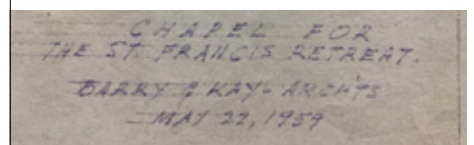
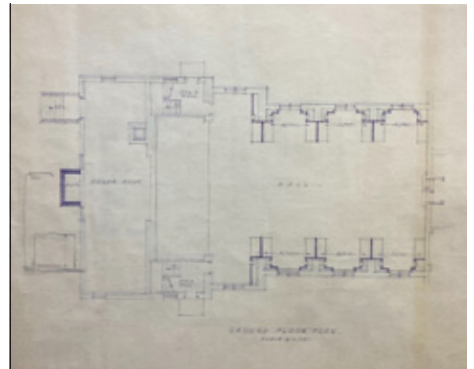
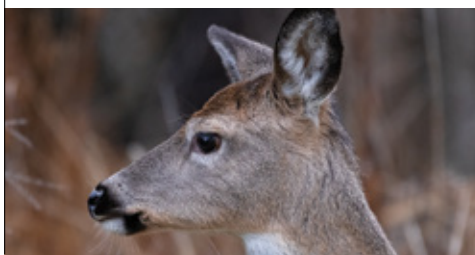
The association has also awarded the Forest Preserve District its Certificate of Achievement for Excellence in Financial Reporting 36 times. The certificate recognizes the preparation of annual comprehensive financial reports that demonstrate a spirit of transparency and full disclosure.

The Government Finance Officers Association represents 21,000 public finance officials throughout the U.S. and Canada.

BECAUSE DEER DON'T LOOK BOTH WAYS

A deer can run in front of your car anytime, but the risk goes up in fall, when these animals have one thing on their minds: finding mates. Because they're not concerned about you, it's up to you to watch for them.

- Slow down and watch for deer on the edge of the road, especially around curves and during dawn and dusk.
- Look for deer-crossing signs, which mark areas where collisions are likely.
- Don't assume a deer will run off as you approach. It may bolt but then change direction without warning.
- If you see one deer, be on the lookout for more. They can move in pairs or larger groups.
- Don't use your horn unless a collision looks inevitable. Distant noise may confuse the deer. Close noise may produce an extra burst of speed from the animal, but there really is no way to predict how a deer will respond.
- Do not swerve to avoid deer; it could result in a more severe crash. Slow to a stop and wait. Flash your headlights to encourage the animal to move.
- If your car has an automatic emergency braking system, don't solely rely on it. It may not be designed to recognize large animals.
- If you are in a deer-vehicle accident, do not attempt to remove dead or injured deer. Contact local law enforcement instead.



COLLECTIONS Corner

As the Forest Preserve District works on a master plan for Mayslake Peabody Estate, an architect who's preparing plans to repair and adapt Mayslake Hall for future use is referring to original blueprints to learn more about the building.

The District has several plans, blueprints, architectural photographs, drawings, and maps in its collection. Above is artifact SFRH 44-47, a 1959 drawing for the St. Francis retreat section of Mayslake Hall from architects Kay and Barry. (Stop by this fall starting in October to check out these blueprints in the Mayslake Hall library!) Artifacts like these give a glimpse of what people were planning and how buildings looked when initially constructed. They help the District interpret historical buildings and aid researchers who want to learn more about the county.

The District also has several "control samples" in its collections, original artifacts such as woodwork from the Kline Creek Farm farmhouse and paint samples from the Graue House. When buildings need repair, these samples provide a reliable reference point.



SE Viera Photo/stock.adobe.com

Our Wild Cat

Bobcats in DuPage County

by **SCOTT MEISTER**, MANAGER, NATURAL RESOURCES

Have you ever seen a bobcat in the wild in DuPage? If so, you've been lucky to see one of the county's most elusive mammals.

Bobcats stand no more than 2 feet tall and usually weigh no more than 30 pounds. They're basically about twice the size of a domestic cat. Their distinctive black-tipped namesake "bobbed" tails measure 4 to 7 inches long. Bobcats are typically only active at night or around dusk and dawn, so even if you think you spot one, its physical characteristics might be hard to make out.

Territory is a big reason sightings are rare. Bobcats are solitary animals, and a single male's territory can easily be 20 square miles. Overlap with another male's territory can occur but is rare. Female territories are typically 3 to 5 square miles, but that still covers a lot of ground. This coupled with a bobcat's nocturnal behavior means most people will likely never see one of these cats in the wild.

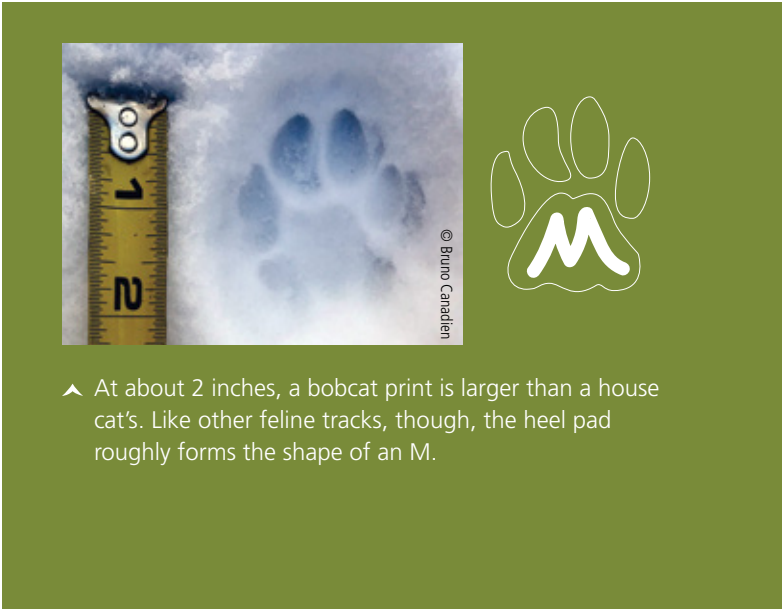
Tracks, however, can help determine if a bobcat has been in an area. As with other felines, a bobcat has claws that are retractable, so prints generally do not show nail marks. (Canine tracks almost always do.) Additionally, like most cats, the heel pads (the large impression at the bottom of a track) have two lobes on the leading edge and three on the trailing edge, creating an M shape. As for size, bobcat prints are about 2 inches wide; house cat prints are much smaller.

