



Get To Know Your State Parks Challenge!

August 14 — October 27

A local wellness campaign brought to you by The South Central Wellness Committee for IU Health Bloomington, Bedford, Morgan, Paoli, & Southern Indiana Physicians

Challenge begins August 14. Ends October 27.

Get moving, get outside, and get to know your state parks! What better way to get active than to explore the beautiful state parks of Indiana. There are numerous activities for you, and your family and friends to enjoy:

- Hiking
- Biking
- Canoeing
- Kayaking
- Swimming
- Bird watching
- Nature centers
- And so much more!

Participate and be eligible for grand prizes of \$100 gift cards to Dicks Sporting Goods, J.L. Waters, or Indiana Running Club.

The list provided describes a brief description of park features along with great hiking and biking trails to try for all fitness activity levels.

To be eligible for prizes you must complete the following:

- 1.) Like our Facebook Page (<https://www.facebook.com/southcentralwellness>)
- 2.) Post TWO photos of yourself at any of the parks listed to the South Central Wellness Facebook page OR send them to us in an email (BLM-LiveWell@iuhealth.org) between August 14 — October 27.

Note: SCW is dedicated to helping you achieve your wellness goals. While some of the programs and challenges we offer also help you receive Healthy Results points, the state parks challenge does not. But don't let that keep you from getting to know what the state parks of Indiana can offer you.



South
Central
Wellness

Get Moving, Get Outside, Get to know your State Parks.

For all Indiana State Parks there is a \$7.00 entrance fee by vehicle with in-state license plates. State park hours are from 7AM to 11PM. Off trail hiking is prohibited in all Indiana state parks. Check out the back page for a list of other FREE nature parks and trails.

Keep this in mind while hiking the trails: On average you burn **100 calories per mile** and **1 mile = roughly 2,000 steps** for those of you keeping track on your activity tracker.

Brown County State Park

Nashville, IN



Brown County is Indiana's largest state park. This park is a fall hotspot with nearly 20 miles of tree-lined roads and many scenic vistas overlooking miles of forestland. Stay the night at the Abe Martin Lodge located in the park. There is an indoor waterpark for family fun and a restaurant that offers 'Hoosier Classics' and unique buffets.

Trails:

Hiking: Easy-Rugged. 0.5 miles- 3.5 miles.

Biking: Easy- Extremely Difficult. 25+ miles of winding single-track trails.

Chain O' Lakes State Park

Albion, IN



Paddle through 8 chains, hike the trails or attend a nature program in the park's 'old schoolhouse' Nature Center. Rentals are available for canoes, paddleboats, kayaks, and rowboats.

Trails:

Hiking: Easy-Rugged. 0.5 miles-2.5 miles long. There is also a six mile long trail for both hiking and biking. For beginner/intermediate hikers, Trail 4 is 1 mile long and takes you past four lakes, wooded areas, swamps, and open fields.

Charlestown State Park

Charlestown, IN



This park is great for hiking its rugged hills and deep ravines. Scenic vistas of the Fourteen mile Creek valley and the Ohio River await you. There's also opportunity for bird watching over 72 different species.

Trails:

Hiking: Moderate-Rugged. 1.2-2.9 miles.

Trail 3 is a rugged 2.1 mile trail that begins with a very steep road grade that once led to a footbridge over Fourteen mile Creek. The bridge provided access to Rose Island, a 1920s amusement park. The bridge was removed once the army bought the land in the 1940s. The middle portion of the trail is very scenic with views of the creek, high rock cliffs, wildflowers, and forests.

Clifty Falls State Park

Madison, IN



Clifty Falls is Indiana's 3rd oldest park. Enjoy the scenic waterfalls as they change with each season. After hiking the trails, take a tour of the town. When you step into Old Madison you step back more than 100 years in time into the steam boating era. It is a fun place for families to see old homes and buildings, stop at antique shops, and enjoy some great food.

Trails:

Hiking: Easy-Very Rugged. 0.75 miles-4.5 miles. Note: Most of the trails here are rugged.

