

SUMMER 2023

A GUIDE TO THE Forest Preserves of Cook County



feel free

fpdcc.com



Pictured: Whealan Pool and Green Lake Family Aquatic Centers

FOREST PRESERVES AQUATIC CENTERS

Cermak Family

7600 W. Ogden Ave, Lyons
708-447-0715

Green Lake Family

1100 River Oaks Dr., Calumet City
708-862-1927

Whealan Pool

6200 W. Devon Ave, Chicago
773-775-1666

SUMMER HOURS

May 27-September 4 • Noon-7 pm

Schedule is subject to change due to inclement weather and unforeseen circumstances. Please check the pool's Facebook page @CermakWoodsAquatics, @WhealanPool, @GreenLakeAquatics, for updated hours of operations.



With warmer weather and longer days, summer provides endless opportunities to get out and explore the Forest Preserves of Cook County's nearly 70,000 acres of wild and wonderful. Use this guide as inspiration as you plan self-guided or naturalist-led nature outings throughout the season.

A quintessential summer experience is camping. Nothing compares to spending a night under the stars, falling asleep to a gentle chorus of insects, and waking up to happily chirping songbirds. In your Forest Preserves, you can choose from five campgrounds offering accommodations that range from tent sites to three-season cabins and even bunkhouses for larger groups.

Between Memorial Day and Labor Day, registered campers at most locations can join in on guided programs during the weekends. And for those who have never been camping before, be sure to check out our gear rental options and free Camping 101 workshops to learn camping basics.

There are plenty of other ways to enjoy summer in the Preserves: paddling local waterways, walking or biking hundreds of miles of trails, fishing along shorelines, or simply enjoying the peace and serenity of lush scenery. Whatever way you choose to explore nature, we hope to see you in the Forest Preserves!

Toni Preckwinkle

President,
Forest Preserves of Cook County





How to use this Guide:

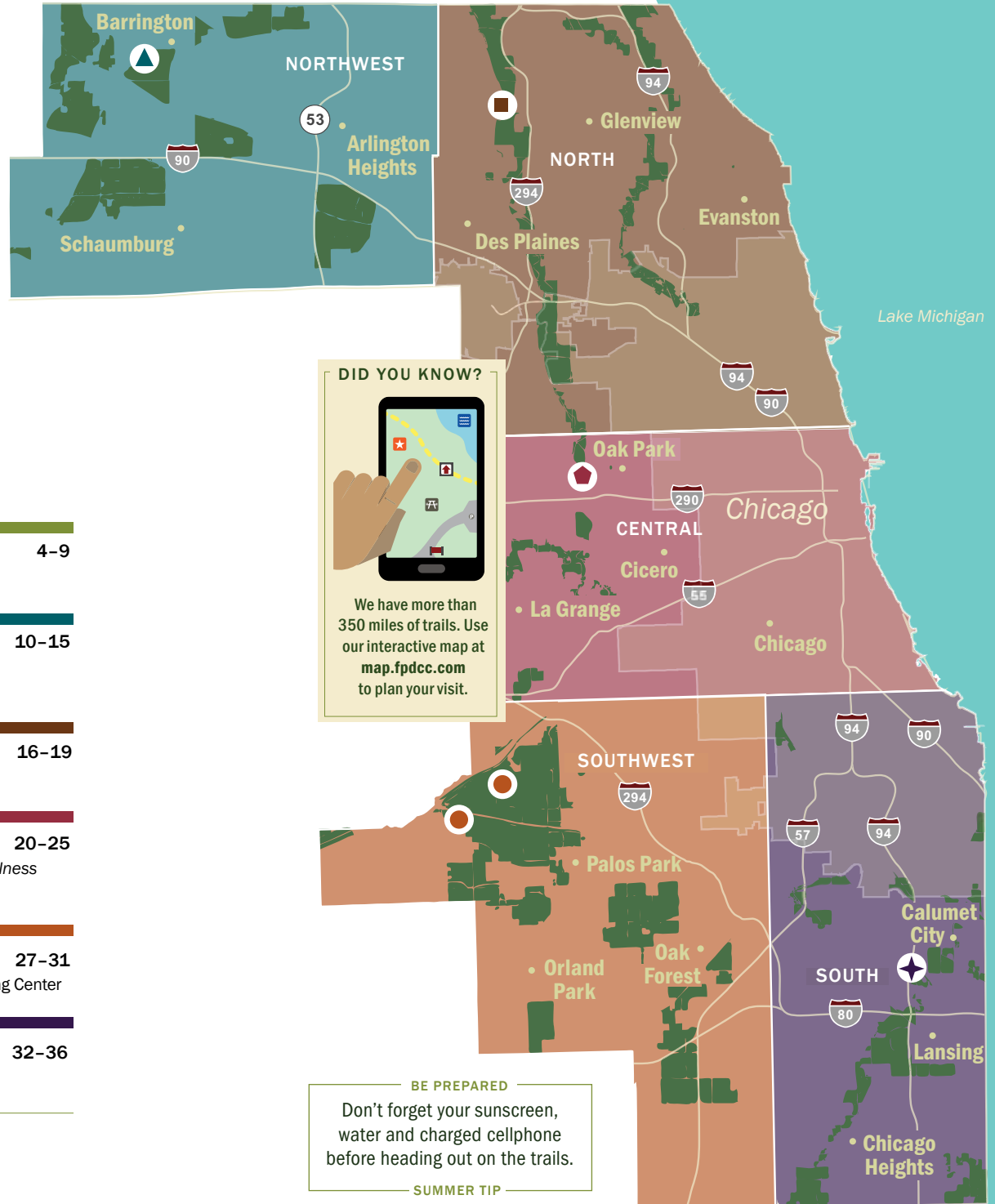
Whether you're looking for boat rentals, ziplining, disc golf or fun and educational events or programs at nature centers and sites throughout the County, this guide will help you create your own adventure in the Forest Preserves.

