

EXPLANATION OF SYMBOLS

ICONS & NOTATIONS

Note: while not all activities are available in each region, they may be available in a region nearby. Please refer to the Forest Preserve District-wide map for locations of all activities.





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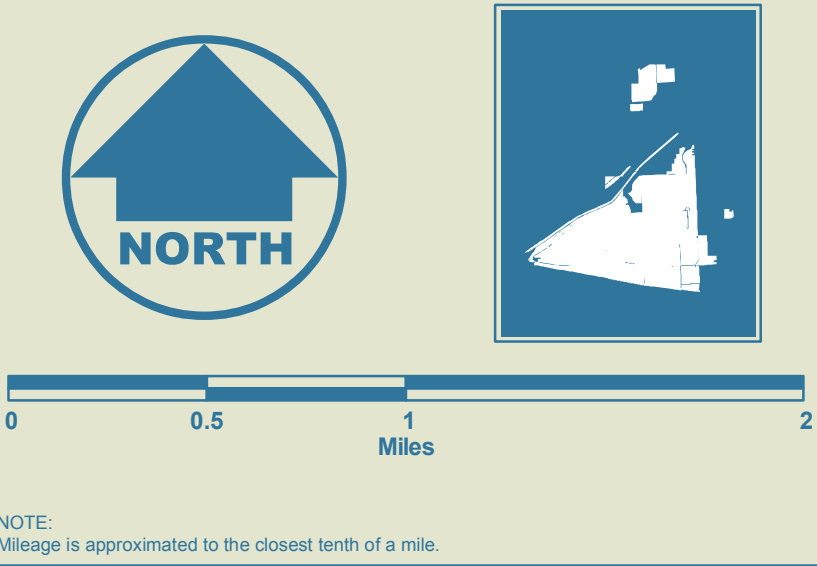
Boat rentals available at this site

Gas-powered boat launch at this site

Large capacity grove



Region 6: Overview



REGION 6

Activity Areas

- 1 Arie Crown Forest
- 2 Belly Deep Slough
- 3 Buffalo Woods-Central
- 4 Buffalo Woods Family Picnic Area
- 5 Buffalo Woods-North
- 6 Buffalo Woods-South
- 7 Bullfrog Lake
- 8 Camp Kiwanis Equestrian Staging Area
- 9 Columbia Woods
- 10 Country Lane Woods
- 11 Cranberry Slough
- 12 Crawdad Slough
- 13 Crooked Creek Woods
- 14 Dan McMahon Woods
- 15 Henry De Tonty Woods
- 16 Hickory Hills Woods
- 17 Hidden Pond Woods-East
- 18 Hidden Pond Woods-West
- 19 Joe's Pond
- 20 John Husar I&M Canal -Bicycle Trail Parking Lot
- 21 Lake Ida
- 22 Little Red Schoolhouse Nature Center
- 23 Maple Lake Boating Center *
- 24 Maple Lake-East
- 25 Maple Lake
- 26 Maple Lake Overlook
- 27 Morrill Meadow
- 28 Palos Fen
- 29 Paw Paw Woods
- 30 Pioneer Woods
- 31 Pulaski Woods
- 32 Pulaski Woods-East
- 33 Pulaski Woods-South -Mountain Bike Staging Area
- 34 Red Gate Woods
- 35 Saganashkee Slough-Central
- 36 Saganashkee Slough-East
- 37 Saganashkee Slough Boat Launch
- 38 Spears Woods
- 39 Sundown Meadow
- 40 Theodore Stone Forest
- 41 Tuma Lake
- 42 White Oak Woods
- 43 Willow Springs Woods
- 44 Wolf Road Woods