Falls of the Ohio State Park

Clarksville, IN



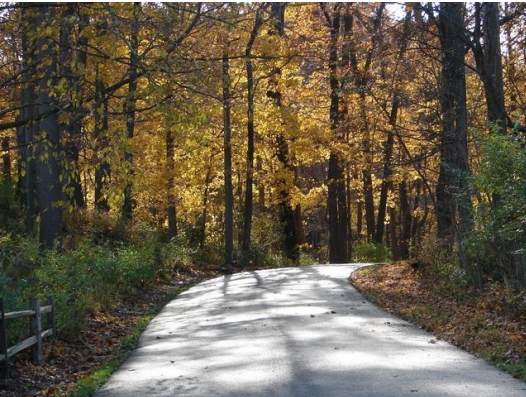
386 million year-old fossil beds that are among the largest exposed Devonian fossil beds in the world can be found at this unique park. Overlooking the fossil beds is a spectacular interpretive center. August thru October provide the best accessibility to the fossil beds because of the low river levels.

Trails:

This park has one short trail, The Woodland Loop Trail that is easy/moderate and 0.75 miles long.

Fort Harrison State Park

Indianapolis, IN



Fort Harrison is not only great for hiking its 1700 acres; it also has a museum of 20th Century Warfare. Travel back to this park in the winter time to enjoy one of the biggest sledding hills in the area. This park also has an Inn overlooking an 18-hole championship golf course. If you have a love for golfing, this park will be great for you!

Trails:

Hiking: Easy- Moderate. 0.5-2.5 miles.

Biking: Allowed only on paved roads and designated multi-use trails

Harrison Trace Trail is an easy rated 2.5 mile trail that has an asphalt surface for walkers, bikers and joggers. This trail is great for families and all skill levels. Lawrence Creek trail is excellent for viewing fall colors.

Harmonie State Park

New Harmony, IN



Harmonie is described as a “Trail lover’s Paradise” with trails for walking, biking, and nature hikes. After your hike, visit the town of New Harmony. You can take a free public art self-guided smartphone walking tour. The smartphone tour will help you navigate through town to the various sites and passes some great places to stop and eat.

Here’s the link to the tour:

http://myoncell.mobi/stops.php?acct_num=18128173010

Trails:

Hiking: Easy-Moderate. 0.25 miles-2.5 miles

Indiana Dunes State Park

Chesterton, IN



This park includes more than 3 miles of beautiful beach along Lake Michigan’s southern shore. Large sand dunes located beyond the entire shoreline have taken thousands of years to form, and tower nearly 200 feet above the lake. Nearby, grab a sandwich from Brown Bag Sandwich Shop.

Trails:

Hiking: Easy-Rugged. 0.75 miles-5.5 miles. Trail 8 is a rugged trail (1.5 miles) that goes over the tops of the three highest dunes.

McCormicks Creek State Park

Spencer, IN



The limestone canyon, flowing creek, and scenic waterfalls highlight Indiana’s first state park, McCormicks Creek. Enjoy a relaxing meal after your hike at the Canyon Inn. They have a glass-enclosed porch that offers a lovely view of the woods and wildlife of the park.

Trails:

Hiking: Easy-Rugged. 0.5 miles-2 miles.

Biking: Must remain on paved public roads. Trail 5 is a 2 mile loop that goes through the Wolf Cave nature preserve and offers access to Wolf Cave.

Lincoln State Park

Lincoln, IN



Visit the boyhood home of the 16th president, Abraham Lincoln. This park has 10 miles of hiking trails, 2 scenic lakes and an interpretive center to experience life of early settlers in Indiana.

Trails:

Hiking: Easy-Moderate. 1.5 miles-3.7 miles

The moderate, 1.7 mile long Mr. Lincoln's Neighborhood Walk Trail, passes Little Pigeon Primitive Baptist Church and the gravesite of Lincoln's sister Sarah.

Mounds State Park

Anderson, IN



This park features 10 unique earthworks built by prehistoric Indians known as the Adena-Hopewell people. The mounds were used as gathering places for religious ceremonies. The largest mound, the Great Mound, is believed to have been constructed around 160 B.C. It is a large circular enclosure with an internal ditch.

Trails:

Hiking: Easy- Rugged. 0.5 miles-2.5 miles.

For beginners, Trail 1 is an easy 1 mile trail with 20 of the most common trees in Indiana marked for your convenience along the way. It also winds around the Great Mound, the focal point of the park.

O'Bannon Woods State Park

Corydon, IN



Indiana's first natural and scenic river, Blue River, flows through this state park and forest. The Corydon Capitol State Historic Site is located near the park. You can learn about early Indiana history touring the first capitol building, built entirely of limestone.

