GET OUT
GET ACTIVE

SOUTH BEND
MISHAWAKA
NEW CARLISLE
GRANGER
NOTRE DAME
HIKE

**WALK QUIETLY**
to catch glimpses of deer and foxes and hear woodpeckers and warblers living amid the woods blanketing Rum Village Park. At the nature center, a wildlife feeding station, bird-watching window and exhibits introduce what you’ll see on the 3 miles of trails covering these 160 rolling acres.

At Potato Creek State Park, 10 miles of paved trails pass through a variety of habitats, including fields, mature woodlands, and restored prairies and wetlands. Trails range from an easy half-mile loop through wetlands and woods to the rugged 2 miles through woods to the top of Steamboat Hill for views of Worster Lake. At five St. Joseph County Parks, trails draw visitors through woods to wetlands and waterways. The largest, St. Patrick’s County Park, is known for its 11 half-mile loops past sights like an osprey nesting pole, eagle nests and a 1918 cabin. Paths traverse oak forests, pastures and river ridges. Take a plant identification book to Spicer Lake Nature Preserve, which protects 232 species, including the native baneberry, agrimony, hog peanut, beggar ticks, willow herb and bedstraw, to name a few. To see rare and endangered plants, head to Chamberlain Lake Nature Preserve. Its wetland supports unusual species like warty panic grass, pipewort and black-fruited spikerush. Another unique feature in one of the parks is the section of trees planted in 1938 to spell out Studebaker in honor of the former owners of the land that is now Bendix Woods County Park.

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**BIRD-WATCHING AND BREAKFAST**

**ST. JOSEPH COUNTY PARKS**

An observation platform at the west side of the lake in the Chamberlain Lake Nature Preserve provides an excellent vantage point for bird-watching during early-spring waterfowl migration. Sandhill cranes often nest here. Gravel paths lead through Beverly D. Crone Restoration Area’s 111 acres of restored grasslands supporting species like the elusive Henslow’s sparrow, dickcissel, Eastern meadowlark and bobolink. The wetlands and woodlands of Spicer Lake Nature Preserve come alive in spring and fall when flocks of songbirds arrive.

**MAY BIRD COUNT AND GLOBAL BIG DAY MAY 14**

Whether at your birdfeeder or deep in the woods, tally and report any species seen as part of this annual effort to document bird populations.

**PANCAKE BREAKFAST MAY 30, JULY 4**

Bring your own silverware and dig into a stack of all-you-can-eat pancakes dripping with maple syrup at this popular al fresco fund-raiser at the South Bend-Elkhart Audubon Society wildlife sanctuary in Mishawaka. Proceeds help the society maintain its 30-plus acres of wildlife sanctuary, covered in forest and grassy areas dotted with ponds.
sharp turn east gave South Bend its name, and two canals (raceways) drove the town’s industrial growth. Thirty-some years ago, the abandoned **East Race Waterway** was converted to the nation’s first whitewater rafting course. On summer weekends, waves of white toss rafters (rent one) and kayakers (BYO) paddling Class II rapids in the middle of downtown. Another urban route links **Keller Park** and **St. Patrick’s County Park** (canoe and kayak rentals available there). Canoeing or kayaking the 4.5 miles between the two landings takes roughly 1.5 hours. Put in at Keller Park opposite the University of Notre Dame, then paddle past neighborhoods, wetlands and parks. **Potato Creek State Park** surrounds Worster Lake, which means views from the water consist of thick stands of woods and the occasional beach where families play. The park rents kayaks, canoes, rowboats and pedal boats. Put your boat in on Baugo Bay to follow a creek past islands near **Ferrettie/Baugo Creek County Park**.

**THE ST. JOSEPH RIVER’S**

PADDLE

The St. Joseph River slices through South Bend.

**MARK YOUR CALENDAR**

**PADDLEFEST / JUNE 26**

If your paddling skills aren’t up to canoeing or kayaking the 8-mile half-marathon, 16-mile marathon or the duathlon (3-mile run, 2-mile paddle), there’s a 2-mile fun race.