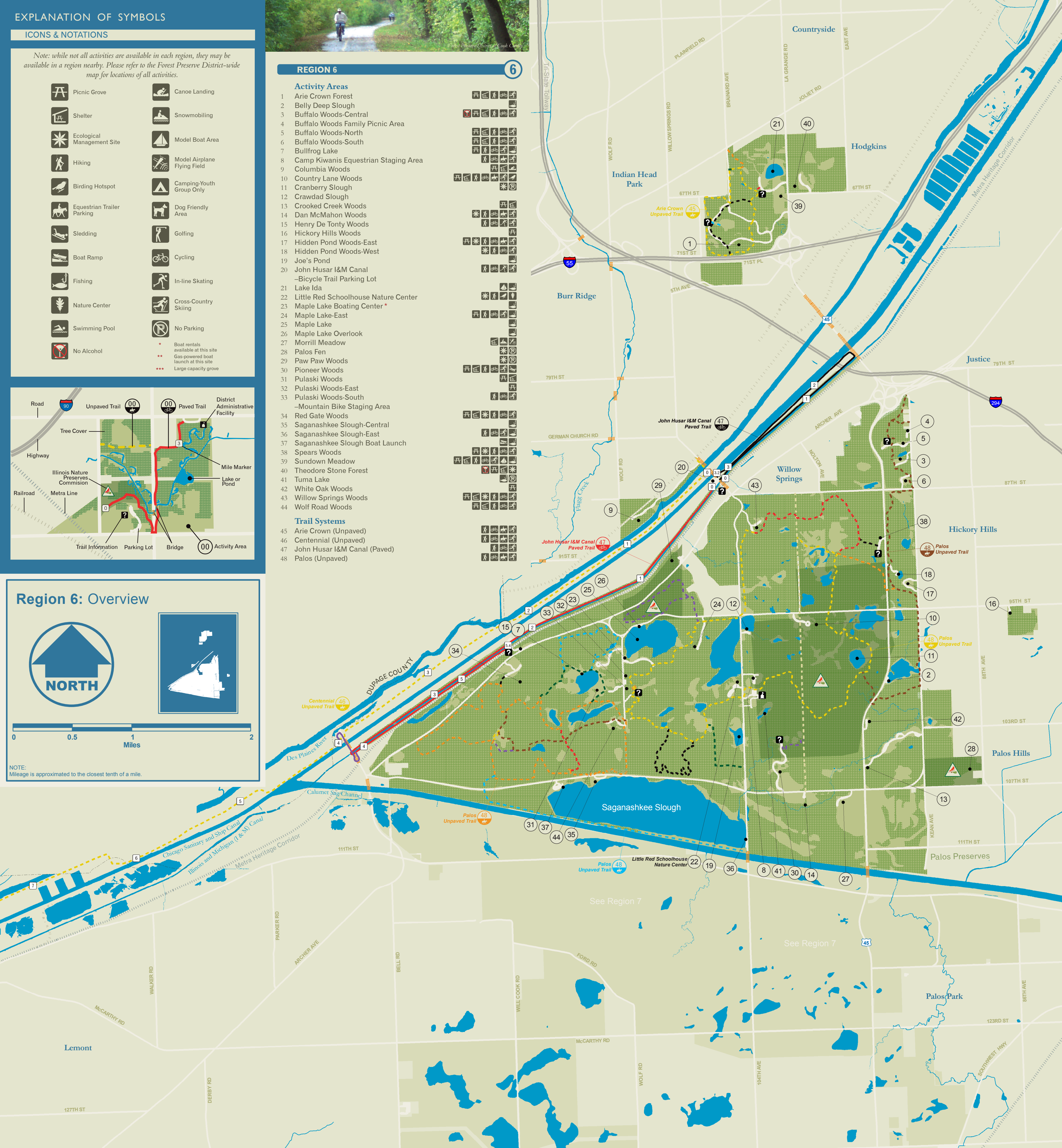
Trail Systems

- 45 Arie Crown (Unpaved)
- 46 Centennial (Unpaved)
- 47 John Husar I&M Canal (Paved)
- 48 Palos (Unpaved)



