

SPRING 2020

# A GUIDE TO THE Forest Preserves of Cook County



FOREST  
PRESERVES  
of Cook County

*feel free*

[fpdcc.com](http://fpdcc.com)

Wednesday, April 22 marks the 50th anniversary of Earth Day—a day set aside to renew our commitment to the natural environment and remind ourselves to give back to Mother Nature. Within the Forest Preserves of Cook County’s nearly 70,000 acres of wild and wonderful, thousands of plants and animals depend on our natural lands. Healthy environments are critical to ensure that Cook County’s diverse ecosystems thrive.

Consider gathering family and friends to celebrate Earth Day. Throughout the Forest Preserves, people of all ages can join volunteer restoration activities, and some of our nature centers are hosting special events and programs, too. Don’t stop there: There are numerous opportunities throughout April—and all year long—to be a part of the ecological stewardship of the Forest Preserves.



A handwritten signature in white ink that reads "Toni Preckwinkle". The signature is fluid and cursive.

Toni Preckwinkle  
President, Forest Preserves of Cook County



*feel free*

[fpdcc.com](http://fpdcc.com)



The FPCC is committed to providing equal, integrated participation for individuals with disabilities. Please contact the Nature Center of your program choice 72 hours in advance to request reasonable accommodations and to obtain more information about site accessibility. To obtain information about accommodations for specific camping and outdoor recreation activities throughout the Forest Preserves, please contact us at [experience.nature@cookcountyil.gov](mailto:experience.nature@cookcountyil.gov) or at 708-386-4042.

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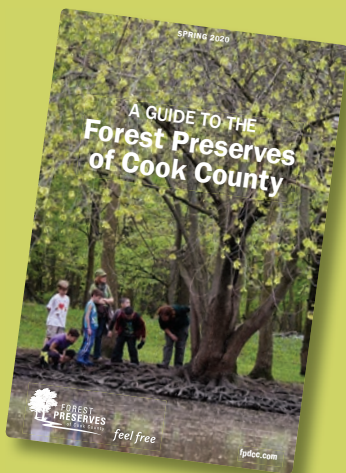
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Chicago Wedding & Party Resource Magazine  
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Forest Preserves of Cook County Events & Activity Guide  
Kohl Children's Museum Guide • Lake Forest Symphony Program  
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FOREST PRESERVES OF COOK COUNTY

**CALL 847.770.4620**

# How to use this Guide:

Whether you're looking for boat rentals, ziplining, disc golf or fun and educational events or programs at nature centers and sites throughout the County, this guide will help you create your own adventure in the Forest Preserves.

By using the designated zone colors and shapes below, find events and amenities close to home, or explore nearly 70,000 acres of wild and wonderful.

Come by yourself, or with your family and friends. There's no better place to feel free.



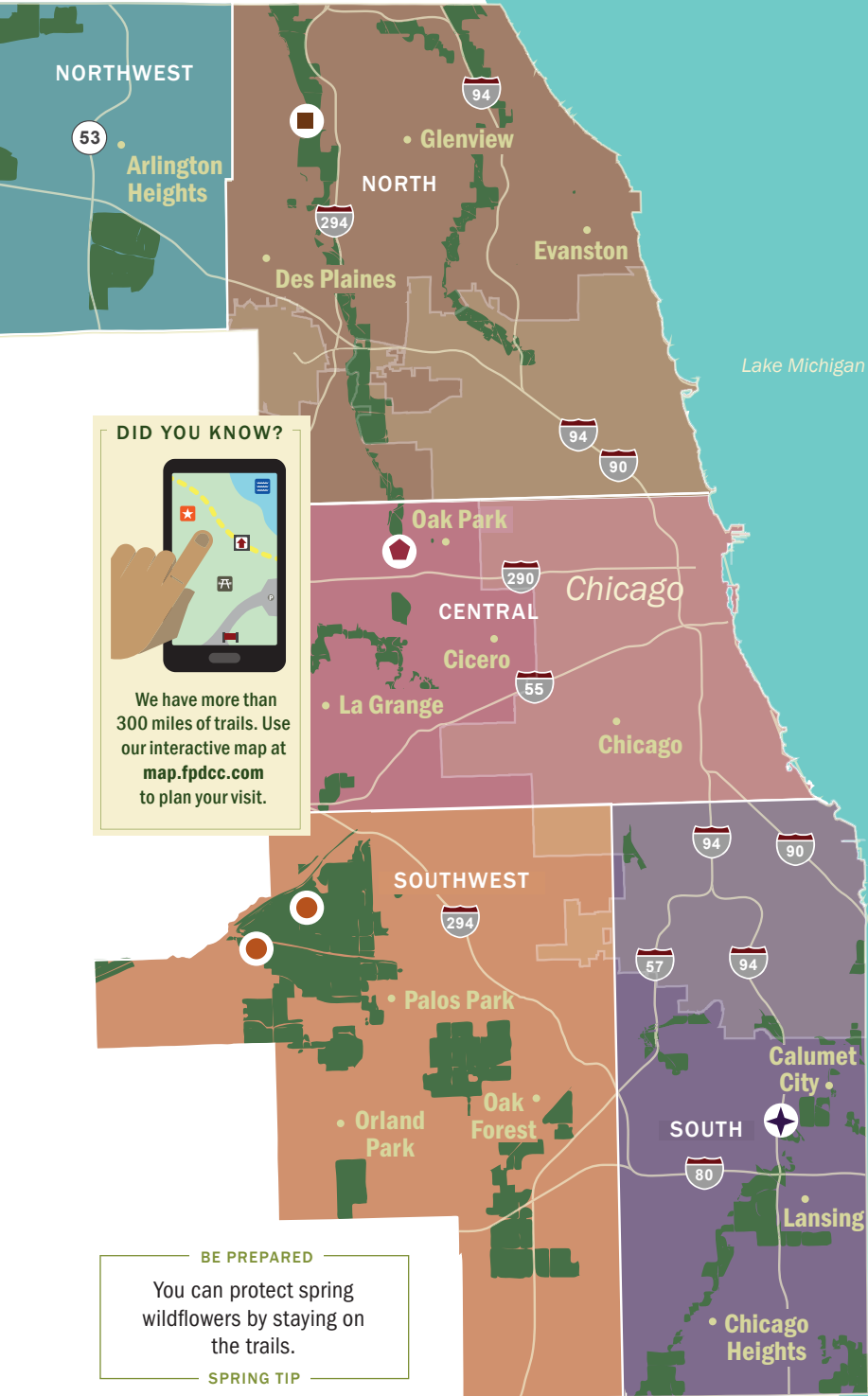
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<b>Spring Offerings</b>	<b>4-11</b>
Spring Offerings, Bird the Preserves, Camping	
	
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<b>North Zone</b>	<b>18-21</b>
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Little Red Schoolhouse Nature Center/Sagawau Environmental Learning Center	
	
<b>South Zone</b>	<b>34-37</b>
Sand Ridge Nature Center	

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*Entrance to Nature Centers is free; some programs and zone-based activities require a small fee.*



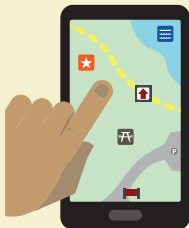


NORTHWEST

53

Arlington Heights

DID YOU KNOW?



We have more than 300 miles of trails. Use our interactive map at [map.fpdcc.com](http://map.fpdcc.com) to plan your visit.

NORTH

Glenview

Evanston

Des Plaines

Lake Michigan

Oak Park

CENTRAL

290

55

Chicago

Cicero

La Grange

SOUTHWEST

294

Palos Park

Orland Park

Oak Forest

94

90

57

94

Calumet City

SOUTH

80

Lansing

Chicago Heights

BE PREPARED

You can protect spring wildflowers by staying on the trails.

SPRING TIP

# Spring Offerings

*throughout Cook County*

## AQUATIC CENTERS ■ ◆ ✦

Opening Day: *Saturday, May 23*  
*Free Day!*

**Cermak Family Aquatic Center**  
7600 W Ogden Ave, Lyons

**Green Lake Family Aquatic Center**  
1100 River Oaks Dr, Calumet City

**Whealan Pool Aquatic Center**  
620 W Devon Ave, Chicago

## BOAT RENTALS ■ ◆ ●

Canoes, kayaks, rowboats or electric motor boats. April to October—call ahead for availability. [fpdcc.com/boating](http://fpdcc.com/boating).