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.

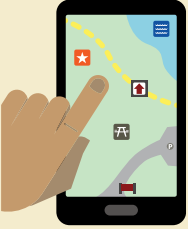
Come by yourself, or with your family and friends; there's no better place to feel free.

	Summer Offerings	4-9
	Summer Offerings, Hike the Preserves, Camping, Bird the Preserves	
	Northwest Zone	10-15
	Crabtree Nature Center, Preserves Lures Anglers with Lakes Stocked for Summer	
	North Zone	16-19
	River Trail Nature Center	
	Central Zone	20-25
	Trailside Museum of Natural History, Experience Physical, Mental Wellness in the Woods	
	Southwest Zone	27-31
	Little Red Schoolhouse Nature Center/Sagawau Environmental Learning Center	
	South Zone	32-36
	Sand Ridge Nature Center	

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



DID YOU KNOW?



We have more than 350 miles of trails. Use our interactive map at map.fpdcc.com to plan your visit.

BE PREPARED

Don't forget your sunscreen, water and charged cellphone before heading out on the trails.

SUMMER TIP

Summer Offerings

throughout Cook County

AQUATIC CENTERS ■ ◆ ✦

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

Opens Saturday, May 27

BOAT RENTALS ■ ◆ ●

Canoes, kayaks, rowboats or electric motor boats. April-late-October—call ahead for availability. 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, 708-830-5194

*Canoes and kayaks only

CONSERVATION@HOME

A partnership with University of Illinois Extension certifies Forest Preserves Friendly gardens. fpdcc.com

DISC GOLF ▲

Rolling Knolls

11N260 Rohrssen Rd, Elgin

fpdcc.com/disc-golf

EQUESTRIAN

Horse riders can enjoy miles of trails throughout the Preserves.

fpdcc.com/equestrian

GO APE ZIP LINE ◆

Navigate obstacles and ziplines, throw axes, and take on a jungle gym nets course in the forest canopy. Details & reservations: goape.com.

Bemis Woods South ●

1100 Ogden Ave, Western Springs

Open April–November



JUICED BY SHIC ●

Swallow Cliff

Open June–September. Hours may vary. Calumet Sag Rd/Rte 83, west of La Grange Rd/96th Ave, IL 60464

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

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 ◆

oakparktennis.com

544 N Harlem Ave, River Forest

VOLUNTEER

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. Learn more at fpdcc.com/pavilions.

Dan Ryan Woods Pavilion

8700 S Western Ave, Chicago

Mathew Bieszczyk 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

REI, rei.com/learn

Trailbound Trips, trailboundtrips.com

ZONE KEY

▲ Northwest ■ North ◆ Central ● Southwest ✦ South

Hike the Preserves

Get some exercise, meet new people, and learn about your local forest preserves with these programs out on the trails.

Fitness Hikes are 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.