One characteristic that doesn't require sight but will leave a lasting impression is a bobcat's "scream." Like other wildlife,

bobcats communicate through vocalizations, including barks and purrs. A particular sound they use to attract mates or dispute territories is similar to a human's scream and has been described as haunting and chilling (and in the middle of the woods at night is one you won't certainly forget!).

Like all cats, bobcats are "obligate" carnivores, which means they must eat meat. They cannot get all the nutrients they need from plants. Typically, bobcats feed on rabbits and rodents such as mice and voles, but as diet generalists, they won't pass up the chance to take a bird, snake, or fawn.

Bobcats mate in late winter, and females give birth in their dens two months later, typically to two or three kittens. After



▲ At about 2 inches, a bobcat print is larger than a house cat's. Like other feline tracks, though, the heel pad roughly forms the shape of an M.



© Kala Murphy King

- ▲ The bobcat's distinctive black-tipped "bobbed" tail measures 4 to 7 inches long.



© Leslie S

- ▲ Bobcats are excellent climbers and will use tree limbs for daytime resting spots.



hkuclera/stock.adobe.com

- ▲ Bobcat kittens are born in early spring and leave the den two months later to explore their surroundings and learn to hunt.



- ▲ Bobcats typically feed on rabbits, mice, and voles but won't pass up the chance to eat a bird, snake, or fawn.

another two months, the kittens leave the den and begin to explore their surroundings, where their mother will teach them to hunt. During this learning phase, though, kittens are vulnerable to becoming prey themselves to hungry coyotes or great horned owls. By fall, the juveniles become independent and venture on their own to establish new territories and begin the cycle again in winter.

So when asked if bobcats live in DuPage, I respond, "Yes! Well, maybe sometimes." Over the past 20 years there have been reliable reported sightings, typically in wooded preserves near the Des Plaines River, such as Waterfall Glen and Wood Ridge. Waterfall Glen, the largest wooded preserve in the county, covers about 0.5 square miles, so if bobcats are in the area, DuPage preserves along the river would only constitute a part of their territories. The wide-roaming cats would likely be using large wooded tracts on the opposite side of the Des Plaines River in Cook County as well. There have been sightings in other parts of DuPage, but those likely represent dispersing individuals, perhaps young males, passing through looking for suitable habitat to establish new territories.

If you're fortunate enough to see a bobcat in the wild, don't immediately reach for your phone for a picture. Instead, stay still, and appreciate this special fleeting encounter with Illinois' wild cat. •

Bobcats in Illinois

Bobcats were scarce in Illinois throughout most of the 20th century. Expanding agriculture in the early 1900s plowed under prairies and cleared woodlands, vital bobcat habitats. By the mid 1900s, this loss of habitat coupled with overhunting nearly eliminated the cat from Illinois and other Midwestern states. In 1977 the bobcat was listed as threatened in Illinois.

Efforts to protect and restore bobcat habitat, ban unregulated hunting, and increase public education contributed to the animal's recolonization, and the bobcat was removed from the threatened list in 1999. By 2016, populations had rebounded so well that the Illinois Department of Natural Resources initiated a hunting and trapping season in 85 of the state's 102 counties (DuPage and northeast Illinois excluded). The season has been debated, but the IDNR and state universities have been studying Illinois bobcats for decades, and the IDNR remains confident an annual season is not detrimental to the state's population.

fall calendar



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October

- 2** Waycar Wednesday
Wednesday Wilderness Walk
- 3** Gothic Ghost Stories
Volunteer Restoration Workday
- 4** Bird Walk
Fresh Air Friday
Mayslake by Moonlight House
Tour
Peabody's Pages Book Club Three-Part Program Begins
Wonderful Watercolors Six-Part Class Begins
- 5** Family Nature Hike Series: Birds
Pop, Pop, Pop, Popcorn!
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
Volunteer Workday at the Nursery
- 6** Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 7** Fall Forest Hike
- 9** Volunteer Restoration Workday
Wednesday Wilderness Walk
- 10** The Challenge: Trivia Quiz Game
Fall Colors Hike
Gothic Ghost Stories
Volunteer Restoration Workday
- 11** Hoofprints Through History
Mayslake by Moonlight House
Tour
Volunteer Workday at the Nursery
- 12** Fall Festival at Danada
Nature Study Explorers
Pop, Pop, Pop, Popcorn!
Volunteer Restoration Workday
- 13** Fall Festival at Danada
OAKtober Walk
Volunteer Restoration Workday
- 14** Fall Forest Hike
- 16** Volunteer Restoration Workday
Volunteer Workday at the Nursery
Wednesday Wilderness Walk
- 17** Fall Colors Hike
Volunteer Restoration Workday
- 18** Mayslake by Moonlight House
Tour
Pumpkin Night Hike for Families
- 19** Corn Harvest
Family Nature Hike Series: Insects
Fishing: Fall Trout Season Opener
Painted Wood Ornament or
Magnet Workshop
Pumpkin Night Hike for Families
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 20** Corn Harvest
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 21** Fall Forest Hike
Volunteer Workday at the
Nursery
- 23** Volunteer Restoration Workday
Wednesday Wilderness Walk
- 24** Fall Colors Hike
Gothic Ghost Stories
Volunteer Restoration Workday
- 25** Lantern-Lit Halloween Hike
Mayslake by Moonlight House
Tour
Volunteer Restoration Workday
- 26** Corn Harvest
Horsin' Around Day at Danada:
Trick or Treat
Lantern-Lit Halloween Hike
Leaf Ornament Workshop Two-Part Program Begins
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
Volunteer Workday at the Nursery
- 27** Corn Harvest
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 28** Fall Forest Hike
- 30** Wednesday Wilderness Walk
- 31** Volunteer Restoration Workday



How to Register Online

1. Visit dupageforest.org. Scroll down, and click on "Find a Program."
2. Click the link to search by activity number.
3. In the search box, enter the five-digit number next to the program name in this calendar.
4. If a program has more than one date, time, or location, click "View Subactivities" to find the one you want.