Trails:

Hiking: Easy- Rugged. 0.8-2 miles.

If you're an experienced hiker looking for a trail with steep climbs and rocky descents, try the rugged CCC Ghost Trail that's 1.25 miles long. Or, if you're a beginner try the 1 mile White Tailed Deer Trail.

Ouabache State Park

Bluffton, IN



Not only does this park have some great hiking trails, it also has courts for tennis, basketball, volleyball and a paved bike trail. For even more family fun, there is a swimming pool and playgrounds for kids to play.

Trails:

Hiking: Easy-Moderate. 1 mile-6 miles.

If you are looking for a long hike that is not too difficult, try The Ouabache Trail, a 6 mile moderate trail that circles the entire property using portions of all of the park's trails.

Patoka Lake State Park

Birdseye, IN



With 26,000 acres of land and water, Patoka Lake is a fine example of lake ecology. An 8,800-acre lake provides habitat for freshwater jellyfish and bald eagle nesting sites. River otters and osprey were reintroduced at Patoka by the DNR. The property is home to one of only two resident, non-releasable bald eagles at a DNR state park or reservoir.

Trails:

Hiking: Moderately Rugged. 2-6.5 miles

Pokagon State Park

Angola, IN



Check out the one-third mile toboggan track that travels at speeds of 35-40 mph. Unfortunately, you will have to wait until after Thanksgiving to ride it. Until then, this park has some great hiking trails to try. You can also enjoy a restful stay at Potawatomi Inn on the shores of Lake James. The park's Courtyard Café offers deluxe sub sandwiches, salads, and has some of the best pizza in town.

Trails:

Hiking: Easy-Moderately Rugged. 0.7 miles-2.2 miles

Potato Creek State Park

North Liberty, IN



Potato Creek features a wide array of activities and facilities for year-round enjoyment. Such features other than their trails are hills for cross country skiing or tubing in the winter time, to canoeing and kayaking in the summer time.

Trails:

Hiking: Easy- Rugged. 0.5 miles-2.5 miles

Biking: Beginner 6.6 mile mountain biking trail and a Moderate 3.3 mile bicycle trail

For beginners, Trail 6 is a 0.5 mile loop that passes through wetlands and woods. For advanced hikers, Trail 2 is a rugged 2 miles that can be accessed from trail 1 or 4 and winds through woods and up and down hills to the highest point in the park.

Prophetstown State Park

West Lafayette, IN



Prophetstown is Indiana's newest state park. For this park the entrance fee is \$6 instead of the usual \$7 for other parks. Take a stroll through 900 acres of restored prairie; discover 1920's farm lifestyles and Native American culture at the Farm of Prophetstown: a living history museum. Bring the family to the park's aquatic center featuring a 30 foot tube slide, body flume, lazy river float area, and a zero-entry pool.

Trails

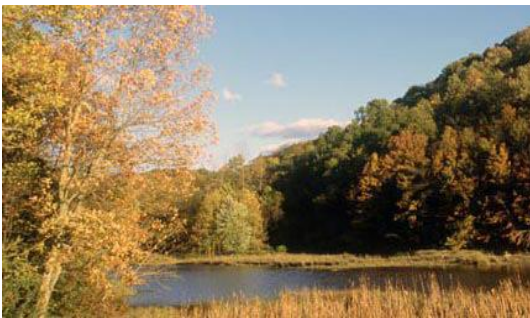
Hiking: Easy-Moderate. 1.9-3.5 miles

Biking: Easy. 3.5 miles.

Try Trail 4 for an easy 2.1 miles. The trail begins at trail 3 near the Tippecanoe River and leads through a heavily shaded floodplain forest following the river until entering into a floodplain prairie. The trail then leads to the furthest northern boundary of the park where it will return back to where you entered at trail 3.