Walk & Talks

Central Zone

Sundown Meadow-2 mi

S LaGrange Rd, north of 67th St, Countryside

Wednesday, Jul 26 • 1 pm

Southwest Zone

Orland Grassland-South-1.6 mi

104th Ave, south of 179th St

Saturday, Jun 17 • 10 am

St. Mihiel Woods-East-3 mi

Central Ave, south of 167th St

Saturday, Aug 19 • 10 am

Spears Woods-2.5 mi

96th Ave, south of W 87th St

Wednesday, Aug 24 • 3 pm

Fitness Hike

North Zone

Forest Way Grove*-4.4 mi

Forest Way Dr, south of Dundee Rd

Thursday, Aug 10 • 9-11 am

Central Zone

Sunset Bridge Meadow-7 mi

North Ave, east of N 1st Ave, River Grove

Wednesday, Jun 14 • 10 am

Brezina Woods-5 mi

N La Grange Rd, south of W Cermak Rd

Sunday, Aug 27 • 9 am

Southwest Zone

Yankee Woods-3 mi

Central Ave, north of 167th St

Saturday, Jul 15 • 10 am

Swallow Cliff Woods-South-8 mi

S La Grange Rd, south of 119th St, Palos Park

Saturday, Jul 22 • 9 am

Country Lane Woods-5 mi

95th St, east of Flavin Rd/Willow Springs Rd

Wednesday, Aug 30 • 9 am

South Zone

Sauk Trail Woods-Central-3.4 mi

Forest Preserve Dr, south of W 26th St, South Chicago Heights

Saturday, Jun 17 • 10 am



#birdthepreserves

Spring Bird Migration Walk*

Sponsored by Citizens for Conservation, track spring bird migration with naturalists on a guided walk. Ages 10 & up. Email susan.baert@citizensforconservation.org to register.

Penny Road Pond–East Penny Rd, west of Old Sutton Rd

Friday, Jun 2 • 7 am (Register by 5/30)

Horizon Farm–Old Sutton Rd, south of Otis Rd, Barrington Hills

Friday, Jun 9 • 7 am (Register by 6/6)

Bird Walks

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

Wednesdays, Jun–Aug • 8 am

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

Thursdays, Jun 15 & Aug 17*

(Programa ofrecido en Español)

Bird and Canoe*

Canoe on Flatfoot Lake to explore local birds. Canoes and equipment provided.

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

Saturday, Jun 24 • 8:30 am

BE A BETTER BIRDER:

Thursdays • 6 pm

Virtual via Zoom

Jun 22: Birding Ethics*

Don't be THAT person. Learn about ABA birding ethics and how to ensure birds are minimally impacted during your trip.

Register at:

birdingethicsJun2023.eventbrite.com

Jul 27: Getting Started*

Learn how to build your birding kit, how to get started birding, and where you can find resources.

Register at:

gettingstarted2023.eventbrite.com

Aug 24: Intro to Bird ID*

Learn the basics of bird identification.

Register at:

introtoid2023.eventbrite.com

ZONE KEY

▲ Northwest ■ North ◆ Central ● Southwest ✦ South

*Registration required. Go to fpdcc.com/events to register.



Camp Reinberg • Camp Bullfrog Lake • Camp Sullivan			
Type	Capacity	RATES: APR-OCT	
		COOK COUNTY RESIDENT	NON-RESIDENT
Tent/RV Electric	6	Thurs-Sat \$52	Thurs-Sat \$62
Tent (Non-Electric)	6	\$37	\$47
Small Cabin	8	\$85	\$95
Large Cabin	10	\$129	\$143
Small Bunkhouse	16	\$173	\$184
Large Bunkhouse	36	\$264	\$273

Camp Dan Beard • Camp Shabbona			
Type	Capacity	RATES: APR-OCT	
		COOK COUNTY RESIDENT	NON-RESIDENT
Tent (Non-Electric)	6	Sun-Sat \$37	Sun-Sat \$47
Small Cabin	8	\$84	\$95
Large Cabin	10	\$106	\$116
Group Site Pricing	30-60	\$22/tent	\$32/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 2023 on sale now.

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



CAMPGROUNDS OFFERINGS

Free! ▲ ● ◆
Campground programming for registered campers Saturdays and some Sundays Memorial Day weekend through Labor Day. Check in with campground staff for topics/times and registration information.

Camp Reinberg **Camp Sullivan**
Camp Bullfrog Lake **Camp Shabbona Woods**

Camping 101 ▲ ■ ●
This is a free workshop covering basic camping. All ages.

