



Prairie Dock Courtesy of Steve Byers

REGION 8

Activity Areas

- 1 Arrowhead Lake
- 2 Bachelor's Grove Woods
- 3 Bartel Grassland
- 4 Bobolink Family Picnic Area
- 5 Bremen Grove
- 6 Bur Oak Woods
- 7 Camp Falcon
- 8 Camp Sullivan
- 9 Carlson Springs Woods
- 10 Catalina Grove Family Picnic Area
- 11 Coopers Hawk Grove Family Picnic Area
- 12 Elizabeth A. Conkey Forest-North
- 13 Elizabeth A. Conkey Forest-South
- 14 Flossmoor Road Bicycle Lot
- 15 George W. Dunne National Driving Range
- 16 George W. Dunne National Golf Course
- 17 Goesselville Grove Family Picnic Area
- 18 Midlothian Meadows
- 19 Midlothian Reservoir
- 20 Rubio Woods
- 21 St. Mihiel Woods-East
- 22 Tinley Creek Model Airplane Flying Field
- 23 Tinley Creek Woods
- 24 Turtlehead Lake
- 25 Vollmer Road Grove
- 26 Yankee Woods

Trail Systems

- 27 Tinley Creek (Paved)
- 28 Tinley Creek (Unpaved)

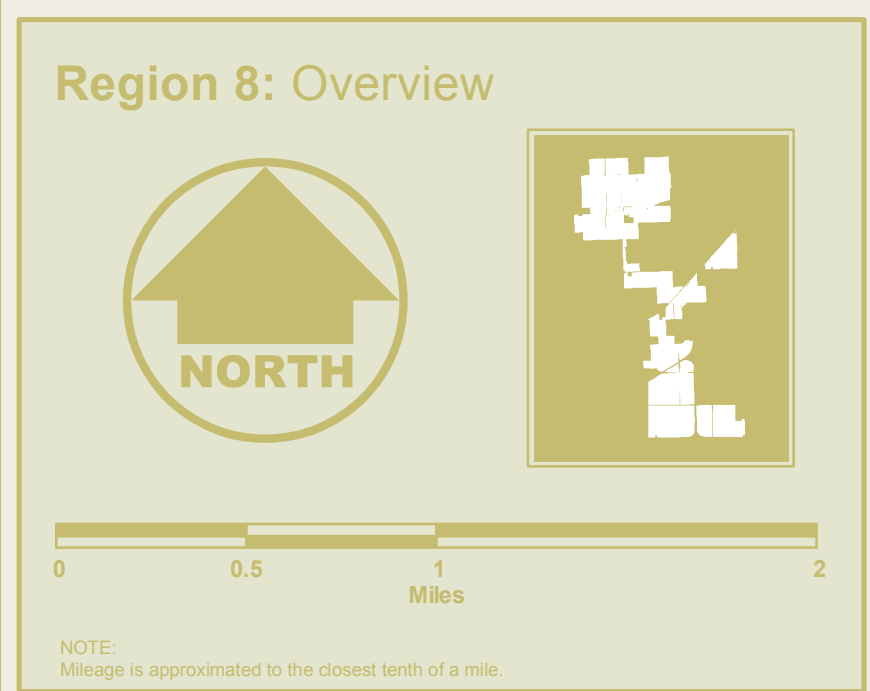
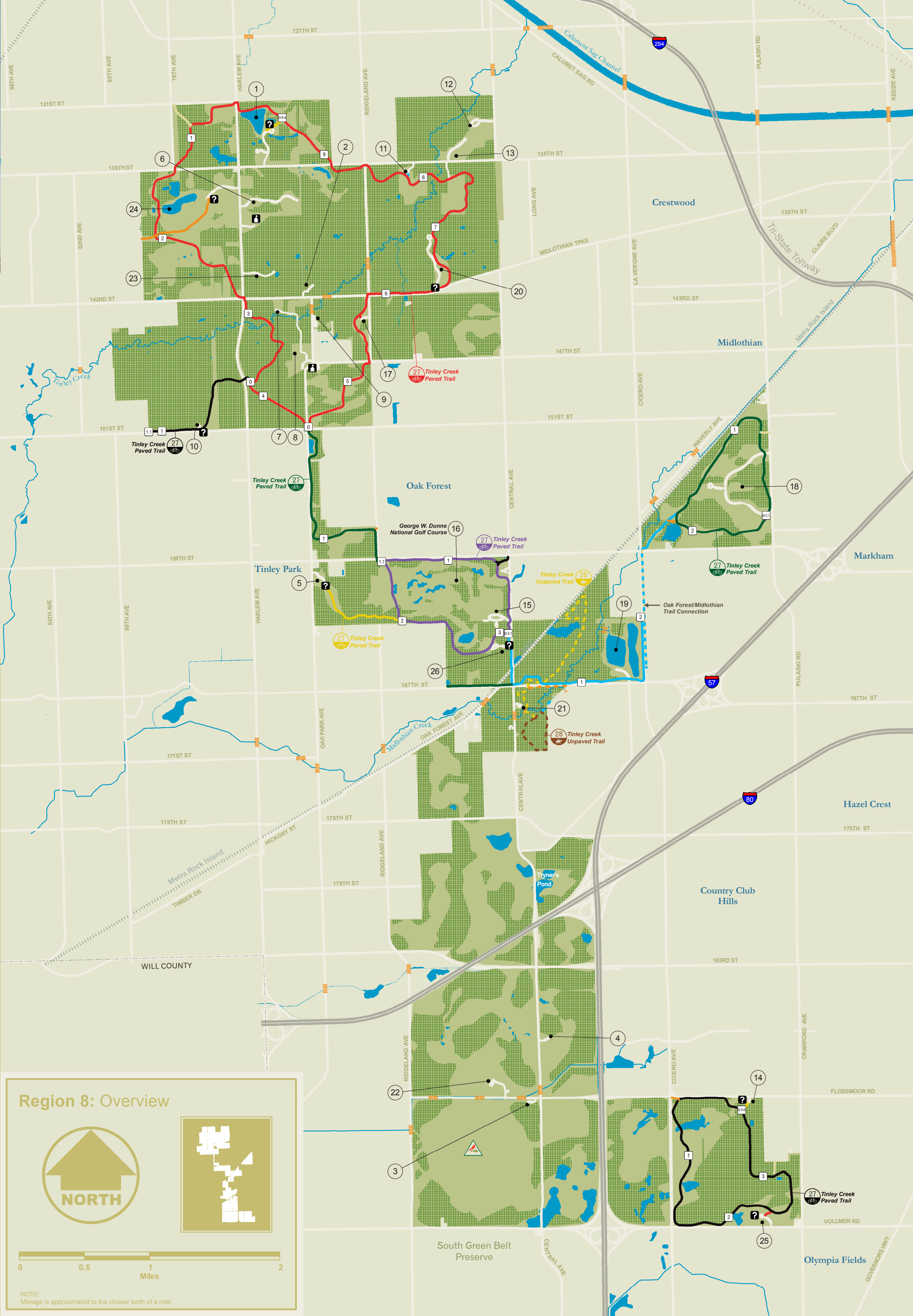
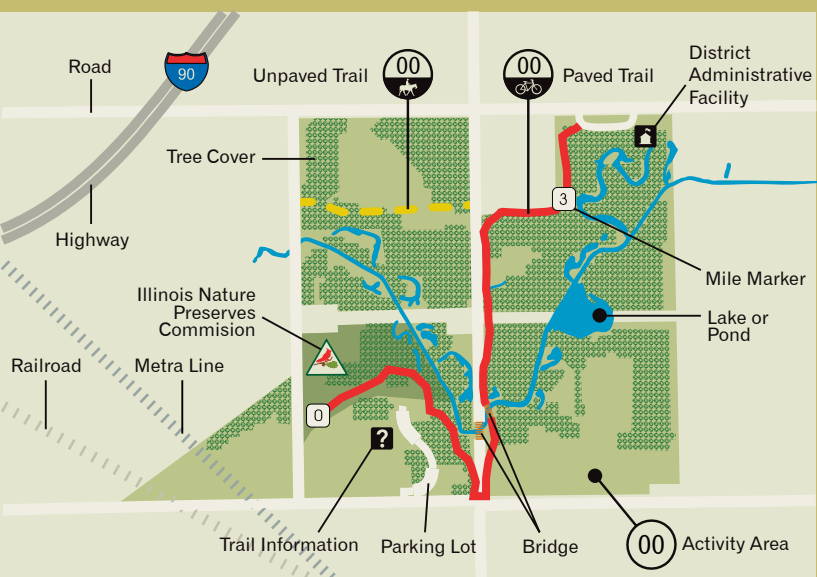
Icons for various activities and facilities, including picnic groves, shelters, ecological sites, hiking, birding, equestrian, sledding, boat ramps, fishing, nature centers, swimming pools, canoe landings, snowmobiling, model boat areas, model airplane flying fields, camping, dog friendly areas, golfing, cycling, in-line skating, cross-country skiing, no parking, boat rentals, gas-powered boat launch, and large capacity groves.

