

Indiana Dunes National Park, Indiana, USA

The Miller Woods Paul H. Douglas Trail: A Visitor's Guide

Susan Kirt
Valparaiso University

Photos: Susan Kirt (susan@susankirtphotography.com) and Peter Grube.



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Indiana Dunes National Park: Miller Woods

Paul H. Douglas Center for Environmental Education
100 North Lake Street, Gary, IN 46403
(219) 395-1882

Things to Do & Amenities

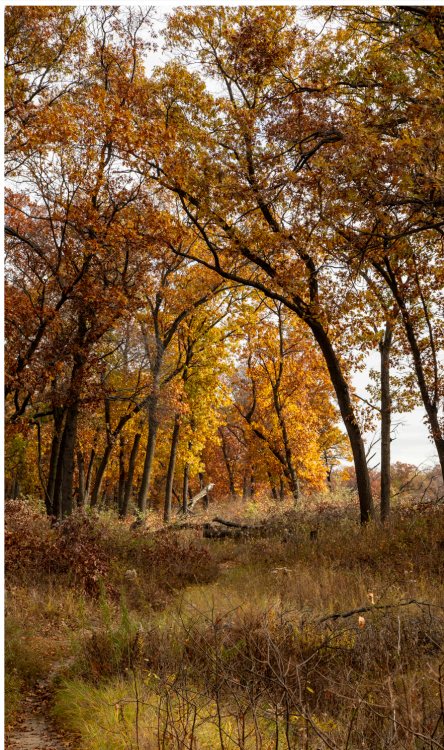
Paul H. Douglas Trail	Pollinator Trail
Hiking & Walking	Snowshoeing
Birding Hotspot	Nature Preserve
Wheelchair-accessible	Year-round Ranger Programs

To ensure that everyone has the chance to discover the beauty of this globally rare dune and swale habitat, please stay on established trails and leave the plants and flowers where you discovered them.

For a list of programs, maps, and visitor information, please download the NPS app or scan the QR code.



1 Blue Lupine (*Lupinus perennis*) and Black Oak (*Quercus velutina*)



2 Black Oak Savanna (*Quercus velutina*)

Explore the biodiverse 1000-acre Miller Woods in all seasons as you traverse the trails through globally rare dune and swale landscape, black oak savannas, sand dunes, the Calumet Lagoon and Lake Michigan. With hands-on exhibits, native ambassador animals and ranger-led programs at the Paul H. Douglas Center, as well as a nature play area, there is something for everyone.

This guide takes you through the seasons at Miller Woods, pausing to explore some of the plants, fungi and animals that make this preserve unique. Please remember to stay on the trails to protect this unique and fragile ecosystem.



3 Blazing Star (*Liatris aspera*)



4 Ranger-led Programs

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Spring in the Dunes Miller Woods burst into color in the spring. The Paul H. Douglas trail is one of the best places in the Indiana Dunes National Park to see a carpet of spring wildflowers. Walk through an ever-changing landscape of hundreds of flowering plants, butterflies and birds as you enjoy one of the shorter loop trails or the three-mile round-trip hike to Lake Michigan.



5 Trail through Lupine (*Lupinus perennis*) and Puccoon (*Lithospermum canescens*)



6 Red-winged Blackbird (*Agelaius phoeniceus*)



7 Wild Sarsaparilla
Aralia nudicaulis
ARALIACEAE



8 Downy Parlin's Pussytoes
Antennaria parlinii
ASTERACEAE



9 Flower Dwarf Dandelion
Krigia biflora
ASTERACEAE



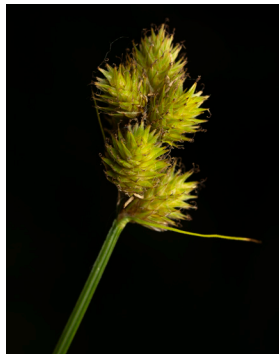
10 Hairy Puccoon
Lithospermum canescens
BORAGINACEAE



11 Sand Cress
Arabidopsis lyrata
BRASSICACEAE



12 Spiderwort
Tradescantia ohiensis
COMMELINACEAE



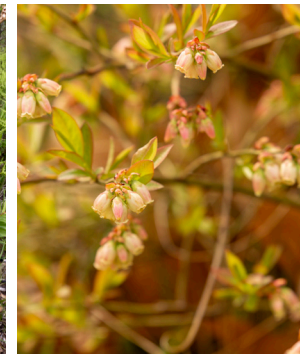
13 Crested Sedge
Carex cristatella
CYPERACEAE