Versailles State Park

Versailles, IN



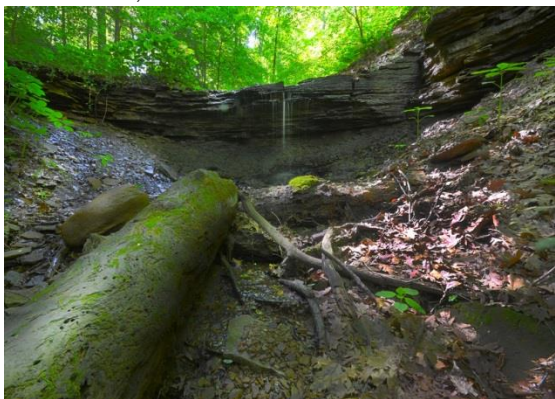
Versailles is Indiana's second largest state park. There is a deep rooted history in the civil war and Civilian Conservations Corps here. You can rent a paddleboat, rowboat, kayak, or canoe to enjoy the 230-acre lake. Canoes and rowboats are \$5/hour. Kayaks and paddleboats are \$8/hour.

Trails:

Hiking: Easy-Moderate. 1.5 miles-2.75 miles. 20+ miles of horse trails.

Shades State Park

Waveland, IN



Beautiful sandstone cliffs overlooking Sugar Creek and numerous shady ravines await you at this park. This location is described as the peaceful place you've been looking for. This park is great for those who enjoy rugged hiking trails.

Trails:

Hiking: Easy-Very Rugged. 0.5-2.5 miles

For experienced hikers looking for a challenge, Trail 2 is a rugged/very rugged 1.25 miles. The trail begins at Lovers Leap with views of Sugar Creek, upland woods and ravines. The lower portion goes down Steamboat Rock stairs and continues up Pearl Ravine streambed. For those interested in a more leisurely hike, Trail 6 is an easy 0.5 mile trail that begins at the pond and travels along Red Fox Ravine.

Shakamak State Park

Jasonville, IN



Not only are there some great hiking trails, but there are also 3 man-made lakes with a new family aquatic center, providing swimming fun for everyone. Enjoy the play field area for some family fun and games too.

Trails:

Hiking: Moderate 1.4-3.95 miles

For an intermediate hike, Trail 4 is a moderate 1.6 mile long trail joining with Trail 3, and goes through oak trees and pines. Bridges and stairs add to the beauty and intensity of this hike.

Summit Lake State Park

New Castle, IN



An expansive view over 2,550 acres and a large lake awaits you at Summit Lake state park. This park also has an excellent bird watching and wildlife observation area. Migratory species that can be seen have included rare species like the black tern, bald eagle, sandhill crane, American bittern, least bittern, king rail, and osprey.

Trails:

Hiking: Moderate. 0.75 miles- 2 miles.

Try the Self-Guided Nature Trail to experience the views and wildlife that this park has to offer. It's a moderate 0.75 mile long trail with much scenery to look at and enjoy as you hike the trail.

Tippecanoe River State Park

Winamac, IN



Enjoy a relaxing journey down the Tippecanoe River. Just remember to bring your own canoe or make arrangements with the local canoe rental shop.

Trails:

Hiking: Easy-Moderate. 0.8-3.5 miles

Trail 4 is a moderate 1.8 mile long trail that begins in the main picnic area and leads along Oxbow Lagoon, through low river bottoms, along the river and back up into the pines and fields, then back to the picnic area.

Spring Mill State Park

Mitchell, IN



Check out this industrial village from the 1800's. Pioneers had shaped the landscape around the village, clearing land for agriculture and timber. You can also experience the Twin Caves Boat tour open from 9-5 (no children under 3 allowed in caves). Tours run every half hour and cost \$3 per person. Make the trip last a little longer and stay in the historic Spring Mill Inn. Relax with the family in the indoor/outdoor pool and their full service dining room open year 'round!

Trails:

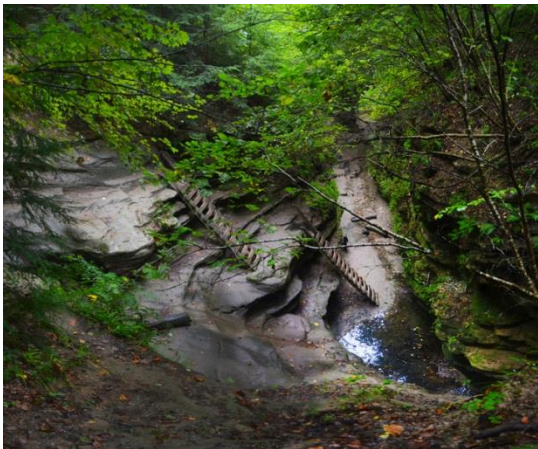
Hiking: Easy-Rugged. 0.25 miles-2.5 miles

Biking: only permitted on paved roadways. Skateboarding and inline skating is prohibited. There is a 2 mile mountain bike trail now available for use located near the campstore.