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Get Out and
EXPLORE

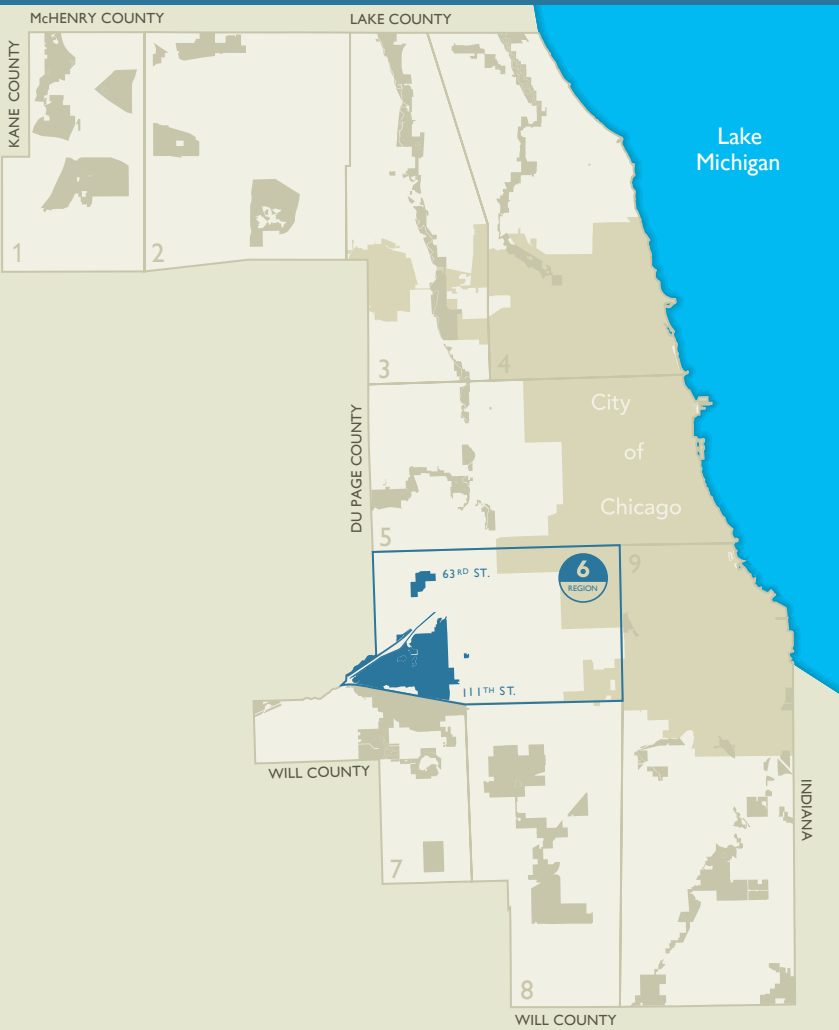


YOUR FOREST PRESERVES

Visit the Forest Preserve District of Cook County, the largest urban conservation preserve system in the nation, and discover the amazing natural world just beyond your doorstep.

Visit the famous Little Red Schoolhouse Nature Center atop Mount Forest Island... Hike, bike or ride your horse along miles of trails... Fish and boat at Maple Lake or Saganashkee Slough... Volunteer to keep our habitats healthy for wildlife... Or just relax and enjoy the changing seasons at the hills, woods and prairies of the Palos Region.

Preserves are open sunrise-sunset 365 days a year
Website: www.fpdcc.com



The Forest Preserve District of Cook County
LIVE HEALTHY,
DISCOVER
NATURE

REGION 6 MAP OF NATURAL AREAS & ACTIVITIES

6
REGION

Live
HEALTHY

ACTIVITIES AND FACILITIES

PICNICKING: Picnicking is the most popular use of the preserves. From quiet family gatherings to large group outings, District picnic areas are an invitation to enjoy the outdoors. Each picnic area in the region provides parking, port-o-lets, picnic tables, trash receptacles and a meadow for play. Many areas have picnic shelters.

Groups of 25 or more must have a picnic permit. Picnic permits may be obtained from the District's website at www.fpdcc.com or at the District's headquarters located at 536 N. Harlem Avenue, River Forest, 60305, Monday-Friday, 9:00 a.m.-4:00 p.m. Please observe regulations printed on the permit.

TRAILS: Are you looking for a short break or an all day adventure? There's a trail for you in the forest preserves! Stress relief and healthy exercise are at your doorstep on miles of trails that meander along streams, forests and meadows to reveal the wonders of nature. Fresh air and exercise are only a few steps away.