**Busse Lake Boating Center**  
E Higgins Rd, east of I-290,  
Elk Grove Village, 224-415-6554

**Maple Lake Boating Center**  
Wolf Rd, south of 95th St,  
Willow Springs, 708-506-0227

**Skokie Lagoons** (Tower Road Entrance)\*  
Tower Rd, west of Forestway Dr,  
Northfield, 847-414-5883

**Tampier Lake Boating Center**  
W 131st St, west of S Wolf Rd,  
Orland Park, 708-361-0460

## CONSERVATION@HOME

A partnership with University of Illinois Extension certifies Forest Preserves Friendly gardens. [Fpdcc.com](http://Fpdcc.com) for more information. Native Plant pre-sale Mar–May. To order, visit: [wild-ones-west-cook.myshopify.com](http://wild-ones-west-cook.myshopify.com)

## DISC GOLF ▲

**Rolling Knolls**  
11N260 Rohrssen Rd, Elgin  
[fpdcc.com/disc-golf](http://fpdcc.com/disc-golf)

## EQUESTRIAN ■

**Glen Grove Equestrian Center**  
9453 Harms Rd, Morton Grove  
Boarding facilities, indoor/outdoor riding areas, retail shop, lessons and pony rides. [Glengroveequine.com](http://Glengroveequine.com), 847-966-8032

## GO APE ZIPLINE ◆

Navigate obstacles and ziplines in the forest canopy. Details & reservations: [GoApe.com](http://GoApe.com).

**Bemis Woods South**  
1100 Ogden Ave, Western Springs  
*Open April–November*

\*Canoes and kayaks only at Skokie Lagoons and Saganashkee Slough

**GOLF** ▲ ■ ◆ ● ✦

ForestPreserveGolf.com or call  
800-460-0010.

**Billy Caldwell**

6150 Caldwell Ave, Chicago

**Burnham Woods**

Burnham Ave & 142nd St, Burnham

**Chick Evans**

6145 Golf Rd, Morton Grove

**Edgebrook**

6100 N Central Ave, Chicago

**George W Dunne**

16310 S Central Ave, Oak Forest

**Harry Semrow Driving Range**

1150 E Golf Rd, Des Plaines

**Highland Woods**

2775 Ela Rd, Hoffman Estates

**Indian Boundary**

8600 W Forest Preserve Ave, Chicago

**Joe Louis**

13100 S Halsted St, Riverdale

**Meadowlark**

11599 31st St, Hinsdale

**River Oaks**

1 Park Ave, Calumet City

**OFF-LEASH DOG AREAS** ▲ ■ ●

Membership info [fpdcc.com/dogs](http://fpdcc.com/dogs)

**Beck Lake**

East River Rd & Central Rd,  
Des Plaines

**Bremen Grove**

Oak Park Ave, south of 159th St,  
Tinley Park

**Miller Meadow-South**

1st Ave, south of Roosevelt Rd,  
Forest Park

**TENNIS** ◆

544 N Harlem Ave, River Forest  
[oakparktennis.com](http://oakparktennis.com)

**VOLUNTEER** ▲ ■ ◆ ● ✦

[fpdcc.com/volunteer](http://fpdcc.com/volunteer).

**PAVILION RENTALS** ▲ ■ ◆ ● ✦

Host your next event with us. Our five affordably priced rental pavilions are ideal venues for weddings, family reunions, birthday parties and much more. Choose from restored historic buildings or new energy-efficient facilities—all located in beautiful natural areas.

Reserve your space: Call 773-558-2003  
or email [info@forestpreserveevents.com](mailto:info@forestpreserveevents.com).  
Learn more at [fpdcc.com/pavilions](http://fpdcc.com/pavilions).

**Dan Ryan Woods Pavilion**

8700 S Western Ave, Chicago

**Mathew Bieszczat Volunteer Resource Center**

6100 N Central, Chicago

**Rolling Knolls**

11N260 Rohrssen Rd, Elgin

**Swallow Cliff Pavilion**

IL Rt 83 & US Rt 45, Palos Park

**Thatcher Woods Pavilion**

8030 Chicago Ave, River Forest

**PARTNERS CLASSES & EVENTS**

**L.L. Bean**, [llbean.com/adventure](http://llbean.com/adventure)  
**REI**, [rei.com/learn](http://rei.com/learn)

**Trailbound Trips**, [trailboundtrips.com](http://trailboundtrips.com)

**ZONE KEY**

▲ Northwest ■ North ◆ Central ● Southwest ✦ South



# #birdthepreserves

Bird the Preserves is a joint initiative of the Forest Preserves and various partners to connect diverse communities to nature. Enjoy these spring events and find additional events throughout the season at:

[tinyurl.com/birdthepreserves](http://tinyurl.com/birdthepreserves).

Also look for other birding programs throughout this guide on the nature center pages and for other partner-hosted events listed by zone.

*\*Registration required.*

Beginners welcome; binoculars available. Events are for all ages unless otherwise noted.

## NORTHWEST ▲

### Camping with the Birds

Join Chicago Audubon Society for a camping trip with an owl walk, campfire sing-along, and a morning bird walk. Chicago Audubon activities are free; bring your own Friday night dinner and Saturday morning breakfast. Cabins/tents sites are available. Registration required, call 312-636-9750.

*Friday, May 8 • 4 pm – Saturday, May 9 • 9 am*

Camp Reinberg–1801 N Quentin, Palatine



## NORTH ■

### Bird Walk

Join Jeff Skrentny and take advantage of his detailed knowledge of this premier Chicago birding hotspot to look for early spring migrants. Wear boots. Ages 13 & up. Registration required, email [chicagobirder@gmail.com](mailto:chicagobirder@gmail.com).

*Sunday, April 26 • 7:30 am*

LaBagh Woods–5400  
N Cicero Ave, Chicago

### Throughout the Spring Bird Walks

Join the Evanston North Shore Bird Club for birding in this small spring migrant hotspot. Added bonus: spring wildflowers. For more information, email [info@ensbc.org](mailto:info@ensbc.org).

*Thursdays, May 7, 14, 21, 28 • 7:30 am*

Perkins Woods–Ewing Ave & Grant St,  
Evanston

### Bird Walk

Join Chicago Ornithological Society during peak migration. Bring mom for a great morning bird walk before brunch. Ages 13 & up. Registration required, email [aerintedesco@gmail.com](mailto:aerintedesco@gmail.com).

*Saturday, May 16 • 7:30 am*

Erickson Woods–Willow Rd, east  
of I-94/Edens Expy, Winnetka

## ZONE KEY

▲ Northwest

■ North

◆ Central

● Southwest

✦ South



## CENTRAL

### Bird Walk

Explore early spring migrants, including Wilson's snipe and American pipit. Conditions may be wet and muddy; wear appropriate footwear. For more information, email [isooman22@gmail.com](mailto:isooman22@gmail.com).

**Saturday, Apr 11 • 7:30 am**

Miller Meadow-South - 1st Ave, south of Roosevelt Rd, Forest Park

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## SOUTH

### Bird Walk

Join Chicago Ornithological Society at one of the Chicago's most high-quality wetlands to look for spring migrants and waterfowl. Wear boots. Ages 13 & up. Registration required: [chicagobirder@gmail.com](mailto:chicagobirder@gmail.com).

**Saturday, April 4 • 7:30 am**

Eggers Grove - W 112th St & S Ave E, Chicago

### Bird Walk

Join Chicago Ornithological Society for a hike through this large, high-quality nature preserve. Info: [edwarhzan@gmail.com](mailto:edwarhzan@gmail.com).

**Sunday, May 10 • 7:30 am**

Jurgensen Woods - 183rd St, east of Cottage Grove Ave, Lansing

### Bird Walk

Join Chicago Ornithological Society to look for marsh and grassland species, and migrating shorebirds and waders. Wear boots. Info: [chicagiometti@gmail.com](mailto:chicagiometti@gmail.com).

**Saturday, May 30 • 7:30 am**

Burnham Prairie - 139th St & S Manistee, Burnham

## SOUTHWEST

### Woodcock Walk

Join Chicago Ornithological Society on an evening hike to observe the mating dance of the timberdoodle (American woodcock). Wear appropriate footwear and dress for the weather. Registration required, email [edwarhzan@gmail.com](mailto:edwarhzan@gmail.com).

**Friday, Mar 20 • 7 pm**

Bartel Grassland - Central Ave & Flossmoor Rd, Tinley Park

### Bird Walk

We'll start at Orland Grassland to look for returning grassland species. Afterward, we'll explore McGinnis Slough for various waterfowl. Wear boots. For more information, email [chicagobirder@gmail.com](mailto:chicagobirder@gmail.com).