For intermediate hikers, try Trail 4; a rugged 2 mile loop trail that passes by Donaldson Cave and Harmer Cemetery to the village.

Turkey Run State Park

Marshall, IN



The deep sandstone ravines and scenic views along sugar creek make this park a memorable one. Deep canyons nestled in the shadows of the sandstone cliffs and peaceful hemlock groves are some of the most ruggedly beautiful hiking trails in the state. There are also miles of bridle trail for those who love to horseback ride.

Trails:

Hiking: Easy-Very Rugged. 0.5-3 miles To get to many of the hiking trails you need to cross the suspension bridge over Sugar Creek.

Biking: Bicycles must remain on paved public roads.

For advanced hikers, try the ladder trail if you're looking for unusual hiking between the steep walls of both Rocky and Bear hollows. But be careful, portions may be impassable during high water.

Whitewater Memorial State Park

Liberty, IN



This park is a great family getaway because of its 200 acre Whitewater Lake. Shoreline hiking, flat-water boating, swimming, and fishing are in abundance here.

Trails:

Hiking: Moderate. 0.5-2.7 miles Foot traffic hiking trails only. No bicycles, rollerblades, horses, or motorized vehicles are allowed on the trails. The Lakeshore Trail is a moderate 2.7 mile trail that travels through hills and valleys of the hardwoods along the western shore of Whitewater Lake. It even has a half mile short loop if you want to cut your hike short.

Sculpture Trails

Solsberry, IN



This outdoor museum displays over 100 large-scale sculptures by artists from around the world. The sculpture paths are over one mile long. Open seven days a week from 10 AM to sundown. Cost: \$3.00/person for groups under 20, \$2.00/person for groups over 20

Goose Pond Fish and Wildlife Area

Linton, IN



Goose Pond is one of the premier birding destinations in Indiana. The park is dedicated to providing quality hunting, wildlife viewing, and trapping opportunities while maintaining its 8,064 acres of prairie and marsh habitat.

Trails:

Hiking: Rugged and not handicap accessible. Approx. 30 miles of trails located within the park. Most of these trails are the dikes that separate the wetland units.

Free Parks and Trails

If your favorite park or trail you see if not listed, that's okay! We will accept your entry as long as your picture is clearly marked.

Morgan Monroe State Forest

Martinsville, IN



Morgan-Monroe State Forest encompasses more than 24,000 acres in Morgan and Monroe counties in south central Indiana. The forest land encompasses many steep ridges and valleys, and is forested with some of the state's finest hardwoods.

Charles Deam Wilderness

Bloomington, IN



The Charles C. Deam Wilderness area was designated a wilderness in 1982 and encompasses nearly 13,000 acres of the Hoosier National Forest. It is managed to preserve a natural condition and provide opportunities for solitude. Within the Wilderness are 37.3 miles of trails which are provided for hiking, backpacking, and horse riding.

