

Glide across miles of trails while experiencing the beauty of nature in winter. Over 24 miles of trails are available on District sites.



Skiing Etiquette

- ❄ Ski in the tracks, unless moving aside for faster skiers.
- ❄ Do not walk in ski tracks.
- ❄ Do not pass on a downhill – wait until the trail is clear.
- ❄ Follow one way arrows on the trails.
- ❄ Remember that skiers going downhill have the right-of-way.
- ❄ Shout “TRACK” if you must pass.
- ❄ If you fall, move off the trail quickly.

Plan Ahead

CHECK the weather before you go.

SIGN IN-OUT at designated trail stops.

STAY SAFE Let someone know your intended routes and when you plan to return home.

DRESS RIGHT Use layers for flexibility. Wear synthetics or wool and weather proof outer shell. Avoid cotton.

SKI-SMART Hydrate and eat nutritious snacks to maintain your energy. Wear sunscreen/lip balm to protect exposed skin.

Clothing Tips

Insulating layers allow for movement and are key to keeping you warm, insuring a good experience while on the trails. Your **first layer should be synthetic** to wick away perspiration from your body; the **midlayer should insulate** such as a sweater, fleece, wool or turtleneck; and the **outer layer serves as a barrier** to wind and water like a jacket, pants, mittens, hat and sunglasses. Regulate your body temperature by adding or removing layers. Keep your feet happy with **comfortable, breathable boots**, and **layer your socks** but don't put on too many — you'll only restrict circulation, making your feet colder. **Gloves** are best for precise ski pole control but **mittens** will allow fingers to share body heat.



Solar lighted trails—located at Hickory Grove Highlands in Cary (1 mi intermediate loop) and Pleasant Valley in Woodstock (0.5 mi beginner loop) are open until 9 p.m., November–March (when Standard time is observed) for hiking or cross-country skiing. Visitors should sign in–out at the trail head.

Candlelight Skis—one will be held in January and one in February on the first Friday and Saturday evening that there is 4" of packed snow. Be placed on the email notification list by sending contact info to MCCD@MCCDistrict.org or check the website for updates or call the Brookdale Administrative office at (815)338-6223.

Sites open Sunrise to Sunset Entrance gates open at 7 a.m.

Early morning parking available at Glacial Park, The Hollows, Marengo Ridge, Pleasant Valley and Winding Creek.