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.

Detailed list of icons and notations for Region 8, including symbols for roads, trails, tree cover, highways, railroads, Metra Line, parking lots, bridges, activity areas, and various recreational facilities.



Get Out and EXPLORE

Live HEALTHY

Volunteer OPPORTUNITIES



Prairie Smoke

Courtesy of Dick Riner

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.

Follow the invitation of miles of trails into the diverse habitats along Tinley Creek... Look for unusual birds at Bartel Grasslands... Volunteer to keep our habitats healthy for wildlife... Fish or boat... Or simply relax and enjoy the serenity of the natural environment.

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

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 designated picnic area provides parking, port-o-lets, picnic tables, trash receptacles and a meadow for play. Many areas have 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). Skiing is not permitted on golf courses. Dogs must be leashed.

Bicycling is permitted on designated paved and unpaved trails. Trails not specifically designated are closed to bicycles. The north portion of the Tinley Creek trail system winds through meadows and woodlands. South of 151st Street, connector trails link loops around the George Dunne Golf Course and Midlothian Meadows. A loop in the far southeast portion of the Region may be accessed from Vollmer or Flossmoor Roads. **In-line Skating** is permitted on paved trails.

HORSEBACK RIDING: A section of unpaved trail in the central part of Region 8 is designated for horseback riding. District rider and horse licenses are required for riding and may be obtained for a fee at the District's headquarters. Trails not specifically designated are closed to horses.

FISHING: Arrowhead Lake, Turtlehead Lake and Midlothian Reservoir are managed for hook-and-line fishing. Largemouth bass, crappie, bullhead and sunfish are among stocked species. State and site specific 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.

BOATING: Turtlehead Lake is available for sailboating. Midlothian Reservoir is a designated radio-controlled model boat area.

BIRD WATCHING: The District is renowned for its nesting, migrant and overwintering bird life—nearly 300 species of birds have been seen in the Region in a variety of habitats. Bartel Grassland has been named an Important Bird Area by the National Audubon Society for its nesting and wintering grassland birds. Woodlands and shrublands along the Tinley Creek Trail are primary habitats for migrant warblers and many other birds.

MODEL AIRCRAFT: Tinley Creek Model Airplane Flying Field, on Flossmoor Road, is designated for model aircraft flying. Membership in the Academy of Model Aeronautics is required.

