



# **A 1000-Mile Walk on the Beach - One Woman's Trek of the Perimeter of Lake Michigan**

*Loreen Niewenhuis*

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In 2009, Loreen Niewenhuis walked completely around Lake Michigan. This book chronicles that journey, a 1,000-mile walk around the world's fifth-largest lake. The book explores both the geology of the lake and the measure of a person--a woman, married, mother of two sons (who joined her for portions of the walk). But most of the walk was done solo, an adventure in discovery of self and place.

Niewenhuis conveys a sense of the magnitude of the lake she loves, a place so elemental to the four Midwestern states that form its shores.

From a ground-level perspective, the book explores the natural and human history of Lake Michigan . . . and raises important questions about preserving our wild places and protecting fragile ecosystems on which we all depend.

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