

# Sleeping Bear Dunes

National Park Service  
U.S. Department of the Interior

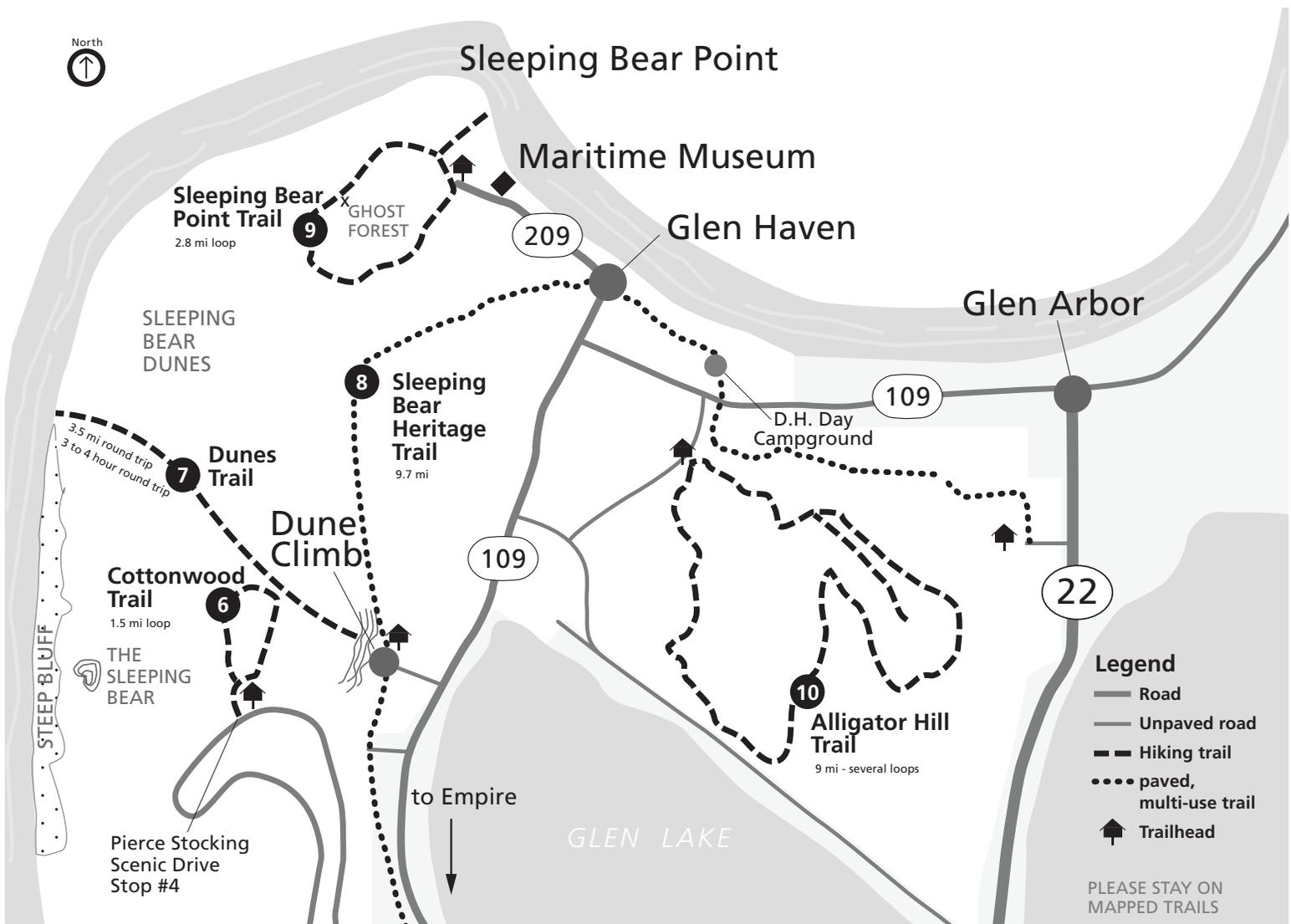


Sleeping Bear Dunes  
National Lakeshore

## Dunes Trails and Sleeping Bear Heritage Trail



[www.nps.gov/slbe](http://www.nps.gov/slbe)



### 7 The Dunes Hiking Trails

The **Dunes Trail** is 3.5 miles round trip through loose sand and steep rugged dunes. This strenuous hike starts at the Dune Climb and ends at Lake Michigan and can take 2-4 hours depending on the weather and your physical condition. Be sure to wear sun screen, take enough water, and wear (or at least take along) hiking shoes or sandals.