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Cafes to stop at or roots to jump. South Bend has a bike trail for you. The 5-mile Riverwalk connects South Bend and Mishawaka downtowns via a loop along both banks of the St. Joseph River, over Kamm Island and past manicured parks. Anchored by points near the University of Notre Dame and Indiana University South Bend, the 3.5-mile East Bank Trail draws cyclists past downtown’s cafes and shops to riverside parks. Slow down on the gravel path winding through the Beverly D. Crone Restoration Area grasslands to see the range of bird species nesting there, including Henslow’s sparrows, dickcissels and boblinks. Potato Creek State Park’s 3.3-mile paved trail travels through forest, past restored prairie with native plants and along Potato Creek, so named for the wetland plants with potatolike roots. Move to wooded hills for a fast-flowing 6.6-mile loop of singletrack that’s great for mountain biking beginners. The hills become steeper and longer as you pedal from the 1-mile-long beginner section of the Northern Indiana Mountain Bike Association’s trail at Rum Village Park to the 2-mile intermediate section and 3-mile advanced section. What started as a training ground for former BMX pro Brett Banasiewicz and his friends, The Kitchen BMX Skatepark has become the fifth-largest BMX park in the world. The warehouse haven caters to anyone who wants to take on rails, half-pipes and ramps for flip tricks. Outdoor obstacles like steps, rails, bowls and more challenge bikers at the 13,000-square-foot O’Brien Skate Park.

FOR FOREST TRAIL OR CITY GREENBELT.

MARK YOUR CALENDAR

EVENTS ON WHEELS

MAYORS’ RIDE / MAY 22
South Bend Mayor Pete Buttigieg and Mishawaka Mayor Dave Woodwill lead this free ride through both towns to increase trail and safety awareness ($10 donation recommended).

LUCAS OIL PRO MOTOCROSS CHAMPIONSHIP / JULY 1–3
In Buchanan (19 miles north of South Bend), join the crowd watching amateurs and pros catch air on the motorcross race circuit’s biggest jump. Fireworks end Friday and Saturday night races with a colorful bang.

URBAN ADVENTURE GAMES / JULY 30
Teams of two run, bike, swim and … (the rest is secret) to conquer checkpoints during a scavenger hunt through South Bend, Mishawaka and the Notre Dame area.
RUN

SIGHTS ALONG THESE TRAILS

are distracting enough that you will be tempted to forget pace and stop for the views. A 5-mile loop known as the Riverwalk follows the St. Joseph River, which slips past Battell, Beutter and Central parks. At the western end of the loop, Kate’s Garden blooms with thousands of perennials and annuals. At the east end, the river makes a statement as it rushes over a dam. In between, bridges cross to shady Kamm Island. Linking the University of Notre Dame and Indiana University South Bend, the 3.5-mile East Bank Trail crosses bridges above the river and East Race Waterway, goes through Viewing and Howard parks, and passes the bungalow and Craftsman-style homes of Harters Heights. On the University of Notre Dame campus, routes range from a half-mile lap around the stadium to 3.8 miles around the edge of campus, passing a nine-hole golf course and farm fields. For classic views, try the 1.3-mile loop from the main building past the quad and up Notre Dame Avenue or the 2 miles of trails around St. Mary’s and St. Joseph’s lakes, where the Golden Dome and the Basilica of the Sacred Heart’s Gothic Revival-style spire tower above the trees.

MARK YOUR CALENDAR

SUNBURST RACES
JUNE 4
A family-friendly walk Friday night kicks off the 33rd annual event in downtown South Bend. Saturday’s 5K, 10K, and half and full marathons draw 10,000-some people.

SUMMERFEST 5K
JUNE 25
After 32 years, the 5K route is changing to take a crowd of 250 to 300 runners along the St. Joseph River through Merrifield Park in Mishawaka.

LOGAN’S RUN
AUGUST 6
Logan Center clients (people with disabilities) and family start the race day with a 1-mile fun walk through the University of Notre Dame campus. The pack follows to complete a 10K or 5K run/walk to raise funds for Logan Center. A family fun fest and pancake breakfast follow.