November

- 1 Volunteer Workday at the Nursery
- 2 Family Nature Hike Series: Signs of Wildlife
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 3 Fishing: Illinois Smallmouth Alliance Early Show
History of St. James Farm
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 4 Fall Forest Hike
- 6 Volunteer Workday at the Nursery
Waycar Wednesday
- 7 Volunteer Restoration Workday
- 9 Backyard Chickens
Kokedama: The Art of Japanese String Gardening
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 10 Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 11 Fall Forest Hike
- 14 The Challenge: Trivia Quiz Game
Volunteer Restoration Workday
- 16 Salting and Smoking
Tractor-Drawn Wagon Ride
Volunteer Workday at the Nursery
- 17 Salting and Smoking
Tractor-Drawn Wagon Ride
Volunteer Restoration Workday
- 18 Fall Forest Hike
- 21 Volunteer Restoration Workday
- 22 Volunteer Restoration Workday
Volunteer Workday at the Nursery
- 23 Volunteer Restoration Workday
- 24 Volunteer Restoration Workday
- 25 Fall Forest Hike
- 30 Volunteer Restoration Workday

December

- 1 Volunteer Restoration Workday
- 4 Volunteer Restoration Workday
- 6 Fresh Air Friday
- 7 Among the Leaves So Green
Holiday Art and Craft Show
Horsin' Around Day at Danada: Winter Warm-Up
Volunteer Restoration Workday
- 8 Among the Leaves So Green
Holiday Art and Craft Show
Volunteer Restoration Workday
- 11 Beeswax Luminaries
Volunteer Restoration Workday
- 12 The Challenge: Trivia Quiz Game
- 14 Nature Study Explorers
Volunteer Restoration Workday
- 15 Volunteer Restoration Workday
- 18 Volunteer Restoration Workday
- 20 Volunteer Restoration Workday
- 21 Volunteer Restoration Workday
- 28 Volunteer Restoration Workday
- 29 Volunteer Restoration Workday

CELEBRATE **OAK**tober WITH US!

What's so great about oaks?
 Find out throughout the month
 of OAKtober! Look for acorns
 throughout the calendar for
 featured programs.



Plants & Wildlife

Bird Walk 25257 🍌

Enjoy birding camaraderie, and learn ID tips and tricks while looking for migrating birds on a casual 2-mile guided walk. Ages 18 and up. \$5 per person. Register online or at 630-933-7248.

Oct. 4	7:30 – 9:30 a.m.	St. James Farm
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Fall Colors Hike 25598 🍌

Catch it if you can! Enjoy a hike during peak fall colors, and learn about the trees behind this beautiful phenomenon. Ages 18 and up. \$5 per person. Register online or at 630-942-6200.

Oct. 10	9 – 10:30 a.m.	Meacham Grove
Oct. 17	9 – 10:30 a.m.	W. DuPage Woods
Oct. 24	9 – 10:30 a.m.	Maple Grove

Family Nature Hike Series

Explore nature with the whole family! Each hike highlights a different family-friendly preserve featuring a 1-mile loop trail and self-guided activities. All ages; under 18 with an adult. Free. No registration. Questions? Call 630-942-6200.

Oct. 5 Birds	9 – 11 a.m.	Herrick Lake
Oct. 19 Insects	9 – 11 a.m.	Hidden Lake
Nov. 2	9 – 11 a.m.	Spring Creek

Signs of Wildlife

OAKtober Walk 25613 🍌

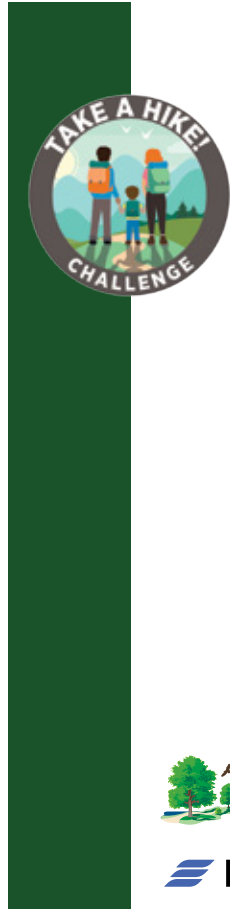
Enjoy the fall colors as you learn about oaks on a guided walk. If you wish, bring crayons and paper to make your own leaf and bark rubbings. Ages 5 and up; under 18 with an adult. \$5 per person. Register online or at 630-933-7248.

Oct. 13	2 – 3:15 p.m.	St. James Farm
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Wednesday Wilderness Walk 25587

Take a guided nature hike, observing the seasons, flora, and fauna in the lesser-known but greatly diverse Lincoln Marsh. Join us for a cup of coffee or tea as we discuss some of nature's wonders before we start the walk. Ages 18 and up. \$5 per person. Register online, at 630-942-6200, or at the walk.

Oct. 2, 9, 16, 23 & 30	8 – 10 a.m.	Lincoln Marsh
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CHALLENGE YOURSELF THIS FALL!

You're invited to join **The Conservation Foundation and Endeavor Health Take A Hike! Challenge.**

Now through Oct. 28, enjoy the healthy benefits of being active and spending time outdoors.

Participation is free, and registration takes just three easy steps. Visit [TheConservationFoundation.org /take-a-hike](https://TheConservationFoundation.org/take-a-hike) to learn more and sign up!

Ways to Play

The Challenge: Trivia Quiz Game

Challenge your friends and neighbors and show off your knowledge during this friendly quiz game featuring categories to test your familiarity with music, animals, geography, history, and more! Come with a team of up to seven, or have us help you find one. Each player will need a smart phone or similar device. Ages 18 and up. Free. No registration. Questions? Call 630-206-9566.

Oct. 10	7 – 8:30 p.m.	Oak Meadows
Nov. 14	7 – 8:30 p.m.	Oak Meadows
Dec. 12	7 – 8:30 p.m.	Oak Meadows

How to Register Online

1. Visit dupageforest.org. Scroll down, and click on "Find a Program."
2. Click the link to search by activity number.
3. In the search box, enter the five-digit number next to the program name in this calendar.
4. If a program has more than one date, time, or location, click "View Subactivities" to find the one you want.

Fall Festival at Danada 🍁

The Forest Preserve District's largest event returns for two days! Festivities will include equestrian performances and demonstrations in the outdoor arena, wagon rides, pony rides and other children's activities, food and entertainment, barn tours, and more. All ages. Admission and parking are free, but there are small fees for some activities. No registration. Questions? Call 630-668-6012.

Oct. 12 & 13 11 a.m. – 5 p.m. Danada

Fishing

Fall Trout Season Opener

Drop a line for this popular sport fish at Silver, Grove, and Pickerel lakes. Anglers 16 and older must carry valid Illinois fishing licenses with inland trout stamps. All ages. Free. No registration. Questions? Call 630-933-7248.