### 8 The Sleeping Bear Heritage Trail

The Sleeping Bear Heritage Trail provides a safe, non-motorized, multi-use transportation alternative connecting the Lakeshore's main visitor destinations with Glen Arbor and Empire. The paved trail gives walkers, wheelchair users, cyclists, and cross-country skiers a safe, enjoyable, and car-free way to access and explore the Lakeshore and neighboring communities.

When completed, the 27-mile trail will run from the southern edge of Leelanau County through the Sleeping Bear Dunes National Lakeshore to Good Harbor Bay. The first four-mile section between Glen Arbor and the Dune Climb is completed.

### 9 The Sleeping Bear Point Trail

The **Sleeping Bear Point Trail** is a 2.8 mile loop through the sand dunes with great views of Lake Michigan and South Manitou Island. There is a 0.5 mile spur hike from the trailhead to the Lake Michigan beach. It is less strenuous than the hike from the Dune Climb to Lake Michigan.

Both trails are marked with blue-tipped posts.

The dunes are a beautiful, varied, and fragile environment. Please stay on mapped trails to prevent erosion and damage to plants. Do not collect wood in the ghost forests.

## General Trail Information

All trails listed below are marked and maintained by the park. Each trail has a parking area.

Hiking trails on the dunes are marked by blue-tipped posts.

For cross-country skiers, most trails are marked by color-coded triangular signs: green—easy, blue—intermediate, black—advanced. These ratings are based on steepness of slopes. Markers are visible only when you follow the recommended direction of travel. Ski trails are not

groomed (*except* for the Sleeping Bear Heritage Trail) but are usually well tracked by previous skiers.

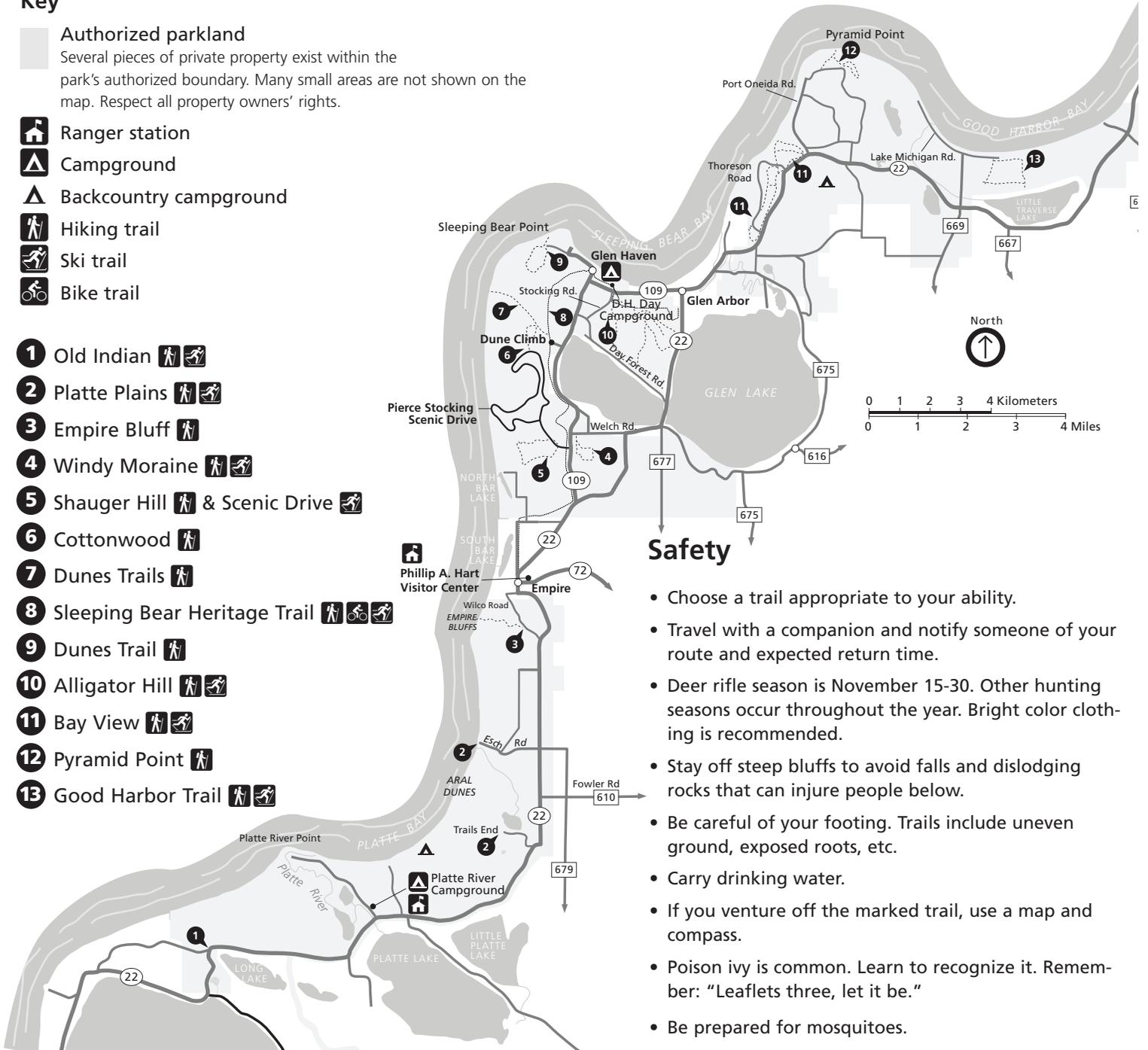
To prevent erosion and to avoid disturbing plants and animals, please stay on designated trails.