**Saturday, Apr 25 • 7:30 am**

Orland Grassland - W 167th St, west of S La Grange Rd



### ZONE KEY



Northwest



North



Central



Southwest



South

# Hike the Preserves

Get some exercise, meet new people, and learn about your local forest preserves with this series.

Fitness Hikes are typically over 3.1 miles, offer less information and are at a faster pace. Walk & Talk Hikes are under 3.1 miles, have a theme and are slower paced.

Fitness Hike	Walk & Talk
<b>Saturday, Mar 7 • 10 am</b>	
<ul style="list-style-type: none"> <li>• <b>Sundown Meadow-2.3 mi., Unpaved</b> S LaGrange Rd, north of 67th St, Countryside</li> </ul>	
<b>Saturday, Mar 21 • 10 am</b>	
<ul style="list-style-type: none"> <li>✦ <b>Joe Orr Woods-8 mi.</b> E Joe Orr Rd, east of S Halsted St, Chicago Heights</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Orland Grassland-2 mi.</b> W 167th St, west of S La Grange Rd, Orland Park</li> </ul>
<b>Saturday, Apr 11 • 11 am</b>	
<ul style="list-style-type: none"> <li>• <b>Wolf Road Woods-5.5 mi, Rocky</b> Wolf Rd, south of 95th St, Willow Springs</li> </ul>	
<b>Saturday, Apr 18 • 10 am</b>	
<ul style="list-style-type: none"> <li>✦ <b>Sweet Woods-8 mi.</b> Cottage Grove Ave, north of Glenwood Lansing Rd, Thornton-Lansing</li> </ul>	<ul style="list-style-type: none"> <li>✦ <b>Plum Creek-2 mi.</b> Burnham Ave, north of 223rd St, Chicago Heights</li> </ul>
<b>Saturday, May 16 • 10 am</b>	
<ul style="list-style-type: none"> <li>• <b>Orland Grassland-5 mi.</b> W 167th St, west of S La Grange Rd, Orland Park</li> </ul>	<ul style="list-style-type: none"> <li>✦ <b>Eggers Grove-2 mi.</b> E 112th St. &amp; S Ave E, Chicago</li> </ul>

For more information call 708-386-4042 or visit our website at [fpdcc.com/events](http://fpdcc.com/events).

## ZONE KEY

 Northwest
  North
  Central
  Southwest
  South



**Camp Reinberg • Camp Bullfrog Lake • Camp Sullivan**

RATES: APRIL–OCTOBER		COOK COUNTY RESIDENT		NON-RESIDENT	
Type	Capacity	Sun–Wed	Thu–Sat	Sun–Wed	Thu–Sat
Tent/RV Electric	6	\$36	\$51	\$46	\$61
Tent (Non-Electric)	6	\$31	\$36	\$41	\$46
Small Cabin	8	\$52	\$84	\$63	\$94
Large Cabin	10	\$102	\$127	\$114	\$141
Small Bunkhouse	16	\$119	\$171	\$131	\$182
Large Bunkhouse	36	\$156	\$261	\$166	\$270

**Camp Dan Beard • Camp Shabbona Woods**

RATES: APRIL–OCTOBER		COOK COUNTY RESIDENT		NON-RESIDENT	
Type	Capacity	Sun–Wed	Thu–Sat	Sun–Wed	Thu–Sat
Tent (Non-Electric)	6	\$31	\$36	\$41	\$46
Small Cabin	8	\$53	\$83	\$62	\$94
Large Cabin	10	\$89	\$104	\$99	\$114
Group Sites	30–60	\$21/tent		\$31/tent	

**CAMPGROUNDS**



**Camp Reinberg**

1801 N Quentin Rd  
Palatine

**Camp Bullfrog Lake**

9600 Wolf Rd  
Willow Springs

**Camp Sullivan**

14630 Oak Park Ave  
Oak Forest



**Camp Dan Beard**

200 Portwine Rd  
Northbrook

**Camp Shabbona Woods**

15810 S Torrence Ave  
South Holland  
*Closed Oct 31–Mar 31*

**Camping permits for 2020 on sale now.**

Contact campgrounds for information and group site availability. 1-855-YES-CAMP.

**FREE**

Fri & Sat night campfires  
and evening programs & Sat  
afternoon activities and hikes

Open to all registered campers.  
Memorial Day through Labor Day.

**CAMPGROUNDS OFFERINGS****Camping 101 for Outdoor Youth Organizations** ■ ●

Free, hands-on workshop teaching basic camping skills to youth groups. Registration required.\*

**Camp Sullivan**

*Tuesday, Apr 7, Thursday, May 14*  
5:30–7 pm

**Camp Dan Beard**

*Thursday, May 7 • 5:30–7pm*

**Camping 101** ● ▲

Free, hands-on workshop series teaching basic camping skills. No youth groups. All ages; children 16 & under w/adult.

**Camp Bullfrog**

*Thursday, Apr 23 • 5:30–7 pm*  
*Tuesday, May 28 • 5:30–7 pm*

**Camp Reinberg**

*Thursday, May 19 • 5:30–7 pm*

**CLIC Training** ●

(Camping Leadership Immersion Course)

For leaders of organized groups. This overnight course teaches essential camping skills so you can confidently lead a youth group camping trip. Complete the course, then bring groups of up to 30 for overnight stays at Camp Sullivan. Training required to access camping gear. \$25/person. Registration required.\*

**Camp Sullivan**

*Apr 18–19; May 30–31*

**Campfire Cooking Workshop** ●

Learn to make meals over a fire using cast-iron and basic campfire cooking techniques. Ages 14 & up. Registration required.\*

**Camp Reinberg**

*Thursday, Apr 30 • 6–8 pm*

**CLIMBING WALL** ▲

Registered Camp Sullivan campers can reserve one free hour of climbing at check-in, pending availability. Additional time: \$5/hr. Must bring signed waiver: [fpdcc.com/camping/camp-sullivan](http://fpdcc.com/camping/camp-sullivan). Call 312-636-0041.

**CAMP & CLIMB** ●

Book your party at Camp Sullivan and enjoy exclusive use of the activity barn's upper level and climbing wall for two hours. Includes tables, chairs, use of kitchen and deck, and equipment and staff for climbing wall. Prices range from \$310 to \$500.

Details: 855-937-2267 or  
[fpdcc.com/camping/camp-sullivan](http://fpdcc.com/camping/camp-sullivan).

\*To register or for more information on camping programs,  
email: [experience.camping@cookcountyil.gov](mailto:experience.camping@cookcountyil.gov)

**ZONE KEY**

▲ Northwest ■ North ◆ Central ● Southwest ✦ South



# Northwest Zone

*Explore what's wild and wonderful.*

## Restore the Preserves

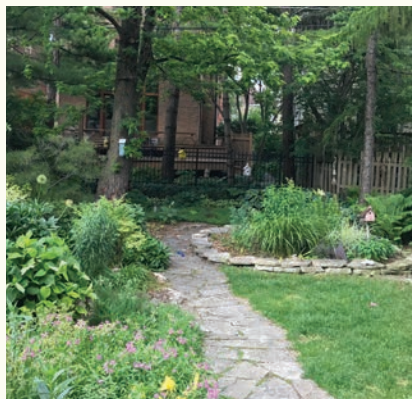
For a unique way to exercise outdoors this spring, consider joining our dedicated community of volunteers conducting restoration in the Spring Creek forest preserves. In addition to the physical benefits of volunteering—putting muscles to work and hiking along the rolling topography—you'll feel good while giving back to nature, breathing fresh air and being part of a team.

Common volunteer activities early

in spring includes clearing woody shrubs such as buckthorn. Hand weeding invasive species such as garlic mustard begins later in the season, and collecting native seeds can also begin in May.

Spring Creek Stewards are focused on restoration of the Spring Creek preserves, and there are similar groups working throughout the Forest Preserves.





### Conservation@Home: Kick Start your Garden!

Learn how to create a sustainable garden using conservation practices and talk to local organizations about native landscaping and gardening. A presentation on Conservation@Home will take place at noon.

**Saturday, Mar 14 • 11 am–1 pm**

Camp Reinberg—1801 N Quentin Rd,  
Palatine

### Spring Breakout Adventures

In conjunction with Activate Elgin's *March Into Health*, thaw from the winter and recreate! Activities include a biodiversity hike, archery, pond fishing and more.