Oct. 19 6 a.m. Blackwell, Wood Dale Grove, Pratt's Wayne

Illinois Smallmouth Alliance Early Show

Sit with some of the area's best fly tyers as they demonstrate their talents on a variety of patterns at Chicagoland's only fly-fishing show. Bring the kids for a free tying program, and shop from select vendors. All ages. \$10 per person ages 13 and up; under 13 free. No registration. Questions? Call 630-206-9566.

Nov. 3 10 a.m. – 5 p.m. Mayslake

Gothic Ghost Stories 25832

Was that a cool October breeze or a chill running down your spine? Keep the spooks at bay with an evening of ghoulish grown-up tales told in the old manor house Mayslake Hall. Ages 18 and up. \$5 per person. Register online or at 630-206-9566.

Oct. 3, 10 & 24 7 – 8 p.m. Mayslake

Horsin' Around Days at Danada

All ages. Free admission. No registration. Questions? Call 630-668-6012.

Trick or Treat

Trick-or-treat at the barn! Horses will be handing out candy and will be dressed to impress (so you can vote for the one with the best costume). Enjoy a tractor-drawn wagon ride, too, for \$5 per person ages 5 and up (under 5 free).

Oct. 26 Noon – 4 p.m. Danada

Winter Warm-Up

See the horses in their winter coats, and learn about the chores of a winter barn. Then warm up by the fire in the picnic area.

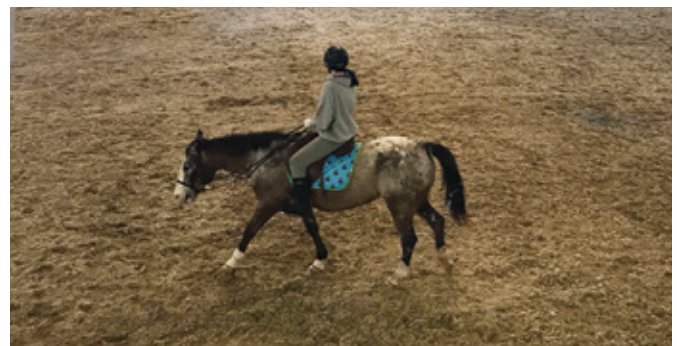
Dec. 7 Noon – 4 p.m. Danada



Pop-Up Programs

Various Locations

As the seasons begin to change we'll schedule additional programs focused on nature and recreation that'll get you ready for fall in the forest preserves! For updates, text POPUP to 866-743-7332, and we'll text you when we add one of these pop-up programs to the calendar.



Riding Your Horse in the Indoor Arena

St. James Farm

Exercise and school your horse at the indoor riding arena in November and December. Ages 12 and up; under 18 with an adult. \$10 per horse-rider combo per hour. To register, call 630-918-1524.

fall calendar



Lantern-Lit Halloween Hike 25655

Experience a 2-mile self-guided lantern-lit hike along spooky trails at St. James Farm starting with a ghost story and ending with family and friends around the fire. Hikes leave every 15 minutes. Last group leaves at 7:30 p.m., and trails close at 9 p.m. All ages; under 18 with an adult. \$10 per person. Register online or at 630-933-7248.

Oct. 25 & 26 6 – 9 p.m. St. James Farm

Mayslake by Moonlight House Tour 25703

See Mayslake in a new light! After the sun sets, enjoy a guided tour of historic Mayslake Hall by flashlight. Take in the architecture and history, and thrill to the urban legends, tales of hauntings, and stories of mischief. Ages 12 and up; under 18 with an adult. \$15 per person. Register online or at 630-206-9566.

Oct. 4, 11, 18 & 25 7 – 8 p.m. Mayslake

Pumpkin Night Hike for Families 25672

Use pumpkins and lanterns to light your way on a self-guided night hike through Fullersburg Woods. There will be a Halloween-themed scavenger hunt for kids to complete and a treat at the end! Hikes leave every 15 minutes. Last group leaves at 7:30 p.m., and trails close at 9 p.m. All ages; under 18 with an adult. \$10 per person ages 3 and up; under 3 free. Register online or at 630-933-7248.

Oct. 18 & 19 5:30 – 9 p.m. Fullersburg Woods

Health & Well-Being

Fall Forest Hike 25693

Gear up and enjoy some healthy exercise on a quick-paced 3-to-5-mile guided hike through the wonders of the preserves. Ages 18 and up. \$5 per person. Register online or at 630-933-7248.

Oct. 7 🍂	8:30 – 10 a.m.	Fullersburg Woods
Oct. 14 🍂	8:30 – 10 a.m.	McDowell Grove
Oct. 21 🍂	8:30 – 10 a.m.	Maple Grove
Oct. 28 🍂	8:30 – 10 a.m.	St. James Farm
Nov. 4 🍂	8:30 – 10 a.m.	Timber Ridge
Nov. 11	8:30 – 10 a.m.	Waterfall Glen
Nov. 18	8:30 – 10 a.m.	Greene Valley
Nov. 25	8:30 – 10 a.m.	W. DuPage Woods

Fresh Air Friday 25608

Enjoy a relaxing hour of mindful walking and immersive nature-based ways to tune in to the present on a 1-mile walk on crushed limestone and grass trails. Ages 18 and up. \$5 per person. Register online or at 630-933-7248.

Oct. 4	1 – 2 p.m.	St. James Farm
Dec. 6	1 – 2 p.m.	St. James Farm

Living Green

Backyard Chickens 25615

Learn how to buy and raise chicks for eggs and meat. We'll cover shelter, care, nutrition, breed characteristics, and processing for the dinner table. Ages 18 and up. \$40 per person. Register online or at 630-206-9576.

Nov. 9 10 a.m. – 3 p.m. Kline Creek Farm

Heritage

Among the Leaves So Green

Step back into winter holiday traditions of the 1890s as you tour the farmhouse decked out in all its splendor with antique ornaments, piney boughs, holly, and more! Learn about the importance of “planting” the tree and sprucing up in winter. Help decorate the farm by stringing popcorn and twisting greenery, and join staff around the fire to mull cider and enjoy some sweet treats. Suggested admission donation of \$5 per person ages 3 and up to enter the farm. All ages. Free. No registration. Questions? Call 630-876-5900.

Dec. 7 & 8 1:30 – 3:30 p.m. Kline Creek Farm

Corn Harvest

Help with our annual heirloom corn harvest, which will feed the farm's livestock throughout the year, and learn the importance of corn to an 1890s farm family. Suggested admission donation of \$5 per person ages 3 and up to enter the farm. All ages; under 18 with an adult. Free. No registration. Questions? Call 630-876-5900.

