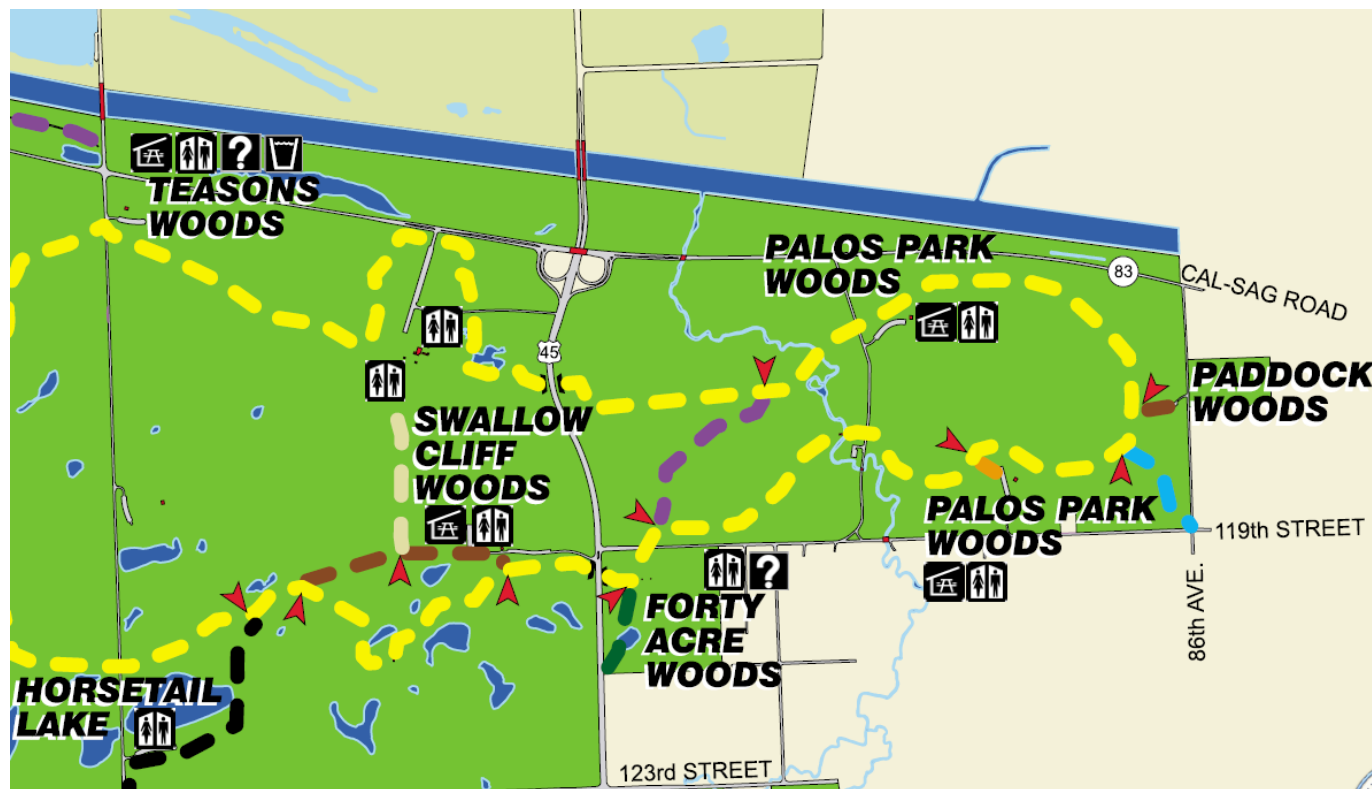


5-Mile Hike: Sag Valley East



Start: Swallow Cliff Woods Parking Lot

- Ascend the staircase (125 steps)
- Follow the trail at the top of the stairs as it winds left.
- The trail then curves right so you will be heading due South
- At the first intersection, take a RIGHT onto the **Brown** trail.
- Follow Brown trail to the first intersection and take a **sharp** left onto the **YELLOW** trail, and you will be heading SE.
- Continue on Yellow trail, past intersection with other end of Brown trail, and go through the underpass to cross LaGrange road (45).
- Walk through Forty Acre Woods, cross 119th street, and stay on the Yellow trail as you pass the next intersection (purple trail).
- Stay on yellow loop through Palos Park Woods, back across LaGrange (another underpass).
- IMPORTANT: As you enter back into Swallow Cliff Woods – do NOT walk directly to the parking lot. Stay on the yellow trail as it heads North towards Rt 83. This will take you to the entrance of the parking lot. This is necessary to complete a 5 mile route.
- From there walk back to your car.