6-7:30 pm
Camp Reinberg
Thursday, Jun 8; Wednesday, Aug 23
Camp Bullfrog Lake
Wednesday, Jun 28; Thursday, Aug 31

Camp Sullivan
Wednesday, Jul 12

Camp Dan Beard
Thursday, Aug 3

For programming at Camp Shabbona Woods, visit page 35.

Camping 101-Overnight! * ▲ ●
Part workshop, part campout! Learn camping skills then spend the night. Program begins at 5:30 pm. \$50/family of 6

Camp Bullfrog Lake
Saturday, Jun 24-Sunday, Jun 25
Camp Reinberg
Saturday, Aug 12-Sunday, Aug 13



Teen Exploration Day: Fire Building 101* ▲
Learn different methods for fire building outdoors.

Camp Reinberg
Thursday, Aug 17 • 3:30-6:30 pm

*Registration required. For info and registration contact: experience.camping@cookcountyil.gov

ZONE KEY

▲ Northwest ■ North ◆ Central ● Southwest ◆ South



Image: Friends of Cycling in Elk Grove

Northwest Zone

JUNE IKES Fish for Fun*

Youth 15 and under can cast a line at this fishing extravaganza. In partnership with The Izaak Walton League-Elgin Chapter and City of Elgin Parks and Recreation. Register: Call 847-931-6770.

Saturday, Jun 3 • 9–11 am

Rolling Knolls–11N260 Rohrssen Rd, Elgin

Summer Nature Camp

Learn the significance of summer in Native American culture while participating in various activities. All ages. Presented by Trickster Cultural Center.

**Thursday & Friday, Jun 15 & 16
10 am–2 pm**

Rolling Knolls–11N260 Rohrssen Rd, Elgin

Busse Lake Outdoors Day & Fishing Derby*

Free fishing derby, tree climb, nature play, animal encounters and more! Enjoy local food and win prizes. For info and registration, call 847-519-7674.

Saturday, Jun 17 • 9 am–Noon

Busse Lake Boating Center–Grove 25, E Higgins Rd/Rte 72, east of I-290/Hwy 53

Without Limits: Recreation for All!*

Individuals with physical disabilities and their friends and families can explore nature through adaptive cycling, paddling, rock wall climbing and archery. In partnership with Adaptive Adventures.

Thursday, Jun 22 • 10 am–1 pm

Busse Lake Boating Center–E Higgins Rd/Rte 72, east of I-290/Hwy 53



Paddle Day

Paddlers of all skill levels can experience nature by exploring these waterways. Equipment provided. Timed paddles. Ages 5 & up. Group reservations required. Meet at South Boat Launch.

Friday, Jun 30 • 9 am–Noon

Busse Lake Boating Center–E Higgins Rd/Rte 72, east of I-290/Hwy 53

JULY

Forest Therapy Walk*

Awaken your senses and renew your bond with the nature and the Preserves. Certified Forest Therapy guide. Ages 18 & up.

Thursday, Jul 20 • 9–11 am

Carl R. Hansen Woods–Grove 1, Poplar Creek Trail System, Elgin

Yoga and Meditation in the Preserves*

Explore your chakras. Certified instructor.

Sunday, Jul 23

Yin Yoga: **11–Noon**

Meditation: **12:30–1:30 pm**

Deer Grove–East–Grove 2, West Dundee Rd, west of N Hicks Rd, Palatine

Pedal the Preserves*

Family-friendly bike ride starting with a safety discussion and practical skills demo. Refreshments and free helmets available. In partnership with Ride Illinois.

Sunday, Jul 30 • 10 am–Noon

Carl R. Hansen Woods–Grove 1, Poplar Creek Trail System, Elgin



AUGUST

Yoga and Meditation in the Preserves*

Explore your chakras. Certified instructor.

Sunday, Aug 13

Yin Yoga: **11–Noon**

Meditation: **12:30–1:30 pm**

Rolling Knolls–11N260 Rohrssen Rd, Elgin

Busse Night Ride*

Don't miss this unique opportunity to ride the Busse Woods trail at sunset, twilight or in the dark! Ticket includes live music, bonfires, refreshments and more.

Saturday, Aug 26 • 6–11 pm

Busse Lake Boating Center–E Higgins Rd/Rte 72, east of I-290/Hwy 53

**Unless otherwise noted, to register, call 773-758-8899.*

EXPLORE MORE



PAGES 4–9

Crabtree

NATURE CENTER

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

Building: 9 am – 5 pm, closed Fridays, Grounds: 8 am – 5 pm daily, Free Admission

Explore the Forest

Learn about and celebrate the different facets of the Forest Preserves through animal encounters, arts and crafts, and much more!