14 Pennsylvania Sedge
Carex pennsylvanica
CYPERACEAE



15 Common Bracken Fern
Pteridium aquilinum
DENNSTAEDTIACEAE



16 Lowbush Blueberry
Vaccinium angustifolium
ERICACEAE

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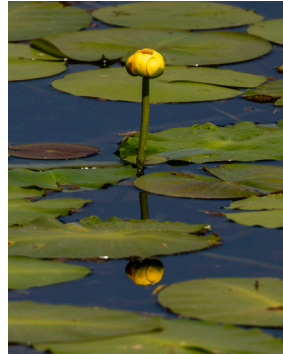
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17 **Black Oak**
Quercus velutina
FAGACEAE



18 **Sassafras**
Sassafras albidum
LAURACEAE



19 **Yellow Pond-Lily**
Nuphar variegata
NYMPHAEACEAE



20 **Wood Betony**
Pedicularis canadensis
OROBANCHACEAE



21 **Eastern Speckled Shield Lichen**
Punctelia bolliana
PARMELIACEAE



22 **Wild Columbine**
Aquilegia canadensis
RANUNCULACEAE



23 **Virginia Strawberry**
Fragaria virginiana
ROSACEAE



24 **Willow**
Salix sp.
SALICACEAE



25 **Eastern Comandra**
Comandra umbellata
SANTALACEAE



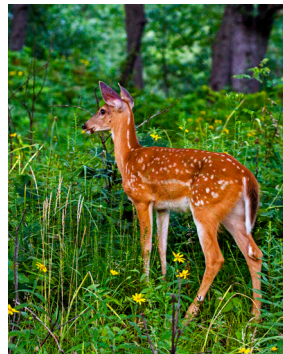
26 **Bird's Foot Violet**
Viola pedata
VIOLACEAE



27 **Fowles Toad**
Anaxyrus fowleri
BUFONIDAE



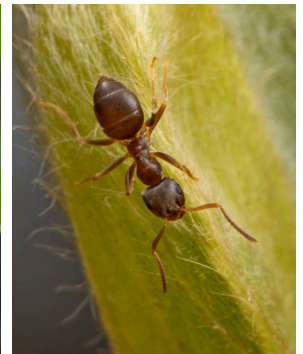
28 **Scarlet Tanager**
Piranga olivacea
CARDINALIDAE
© Peter Grube



29 **White-Tailed Deer**
Odocoileus virginianus
CERVIDAE



30 **Slender Bluet**
Enallagma traviatum
COENAGRIONIDAE



31 **Woodland Fuzzy Ant**
Lasius americanus
FORMICIDAE

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Summer in the Dunes is an ideal time to go for a hike and enjoy the cooler weather by Lake Michigan. Walk through an ever-changing landscape of hundreds of flowering plants, butterflies and birds as you enjoy one of the shorter loop trails or enjoy the three-mile round-trip hike to Lake Michigan.



32

Summer Guided Hike



34

Trail and Lagoon



35 **Broadleaf Arrowhead**
Sagittaria latifolia
ALISMATACEAE



36 **Butterfly Milkweed**
Asclepias tuberosa
APOCYNACEAE



37 **Clasping Milkweed**
Asclepias amplexicaulis
APOCYNACEAE



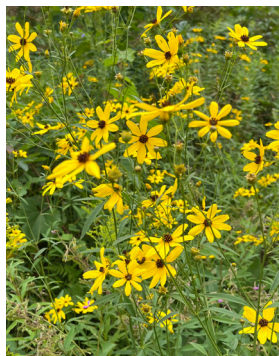
38 **Rough Blazing Star**
Liatris aspera
ASTERACEAE