Oct. 19, 20, 26 & 27 1:30 – 3:30 p.m. Kline Creek Farm

How to Register Online

1. Visit dupageforest.org. Scroll down, and click on "Find a Program."
2. Click the link to search by activity number.
3. In the search box, enter the five-digit number next to the program name in this calendar.
4. If a program has more than one date, time, or location, click "View Subactivities" to find the one you want.

History of St. James Farm 25614

Get an in-depth look into St. James Farm's fascinating history through stories and historic photographs, and learn about the people who were part of its legacy. Ages 18 and up. \$5 per person. Register online or at 630-933-7248.

Nov. 3	2 – 3:15 p.m.	St. James Farm
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Hoofprints Through History 25611

Join us on a 1-mile walk in the hoofprints of history on a tour of the farm's historic equestrian areas. Ages 18 and up. \$5 per person. Register online or at 630-933-7248.

Oct. 11	10 – 11:15 a.m.	St. James Farm
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Nature Study Explorers

Create memories with your friends and family as you explore nature through an 1890s lens. Take a step back in time, and learn from the Nature Study movement of the late Victorian era with different seasonal activities. Suggested admission donation of \$5 per person ages 3 and up to enter the farm. All ages. Free. No registration. Questions? Call 630-876-5900 or visit facebook.com/klinecreekfarm.

Oct. 12	1:30 – 3:30 p.m.	Kline Creek Farm
Dec. 14	1:30 – 3:30 p.m.	Kline Creek Farm

Pop, Pop, Pop, Popcorn!

Learn all about popcorn on an 1890s Midwest farm! You'll hear the history of popcorn, see how to cook it on a wood-burning stove, and get to sample an array of heirloom varieties. Demonstrations begin at 11 a.m., 1 p.m., and 2:30 p.m. in the summer kitchen. Suggested admission donation of \$5 per person ages 3 and up to enter the farm. All ages. Free. No registration. Questions? Call 630-876-5900 or visit facebook.com/klinecreekfarm.

Oct. 5 & 12	11 a.m. – 3 p.m.	Kline Creek Farm
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Salting and Smoking

Autumn is the time that 1890s farmers would preserve food to get ready for winter. Learn about the process of salting and smoking pork and grinding and stuffing for sausage. Suggested admission donation of \$5 per person ages 3 and up to enter the farm. All ages. Free. No registration. Questions? Call 630-876-5900 or visit facebook.com/klinecreekfarm.

Nov. 16 & 17	1:30 – 3:30 p.m.	Kline Creek Farm
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Tractor-Drawn Wagon Ride

Enjoy a 30-minute ride while learning about the forest preserve's history and natural areas. Rides begin at 1, 1:45, and 2:30 p.m., and tickets are sold on a first-come, first-served basis starting at noon the day of the ride. All ages; under 13 with an adult. \$5 per person ages 5 and up; under 5 free. Cash preferred. No registration. Questions? Call 630-668-6012 (including calls for advance reservations for private group rides on Friday and Saturday evenings of the same weekends).

Oct. 5, 6, 19, 20, 26 & 27	1 – 3 p.m.	Danada
Nov. 2, 3, 9, 10, 16 & 17	1 – 3 p.m.	Danada



1890s Living

Kline Creek Farm

Suggested admission donation of \$5 per person ages 3 and up to enter the farm. Registration not required for these free tours, which are for all ages (under 18 with an adult). Questions? Call 630-876-5900 or visit facebook.com/klinecreekfarm.

FARMHOUSE TOUR

Join us in the farmhouse for a look at 1890s home life with themes that change to reflect the seasons.

Oct. 3 – Nov. 18

Thursday – Monday 10 a.m. – 4 p.m. on the hour

HOUSE TOUR: WINTER HOLIDAYS IN THE 1890S

Join us for a guided tour of the 1890s farmhouse focusing on winter holiday traditions. Learn how farm families decorated the tree, exchanged gifts, and prepared food for the holidays.

Nov. 21 – Dec. 30 (except Nov. 28)

Thursday – Monday 10 a.m. – 4 p.m. on the hour



Art and More at Mayslake

Mayslake Peabody Estate

AT HOME WITH NATURE HOUSE TOUR

Learn some of the surprising history of Mayslake Hall, the 1921 home of F.S. Peabody and a landmark and architectural gem that has been surrounded by an oasis of nature for over 100 years. Ages 12 and up, under 18 with an adult. \$8 per person. No registration. Questions? Call 630-206-9566.

Oct. 1 – Dec. 31 (except Nov. 28, Nov. 29, and Dec. 25)
Monday – Friday 12:30 – 1:30 p.m.
Saturdays 11:30 a.m. – 12:30 p.m.

NATURE'S COLORS

The artists of Exploring Watercolors present an exhibit of work informed by the challenges each experienced in 2020 and the respite they found by connecting to nature through art. Join us Oct. 16 at 6 p.m. for a two-hour reception, and meet the artists as you enjoy signature mocktails. All ages; under 13 with an adult. Free. No registration. Questions? Call 630-206-9566.

Oct. 8 – Nov. 30 (except Nov. 28 and 29)
Monday – Friday Noon – 3 p.m.
Saturdays 9 a.m. – 1 p.m.

SALVATION ARMY IN THE GREAT WAR

At this exhibit, see what the Salvation Army's efforts were during the lifetime of F.S. Peabody, who was a great supporter of the group. Please note, this is on the second floor and accessible only by stairs. All ages. Free. No registration. Questions? Call 630-206-9566.

Nov. 1 – 27
Monday – Friday Noon – 3 p.m.
Saturdays 9 a.m. – 1 p.m.

Waycar Wednesday

Walk through our 1906 waycar (also called a caboose), and hear how it was first used on the rails and then by Brooks McCormick after its retirement. All ages; under 18 with an adult. Free. No registration. Questions? Call 630-580-7025.

Oct. 2	11 a.m. – 3 p.m.	St. James Farm
Nov. 6	11 a.m. – 3 p.m.	St. James Farm

Nature Art & Culture

Beeswax Luminaries 25808

Learn about the benefits of beeswax candles and enjoy some aromatherapy while designing and creating three beeswax luminaries, which you'll embellish with dried plants, flowers, and herbs. Ages 18 and up. \$55 per person. Register online or at 630-206-9566.

Dec. 11	10:30 a.m. – 12:30 p.m.	Mayslake
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Holiday Art and Craft Market

Shop for quality artisan holiday gifts for family and friends. All ages; under 18 with an adult. Free admission. No registration. Questions? Call 630-206-9566.

