Lake Michigan can be dangerous. For your safety, swim in guarded areas only. Pets are strictly prohibited on Swimming Beach.
**DESCRIPTION OF HIKING TRAILS**

1. **Trail 1**
   - **Description:** Provides an opportunity to view succession in dunes and forest. The trail is recommended for beginners.
   - **Distance:** 1.1 miles

2. **Trail 2**
   - **Description:** Provides a view of the forest and lake, and links to several points of interest.
   - **Distance:** 3.75 miles

3. **Trail 3**
   - **Description:** Provides a view of the forest and lake, and links to several points of interest.
   - **Distance:** 3.75 miles

4. **Trail 4**
   - **Description:** Provides an opportunity to view succession in dunes and forest. The trail is recommended for beginners.
   - **Distance:** 1.1 miles

5. **Trail 5**
   - **Description:** Provides a view of the forest and lake, and links to several points of interest.
   - **Distance:** 3.75 miles

6. **Trail 6**
   - **Description:** Provides a view of the forest and lake, and links to several points of interest.
   - **Distance:** 3.75 miles

7. **Trail 7**
   - **Description:** Provides an opportunity to view succession in dunes and forest. The trail is recommended for beginners.
   - **Distance:** 1.1 miles

8. **Trail 8**
   - **Description:** Goes over the tops of the three highest dunes of the Indiana Dunes. The trail is recommended for experienced hikers.
   - **Distance:** 3.75 miles

9. **Trail 9**
   - **Description:** Provides a view of the forest and lake, and links to several points of interest.
   - **Distance:** 3.75 miles

10. **Trail 10**
    - **Description:** Provides a view of the forest and lake, and links to several points of interest.
    - **Distance:** 3.75 miles

**SPECIAL NOTE**

Visitors shall observe the following rules, which are designed to fulfill the purpose for which state parks were established.

- All alcoholic beverages are prohibited within the boundaries of Indiana Dunes State Park. Fines or arrest could occur for violations.

- Metal detectors are allowed on the beach from June 1 through Labor Day from 7:00 a.m. to 7:00 p.m. Metal detectors may not be used on the beach when the area is open to the public and when there are lifeguards on duty.

- The Indiana Dunes area also is renowned throughout the Midwest for its birding. Visit the Nature Center to ask about good birding locations.

- The area's diverse flora and fauna attract bird watchers, nature enthusiasts, and student groups under adult supervision in designated areas.

- Humans are prohibited on the forest floor.

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- Metal detectors may not be used on the beach when the area is open to the public and when there are lifeguards on duty.

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