39 **Spotted Joe Pye Weed**
Eutrochium maculatum
ASTERACEAE



40 **Swamp Thistle**
Cirsium muticum
ASTERACEAE



41 **Tall Coreopsis**
Coreopsis tripteris
ASTERACEAE



42 **Prickly Pear Cactus**
Opuntia cespitosa
CACTACEAE



43 **Woolgrass**
Scirpus cyperinus
CYPERACEAE



44 **Flowering Spurge**
Euphorbia corollata
EUPHORBIACEAE

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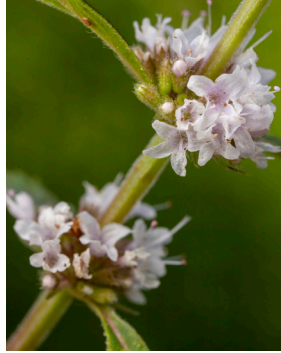
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45 **Round-Headed Bush Clover**
Lespedeza capitata
FABACEAE



46 **Rose Gentian**
Sabatia angularis
GENTIANACEAE



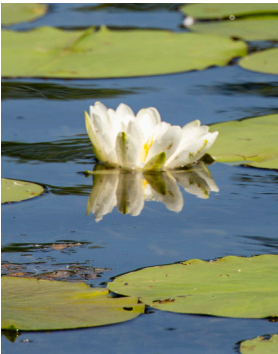
47 **American Bugleweed**
Lycopus americanus
LAMIACEAE



48 **Chicken of the Woods**
Laetiporus sulphureus
LAETIPORACEAE



49 **Spotted Beebalm**
Monarda punctata
LAMIACEAE



50 **White Water Lily**
Nymphaea odorata
NYPHAEACEAE



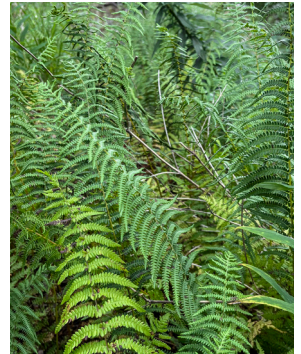
51 **Fern-leaved False Foxglove**
Aureolaria pedicularia
OROBANCHACEAE



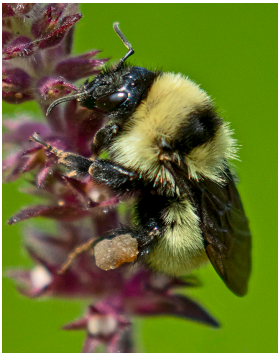
52 **New Jersey Tea**
Ceanothus americanus
RHAMNACEAE



53 **Carolina Rose**
Rosa carolina
ROSACEAE



54 **Marsh Fern**
Thelypteris palustris
THELYPTERIDACEAE



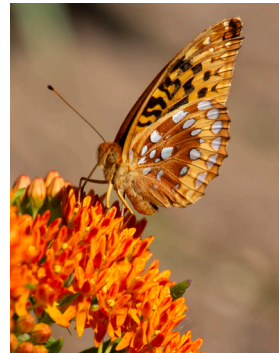
55 **Golden Northern Bumble Bee**
Bombus fervidus
APIDAE



56 **Baltimore Oriole**
Icterus galbula
ICTERIDAE
© Peter Grube



57 **Common Eastern Firefly**
Photinus pyralis
LAMPYRIDAE



58 **Great Spangled Fritillary**
Argynnis cybele
NYMPHALIDAE



59 **Peppered Jumping Spider**
Pelegrina galathea
SALTICIDAE

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Late Summer to Fall in the Dunes

With an abundance of late-flowering plants, you are sure to still find plenty of colors and pollinators utilizing this rare habitat. As fall progresses, the temperatures cool and the black oak leaves will turn red, making this a great time to hit the trails.



60 Dunes, swales and black oak savanna surrounding the Douglas Visitor Center



61 Fall Trail through black oaks



62 **Shining Sumac**
Rhus copallinum
ANACARDIACEAE



63 **Flat-Topped White Aster**
Doellingeria umbellata
ASTERACEAE



64 **Flax-Leaved Aster**
Ionactis linariifolia
ASTERACEAE



65 **White Lettuce**
Prenanthes alba
ASTERACEAE



66 **Tall Goldenrod**
Solidago altissima
ASTERACEAE



67 **Blue Stemmed Goldenrod**
Solidago caesia
ASTERACEAE



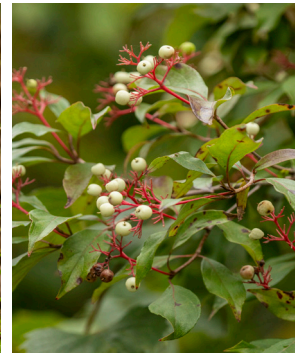
68 **Missouri Ironweed**
Vernonia missurica
ASTERACEAE