**Tuesday, Mar 24 • 11 am–2 pm**

Rolling Knolls—11N260 Rohrssen Rd,  
Elgin

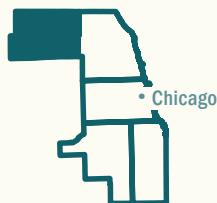
### Wellness in the Woods: Mindfulness Walk\*

Treat yourself to a peaceful walking experience in the woods to reduce stress and help live in an embodied, inspired way. Led by UIE Master Naturalist Roberta Janssen.

**Sunday, Apr 5 • 1 pm**

**Wednesday, May 6 • 10 am**

Rolling Knolls—11N260 Rohrssen Rd,  
Elgin



### Celebrate Earth Day\*

In partnership with the Hoffman Estates Park District, celebrate the 50th anniversary of Earth Day. Participate in a stewardship activity and go on a hike throughout the Poplar Creek preserves.

**Wednesday, Apr 22 • 4:30–6 pm**

Carl R. Hansen Woods  
Barrington Rd, Hoffman Estates



### Painting by the Pond—Spring Edition\*

Using a large tree slice as your canvas, explore nature through painting in this instructor-led workshop. Materials provided. Ages 21 and up. BYOB (no glass). \$20/person. No refunds.

**Friday, May 15 • 5:30–7:30 pm**

Rolling Knolls—11N260 Rohrssen Rd,  
Elgin

*\*Registration required. Please call 708-386-4042 to register or for more information on any Northwest programs.*

EXPLORE MORE



PAGES 4–11

# Crabtree,

## NATURE CENTER

3 Stover Road, Barrington Hills, 847-381-6592

Building: 9 am - 4:45 pm, closed Fridays, Grounds: 8 am - 5 pm daily\*

\*Building & grounds close at 4 pm in February

### THROUGHOUT *the* SPRING

#### Explore Nature Play

Build forts and climb a spider web as you explore Crabtree's 3-acre nature play area.

*Open Every Day*

#### Wee Wanderer Wednesdays

Children ages 2-6 w/caregiver. Tickets available on first-come, first-serve basis starting at 9:30 am. Donations welcomed.

*Wednesdays, Mar 4 & 18, Apr 1 & 15, May 13 • 10 am*

#### Bird Walks

Join the Crabtree staff to look for spring migrants. Meet in the parking lot.

*Thursdays, Apr 16 & May 7; Saturday, May 9 • 8 am*

#### Explore the Forest

Celebrate the Forest Preserves of Cook County while learning about the behind-the-scenes work. Climb a tree, touch a fish, check out the restoration equipment, pitch a tent, try archery and lots more.

*Sunday, May 31 • Noon-4 pm*

### EVENING PROGRAMS

#### Woodcock Walk\*

Short intro inside, then a walk to observe the male woodcock dance. Ages 7 & up.

*Friday, Mar 20 • 6:30 pm  
Saturday, Apr 4 • 7 pm*

#### Eerie Artwork\*

Follow along to create a Friday the 13th inspired nature painting. Ages 16 and up.

*Friday, Mar 13 • 7 pm*



#### Frog Calls\*

Learn about frogs and why they call. Then go on a hike to identify different species.

*Fridays, Apr 24 & May 8 • 7:30 pm*

#### Setting Sun Photo Meet-Up\*

Enjoy an after-hours hike for photographers of all levels. Teens and Adults.

*Friday, May 15 • 7:30 pm*

### MARCH

#### Burning Questions

Learn how prescribed fires help manage ecosystems, with demonstrations.

*Sunday, Mar 1 • 1 pm*

#### Radio Telemetry

Learn about radio telemetry, how and why it's used to track animals, and try your hand at using our equipment.

*Saturday, Mar 7 • 1 pm*

#### Crane Moon

Learn about Crabtree's largest nesting bird, its migratory journey, and its cousins around the world.

*Sunday, Mar 8 • 1 pm*

**Art in Nature: Alla Prima\***

Artist Carol Foster will introduce the steps for alla prima (wet on wet) painting technique. Ages 18 & up.

**Sunday, Mar 15 • 1 pm**

**Nature's Lumberjack**

View animal artifacts that reveal the beaver's story of survival, then look for signs of beavers.

**Sunday, Mar 22 • 1 pm**

**Spring Break Camp: Nature Detectives**

We'll investigate tracks, bones, scat with games, projects and outdoor exploration.

**Wednesday–Friday, Mar 25–27  
9:30 am–Noon**

**Wild Waters: Welcome to Lake Ecology**

Learn about lakes and the processes that preserve and protect them.

**Sunday, Mar 29 • 1 pm**

**APRIL****Prime Real Estate**

See why and how we provide cavity nesting birds with accommodations, then stay to see tree swallows compete.

**Sunday, Apr 5 • 1 pm**

**Conservation@Home:****Natural Lawn Care**

Learn techniques to care for and understand your lawn. Create a sustainable lawn care action plan. Presented by UI Extension Service.

**Saturday, Apr 11 • 10 am**

**Some of our Furry Friends**

Join us for a presentation on some of the native mammals found throughout Cook County.

**Sunday, Apr 12 • 1 pm**

**Earth Day, Nature Play**

Play, plant, paint and pretend. Enjoy special Earth Day family-fun activities.

**Saturday, Apr 18 • Noon–3 pm**

**Secrets to the Undergrowth**

Come see into the secretive lives of mites and millipedes living beneath the leaves.

**Sunday, Apr 19 • 1 pm**

**Red-wing Racket**

Learn about this bird as the males sing out “conk-la-ree!” while walking outside.

**Sunday, Apr 26 • 1 pm**

**MAY****Birds & Blooms**

Walk and enjoy the beauty of the spring wildflowers and look for migrating birds. Bring binoculars or borrow from us.

**Sunday, May 3 • 1 pm**

**World Migratory Bird Day and Big Sit**

Join a bird walk, #birdthepreserves, to see who's winging in and experience our Migration Obstacle Course.

**Saturday, May 9 • 11 am–3 pm**

**Spring Smartphone Photos**

Learn tricks for taking great smartphone images, then practice in the field.

**Sunday, May 10 • 1 pm**

**Spring Ephemerals**

Join a walk to see what's blooming and learn about these brief beauties.

**Sunday, May 17 • 1 pm**

**Wetlands-What's the Difference?**

Take a 2-mile hike to observe the differences between a lake, pond, marsh and vernal pool. Wear close-toed shoes.

**Sunday, May 24 • 1 pm**

*\*Registration required for events  
with asterisk.*

**847-381-6592**

A man wearing a yellow life vest, a black jacket, and an orange cap is paddling a canoe on a river. The background shows lush green trees and other people in canoes in the distance.

# North Zone

*Explore what's wild  
and wonderful*

## On the Water

The more than 240 scenic acres of waterways of the Skokie Lagoons are both a critical habitat for wildlife and a great place to get out on the water. Beginner and expert paddlers alike will find canoe and kayak rentals and the preserve's boat launch on Tower Road near Winnetka.

"It's one of the premier and unique locations to paddle in the

northern suburbs," says program coordinator Justin Mercer.

Canoe and kayak rentals are also available in the preserves at Busse Lake, Maple Lake, Tampier Lake and Saganashkee Slough.

The Forest Preserves also offers the Greater Maywood Paddling Program, which trains and certifies people to lead organized group kayak excursions.



### Spring Eco Hike\*

Celebrate spring with a hike to learn about the ecological history, restoration efforts, and blossoming vegetation at LaBagh Woods.

**Saturday, Mar 28 • 9:30 am**

LaBagh Woods–Grove 1, N Cicero Ave, north of W Foster Ave, Chicago

### Woodworking with Invasives\*

Come out and build with invasive species! All equipment provided. Ages 12 & up.

**Saturday, Apr 4 • 10 am–Noon**

Caldwell Woods–W Devon Ave & N Nagle Ave, Chicago

### Sunrise Coffee and Canoe Cruise

Enjoy coffee and canoeing while taking in the sunrise and local wildlife. Coffee provided by The Coffee & Tea Exchange. Ages 18 & up. Equipment provided.

**Wednesday, Apr 15 • 6:30–8 am**

Tower Road Boat Launch–Tower Rd, west of Forestway Dr, Northfield

### Earth Day Celebration with the BackYard Nature Center

Celebrate the 50th anniversary of Earth Day with an afternoon of service, learning and fun. Activities include restoration, a fishing clinic, nature hikes, pop-up nature play and more.

**Saturday, Apr 25 • 12:30–3 pm**

Erickson Woods–Willow Rd, east of I-94/Edens Expy, Winnetka

### Ralph Frese Memorial Paddle

Celebrate the legacy of canoe legend Ralph Frese by paddling the Chicago River. Free shuttle runs 8 am–2 pm from Linne Woods to Willow Road Dam. Must bring personal boats and flotation devices.