Dec. 7	11 a.m. – 5 p.m.	Mayslake
Dec. 8	10 a.m. – 5 p.m.	Mayslake

Kokedama: The Art of Japanese String Gardening 25807

Spend a relaxing afternoon learning from a biophilia designer the history and techniques of Kokedama, the Japanese art of string gardening. Ages 18 and up. \$60 per person. Register online or at 630-206-9566.

Nov. 9	1 – 3 p.m.	Mayslake
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Leaf Ornament Workshop

Two-Part Program 25814

Press, sculpt, and paint a one-of-a-kind leaf ornament using paperclay and watercolor paints. Ages 12 and up; under 18 with an adult. \$47 per person. Register online or at 630-206-9566.

Oct. 26 & Nov. 16	1 – 3 p.m.	Mayslake
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How to Register Online

1. Visit dupageforest.org. Scroll down, and click on "Find a Program."
2. Click the link to search by activity number.
3. In the search box, enter the five-digit number next to the program name in this calendar.
4. If a program has more than one date, time, or location, click "View Subactivities" to find the one you want.

Painted Wood Ornament or Magnet Workshop ²⁵⁸⁰⁹

Paint a wooden ornament or magnet using an image of an animal or flower to create a custom-made memento to take home or give as a gift. Ages 12 and up; under 18 with an adult. \$47 per person. Register online or at 630-206-9566.

Oct. 19	10 a.m. – 1 p.m.	Mayslake
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Peabody's Pages Book Club ^{Three-Part Program 25651}

Sign up for these enriching meetings where you'll discuss great reads with fellow book fans! In October we'll discuss *Hall'ween Party* by Agatha Christie; in November, *Remarkably Bright Creatures* by Shelby Van Pelt; and in December, *Graceland Cemetery* by Adam Selzer. Titles are subject to change. Ages 18 and up. \$10 per person for all three discussions. Register online or at 630-206-9566.

Oct. 4, Nov. 1 & Dec. 6	10 – 11:15 a.m.	Mayslake
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Wonderful Watercolors ^{Six-Part Class 25810}

Learn tips and tricks from a skilled instructor on how to draw and paint using specimens and photographs. Ages 18 and up. \$200 per person. Register online or at 630-206-9566.

Oct. 4 – Nov. 8 Fridays	4 – 6 p.m.	Mayslake
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Volunteer

Volunteer Workday at the Nursery ²⁵⁶⁴⁰

Lend a hand weeding, watering, or collecting and cleaning seeds from native grasses and flowers. Ages 12 and up; under 18 with an adult. Free. Register online or at 630-206-9630 at least five days in advance (10 days ahead for groups of five or more).

Oct. 5, 11, 16, 21 & 26	9 a.m. – Noon	Blackwell
Nov. 1, 6, 16 & 22	9 a.m. – Noon	Blackwell

Volunteer Restoration Workday ²⁵⁷¹¹

Help improve a forest preserve prairie or woodland by collecting seeds or removing nonnative plants. Ages 8 and up; under 18 with an adult. Free. Register online or at 630-206-9630 at least five days in advance (10 days by phone for groups of five or more).

Churchill Woods

Oct. 5, 6, 12, 13, 19 & 20	8:30 – 11 a.m.	Churchill Woods
Nov. 9, 10, 17, 23, 24 & 30	8:30 – 11 a.m.	Churchill Woods
Dec. 1, 7, 8, 14, 15, 28 & 29	8:30 – 11 a.m.	Churchill Woods

Churchill Woods/Glacial Ridge

Oct. 12 & 26	9 a.m. – Noon	Churchill/Glacial
Nov. 9 & 23	9 a.m. – Noon	Churchill/Glacial

Fullersburg Woods

Oct. 12	9 a.m. – Noon	Fullersburg Woods
Nov. 9	9 a.m. – Noon	Fullersburg Woods
Dec. 14	9 a.m. – Noon	Fullersburg Woods

Maple Grove

Oct. 12 & 26	9 a.m. – Noon	Maple Grove
Nov. 9 & 23	9 a.m. – Noon	Maple Grove
Dec. 7 & 14	9 a.m. – Noon	Maple Grove

Springbrook Prairie

Oct. 5, 9, 13, 16, 23 & 26	9 a.m. – Noon	Springbrook
Nov. 30	9 a.m. – Noon	Springbrook
Dec. 4, 7, 11 & 18	9 a.m. – Noon	Springbrook

Wayne Grove

Oct. 12 & 26	9 a.m. – Noon	Wayne Grove
Nov. 9 & 23	9 a.m. – Noon	Wayne Grove
Dec. 7 & 21	9 a.m. – Noon	Wayne Grove

West DuPage Woods

Oct. 3, 6, 10, 13, 17, 20, 24, 26, 27 & 31	9 a.m. – Noon	W. DuPage Woods
Nov. 2, 3, 7, 10, 14, 17, 21 & 24	9 a.m. – Noon	W. DuPage Woods
Dec. 1	9 a.m. – Noon	W. DuPage Woods

Willowbrook

Oct. 12 & 25	9 a.m. – Noon	Willowbrook
Nov. 9 & 22	9 a.m. – Noon	Willowbrook
Dec. 7 & 20	9 a.m. – Noon	Willowbrook



PRESERVED for YOU

Spanning 26,000 acres, the prairies, woodlands, wetlands, and waterways of DuPage County’s 60 forest preserves provide far more than just picturesque landscapes. They contribute to cleaner air and water, aid in flood control, support diverse wildlife habitats, and provide countless ways to connect to nature close to home.

Many people are familiar with the idea that trees and other plants in the forest preserves contribute to clean air. Through photosynthesis, which converts sunlight into energy needed to grow, plants release oxygen and absorb carbon dioxide

(a greenhouse gas with rising concentrations as a result of burning fossil fuels). In just one year a mature live tree can absorb more than 48 pounds of carbon dioxide.

Trees in the preserves also help counter urban heat islands. By providing shade and cooling effects, they lower temperatures in developed areas. One review of 308 studies found that, on average, urban forests were 3 degrees cooler than urban nongreen areas. This reduces the need for air conditioning as well as energy consumption in general.

But how do forest preserves contribute to clean water? It all has to do with natural filtration. In areas covered with asphalt or concrete, such as streets and parking lots, when it rains, the water rolls over the surface, picking up motor oil, gasoline, lawn fertilizers, and other pollutants along the way before spilling directly into storm sewers, where it continues unfiltered into local rivers and streams.