All trails are open for **Hiking, Jogging, Dog Walking and Cross-Country Skiing** (with suitable snow cover). Region 6 offers multi-use trails through a variety of terrain. Dogs must be leashed.

Bicycling is permitted on designated paved and unpaved trails. Trails not specifically designated are closed to bicycles. The John Husar I&M Canal bicycle trail is paved; the Arie Crown bicycle trail is unpaved. A staging area for a single track mountain bike trail is at Pulaski Woods-South.

HORSEBACK RIDING: Region 6 has many unpaved trail loops available for horseback riding. Horse trailer parking is available at Country Lane Woods, Dan McMahon Woods, Camp Kiwanis Equestrian Staging Area and Hidden Pond Woods-East.

FISHING AND BOATING: Boat rentals and a boat launch ramp are available at Maple Lake. Saganashkee Slough is a favorite fishing destination, and several smaller lakes are also managed for fishing. State fishing regulations apply. For information on size and daily catch limits, visit www.fpdcc.com. Swimming is prohibited in District lakes and ponds.

ICE FISHING: Ice fishing is permitted on designated lakes and ponds. Check the website or call for a list of designated waters each winter.

Discover
NATURE

Long ago, ice-age glaciers sculpted the landscape of Mt. Forest Island, the triangular highland between the Des Plaines River and Cal-Sag Valley. In the Palos region you'll discover one of the most scenic parts of Cook County, with almost 100 lakes, ponds and sloughs nestled within hilly woodlands.

Thousands of acres of forest preserves beckon you to explore some of the finest scenery in Illinois. Seasonal change adds dimension to the delight of the year-round visitor. Bird songs serenade novice to advanced bird watchers with the arrival of spring. Summer days are filled with the color of blooming flowers, the buzz of cicadas, and the chirp of crickets and grasshoppers. Woodlands and prairies celebrate autumn with an array of color, from subtle purple shades of grasses to the intense reds and oranges of maples and oaks. Even colder temperatures invite a walk. The bare branches of winter trees and shrubs reveal the secret hiding places of bird and insect nests. Look for tracks in new snow that capture the stories and secrets of wildlife activity.

From Palos Fen in the east to Red Gate Woods in the west, and bounded by the Des Plaines River and Cal-Sag Valley, the Palos Hills area harbors a wealth of historic and natural wonders including the I & M Canal, which connected Chicago with the developing west by trade, and the original site of Argonne Labs, which housed the world's first nuclear reactor during World War II. Dan McMahon Woods and the Palos Fen are home to rare alkaline fen ecosystems. Scattered between ravine forests and upland woodlands are marshes and ponds teeming with frogs, birds and other wildlife. Prairie remnants in this predominantly wooded region are small delights, especially in full, late summer bloom.

Exercise your mind as you exercise your body. Your tools are your eyes, ears, nose and fingertips. Like the wildlife thriving in our forest preserves, we rely on our senses for survival. Challenge yourself to be more aware of the beauty around you by using your senses of sight, hearing, smell and touch. Try these ideas to get started:

Look at the colors around you. Are all greens the same? Why are birds and insects different colors? What different shapes and patterns can you see?

Listen! Bird and insect songs, frog calls, leaves rustling in the wind – nature is full of music.

Preserves are open sunrise-sunset 365 days a year
Website: www.fpdcc.com



Forest Preserve District of Cook County

SNOWMOBILING: Morrill Meadow is a designated snowmobile area. A minimum of four inches (4") of snow cover is required; snowmobiles must be registered with the state and the District.

BIRD WATCHING: The District is renowned for its nesting, migrant and overwintering bird life—nearly 300 species of birds have been seen in the woodlands and wetlands of the Palos region. The Little Red Schoolhouse Nature Center offers bird walks and other programs and information about birds and wildlife.

KITE FLYING: Many designated picnic groves have large open meadows that are ideal for flying kites. The Bullfrog Lake-Wolf Road Woods area is an excellent location.

GOLFING: While there are no golf courses in Region 6, the Forest Preserve offers ten (10) golf courses and four (4) driving ranges in regions nearby. Golfing information can be found on the "golf" link at www.fpdcc.com or by visiting www.forestpreservegolf.com.