**Saturday, May 2 • 8 am Check-in; 9 am Launch; Rain date: Sunday, May 3**

Willow Rd Dam, Willow Rd & N Forestway Dr, Winnetka

### World Migratory Bird Day Celebration

Watch scientists band and release birds migrating from Mexico, Central America and the Caribbean. Enjoy crafts, snacks, bird walks and more.

**Saturday, May 9 • 9–11:30 am**

LaBagh Woods–Grove 1, Cicero just north of Foster, Chicago

### Wellness in the Woods: Mindfulness Walk\*

Treat yourself to a peaceful walking experience in the woods to reduce stress and help live in an embodied, inspired way. Led by UIE Master Naturalist Roberta Janssen.

**Saturday, May 16 • 10 am**

Caldwell Woods–W Devon Ave & N Nagle Ave, Chicago

### Des Plaines Canoe and Kayak Marathon\*

Join the second oldest continual canoe race in the United States! Race begins at Oak Springs Road in Libertyville and ends at Dam #2. Free for spectators. Activities at Dam #2 begin at 11 am. Register at [canoemarathon.com](http://canoemarathon.com).

**Sunday, May 17 • Race starts 8 am**

Dam #2–906 River Rd, Mount Prospect

*\*Registration required. Please call 708-386-4042, ext 26. to register or for information on any Northwest program.*

EXPLORE MORE



PAGES 4–11



# River Trail

## NATURE CENTER

3120 Milwaukee Ave, Northbrook, 847-824-8360  
Building: 9 am – 5 pm, closed Fridays. Grounds: 8 am – 5 pm daily\*

\*Building & grounds close at 4 pm in February

### SPECIAL EVENT



#### 48th Annual Maple Syrup Festival

Celebrate the arrival of spring with a special day of activities including crafts, games, tree tapping and maple syrup history with syrup samples to taste.

*Sunday, Mar 15 • 11 am–3 pm*

### THROUGHOUT *the* SPRING

#### What's On The Menu?

Join us at feeding time to learn about our display animals and their habits.

*Saturdays & Sundays • 3 pm*

#### Small Serendipity

Nature stories, crafts and activities.

Ages 3–6 w/adult.

*Wednesdays, Mar 25, Apr 8 & 22,*

*May 6 & 20 • 10 am*

#### Restoration Workdays\*

Improve native wildlife habitat by cutting, collecting, and learning about invasive species. Ages 10 & up; children under 15 w/adult—great for Youth Service Hours.

*Saturdays, Mar 21, Apr 4, May 9 • 10 am–Noon*

### MARCH

#### Sap's Rising

Walk in the sugar maple forest as winter comes to an end and learn about the sweet history of maple syrup making.

*Mar 1, 7, 8 & 14 • 1:30 pm*

#### Bucket Bug Hunt

Walk through the sugar bush to find out who has fallen into our sap buckets.

*Sunday, Mar 22 • 1:30 pm*

#### Spring Break Nature Drop In Days

We provide the fun, you bring the kids to explore nature each day.

*Tuesday–Thursday, Mar 24, 25 & 26  
1–3 pm*

**Birds of Prey Series: Hawks & Falcons**

See the unique characteristics that help our native birds of prey survive. Live raptors will be on display.

*Sunday, Mar 29 • 1:30 pm*

**APRIL****Spring Stroll**

A walk to highlight the signs of spring.

*Sundays, Apr 5 & 19 • 1:30 pm*

**Family Fun Drop In**

Nature-themed activities for all ages.

*Sunday, Apr 12 • 11 am–2 pm*

**Night Hike\***

An evening walk to learn about nocturnal animals that live at River Trail. \$3/person. Registration required by 4/21.

*Friday, Apr 24 • 7:30 pm*

**Frog Frenzy**

Learn how to think, act and be a frog.

*Sunday, Apr 26 • 1:30 pm*

**MAY****Bird the Preserves**

*Saturday, May 2 • Throughout the day*

*10 am–Noon: Birding Basics*

Learn the basics in bird watching.

*1–2:30 pm: Raptor Encounter*

Get up close with live birds of prey.

**Spring Stroll**

A walk to highlight the signs of spring.

*Sunday, May 3 • 1:30 pm*

**Campfire Stories\***

An evening of stories, myths and folklore around our campfire. \$3/person. Registration required by 5/13.

*Saturday, May 16 • 7:30 pm*

**Birds of Prey Series: Owls**

See the unique characteristics that help our native birds of prey survive. Live raptors will be on display.

*Sunday, May 17 • 1:30 pm*



—Treat your Mom—

**Mother's Day Wildflower Walk**

Learn about spring woodland wildflowers on a casual walk.

*Sunday, May 10 • 1:30 pm*

**Spring Photography Workshop \***

Capture nature through hands-on instruction. Ages 18 & up. Registration required by 5/20. Participants must bring their own digital camera.

*Saturday, May 23 • 8:30 am–Noon*

**Creature Feature**

Say hello to one of the animals found in our forest preserves.

*Sunday, May 24 • 1:30 pm*

**Coyotes**

Learn about these misunderstood mammals and their important role in nature.

*Sunday, May 31 • 1:30 pm*

*\*Registration required at least two days in advance of the events marked with asterisk.*

*847-824-8360*



# Central Zone

*Explore what's wild  
and wonderful.*

## Mind & Body

According to the Association of Nature & Forest Therapy, forest therapy, also known as forest bathing, promotes healing and wellness through nature immersion. Research shows it can have both physical and mental health benefits.

Trailside Museum of Natural History in River Forest offers “wellness walks” several times

a year and yoga monthly, and other nature centers and sites have restorative events like yoga and mindfulness walks, too. For a self-guided wellness walk, naturalist Irene Flebbe says to “to find a nice trail, dress comfortably, turn off your phone, walk slowly and take your time, and breathe deeply.”



### Celebrate Spring Fest

Build and play with natural materials. Make a decorative terrarium, paint a bird house, and other activities. All ages.

**Wednesday, Mar 18 • 11 am–2 pm**

Rain date: **Thursday, Mar 19 • 11 am–2 pm**

Cummings Square–536 N Harlem Ave,  
River Forest

### Spring Break-Out Adventure

Youth and families, enjoy time out of school with activities including animal encounters, nature play, crafts, and other fun during this drop-in program.

**Thursday, Mar 25 • 11 am–2 pm**

Thatcher Woods–Chicago Ave west  
of Thatcher Ave, River Forest

### Archery

Attend this session to learn the basics of archery. Ages 10 & up. Equipment provided.

**Sunday, Apr 5 • Noon–2 pm**

Maywood Grove–Ohio St &  
Des Plaines Ave, Maywood

### Wellness Walks in Thatcher Woods

Treat yourself to a peaceful walking experience in the woods to reduce stress and help live in an embodied, inspired way. Led by UIE Master Naturalist Roberta Janssen. Registration required; call 708-366-6530.

**Saturday, Apr 11 • 10 am**

**Sunday, May 17 • 1 pm**

**Wednesday, May 20 • 10 am**

Thatcher Woods–Chicago Ave west  
of Thatcher Ave, River Forest



### 50th Earth Day:

#### Des Plaines River Cleanup

Celebrate Earth Day and join River Forest Park District to remove trash from the Forest Preserves. A great service project! Materials provided. Register at [rfparks.com](http://rfparks.com).

**Saturday, Apr 25 • 8–10 am**

Thatcher Woods–Chicago Ave west  
of Thatcher Ave, River Forest

#### Adult Game Night

Adults, you are invited to a night full of your favorite backyard games and trivia! BYOB. Ages 21 & up.

**Thursday, Apr 30 • 6–8 pm**

Thatcher Woods–Chicago Ave west  
of Thatcher Ave, River Forest

#### Kayak the Des Plaines

Kayak nearly 6 miles of the Des Plaines River from Maywood Grove to Plank Road Meadow. Instruction, equipment and kayaks provided. Registration required, call 312-533-5751.

**Friday, May 15 • 5–8 pm**

Maywood Grove–Ohio St & Des  
Plaines Ave, Maywood

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*For information on any Central Zone programs please call 312-533-5751.*

#### EXPLORE MORE



PAGES 4–11

# TRAILSIDE

## Museum of Natural History

738 Thatcher Ave, River Forest, 708-366-6530

Building: 9 am – 5 pm, *closed Fridays*, Grounds: 8 am – 5 pm daily\*

\*Building & grounds close at 4 pm in February

### Spring Festival at Trailside

Celebrate spring with a day of activities for all ages, including animal encounters, kids' tree climb, guided wildflower walks, bird banding, dip netting, seed planting, building a bird house to take home, and more!