In the forest preserves, though, this rainfall pools in prairies, woodlands, and wetlands, which hold onto the water, allowing it to slowly soak into the ground. Native trees, shrubs, flowers, and grasses soak up a lot of the water, even water mixed with pollutants, through their roots or tiny openings in their leaves and either use the chemicals as nutrients or store them in their tissues. As the remaining rainwater percolates into the ground, soils filter out additional fertilizers, metals, and other undesired elements before they can reach natural underground aquifers and wells.

Forest preserves’ ability to retain large amounts of rainwater not only results in cleaner water but also fights flooding by not



▲ Areas like this around McKee Marsh at Blackwell hold volumes of storm water, a benefit for DuPage residents whether they visit the preserves or not.

adding to the surges that hit rivers during and after storms. Wetlands within the preserves play an especially crucial role in flood control because of their holding capacities. Miles of restored waterways, such as stretches along the West Branch DuPage River and Spring Creek, also do their part. Returning once channelized and straitened rivers into natural-flowing streams with twists and turns and sloping banks allows rainwater to gently overflow into the surrounding preserve, benefiting residents downstream.

Of course the DuPage forest preserve features that attract so many visitors are the healthy habitats they offer wild animals, some threatened or endangered. From developing dragonfly larvae to nesting sandhill cranes, a range of animals depend on the breeding sites, shelter, and food the preserves provide.

Beyond their environmental significance, DuPage County's 60 forest preserves present safe recreational hot spots that attract 5.5 million visitors — hikers, bikers, anglers, picnickers, birdwatchers, and others — every year. Their 175 miles of trails wind through some of the county's most scenic areas, including thousands of acres restored to pre-agricultural-looking savannas, prairies, and wetlands. Along dozens of routes, the only human-made features in sight are the trails themselves.

Then there's the research that consistently shows how time in nature benefits mental as well as physical health. In one study, people reported how mentally fatigued they were before and after one of three activities: walking in an urban area, walking in a natural environment, or sitting in a comfy chair. Couch potatoes everywhere were stunned to read that the participants who took walks in a park reported the greatest increases in stamina when they were done. Research has even suggested that the more stressed people are the more relaxed they feel after spending time outdoors.

There have been more quantitative studies, too, that have looked at blood chemistry, brain activity, and other physiological attributes. One showed that blood pressure, heart rate, and levels of stress hormones decreased more after a walk in the woods (like one in a forest preserve) than after a walk down a city street. Connecting with nature has also been linked to enhanced cognitive function, improved mood, and increased creativity.

Some suggest that after eons of being surrounded by nothing but trees, flowers, and water, humans have become genetically linked to these environments. For like-minded thinkers, the answer to the question, "Why do people respond well to nature?" is simple. We're hard-wired to do so. Fortunately, in DuPage, there's a forest preserve no more than 10 minutes away from any home or business that let's people experience those benefits.

No matter the reason, DuPage County forest preserves are sanctuaries that offer irreplaceable opportunities to reconnect and recharge with the natural world. They provide immeasurable benefits to the environment, wildlife, and people alike. And they're all Preserved for You. •



▲ This restored stretch of the West Branch DuPage River at Warrenville Grove offers a peaceful place to rest and reset.



▲ Restored wetland habitat at Springbrook Prairie is a sanctuary for nesting sandhill cranes.

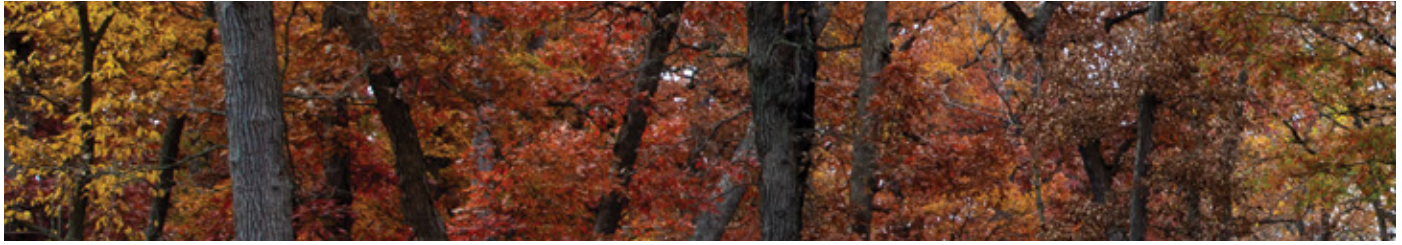


▲ The forest preserves' 30 lakes offer scenic shorelines — and great fishing!



▲ Trail fans can reach some of the county's most scenic areas via 175 miles of forest preserve trails.

directory



HEADQUARTERS

35580 Naperville Road
Wheaton • 630-933-7200
TTY 800-526-0857
dupageforest.org
forest@dupageforest.org

Visitor Services

630-933-7248
Monday – Friday 8 a.m. – 4 p.m.

Office

Monday – Friday 8 a.m. – 4:30 p.m.

Volunteer Services

630-933-7233

Conservationist Subscriptions

630-933-7085

Partnership & Philanthropy Friends of the Forest Preserve District

630-871-6400

Law Enforcement

630-933-7240

FOREST PRESERVE *Hours*

Most forest preserves are open daily from one hour after sunrise until one hour after sunset.

PARTNER *Sites*

DANADA HOUSE

Wheaton • 630-668-5392

FISCHER FARM

Bensenville • 630-766-7015

BARTLETT NATURE CENTER

Bartlett • 847-608-3120

LYMAN WOODS NATURE CENTER

Downers Grove • 630-963-9388

EDUCATION *Centers*

DANADA EQUESTRIAN CENTER

35507 Naperville Road
Wheaton • 630-668-6012

Office

Monday – Friday 8 a.m. – 4:30 p.m.
Closed Saturdays & Sundays

Barn

Monday – Friday 8 a.m. – 8 p.m.
Saturdays & Sundays 8 a.m. – 6 p.m.

DUPAGE WILDLIFE CONSERVATION CENTER

525 S. Park Blvd.
Glen Ellyn • 630-942-6200

Animal Admittance

Thursday – Tuesday 9 a.m. – 4 p.m.
Wednesdays 9 a.m. – Noon

Phone Hours

Daily 9 a.m. – 4 p.m.

Visitor Center and Outdoor Exhibit Trail

Thank you for your patience! The center is still under construction but is expected to open with expanded outdoor trails in December. For updates, visit dupageforest.org.

