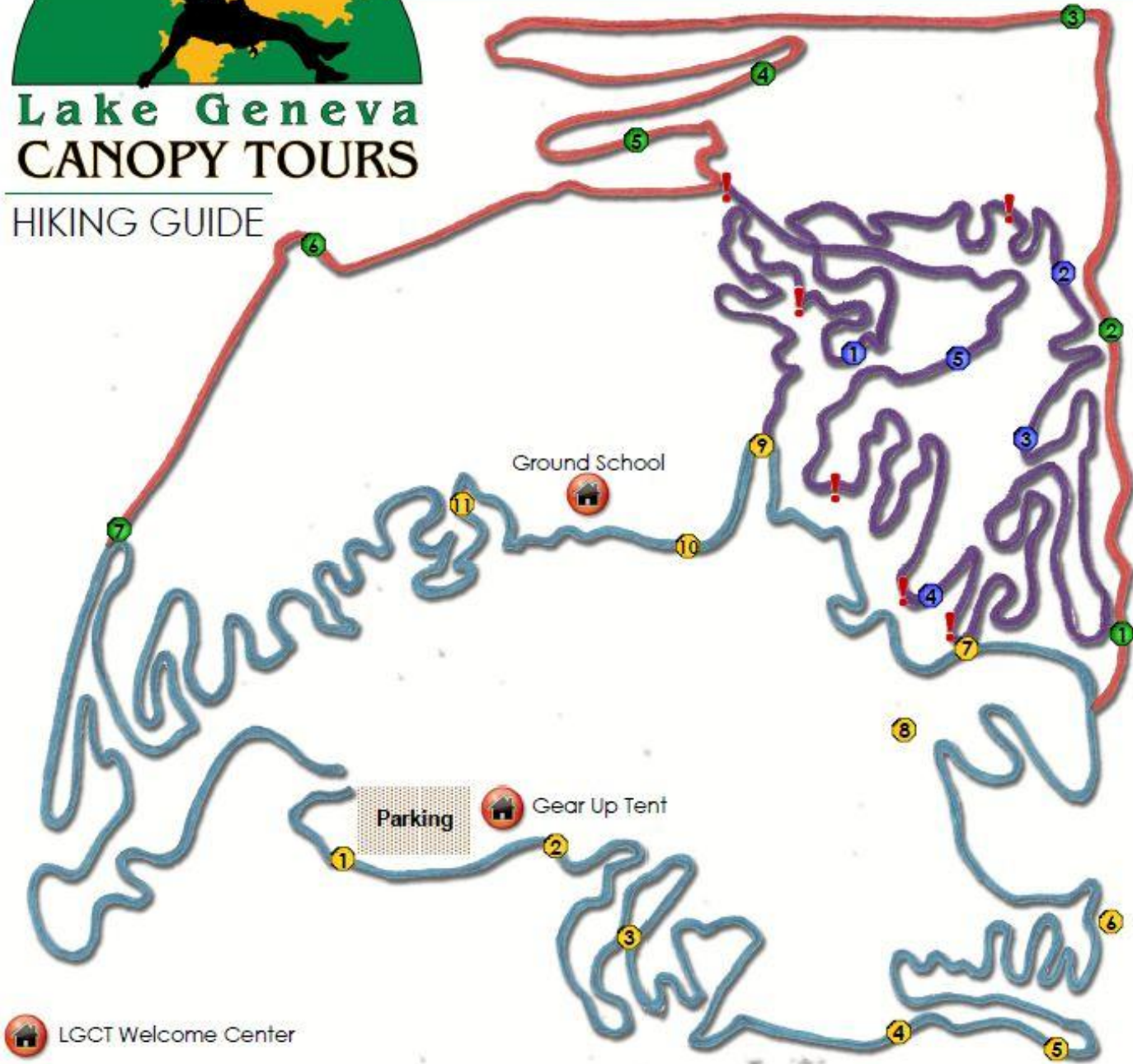




Lake Geneva CANOPY TOURS

HIKING GUIDE

Arbor Trails



Each season the forest at LGCT comes alive with a variety of plants and animals.

Depending upon which season you enjoy a hike with us, keep an eye out for the following:

Spring

- May Apples
- Morels
- Rabbits
- Wild Flowers

Summer

- Blackberries
- Bluebirds
- Wild Flowers

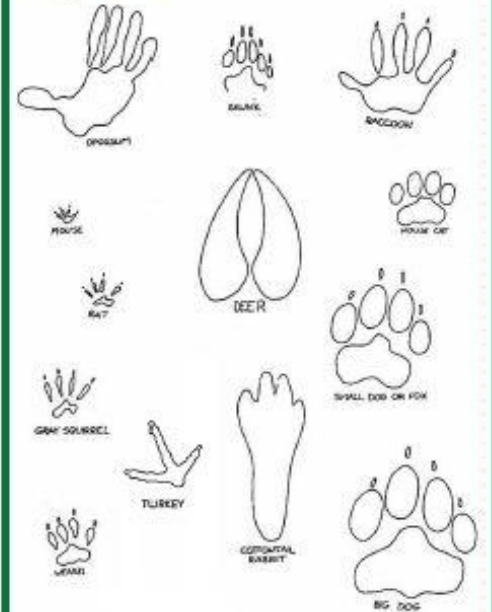
Fall

- Deer
- Colorful Leaves
- Turkeys

Winter

- Hawks
- Deer

See if you can identify these animals by their tracks using the key below:



Beginner Track (3.25 miles*)

- 1 The Arbor Trails were built and are maintained by TreadHead Cycling, a Lake Geneva biking club. Deer on our property use the trails as a sort of highway system through the forest. Keep an eye out for their tracks!
- 2 *Vantage Point:* You should now be able to see one of our SkyBridges, a feature in our zip line canopy tour.
- 3 To help you get your bearings, that is US Highway 12 to the north.
- 4 *Did You Know?* Birch bark was prized by Native Americans for its strong but lightweight and waterproof qualities that made it ideal for building canoes, wigwams, and other household items.
- 5 This section of trail in the grassy meadow is ideal for spotting animal tracks. Keep an eye out for signs of deer, rabbits, and other animals (see Key).
- 6 Used as an illegal dumping ground in recent years, the LGCT staff is in the process of eliminating refuse and returning the forest to a pristine condition.
- 7 *Did You Know?* The soft, white cambium layer of a pine tree is edible in raw slices, dried, or ground up as a stew and soup thickener. The Mohawk word "Adirondack"

*The Beginner Trail includes a portion of the Intermediate Trail at the beginning and end.

Rules of the Trail

- STAY ON the trail at all times. Smoking is not permitted.
- STAY OFF all canopy tour and team building elements. (platforms, towers, bridges, stairways, walls, etc.)
- NO LITTERING! Glass containers are not permitted.
- Leave NO MINORS or PETS UNATTENDED at any time.
- A helmet MUST be worn at all times when on a bike.

Intermediate Track (3.1 Miles)

- 1 *Vantage Point:* When the trees are bare, you can see Lake Como in the distance to the South
- 2 *Vantage Point:* Watch Canopy Tours guests fly down the Dual Racing Zip Line at speeds of up to 45 mph!
- 3 This is our Rescue School that is used by our SkyGuides for training and recertification.
- 4 *Trail Point: Antler Tree.* Is the wind blowing? The dead tree to your left sounds like two bucks locking antlers whenever there's a breeze.
- 5 *Trail Point: Hooch Hollow.* Used as an illegal dumping ground in recent years, LGCT staff now regularly monitors and cleans our 100 acres of land, returning the forest to a healthy habitat.
- 6 *Trail Point: Fox Head Glen.* Turn your map counter clockwise 90° and this bend resembles the head of a fox.
- 7 *Vantage Point:* From here you can see Donkey Kong, a triple level platform that is a part of our canopy tour.
- 8 Just past the Racing Zip launch tower is our Thor Guard, a lightning predictor system. Our SkyGuides are trained to evacuate the course within minutes of its warning.
- 9 *Vantage Point:* Our 240-foot SkyBridge is the longest of its type in the lower 48 states.
10. *Vantage Point:* Step out of the trees for a clear view of Lake Como. To your left is a birdhouse that's a part of our Bluebird Restoration Project.
11. Throughout the next section of trail you will come across the elements of our Team Building course—developed for school, community, and corporate groups.

Expert Track (1.85 Miles)

CAUTION: The Expert-level trail is for experienced, fit, and properly attired hikers. If you still think you would like to give it a try, the ! symbol on the map denotes "Bail" points where you can leave the trail and take the beginner, intermediate, or ranger trails back to more friendly ground.

- 1 *Vantage Point:* This glade is home to The Beast, the longest and fastest zip line on our canopy tour course. This is also a great area to stop and see wildlife—squirrels, rabbits, butterflies, birds and more!
- 2 *Trail Point: Crossroads.* Above you is one of the 5 SkyBridges on our canopy tour. The expert-level trail continues straight ahead, or you can bail to the beginner track running parallel on your left or the intersecting ranger trails will take you to the intermediate trail.
- 3 *Vantage Point:* The platform you see is supported by a tree we call No Name, because it's the only tree on our canopy tour course that, you've guessed it, has no name.
- 4 *Vantage Point:* The set of platforms and spiral stairways you see is called Donkey Kong for its resemblance to the Nintendo video game.
- 5 *Did You Know?* This glade is an unreclaimed gravel pit, as you can see by the dangerous, steep vertical walls. Our Dual Racing Zip Line is built over a reclaimed gravel pit where those steep walls were graded and seeded for safety, and left in a natural state as a wildlife habitat.

What to Bring On Your Hike

Our single track, dirt trails require hiking boots or trail shoes. You can get by with tennis shoes on the beginner and intermediate tracks. Sandals are not recommended. Pack out what you pack in. You may also want to bring:

- Water—there is no water on the trails. Please do not litter.
- Bug Repellant
- Sunscreen
- Cell Phone
- EpiPen