Call 708-366-6530 for more information.

**Sunday, May 3 • 11 am–3 pm**

### THROUGHOUT *the* SPRING

#### Birdhouse Building Contest

Build a creative, functional birdhouse. We'll hang it up at Trailside where visitors will vote on their favorite. Visit [fpdcc.com](http://fpdcc.com).

**Entries accepted Mar 1–May 22**

#### Nature Story Times

Nature-inspired stories, followed by a craft and snack. Children ages 3–6 w/adult.

**Thursdays, Mar 5 & 19, Apr 2 & 16,  
May 7 & 21 • 10:30 am**

#### Nature Tots\*

Join your tot in exploring nature! Come play with us and explore a different theme each month.

**Wednesdays, Mar 11, Apr 8, May 13 • 10 am**

#### "Bone" Appétit

Join us during feeding time to learn about Trailside's outdoor resident animals.

**Sundays, Mar 15 & 29, Apr 12, May 24  
& May 31 • 1 pm**

#### Makin' Music Bluegrass Jam

Make a simple musical instrument, or bring your own. Play or just listen—all are welcome!

**Sundays, Mar 8, Apr 5, May 10 • 1 pm**



#### Morning Bird Walks

Enjoy a casual guided walk to look for birds and bird behavior. All welcome; binoculars available.

**Fridays, Mar 27, Apr 24, May 22 • 9:30 am**

### MARCH

#### One Earth Film Festival

Join us for free films and activities at Thatcher Pavilion, 8030 Chicago Ave. Visit [oneearthfilmfest.org](http://oneearthfilmfest.org) for details

**Saturday, Mar 14 • 9 am–1pm**



**Bike in the Preserves**

Get your bike ready for spring with tips from Barnard's Schwinn and information and maps on many Forest Preserves trails.

**Saturday, Mar 21 • 1 pm**

**Woodcock Walk\***

Join the Chicago Audubon Society at Wolf Road Prairie to witness the dramatic spring courtship flights of the woodcock.

**Friday, Mar 27 • 7:15 pm**

**Linoleum Block Print Workshop\***

Enjoy the easy and creative art of carving and printing linoleum block prints of a plant or animal. Instruction, materials provided. Adults and children 9 & up.

**Saturday, Mar 28 • 1 pm**

**APRIL****Trailside and Vicinity History Walk\***

Stroll through history on a cooperative walk with the Historical Society of Oak Park & River Forest. Register at [oprfmuseum.org](http://oprfmuseum.org). Fee involved.

**Saturday, Apr 11 • 1 pm**

**Conservation@Home: Natural Lawn**

This workshop will focus on environmentally friendly lawn care practices for your home. Presented by the UI Extension Master Gardeners.

**Saturday, Apr 18 • 10 am–Noon**

**Paint a Wildlife Friend Workshop\***

Paint an 11x14 canvas, pre-sketched with a forest animal. No experience necessary. Led by artist Carol Foster. \$10/person. Register by Apr 3.

**Sunday, Apr 19 • 1 pm**

**Picture Spring\***

Ready to try photography with a "real" camera with interchangeable lenses? We provide the cameras and lenses, you provide the enthusiasm and creativity! Adults and teens.

**Sunday, Apr 26 • 11 am**

**MAY****Migration Walk**

Enjoy a spring walk that will focus on identifying birds and the phenomenon of migration. Led by John Elliott of Chicago Audubon.

**Sunday, May 3 • 7 am**

**"The Big Sit" Birdwatching**

Stop and sit a while as we see how many birds we can spot or hear without leaving a 17-foot circle. Binoculars and guidance provided.

**Saturday, May 9 • 8 am–Noon**

**Spring Fungi Hike\***

Join a naturalist as we hike the trails of Thatcher Woods to investigate the various fungi present. No collecting. Ages 18 & up.

**Saturday, May 30 • 1:30 pm**

*\*Registration required at least two days in advance of the events marked with asterisk.*

**708-366-6530**



# Southwest Zone

*Explore what's wild and wonderful.*

## Run, Hike, Bike

Winding through peaceful woodlands—and one of Cook County's most remote locations—walkers, hikers and runners can enjoy a workout on the Sag Valley unpaved Yellow Trail. This 8.1-mile loop trail can be accessed from numerous sites, including the popular Swallow Cliff Woods, and offers plenty of trail connections to shorten or lengthen your outing.

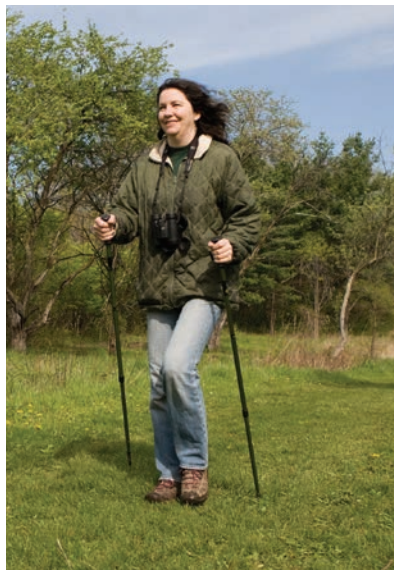
Program Specialist Jessica Becker says hiking at a 3- to 3.5-mile pace provides a higher-intensity workout, while a slower pace allows people to take in the beautiful scenery. “When you’re exploring the trails in spring, make sure you are wearing proper footwear,” she says. “Spring can create wet and muddy trails, and no one likes wet feet.”

## Bird Walk

Search of resident and early migrant birds. Spotting scopes encouraged.

**Tuesday, Mar 24 • 8 am**

McGinnis Slough – S La Grange Rd, south of W 135th St Orland Park



## Wellness in the Woods: Mindfulness Walk\*

Treat yourself to a peaceful walking experience in the woods to reduce stress and help live in an embodied, inspired way. Led by UIE Master Naturalist Roberta Janssen. Registration required; call 312-533-5751.

**Saturday, Apr 4 • 10 am–Noon**

Orland Grassland – W 167th St, west of S La Grange Rd, Orland Park

**Wednesday, Apr 15 • 10 am–Noon**

Swallow Cliff-North – Calumet Sag Rd, west of La Grange Rd, Palos Hills

**Wednesday, May 13 • 10 am–Noon**

Oak Forest Heritage Preserve – 159th St, east of S Cicero Ave Oak Forest

**Wednesday, May 27 • 10 am–Noon**

Swallow Cliff-North – Calumet Sag Rd, west of La Grange Rd, Palos Hills



## Hike & Bike Clean Up

Join a litter clean-up hike, then enjoy a 6.5-mile bike ride passing through the forests, wildlife and sloughs of the Palos region. Bring your own bike. Registration required; call 312-533-5751.

**Saturday, May 30 • 9 am**

Pioneer Woods-Grove 2–107th St, east of S Willow Springs Rd/Flavin Rd, Willow Springs



## Archery

Attend this session to learn the basics of archery. Ages 10 & up. Equipment provided.

**Thursday, May 21 • 4:30–6:30 pm**

Cherry Hill Woods – S Willow Springs Rd, north of McCarthy Rd, Palos Parke

EXPLORE MORE



PAGES 4–11

# Little Red Schoolhouse Nature Center

9800 Willow Springs Rd, Willow Springs, 708-839-6897  
Building: 9 am – 5 pm, *closed Fridays*, Grounds: 8 am – 5 pm daily\*

\*Building & grounds close at 4 pm in February

## THROUGHOUT *the* SPRING

### Mother Nature and Me\*

Explore and learn through nature play. Children ages 3–5 and their favorite adult will learn about nature through exploration and outdoor activities.

**Wednesdays • 10:30 am**

**Mar 18:** Rain

**Apr 15:** Wildflowers

**May 13:** Sandhill Cranes

### S.E.N.I.O.R.S.\* (*Seniors only.*)

Are you a senior who wants to stay active and remain a lifelong learner? Nature will inspire a different activity each week.

**Thursdays, Mar 12, Apr 9, May 14  
10–11 am**

### R.I.P. Stewardship Workday

Assist us with Removing Invasive Plants. Ages 10 & up. Children under 15 w/adult. No registration required.

**Saturdays, Mar 14, Apr 11, May 9  
10 am–Noon**

### Night Sky Programs

Peek at the universe through telescopes; guided by the Chicago Astronomical Society. A short presentation indoors will be given. No registration required.