RUNNING WILD
AUGUST 20
This 5K through St. Patrick’s County Park lives up its name by sending runners across fields, grass and gravel. A 3K Wacky Scavenger Hunt Walk takes a similar route but on flat surfaces. Proceeds benefit the park department.

ST. JOE RIVER RACES
SEPTEMBER 24
It’s a wet sprint when paddlers race from Veterans’ Memorial Park in the 13th annual St. Joe River biathlon (5K run and 3-mile paddle) or the 3- or 7.2-mile paddle races for canoes or kayaks.
and your Fitbit, right? Because racking up the steps is a great way to see the city. Then and Now: A Downtown South Bend Architectural Walking Tour covers the city’s origins as a trading post on up to its current role as a center of learning and industry. The 1-mile loop incorporates two dozen landmarks, including a fully restored 1921 theater. Learn about the University of Notre Dame’s rich religious history on 2-mile walking tours starting from the Eck Visitors Center. After watching a video introducing the history of the campus, you’ll go see highlights such as the Golden Dome, Basilica of the Sacred Heart, “Touchdown Jesus” and the Grotto of our Lady of Lourdes. Shiojiri Niwa Japanese Gardens honors Mishawaka’s sister-city relationship with Shiojiri City, Japan. Views from the teahouse take in the 1.3 acres of traditional Japanese design, featuring bridges, rock gardens and 20 types of plants. Fifteen miles west of South Bend, head to New Carlisle’s Michigan Street. Along this main drag, you’ll find ethnic restaurants and charming stores like The Village Shoppes, filled with gifts and home furnishings.

**MARK YOUR CALENDAR**

**SHOPPING & CULTURE**

**LEEPER PARK ART FAIR / JUNE 18–19**
More than 120 artists from across the country show and sell their pottery, sculpture, watercolors, jewelry and more. Walk the shady paths between the booths, check out ethnic eats, and groove to DJ music.

**NEW CARLISLE HOMETOWN DAYS / JULY 29–31**
A parade, car and bike shows, Wiffle Ball championship, fireworks and bounce houses add up to fun for the whole family at Memorial Park. Grown-ups can listen to Elvis impersonators; kids can launch water balloons at the popular Water Wars attraction.

**ART BEAT / AUGUST 20**
In downtown South Bend, watch painters splash color on a canvas, hear the beat of African drumming, taste dishes from area chefs, and design a masterpiece at a community art-project booth. There are more than 200 booths at this family-friendly event.
RAINY DAY FUN

Interactive exhibits at Healthworks! Kids’ Museum teach kids about healthy eating and exercising. Play the jumbo Operation game, and piece together a skeleton X-ray film puzzle. Tropical plants like rubber trees and bird of paradise bloom next door to desert plants like cacti and a monkey puzzle in three conservatories at Potawatomi Park. Buy a day pass and gain access to a basketball court and an indoor water park (with a lazy river and aquatics center) at The Salvation Army Ray and Joan Kroc Corps Community Center. It’s easy to work up a sweat bouncing and jumping across wall-to-wall trampolines at Sky Zone Trampoline Park in Mishawaka. A pit filled with 10,000 foam cubes cushions landings.

FAIR-WEATHER FUN

SOUTH BEND CUBS
MAY 24–30; JUNE 3–5, 7–9, 16–19, 27–30; JULY 1–3, 8–11, 20–25; AUGUST 3–9, 22–29; SEPTEMBER 3–5
Root for this Chicago Cubs minor-league affiliate at renovated Four Winds Field, with a playground and splash fountains. Grab a mac and cheese dog or some chili cheese nachos for dinner, and stay for the fireworks show after the final inning of Friday night games.

YOGA ON THE GREEN
JUNE THROUGH AUGUST
The Yoga Association of Michiana leads drop-in classes at 6 p.m. Mondays, Wednesdays and Fridays at Howard Park.