### Key

**Authorized parkland**  
Several pieces of private property exist within the park's authorized boundary. Many small areas are not shown on the map. Respect all property owners' rights.

-  Ranger station
-  Campground
-  Backcountry campground
-  Hiking trail
-  Ski trail
-  Bike trail

- 1** Old Indian  
- 2** Platte Plains  
- 3** Empire Bluff 
- 4** Windy Moraine  
- 5** Shauger Hill  & Scenic Drive 
- 6** Cottonwood 
- 7** Dunes Trails 
- 8** Sleeping Bear Heritage Trail   
- 9** Dunes Trail 
- 10** Alligator Hill  
- 11** Bay View  
- 12** Pyramid Point 
- 13** Good Harbor Trail  



### Safety

- Choose a trail appropriate to your ability.
- Travel with a companion and notify someone of your route and expected return time.
- Deer rifle season is November 15-30. Other hunting seasons occur throughout the year. Bright color clothing is recommended.
- Stay off steep bluffs to avoid falls and dislodging rocks that can injure people below.
- Be careful of your footing. Trails include uneven ground, exposed roots, etc.
- Carry drinking water.
- If you venture off the marked trail, use a map and compass.
- Poison ivy is common. Learn to recognize it. Remember: "Leaflets three, let it be."
- Be prepared for mosquitoes.

### Winter safety:

- Snow avalanche or sand slide danger is present year-round on steep dunes and bluffs.
- Skiers, be aware of changing snow conditions. Alternate freezing and thawing can turn gentle slopes into icy, advanced hills.
- Darkness comes early in winter. Allow plenty of time to return to your car before dark.
- Dress for weather. In winter, carry extra clothing and emergency supplies.
- The use of skis, snowboards, or any type of sled is prohibited except at the Dune Climb within the designated area when it is covered by snow.

**In case of emergency, seek help at the nearest ranger station, campground office, or visitor center.**

**Park rangers-emergency dispatcher  
Police, Fire, Ambulance  
231-326-4700 or 911**

## Regulations for Mainland Trails

- Vehicles, including bicycles, are permitted only on roads. Bicycles are also permitted on the multi-use Sleeping Bear Heritage Trail.
- Snowmobiling is prohibited except on rights-of-way along state and country roads.
- Collecting plants and other natural, historical, and archeological items is not permitted. Exception: certain edible fruits and mushrooms may be collected in limited quantities for personal use.
- Pets on trails must be kept on a 1.8 meter (6-foot) maximum, hand-held leash. Pets are prohibited on ski trails December 1 through March 31 and at the Dune Climb throughout the year.
- Glass is banned on all park beaches.
- Fires are permitted only in campground and picnic area fire rings and on areas of bare beach sand between the water and the first dune.