

SPRING/SUMMER 2023

ENJOY ILLINOIS

THE MIDDLE
OF EVERYTHING

enjoy
illinois





restore + RENEW

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Decompress with mindful walks in the woods,
slow yoga sessions surrounded by gardens
and meditative laps in rooftop pools.



HOOF IT GOAT TREKS, GALENA



nature strolls

Rejuvenate the soul and the soles with these walks in the woods.

Chicago Botanic Garden, Glencoe

With 385 acres of blooming landscape, this is one of the largest public gardens in the world. Walk among wildflowers and native plants while crisscrossing the arching bridges of nine interconnected islands.

Hoof It Goat Treks, Galena

Wander through woods and prairies on a guided trek with friendly bleating goats. The hike takes about 45 minutes to an hour, depending on the goats' energy, which improves with hand-fed treats.

The Morton Arboretum, Lisle

Lose yourself in a winding maze garden lined with fragrant arborvitae hedges. Feel the satisfying crunch of gravel beneath your feet as you meander toward the giant sycamore tree at the center of this 1-acre puzzle in nature.

Midwin National Tallgrass Prairie, Wilmington

Once a U.S. Army arsenal, this restored site boasts 30 miles of hiking trails through the largest tallgrass prairie east of the Mississippi. Bring binoculars to spot a herd of 70-plus bison or hike to the preserve's bison overlook.



BASK IN THE
SERENE SOUND OF
FALLING WATER.

America's favorite small town.
Galena, Illinois.



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