OUTDOOR FITNESS SERIES SATURDAYS JUNE 13 THROUGH AUGUST 29
Sweat in the sun as pros guide classes in yoga (8 a.m.), Zumba (9 a.m.) and Fit Camp/Boot Camp (10 a.m.) at Gridiron.

KIDS’ TRIATHLON
JULY 9
Tykes, tweens and teens compete in a 25- or 50-yard swim, 1.3-mile bike and half-mile run at Potawatomi Park.

URBAN ADVENTURE GAMES JULY 30
Teams of two run, bike, swim and... (the rest is secret) to conquer checkpoints during a scavenger hunt through South Bend, Mishawaka and the Notre Dame area.

NO PRESSURE,
but there will probably be spectators as you make your moves toward checkmate in Studebaker Plaza.

After all, you’re hefting a knee-high knight across a chessboard built into the pavement. Making movements along the St. Joseph River between sunset and sunrise triggers LED lights to change colors at South Bend River Lights. Flying discs clang into metal baskets at Ferrettie/Baugo Creek County Park disc golf course and at Rum Village Park’s 18-hole course. Brought your clubs? Hit one of these golf courses. South Bend’s Blackthorn Golf Club course accommodates all abilities with four sets of tees at each of the 18 holes. Juday Creek Golf Course in Granger lives up to its name: There are creeks or ponds at 13 of the holes. On the University of Notre Dame campus, views from Warren Golf Course include the Basilica of the Sacred Heart spire. You’ll have to use technology to find the treasures hidden when geocaching on campus, in St. Joseph County Parks and at Potato Creek State Park. If exploring high and low appeals, navigate between 60 platforms in the trees while conquering rope ladders, ziplines and more at the Aerial Adventure Course (opening summer 2016) at Rum Village Park. At Potawatomi Zoo, trees shade the oldest zoo in the state—home to 400 animals—near a new splash pad. Kids also splash in 25 jets of the illuminated fountain in Central Park on Mishawaka’s Riverwalk.
**EAT**

**Barnaby’s** 713 E. Jefferson Blvd., South Bend
This spot lives up to its billing as being a family inn. After all, the owner is following in the footsteps of his father, who started Barnaby’s in 1969. The menu follows suit with family-friendly meals of pizzas that pair with a dozen or so beers and wine.

**Cafe Navarre** 101 N. Michigan St., South Bend
Arugula, parsnips, thumbelina carrots... the list of sides reads like a farmer’s harvest. They pair with dishes of fresh fish, roast chicken and fritter mignon.

**Fiddler’s Hearth Public House** 127 N. Main St., South Bend
The casual Celtic-style eatery serves traditional Irish fare like fish and chips and bangers and mash. But local, sustainable ingredients make up bangers and mash. The college mainstays of nacho and wing appetizers satisfy guests, but if you’re looking for healthier fare, look down the menu for a solid selection of good-for-you choices like grilled fish, chicken, veggies and five kinds of salad.

**Moser’s Austrian Cafe** 201 E. Michigan St., New Carlisle
Old-country recipes include 13 kinds of schnitzel (a fillet pounded flat, breaded, and fried or sauteed) with sides of spaetzle (tiny dumplings), vinegary purple cabbage and rye bread.

**Rocco’s** 537 N. St. Louis Blvd., South Bend
The family-owned place has made guests feel like part of the family since it opened in 1951. Choose from spaghetti, gnocchi, ravioli and pasta dishes like favorite linguini ala tonno (tuna and mushrooms in an olive oil sauce).

**Sorin’s** 1399 N. Notre Dame Ave., Notre Dame
A university restaurant might not be the first consideration when seeking pampering. But here in the Morris Inn, French-inspired furnishings and hand-painted murals underscore fine dining on dishes such as the popular Dover sole meuniere.

**Tippecanoe Place Restaurant** 620 W. Washington St., South Bend
On mansion row, the massive stone building (40 rooms and 20 fireplaces) was the Studebaker family home in the 1880s. Now you can bask in the elegance of exposed wooden ceilings and crystal chandeliers as you dine on meals featuring local ingredients like Indiana duck and corn-fed Midwestern beef.