FULLERSBURG WOODS NATURE EDUCATION CENTER

3609 Spring Road
Oak Brook • 630-850-8110

Monday – Saturday 10 a.m. – 5 p.m.
Closed Sundays

GRAUE MILL AND MUSEUM

3800 York Road • Oak Brook
630-850-8112

Open mid-April – mid-November
Wednesday – Sunday 10 a.m. – 4 p.m.
Closed Mondays & Tuesdays

KLING CREEK FARM

1N600 County Farm Road
West Chicago • 630-876-5900

Suggested admission donation \$5 per person ages 3 and up

Thursday – Monday 9 a.m. – 5 p.m.
Closed Tuesdays & Wednesdays

MAYSLAKE PEABODY ESTATE

1717 W. 31st St.
Oak Brook • 630-206-9566

Monday – Friday Noon – 3 p.m.
Saturdays 9 a.m. – 1 p.m.
Closed Sundays

ST. JAMES FARM

25541 Winfield Road • Warrenville
630-580-7025

Office and Visitor Center

Please call for hours.

GOLF *Courses*

THE PRESERVE AT OAK MEADOWS

900 N. Wood Dale Road
Addison • 630-595-0071

MAPLE MEADOWS GOLF COURSE

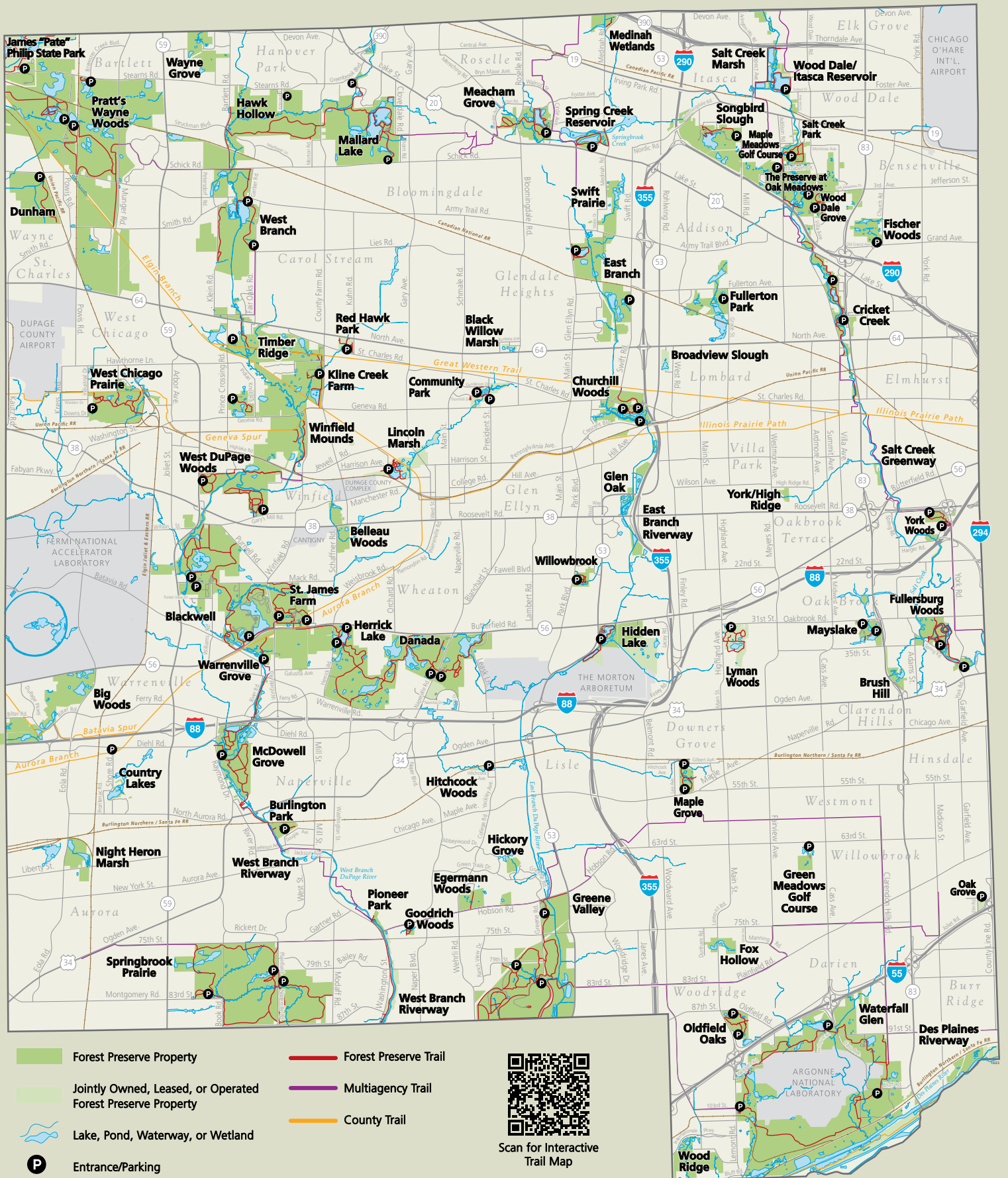
272 S. Addison Road
Wood Dale • 630-616-8424

GREEN MEADOWS GOLF COURSE

18W201 W. 63rd St.
Westmont • 630-810-5330

ACCESSIBILITY

If you have accessibility needs or concerns, please contact our ADA programs and activities coordinator at 630-871-7537 or TTY 800-526-0857 at least 48 hours before your visit or at least two weeks before any registration-based program.



- Forest Preserve Property
- Jointly Owned, Leased, or Operated Forest Preserve Property
- Lake, Pond, Waterway, or Wetland
- P Entrance/Parking
- Forest Preserve Trail
- Multiagency Trail
- County Trail



Scan for Interactive Trail Map



**Forest Preserve District
of DuPage County**

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Wheaton, IL 60189

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the Conservationist

A Quarterly Publication of the Forest Preserve District of DuPage County

Fall 2024

FALL FESTIVAL AT DANADA

OCT. 12 & 13

11 A.M. – 5 P.M.

Free Admission (Fees for Some Activities)

Horse Show Performances in Our Outdoor Arena

Wagon Rides • Horse-Care Demos • Stable Tours

Pony Rides, Hobbyhorse Craft, and Other Children's Activities

Food and Entertainment • More!

For more information, call the Danada Equestrian Center in
Wheaton at 630-668-6012, or visit dupageforest.org.

TWO DAYS!