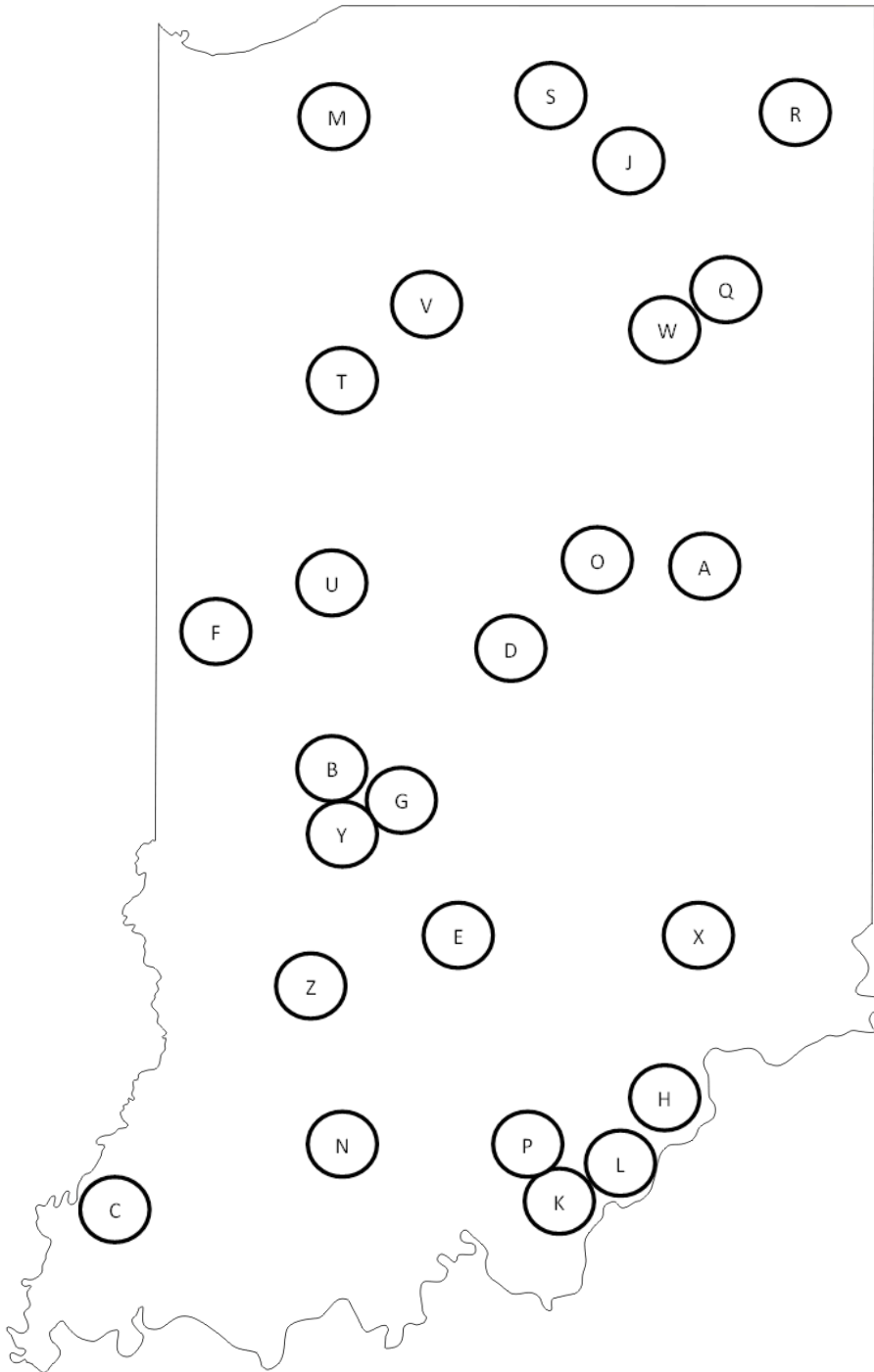
Hoosier National Forest

Bedford, Indiana



The Hoosier National Forest, in the hills of south central Indiana, provides a wide mix of opportunities and resources for people to enjoy. Rolling hills, back-country trails, and rural crossroad communities make this small but beautiful forest a favorite!

State Parks can be found all around the state! Check out our handy map to see what park is nearest you



- A. Summit Lake State Park – New Castle
- B. Shakamak State Park - Jasonville
- C. Harmonie State Park – New Harmony
- D. Fort Harrison State Park – Indianapolis
- E. Spring Mill State Park – Mitchell
- F. Turkey run State Park- Marshall
- G. McCormick’s Creek State Park – Spencer
- H. Clifty Falls State Park – Madison
- I. Brown County State Park –Nashville
- J. Chain O’ Lakes State Park – Albion
- K. Charlestown State Park – Charlestown
- L. Falls of the Ohio State Park – Clarksville
- M. Indiana State Dunes State Park – Chesterton
- N. Lincoln State Park – Lincoln
- O. Mounds State Park – Anderson
- P. O’Bannon Woods State Park- Corydon
- Q. Ouabache State Park – Bluffton
- R. Pokagon State Park – Angola
- S. Potato Creek State Park – North Liberty
- T. Prophetstown State Park – West Lafayette
- U. Shades State Park – Waveland
- V. Tippecanoe River State Park – Winamac
- W. Whitewater Memorial State Park – Liberty
- X. Versailles State Park – Versailles
- Y. Sculpture Trails – Solsberry
- Z. Goose Pond Fish and Wildlife Area – Linton