**Tippecanoe Place Restaurant** 620 W. Washington St., South Bend
With high-back chairs and black tablecloths awash in a blue glow, this restaurant exudes sophistication. Order standards like teriyaki chicken or pad Thai, or branch out and try something new like teppanyaki eggplant or the Mango Madness sushi roll.

**Zing Japanese Fusion** 206 N. Main St., Mishawaka
Orchids and rose-carved radishes reflect the attention to detail given to creating plates of sushi, sashimi and dim sum (steamed or fried dumplings). Enthusiastic staff guide patrons to choices like Angel Hair, named for strands of crabmeat with masago (fish eggs) on top.
Meet Me on the Island!
June 3, July 1, August 5
Come for an evening of art and live music at South Bend Museum of Art, on the shore of the St. Joseph River.

Greek Fest
June 10–12
Traditional music, dancing and food—such as lamb, gyros, baklava and fried honey puffs—immerse visitors in Greek culture at the St. Andrew Greek Orthodox Church in South Bend.

Mishawaka Summerfest
June 24–25
After the 5K, fuel up on fluffy pancakes then watch magic shows, look at classic cars and groove to dance demos at Merrifield Park.

World Pulse Music Festival
July 15–16
Six contemporary bands perform during one of the biggest Christian music festivals in the Midwest. It’s free, but tickets are required; get yours at Pulse FM events or the website.

Kamm Island Fest
July 20
Check out the vintage cars, gleaming motorcycles and art show with a soundtrack of live bands. Mishawaka restaurants sell tastes at this adults-only event.

Mary Poppins
July 22–23, 29–30
Follow along as the Banks family learns a lesson or two from a magical nanny. Bring a blanket or lawn chairs to this Broadway musical presented by the South Bend Civic Theatre at The Robert J. Fischgrund Center for the Performing Arts in South Bend.

Michiana Renaissance Festival
August 27–28
Lords and ladies in medieval garb dance, knights joust, and troubadours perform in the English Renaissance area at Kamm Island Park. Three other reenactment spaces bring to life pirates, Vikings and colorful fairy-tale characters.

CONCERTS IN THE PARK
Spread a blanket or open a lawn chair for any of these family-friendly concerts by local musicians:

- Seitz and Sounds
  7–10 p.m. Thursdays at Seitz Park.
- Summer Concert Series
  5 p.m. Sundays at Seitz Park.
- Potawatomi Concert Series
  Sunday evenings at the Chris Wilson Pavilion.
- Red Table Plaza Lunchtime Concert Series
  Soloists, duets and small groups perform concerts 11:45 a.m. to 1:15 p.m. Monday through Thursday in Studebaker Plaza.
- Summer Concert Series
  7–8 p.m. Mondays in the Battell Park Band shell, 6:30–8:30 p.m. Thursdays at Beutter Park and 7:30–9 p.m. Fridays on the clubhouse deck at Eberhart-Petro Golf Course.
- Fridays by the Fountain
  Every other Friday, June to August, 11:45 a.m. to 1:15 p.m., blues, jazz, rock or country tunes fill the Jon R. Hunt Plaza in South Bend during concerts presented by the Morris Performing Arts Center.

MOVIE UNDER THE STARS
(South Bend) and FAMILY MOVIE NIGHTS (Mishawaka)
Arrive early to claim a good spot at these family-friendly films, which start at dusk. South Bend shows movies in Gridiron Plaza. Mishawaka presents films Fridays at parks throughout town.

COMMUNITY FOUNDATION PERFORMING ARTS SERIES
On Saturdays in August, artists take over the Chris Wilson Pavilion stage at Potawatomi Park at 7 p.m. A performance by the South Bend Symphony Orchestra anchors the series, consisting of a wide variety of music, dance and theater.

FIRST FRIDAYS
June 3, July 1, August 5
Live music, artist receptions, food and wine tastings, face painting and demonstrations of activities like yoga draw people to downtown South Bend’s galleries, boutiques, clubs and cafes.