69 **Sky Blue Aster**
Symphotrichum oolentangiense
ASTERACEAE



70 **Great Blue Lobelia**
Lobelia siphilitica
CAMPANULACEAE



71 **Grey Dogwood**
Cornus racemosa
CORNACEAE

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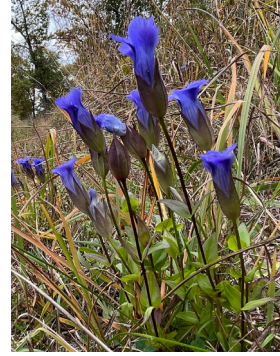
72 American Hog Peanut
Amphicarpaea bracteata
FABACEAE



73 Sessileleaf Ticktrefoil
Desmodium sessilifolium
FABACEAE



74 Bottle Gentian
Gentiana andrewsii
GENTIANACEAE



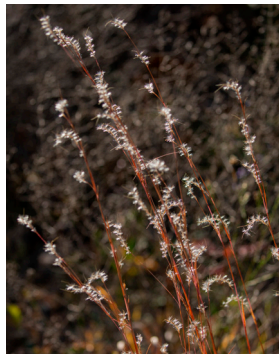
75 Fringed Gentian
Gentianopsis crinita
GENTIANACEAE



76 Curtis's Puffball
Lycoperdon curtisii
LYCOPERDACEAE



77 Purple False Foxglove
Agalinis purpurea
OROBANCHACEAE



78 Little Bluestem
Schizachyrium scoparium
POACEAE



79 Indian Grass
Sorghastrum nutans
POACEAE



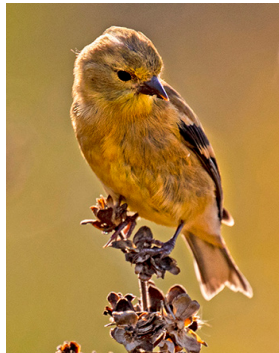
80 Buttonbush
Cephalanthus occidentalis
RUBIACEAE



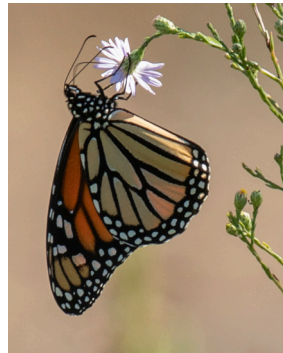
81 Blue Vervain
Verbena hastata
VERBENACEAE



82 Sand Wasp
Bicyrtes sp.
BEMBICIDAE



83 American Goldfinch
Spinus tristis
FRINGILLIDAE



84 Monarch
Danaus plexippus
NYMPHALIDAE



85 Common Thread-waisted Wasp
Ammophila procera
SPHECIDAE



86 Six-lined Racerunner
Aspidoscelis sexlineatus
TEIIDAE

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Winter in the Dunes

A great time to hit the trails at Indiana Dunes National Park is in winter. The Paul H. Douglas Center offers cross-country ski and snowshoe rentals, and hosts family-friendly guided hikes. Visiting now is a great way to see the dune and swale topography.



87 Snowy Swale. These flat wetlands formed between dune ridges as Lake Michigan



88 Winter Ranger-led Hike



89 Snowshoeing through Miller Woods



90 Beaver Mound
Castor canadensis
CASTORIDAE



91 Orange Hobnail Canker
Amphilogia gyrosa
CRYPTHONECTRIACEAE



92 A view of the Miller Woods Trail



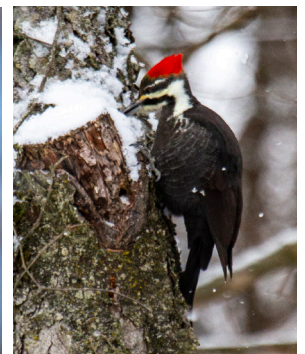
93 The Paul H. Douglas Environmental Education Center



