



boost your mood
discover natural areas
in your community
sleep better
lower risk of heart disease
improve balance
better bone density
lose weight
improve muscle tone
reduce stress & anxiety
better overall health
experience the joy
of being in nature

mcparksandrec.org



MEDALLIONS

Hike 10 of our 12 selected trails between May 8 and December 31, 2021, to earn a brass medallion for your hiking stick.

Receive your medallion at the Monroe County Parks & Recreation office, 501 N. Morton, Suite 100, Bloomington, IN 47404. Hiking sticks are available upon registration at this location for \$5.

Participation is FREE!

*Some properties may charge an entrance fee.

Join us for group hikes on our Monroe County Parks & Recreation trails:

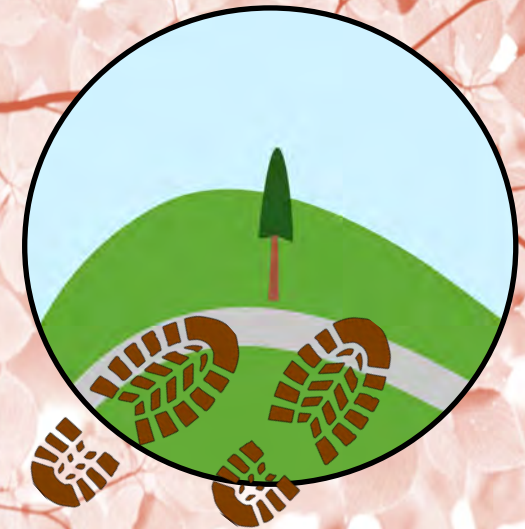
Sat, May 8 9am Limestone Gnwly
Sat, June 19 9am Karst Grnwly
Sat, July 31 9am Flatwoods Park
Sat, Oct 2 9am Detmer Park


812-349-2800

mcparksandrec.org

Monroe County TRAILBLAZERS

2021



 **Monroe County
Parks and Recreation**
501 North Morton Street Suite 100 Bloomington, IN 47404
812-349-2800 Fax: 812-349-2899 mcp@co.monroe.in.us
www.mcparksandrec.org

Monroe County TRAILBLAZERS



Our mission is to increase the visibility and usage of natural outdoor areas in order to promote physical fitness and mental wellness, and to increase the awareness of all participating agencies.

Monroe County has a vast array of parks, nature preserves and natural areas to provide ample opportunities for hiking.

Cooperating agencies have assembled a list of 12 trails at various natural areas, ranging in length from approximately .4- 7 miles. Hikers who complete 10 of the listed trails will receive a medallion which may be affixed to a hiking stick.

Visit mcparksandrec.org to download your 2021 hiking form, or pick up your form at Monroe County Parks & Recreation, 501 N. Morton, Suite 100, Bloomington, IN 47404.



BLOOMINGTON PARKS AND RECREATION

bloomington.in.gov 812-349-3700

MISSION: To provide essential services, facilities and programs necessary for the positive development and well-being of the community through the provision of parks, greenways, trails and recreational facilities while working in cooperation with other service providers in the community in order to maximize all available resources.



HOOSIER NATIONAL FOREST

fs.usda.gov/main/hoosier/home 812-275-5987

MISSION: To sustain the health, diversity and productivity of the nation's forests and grasslands to meet the needs of present and future generations.



INDIANA DEPARTMENT OF NATURAL RESOURCES

in.gov/dnr 812-837-9546

MISSION: To protect, enhance, preserve and wisely use natural, cultural and recreational resources for the benefit of Indiana's citizens through professional leadership, management and education.



MONROE COUNTY PARKS AND RECREATION

mcparksandrec.org 812-349-2800

MISSION: To provide high quality parks, recreation, and educational programs, to promote appreciation of environmental and cultural resources, and to preserve green space.



SYCAMORE LAND TRUST

sycamorelandtrust.org 812-336-5382

MISSION: To preserve the beauty, health and diversity of southern Indiana's natural landscape through strategic land conservation and environmental education.