**Saturdays • 7:30–10:30 pm**

**Apr 4:** Viewing The Night Sky  
with Binoculars

**May 2:** Beginning Astronomy–Develop  
Your New Hobby

### Nature's Choice

Join a naturalist as we discuss a seasonal occurrence in nature. Indoor and outdoor program. No registration required.

**Sundays, Mar 22, Apr 19, May 17 • 1:30 pm**



### Spring Morning Bird Walks

Take a relaxed stroll and search for birds making their way north. Bring binoculars; limited supply available for loan. All experience levels welcome. No registration required.

**Saturdays, Apr 25, May 16 & 23 • 7–8:30 am**

### Yoga in the Woods\*

Join us for a short hike before practicing yoga indoors. Bring your own mat or beach towel. Ages 18 & up.

**Sundays, Apr 5 & May 3  
10–11:15 am**

### I Am A Scientist\*

Ignite your child's sense of wonder and curiosity. Investigative tools provided for exploration, experimentation and discovery of various natural world subjects. Children ages 4–5.

**Wednesdays, Mar 4, Apr 29, May 20  
10:30 am–Noon**



**MARCH****Biomimicry: Biology to Design\***

Biomimicry means to imitate life. Discover how nature inspires innovation and design. Join a naturalist on an observation hike and creative design session. Ages 15 & up.

**Saturday, Mar 7 • 1:30 pm**

**Spring Equinox Night Hike\***

Welcome the arrival of spring with a sunset stroll, bonfire and s'mores. Family program.

**Friday, Mar 20 • 6:30-8 pm**

**Creative Gardening\***

Can you garden in the winter? Yes! Come make hypertufa pots for your indoor/outdoor gardens and terrariums. Ages 15 & up.

**Saturday, Mar 21 • 1:30-3 pm**

**Spring Break Field Camp\***

Children ages 8-10 will be immersed in the outdoors through nature activities and wildlife discovery. \$50 per child.

**Monday-Thursday, Mar 30-Apr 2  
9 am-12:30 pm**

**APRIL****Friday Night Frogs\***

Use your sense of hearing to identify which frogs are calling tonight. The data will be used for the Calling Frog Survey. Adults and children 10 & up.

**Friday, Apr 17 • 7:30-9:45 pm**

**Spring Wildflower Hike\***

Check out the array of wildflowers as we walk the White Oak Trail. Hike will just exceed 1 mile. Family program.

**Saturday, Apr 18 • 1:30 pm**

**Earth Day Drop In**

Join us to celebrate Earth Day! Activities will delight children of all ages.

**Wednesday, Apr 22 • 10:30 am**

**Peek in a Pond\***

Investigate an ephemeral pond to discover the secretive invertebrates and amphibians that inhabit these important aquatic habitats. Ages 7 & up.

**Sunday, Apr 26 • 1:30 pm**

**MAY****The Big Sit**

Join us for a "big sit" bird watching event! Help record all the birds seen or heard from a 17-foot circle.

**Saturday, May 2 • 6 am-Noon**

**Full Moon Frogs\***

Use your sense of hearing to identify which frogs are calling tonight. The data will be used for the Calling Frog Survey. Adults and children 10 & up.

**Thursday, May 7 • 8-10:15 pm**

**SPECIAL EVENT****Nature is Accessible**

Visitors of all abilities are invited to celebrate nature through accessible activities.

**Wednesday, May 27 • 10 am-2 pm**

**Un-BEE-lievable Honeybees\***

Learn the roles of a honeybee colony and how honey is produced. Observe a naturalist take an inside look at our hives. Adults & children ages 12 & up.

**Saturday, May 30 • 10 am**

*\*All programs require registration at least two days prior unless otherwise noted.*

*708-839-6897 or stop by in person to register.*



# Sagawau Environmental Learning Center

12545 W 111th St, Lemont, 630-257-2045  
Building: 9 am–4pm, Grounds: 8 am–4 pm daily

*Ski program ends Monday, Mar 2*

## THROUGHOUT *the* SPRING

### **Canyon Tours\***

Sagawau Canyon highlights the geology of NE Illinois. Hike is over rough terrain; wading through a stream is necessary. Registration required, starts the Monday prior to the program date.

*Saturdays, Apr 11, 25; Sundays, May 24, 31 10 am*

### **Waterfowl Watch\***

Peer through a spotting scope and watch for migratory waterfowl. Meet at McGinnis Slough. Ages 14 & up.

*Wednesdays, Mar 25, Apr 1 • 10 am*

### **Sagawau Bird Hikes**

Hike with a naturalist! Learn to identify birds by field marks, behavior, sound and habitat. Binoculars available for loan.

*Wednesdays, Apr 8 & 29; Friday, May 8; Sundays, May 10 & 17 • 8:30 am*

## MARCH

### **Winging it with Waterfowl\***

Dabble or dive into waterfowl identification using some simple methods to figure out who's who on the pond. Ages 14 & up.

*Saturday, Mar 21 • 1 pm*

### **Dragonfly Monitoring Survey\***

Help the Illinois Odonate Survey track dragonflies and damselflies by becoming a monitor. Learn how to identify and report your findings. Register at [illinoisodes.org](http://illinoisodes.org). Ages 18 & up.

*Sunday, Mar 22 • 9 am–Noon*

### **Restoration Workday\***

Enjoy the fresh air and put your muscles to work as you help restore habitat. Gloves and tools available for loan.

*Saturday, Mar 28 • 9:30–11:30 am*

### **Changing Seasons Hike\***

What will it feel like today? Depending on the weather we may find dormant nature about to wake up or the first signs of spring.

*Sunday, Mar 29 • 1 pm*

## APRIL

### **Conservation@Home Natural Lawn Care\***

Take this UIE workshop to learn environmentally friendly lawn care practices and create your own sustainable action plan. Ages 14 & up.

*Saturday, Apr 4 • 10 am*

### **Glacial Geology of Palos\***

Glaciers shaped the Palos area landscape. Dave Dolak from Columbia College will show the geologic highlights of the Palos area starting at Sagawau. Ages 18 & up.

*Sunday, Apr 5 • 10 am–2 pm*

### **Spring at the Quarry\***

Take a closer look at the bees, birds and blooms around the quarry pond. Moderate 2-mile hike. Ages 14 & up.

*Sunday, Apr 12 • 10 am*



### **World Migratory Bird Day Birds Connect Our World**

Learn how scientists study bird migration and about technologies used to track and study migratory routes. These tools provide information that helps with conservation across the world.

**Bird Hikes: 8 am, 9:30 am**

**Bird Banding: 9 am-1 pm**

**Telemetry Demonstration: 11 am, 1pm**

**Saturday, May 9 • 9 am-2 pm**

### **Heart Your Park Service Day\***

Remove invasive species and help nature thrive during a Day of Service sponsored by CITGO and in partnership with the National Recreation and Park Association. Ages 10 & up.

**Earth Day: Saturday, Apr 18 • 9 am-Noon**

**National Arbor Day: Sunday, Apr 26 • 9 am-Noon**

### **Wildflower Walk\***

Enjoy our wildflowers while leisurely walking along our wooded trails.

**Sunday, Apr 19 • 1 pm**

## **MAY**

### **Birding Big Sit**

Sagawau is counting each individual bird as it visits a specific area. Stay as long as you want. Binoculars available for loan. All Ages.

**Saturday, May 2 • 6 am-Noon**

### **Garlic Mustard Pull\***

Welcome back native plants and wildlife by pulling invasive garlic mustard. All Ages.

**Saturday, May 2 • 1 pm**

### **Gardening for Wildlife\***

Learn how to attract hummingbirds, songbirds, and pollinators by using plant choice and landscape structure.

**Sunday, May 3 • 1 pm**

### **Breeding Bird Identification\***

Learn to identify local breeding birds by listening to their songs and calls. This two-part program will be helpful for Bird Conservation Network's Breeding Bird Monitors. Ages 18 & up.

**Indoor Presentation: Saturday,  
May 16 • 10 am**

**Hike: Saturday, May 23 • 8:30 am**



### **Prairie Hike\***

Hike around our prairie with a naturalist. See what's blooming and how the prairie is responding to restoration efforts.