94 Turkey Tail
Trametes versicolor
POLYPORACEAE



95 Brown Creeper
Certhia americana
CERTHIIDAE



96 Pileated Woodpecker
Dryocopus pileatus
PICIDAE

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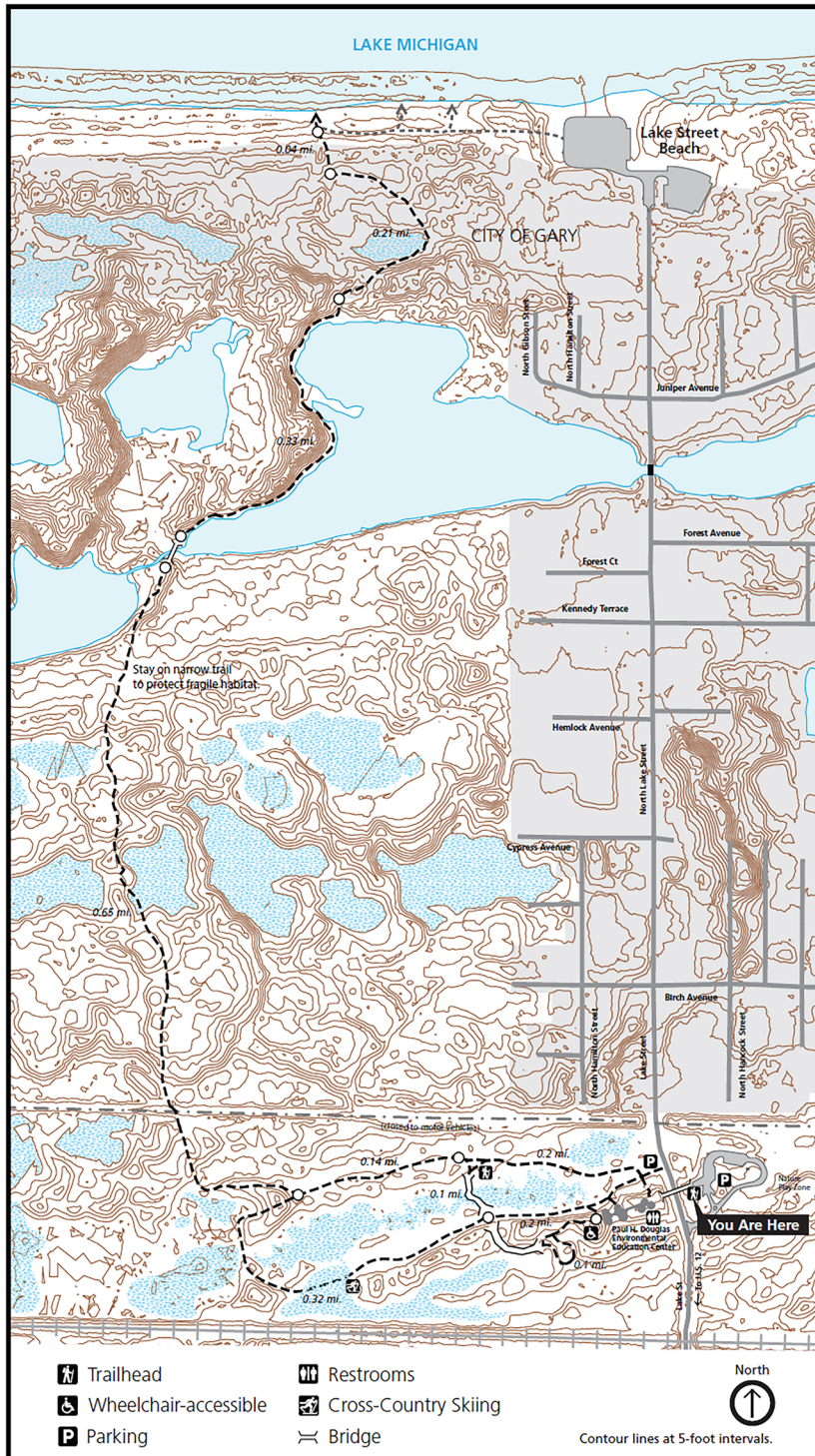
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Paul H. Douglas Trail Map at Miller Woods



98 Expert-led Hikes to Learn About Local Plants



99 Summer Azure Butterfly (*Celastrina neglecta*)



100

Family-friendly Activities