McHenry County
CONSERVATION DISTRICT

18410 U.S. Highway 14
Woodstock, IL 60098

815.338.6223 • MCCDistrict.org




















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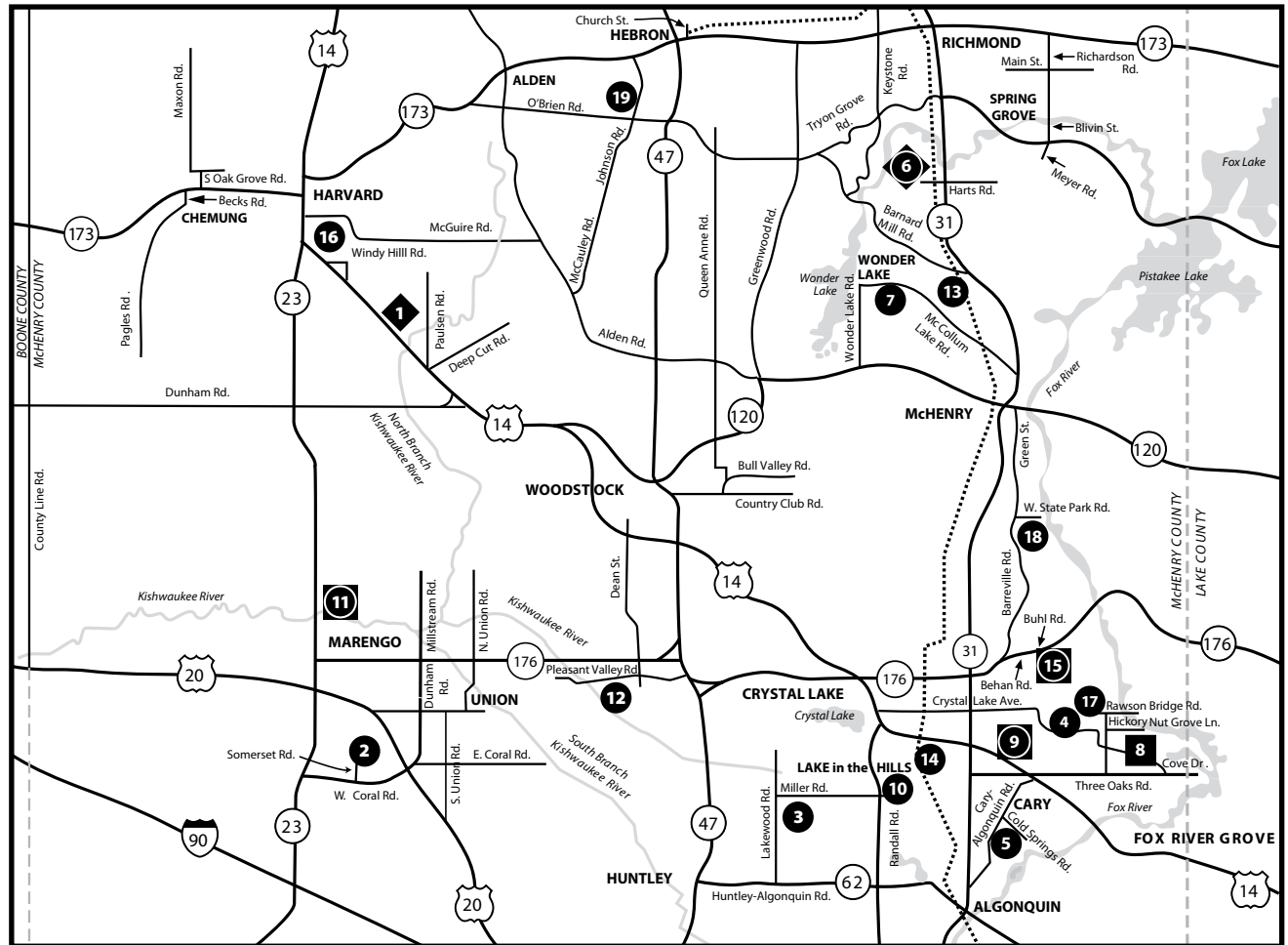
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Cross-Country Ski Trails



**McHenry County
Conservation District**
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KEY/ RATING	*Groomed with 4" of snow	Distance
	Brookdale 18410 US Hwy 14, Woodstock	1 mi.
	Coral Woods 7400 Somerset, Coral	1.5 mi.
	Exner Marsh Lakewood & Miller Rds., Lake in the Hills	1.5 mi.
	Fel Pro RRR 1520 Crystal Lake Rd., Cary	2 mi.
	Fox Bluff Cary-Algonquin & Cold Springs Rd., Cary	.5 mi.
	Glacial Park* 6512 Harts Rd., Ringwood	4 mi. (B) 2 mi. (A)
	Harrison Benwell 7055 McCollum Lake Rd., Wonder Lake	2 mi.
	Hickory Grove Highlands* 500 Hickory Nut Grove Lane, Cary	4.5 mi.
	The Hollows* 3804 US Hwy 14, Cary	1 mi. (B) 1.75 mi. (I)
	Lake in the Hills Fen 1500 Jefferson St., Lake in the Hills	1.5 mi.
	Marengo Ridge* 2411 South Route 23, Marengo	2.2 mi. (B) 2.3 mi. (I)
	Pleasant Valley* 13315 Pleasant Valley Rd., Woodstock	2.7 mi.
	Prairie Trail North From Barnard Mill Rd. south to Rt. 176	10 mi.
	Prairie Trail South From Pyott Rd. south to county line.	4.5 mi.
	Prairieview Education Center* 2112 Behan Rd., Crystal Lake	4 mi.
	Rush Creek* 20501 McGuire Rd., Harvard	3 mi.
	Silver Creek 1200 Block Rawson Bridge Rd., Cary	1.3 mi.
	Stickney Run 3216 West State Park Rd., McHenry	1 mi.
	Winding Creek 8415 Johnson Rd., Hebron	1.7 mi.



Trail Ratings



Beginner

Downhill portions of the trail are short and less than 10% grade. All major obstacles have been cleared.



Intermediate

Downhill grades are as steep as 25%. Turns may be fairly sharp with run-outs provided where needed. Up hill portions may be over 25% grade.



Advanced

Slopes up to 40%, run-outs provided where needed.

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Entrance gates open at 7 a.m.**

**Skiers should sign in-out
at trail head.**