**Saturday, May 30 • 1 pm**

*\*Registration required for events  
with asterisk.*

630-257-2045



## Climb to Health

Regardless of your athletic interests, Dan Ryan Woods offers numerous opportunities to get your blood pumping. The new fitness stairs, located at one of the highest points in Chicago, are modeled after the popular stairs at Swallow Cliff in suburban Palos Park. The 63-step stairs at Dan Ryan Woods' sledding hill have quickly become

a place to get in some cardio. Or run or walk on the mile-long paved trail loop that connects to the Major Taylor Trail—or a walk in the woods south of W 87th Street along historic limestone aqueducts. Or climb and let your imagination take over in a new treehouse-inspired nature play area.

## Nature Play Date

Enjoy playing and exploring with natural materials in a new nature play space.

**Thursdays • 10:30 am–12:30 pm**

**Mar 5, Apr 2, May 7**

Dan Ryan Woods-Visitor Center–S Western Ave & W 87th St, Chicago



## Bird Walk

Explore this preserve while looking for birds.

**Tuesdays • 8 am, Apr 21 & May 26**

Eggers Grove–E 112th St & S Ave E, Chicago

## Spring Breakout Adventures

Come out for archery, nature exploration, artmaking and more. All ages. Registration required for groups of 10+.

**Wednesday, Apr 8 • 11 am–2 pm**

Beaubien Woods–W Doty Ave S, southeast of E 130th St & S Ellis Ave, Chicago

**Thursday, Apr 9 • 11 am–2 pm**

Dan Ryan Woods Visitor Center–S Western Ave & W 87th St, Chicago

## Hike the Freedom Trail\*

Join the Little Calumet River Underground Railroad Project to learn about the many Freedom Seekers that came through this region prior to the Civil War. Registration required at [tomshepherd2001@yahoo.com](mailto:tomshepherd2001@yahoo.com).

**Saturday, Apr 18 • 1–3 pm**

Beaubien Woods Boat Launch–E 132nd St, east of S Greenwood Ave, Chicago

## Earth Day Celebration: Preserves Clean Up

Clean up the preserves with Friends of the Parks. Enjoy fun nature activities and snacks. Groups with 10+, register with [Credell.walls@cookcountyil.gov](mailto:Credell.walls@cookcountyil.gov).

**Saturday Apr 25 • 9 am–1 pm**

Beaubien Woods–W Doty Ave S, southeast of E 130th St & S Ellis Ave, Chicago

## Chicago River Day Clean-Up Paddle\*

Celebrate the 28th Chicago River Day on the Little Calumet River. All ages. Limited number of boats available for paddling portion. Register at [chicagoriver.org](http://chicagoriver.org).

**Saturday, May 9 • 9 am–Noon**

**Water Clean-Up:** Little Calumet Boat Launch–Jackson St, east of S Ashland Ave, Blue Island

**Land Clean-up:** Whistler Woods Forest View Ave, east of S Halsted St, Riverdale

## Nature Block Party: Bike, Hike, and Play!

Let's have a party! Enjoy activities that inspire play and exploration of the Forest Preserves.

**Saturday, May 16 • 11 am–3 pm**

Eggers Grove–E 112th St & S Ave E, Chicago

## Chicago Outerbelt Hike

Join thru-hikers for snacks and 5 miles of the Thorn Creek Trail. Offered in partnership with Outerbelt Alliance.

**Friday, May 29 • 8:30 am check-in, 9 am hike start**

Sweet Woods–Cottage Grove Ave, north of Glenwood Lansing Rd, Thornton

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*\*Registration required. Please call 708-386-4042, unless otherwise noted.*

EXPLORE MORE



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# Sand Ridge

## NATURE CENTER

15891 Paxton, South Holland, 708-868-0606

Building: 9 am–5 pm, Grounds: 8 am–5 pm daily\*

Exhibit room closed Fridays during hour of operations

\*Building & grounds close at 4 pm in February

### SPECIAL EVENT

## Earth Day

Celebrate the 50th anniversary of this global holiday with walks, artmaking, puppet shows and Earth Day-themed games.

*Saturday, Apr 18 • 10 am–3 pm*

### THROUGHOUT *the* SPRING

#### Nature for Little Ones

Little ones with an adult experience their very own nature discovery program and puppet show.

*Saturdays • 10 am*

*Mar 7:* Log Cabin Fever

*Apr 4:* I Spy Outside

*May 2:* Animal Babies

#### Live Healthy, Discover Nature! Hike

Venture out on our beautiful trails for a 3–4-mile hike led by our nature educators.

*Saturdays, Mar 7, Apr 4, May 2 • 1:30 pm*

#### Wee Wonders

Preschoolers with an adult will discover the plants and animals around them through story time and artmaking.

*Wednesdays, Mar 11, Apr 8, May 13 • 10 am*

#### Meet Our Birds of Prey

Learn about the unique adaptations of our center's red-tailed hawk and great-horned owl.

*Sundays, Mar 1, Apr 5, May 3 • 2 pm*

### Wellness in the Woods

Improve mental and physical health while being active, restful and playful. See monthly themes at [fpdcc.com/events](http://fpdcc.com/events)

*Saturdays, Mar 21, Apr 18, May 16 • 1:30 pm*

### MARCH

#### Maple Syrup Tasting

Unearth the delicious process of maple syrup from tree to bottle.

*Sunday, Mar 8 • 2 pm*

#### Creatures of the Night

Learn about nocturnal animals and go on a night walk to try to see or hear some.

*Friday, Mar 13 • 6 pm*

#### Conservation@Home:

##### Adding Color to your Garden\*

Learn how to personalize a pollinator garden to have vibrant native colors.

*Saturday, Mar 14 • 10 am–1 pm*

#### Creative Reuse 101: All about Birds

Make bird feeders and provide nesting materials using re-purposed supplies.

*Sunday, Mar 15 • Noon–3 pm*



**Nature Play Date: Life under Logs**

Kids will use magnifying glasses and investigate the plants and creatures that live under their feet.

**Saturday, Mar 28 • 10 am–3 pm**

**Plants of the Underground Railroad**

Uncover how plants were used to gain freedom on the Underground Railroad.

**Sunday, Mar 29 • 2 pm**

**Spring Break Nature Fun**

When kids are out of school, drop in for free, family-friendly indoor and outdoor nature activities.

**Monday-Friday, Apr 6–10 & 13–17**

**APRIL****Composting 101**

Learn how composting works, its history, benefits to your garden, and how to start your own.

**Saturday, Apr 11 • 1:30 pm**

**Pioneer Living: All about Food\***

Learn how people cooked and preserved their food before conventional appliances. Includes tasting at end of program.

**Sunday, Apr 19 • 2 pm**

**Earth Day Work Day\*(open to groups only)**

Groups are invited to volunteer on a day set aside as a reminder to be good stewards of our planet. Recommended for groups of 15+ people.

**Wednesday, Apr 22**

**Morning & Afternoon times slots available**

**Spring Awakening Walk**

Experience the emerging signs of spring coming alive on this guided walk.

**Saturday, Apr 25 • 1:30 pm**

**MAY****Garlic Mustard Pesto-Mania\***

Learn about this invasive species and help make garlic mustard pesto! Bring a side dish to share.

**Friday, May 8 • 7 pm**

**Birding Big Sit and Walk**

Help identify all the birds at the center by joining our big sit or walking the trails with a naturalist.

**Saturday, May 9 • 6 am–Noon**

**Powerwalk the Burnham Greenway**

Enjoy a 3-mile walk exploring this regional trail and its connections to other trail systems across the country.

**Sunday, May 10 • 1:30 pm**

**Out in Nature: Spring Walk**

Join fellow LGBTQ+ nature lovers for a spring wildflower walk.

**Saturday, May 23 • 1:30 pm**

**Ride Into Nature\***

Join us for a family-friendly bike ride on the Burnham Greenway Trail. Bring your own bike (limited bicycles available, call to reserve). Meet at Green Lake Woods near Grove 4.

**Sunday, May 24 • 1 pm**

**Frog Frenzy**

Will you find a tadpole, adult bullfrog or a surprise? Wade in the pond to find out.

**Saturday, May 30 • 10 am–3 pm**

*\*Registration required for events  
with asterisk.*

**708-868-0606**



# SUMMER DAY CAMPS



## Reserve your space now

At most of the Forest Preserves' Nature Centers, children can join in on fun, educational day camps to learn about a range of nature-related topics.

Registration Opens April 4 • [fpdcc.com/daycamp](http://fpdcc.com/daycamp)



The Forest Preserve Foundation supports programs that provide meaningful experiences in the Forest Preserves of Cook County. Learn more at [forestpreservefoundation.org](http://forestpreservefoundation.org).

**Toni Preckwinkle, *President***

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**General Headquarters, 536 N Harlem, River Forest, IL 60305 • 800-870-3666**