MODEL BOATING: Lake Ida in Sundown Meadow is designated for model boating.

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Website: www.fpdcc.com



Raccoon

Forest Preserve District of Cook County

Follow your nose through different habitats. Wetlands have a different fragrance than prairies or woodlands. Why do flowers have special scents? What insects do they attract? Watch out for bees!

Touch leaves and tree bark—but beware of poison ivy!

Look up into the forest canopy to discover bird nests and squirrel homes. Look down to find tracks of animals that have passed this way. Follow tracks to learn about animal homes and foods.

There is so much to explore in the Palos region. Use your imagination to discover nature.

HABITAT MANAGEMENT AND RESTORATION

As unique and diverse as those of the Earth's rainforests, the Forest Preserve District's native communities are home to thousands of species of plants and animals. Come learn from this living library – whatever your reason to visit, we invite you to come back again and again, for each season brings a new adventure.

Many natural areas require a variety of management actions to help keep them healthy and diverse. Activities include monitoring plant and animal life, controlling invasive species and propagating native plants. Nine (9) designated management sites in Region 6 offer diverse habitats like the rolling prairie in Spears Woods, the mosaic of woodland, savanna and wetland at Cranberry Slough and Hidden Pond, a rare fen ecosystem at Dan McMahon Woods, and prairie and woodland habitats at Theodore Stone Forest.

ILLINOIS NATURE PRESERVES

Sites of state-wide significance due to the presence of rare plants and animals and/or significant natural and geological features have been designated as Illinois Nature Preserves by the Illinois Nature Preserves Commission. Nature preserves receive additional legal protection for their unique natural areas and habitats. Details can be found on the web at: www.dnr.state.il.us/inpc.

LITTLE RED SCHOOLHOUSE NATURE CENTER (708) 839-6897

One of the best-known and loved nature centers in the Midwest, the Schoolhouse has been inviting visitors to explore the preserves for more than 50 years. Originally a one room school from 1886 to 1948, outdoor learning has continued to be a tradition here. Today it is a great place to get acquainted with birds, snakes, turtles and other creatures of our forest preserves. Each season, pause to enjoy the view across Long John Slough before venturing out to explore woodlands, wetlands and restored prairie on three miles of nature trails. Naturalist-led programs throughout the year welcome visitors of all ages. Nature walks, raptor demonstrations and summer day camps for children are just a few of the opportunities to expand your knowledge of our native ecosystems.



Purple Coneflower

Forest Preserve District of Cook County

Volunteer
OPPORTUNITIES

PRESERVE A HEALTHY LEGACY

Everything the District offers, from managing rare habitats and educational events to working at the Little Red Schoolhouse Nature Center, is enriched by the efforts of active volunteers. Call the Volunteer Resources Team at (773) 631-1790 or visit our website at www.fpdcc.com for a wide range of opportunities available throughout the region.

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Website: www.fpdcc.com

MISSION AND PURPOSE

The State of Illinois passed legislation in 1914 allowing Cook County to establish a forest preserve system. In 1915, the FPDCC acquired its first natural area and since then has acquired, restored and managed **natural forests, prairies and other lands, to protect and preserve their flora, fauna and scenic beauty for the education, enjoyment and recreation of the public.**

Today, the District manages a dynamic number of approximately 68,000 acres of land, 80 percent of which remain in a wild or semi-wild natural state, and hundreds of miles of shoreline along rivers, creeks, lakes, ponds and sloughs. The District remains committed to acquiring its legislative limit of 75,000 acres.



FOREST PRESERVE DISTRICT OF COOK COUNTY

General Headquarters:
536 N. Harlem Ave., River Forest, IL 60305

Phone: (800) 870-3666
8:30 a.m.-4:30 p.m. Monday-Friday

Emergency Services: 911

Volunteer Hotline: (773) 631-1790

Website: www.fpdcc.com

FOREST PRESERVE DISTRICT OF COOK COUNTY
BOARD OF COMMISSIONERS

To learn more about the Board of Commissioners,
visit us online at www.fpdcc.com.

This brochure was funded by a grant from the USDA Forest Service