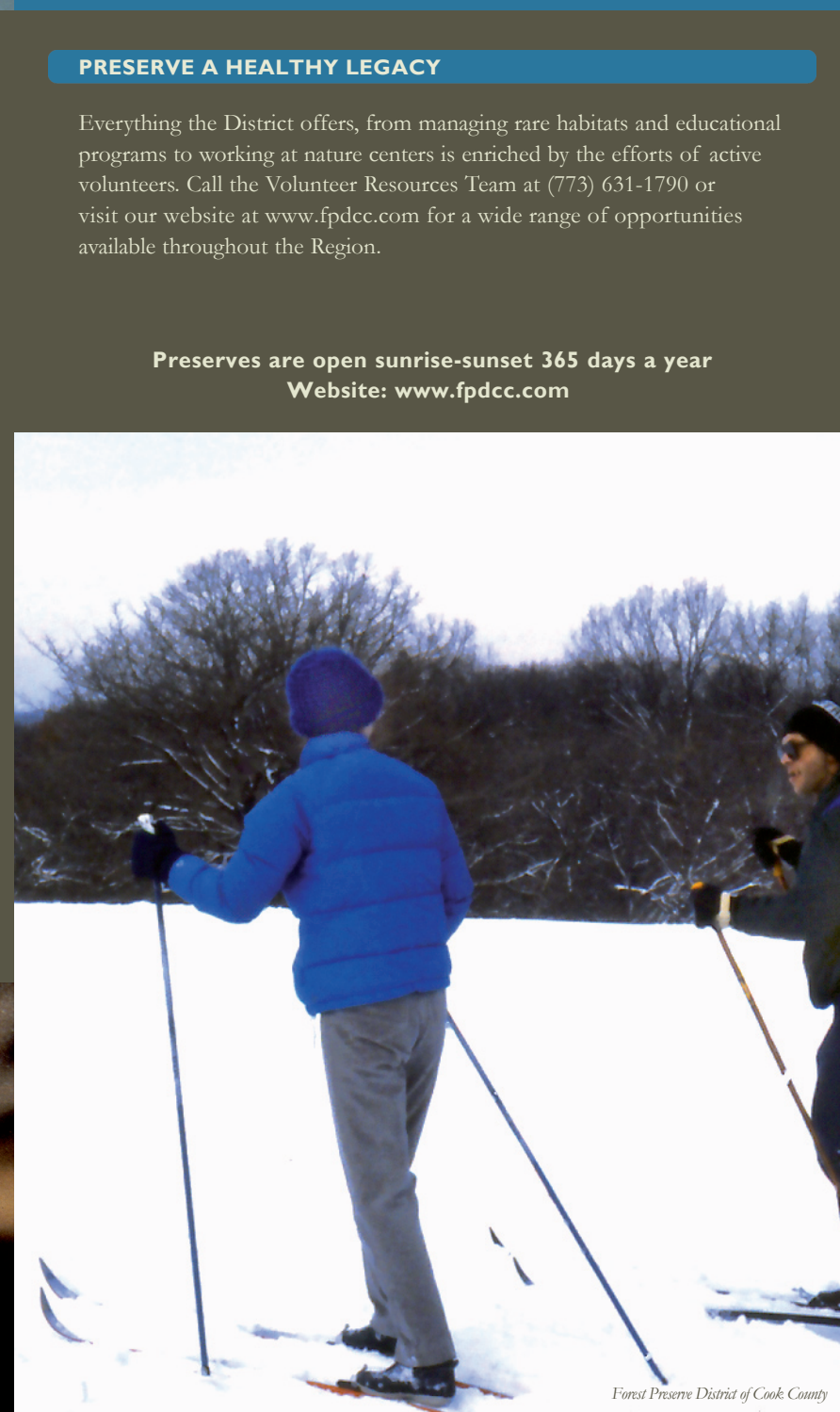
KITE FLYING: Many designated picnic groves have large open meadows that are ideal for flying kites. Turtlehead Lake and Midlothian Meadow are excellent locations.

GOLFING: The George W. Dunne National Golf Course offers 18 holes of golfing. The Dunne Driving Range is adjacent to the golf course. Golfing information can be found on the "golf" link at www.fpdcc.com or by visiting www.forestpreservegolf.com.

