



## THE TOP 10

# *Fitness & Fun Challenges*

### 1. The 3 Dunes Challenge

Take The 3 Dune Challenge starting at the Nature Center at Indiana Dunes State Park in Chesterton. Hike a specially marked 1.5 mile course, climbing Mount Jackson (elevation 176 feet), Mount Holden (184 feet), and Mount Tom (elevation 192 feet). Some parts of the trail feature 40-degree slopes, making each step that much more, well, challenging. Conquer The 3 Dune Challenge, we invite you to stop by the Indiana Dunes Visitor Center to buy a shirt and pick up a free commemorative sticker and postcards. Indiana Dunes State Park is home to six other trails, including Trail 9, which has been selected as one of the best hiking trails in the nation, rewards hikers with forest views followed by spectacular lake views.

### 2. The Outback Trail

Try mountain biking at the Outback Trail at Imagination Glen Park in Portage and enjoy 10 miles of twists and turns.

### 3. Beaches

Hit the beaches along Lake Michigan for some running, volleyball and, of course, swimming.

### 4. Dunn's Bridge County Park

Put your kayak in at Dunn's Bridge County Park in Kouts and take on the current of the beautiful Kankakee River.

### 5. Taltree Arboretum Railway Garden

Hit the miles of running trails at Taltree Arboretum Railway Garden in Valparaiso, which is home to several races throughout the year.

### 6. Prairie Duneland Trail

Bike the paved Prairie Duneland Trail – a dedicated trail – through the northern communities of Indiana Dunes Country.

### 7. Blastcamp

Have a blast at Blastcamp in Hobart, a former Army base that is now 28 acres of bunkers, trenches, buildings and towers for paintball and Airsoft competitions. There's open play on the weekends or groups can rent the whole place for private games.

### 8. Rogers Lakewood Park

Rogers Lakewood Park in Valparaiso is home to a disc golf course which takes players past a climbing wall, a skate park, running trails and a big hill to run up and down. You can also rent rowboats and pedal-powered boats to take around the park's lake. While in Valparaiso, check out another great city park – [Fairgrounds Park](#) – with its running track and exercise stations that challenge people with 150 different exercises.

### 9. Bluhm County Park

Mountain bike or hike at Bluhm County Park in Westville, a challenging course.

### 10. West Beach

Head to West Beach and hike the Dune Succession Trail that includes a boardwalk and 250 stairs to a spectacular view of Lake Michigan.