



Illinois
Department of
**Natural
Resources**

JB Pritzker, Governor • Natalie Phelps Finnie, Director
One Natural Resources Way • Springfield, Illinois 62702-1271

www.dnr.illinois.gov

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Media contact: dnr.pio@illinois.gov

Take a hike at an Illinois state park for National Trails Day on June 6

SPRINGFIELD – Illinois state parks are inviting people to share their passion for the outdoors by getting outdoors for a hike on National Trails Day, Saturday, June 6.

The Illinois Department of Natural Resources (IDNR) will host hikes at four locations across the state, offering a variety of experiences including self-guided outings, interpretive hikes and a trail challenge scavenger hunt. Those who complete a hike will earn a special patch inspired “Hiked It and Liked It” sticker.

“IDNR invites hikers of all ages and abilities to visit a state or local park near them to explore the trails, connect with the outdoors, and commit to being trail stewards who leave nature in better condition than they found it,” said IDNR Director Natalie Phelps Finnie.

Special National Trails Day hikes at Illinois state parks on Saturday, June 6 include:

Hiking Boot Challenge

Giant City State Park, Jackson County

Head to [Giant City State Park](#) in southern Illinois for a special Hiking Boot Challenge. Participating in the challenge is easy: Each of the park’s seven hiking trails – ranging in distance from one-third mile to 2 miles – will have a hidden “hiking boot.” Walk just two of the seven trails and take a selfie at each of the boots. Upon completion of the challenge, hikers can head to the visitor center between 8 a.m. and 3:30 p.m., show their selfies to a staff member or volunteer, and earn a special sticker.

Self-guided hike

Lincoln Trail State Park, Clark County

Discover the natural beauty of [Lincoln Trail State Park](#) on a self-guided hike at your own pace. Explore scenic trails that wind through wooded areas, open fields, and the shores of Lincoln Trail Lake. Visitors may spot local wildlife while enjoying peaceful views throughout the park. Whether seeking a quiet walk or an outdoor adventure with family and friends, participants can explore one of Illinois’ hidden gems on their own schedule. Check in at the campground host station in the Plainview campground to receive a commemorative sticker while supplies last.

Guided bog tours

Volo Bog State Natural Area, Lake County

Explore the unique beauty of [Volo Bog State Natural Area](#) on a guided tour for National Trails Day. Participants will walk along a floating boardwalk through Illinois’ only open-water quaking bog, where mosses, wildflowers and trees rest atop a living, shifting landscape. Formed thousands of years ago by glacial activity, this rare ecosystem showcases every stage of bog development, from marshy edges to the open-water eye at its center. The tour offers an opportunity to experience one of the Midwest’s most fascinating and fragile natural areas. Tours, beginning at

11 a.m. and 1 p.m., are limited to 10 participants per group because of the nature of the floating boardwalk. Registration is required by emailing dnr.volobog@illinois.gov.

Guided hike

McHenry Dam, McHenry County

At 10 a.m., join a guided two-mile hike at [McHenry Dam](#), where scenic river views and local history come together. Hikers will walk along trails beside the Fox River, learn about the dam's role in water management, and observe native plants and wildlife. Suitable for all skill levels, the hike provides an opportunity to enjoy the outdoors and learn more about one of the area's scenic destinations. Participants are encouraged to bring binoculars. Registration is required by emailing dnr.volobog@illinois.gov.

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About IDNR

The Illinois Department of Natural Resources was established in 1925 as the Illinois Department of Conservation, bringing under one umbrella oversight of fish and game, forestry, public works, and lakes. Today, IDNR's work encompasses management of about 400 sites across Illinois, including state parks and historic sites; wildlife, fisheries, forestry, and natural heritage; Lake Michigan water allocation and coastal management; conservation police; mines and minerals; oil and gas; issuance of licenses, permits, and numerous grants; the World Shooting and Recreational Complex in Sparta; and the Illinois State Museum. Visit <https://dnr.illinois.gov> and follow us on [Facebook](#), [YouTube](#) and [LinkedIn](#).