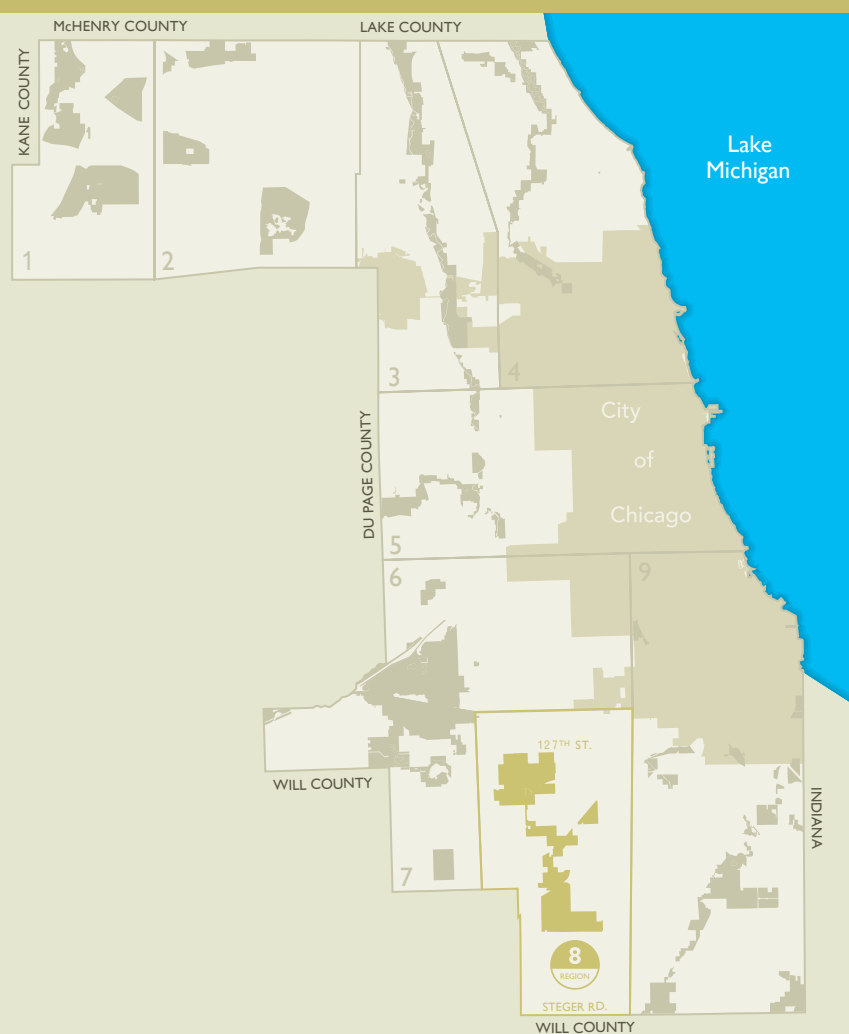


Spring Peeper

Courtesy of Dick Riner



Forest Preserve District of Cook County



The Forest Preserve District of Cook County

LIVE HEALTHY, DISCOVER NATURE

REGION 8 MAP OF NATURAL AREAS & ACTIVITIES

8
REGION

Discover NATURE

You never travel the same trail twice! Weather, seasons, birds and flowers are constantly changing—every day offers a new and exciting adventure. Walking, cycling, jogging or horseback riding—no matter how you explore the trails of Region 8, the biodiversity of woodland, wetland and prairie habitats awaits.

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.

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 Tinley Creek region. Use your imagination to discover nature.

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.

HABITAT MANAGEMENT AND RESTORATION

As unique and diverse as those of the Earth's rainforests, the native communities of your forest preserves are home to thousands of species of plants and animals. Some natural areas are being actively managed to help keep them healthy and diverse. These areas are called ecological management sites. Management site activities include monitoring plant and animal life, controlling invasive species, and propagating native plants. Ecological management sites in Region 8 are great places to explore prairies, woodlands and wetlands, and to volunteer for workdays to help maintain and restore biodiversity.

Discover the diversity of native communities in the Tinley Creek region. In spring, woodlands along Tinley and Midlothian Creeks sparkle with wildflowers: spring beauty, bloodroot, trillium and many more can be found beneath a canopy of oaks. Return on a summer morning, when the shade of the forest is graced with the bird songs of wood thrushes, pewees and vireos. At Bartel Grassland, Rubio Woods and many other sites, native grasslands and old hayfields provide summer nesting homes for bobolinks, Henslow's sparrows, northern harriers and other grassland birds. Lakes, ponds and marshes host wildlife that include herons, mallards, blue winged teal, painted turtles, salamanders, frogs and a wonderful variety of smaller creatures that are food for them.



Great Blue Heron

Forest Preserve District of Cook County

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 
 Spring 2009    F S P

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