Sunday, Jun 4 • 11 am–3 pm

SUMMER CAMPS

Registration opens April 1. In person registration required; cash or check.

Nature Explorer Camp

Discover the plants and animals of the preserves through exploration, games and crafts. Ages 7–11; \$30/child.

Tuesday–Thursday, Jun 20–22
9:30 am–Noon

Gone Fishin' Day Camp

The first day will be spent investigating fish. On the second day, we will go fishing at a local lake. Ages 7–12; \$20/child.

Thursday & Friday, Jun 29 & 30 or Jul 6 & 7
9:30 am–Noon

THROUGHOUT *the* SEASON

Explore Nature Play

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

Open Every Day

Wee Wandering Wednesdays

A special program for little naturalists. Ages 3–6 w/adult. Tickets on a first come, first serve basis starting at 9:30 am. Siblings welcome.

Wednesdays, Jun 14, Jul 12, Aug 9 • 10 am

JUNE

Tour of Tallgrass Prairies

Join us for a 3-mile walk to enjoy and learn about tallgrass prairies. Ages 12 & up.

Saturday, Jun 10 • 1–3:30 pm

Sweet Clover Pull

Help us improve the quality of our prairies. Hat, water, sturdy shoes, gloves, long sleeves and long pants required. Children welcome w/adult supervision.

Saturday, Jun 17 • 10 am–Noon

Nature Mandalas

Relax your mind and rejuvenate by creating mandalas with geometric patterns out of natural materials. All ages welcome.

Sunday, Jun 18 • 1–3 pm

Pond Dippin'

Come and explore what small creatures live in our wetlands. Wear clothes and shoes that can get muddy and wet.

Saturday, Jun 24 • 1 pm

Firefly Night Hike*

Join us for a casual stroll on our trails to learn more about our glowing insect friends.

Wednesday, Jun 28 • 8:30 pm

JULY

Teen Exploration Day: Red, White & Blue

Walk along on Bur Edge Trail and try to spot flowers, fruits or animals wearing our national colors! Teens and their families.

Saturday, Jul 1 • 1 pm

Animal Coverings

Join us for a presentation on five vertebrate classes of animals, what type of covering they have and why.

Sunday, Jul 9 • 1 pm

Frogs!*

Did you know frogs can be identified by just their croak? We'll search for and learn to identify the frogs that call Crabtree home.

Monday, Jul 10 • 7 pm

Nature Detectives: Animal Homes Scavenger Hunt-Drop-in.

Look high and low for signs of animal homes during this fun scavenger hunt on our trails.

Saturday, Jul 15 • 10 am–2 pm

Cicadas

Learn about their secretive beginnings which later become a part of the summer throng.

Sunday, Jul 23 • 1 pm

Bats!*

Use the latest technology to listen for the sounds of bats. Discover cool facts about these misunderstood creatures.

Friday, Jul 28 • 8 pm

Junior Naturalist

Pick up a Junior Naturalist booklet at the nature center and complete the activities to earn a prize.

Saturday & Sunday, July 29 & 30
10 am–3 pm

AUGUST

Bugapalooza!

Explore insects with activities and crafts. Who will you catch (and release) on your insect safari?

Sunday, Aug 6 • 1 pm

Turtle Parts

Explore with us some of the similarities and differences between us and turtles. Ages 5–8 w/adult.

Saturday, Aug 12 • 1 pm

Hummers Galore

Let's take a short walk to look for our smallest migrant bird, the ruby-throated hummingbird. Ages 6 & up.

Saturday, Aug 19 • 10 am

Free Afternoon Movie

The Magic Stump-Aug 20 • 1pm
The World of Monty and Rose-Aug 27 • 1 pm

Singing Insects*

Enjoy the diverse sounds of singing insects during an evening walk on our trails. Ages 6 & up.

Thursday, Aug 24 • 7 pm

Summer Camp for Adults*

Enjoy a day of fun outdoor activities including survival skills, campfire cooking, hiking and s'mores! \$20/person

Saturday, Aug 26 • 10 am–3 pm

Twilight Canoe at Crabtree*

Explore natural wonders surrounding a local lake in a canoe at twilight. Ages 12 & up.

Wednesday, Aug 30 • 6 pm

*Registration required, call 847-381-6592 to register.

Forest Preserves Lures Anglers

with Lakes Stocked for Summer



Here muskie fingerlings are being stocked at Busse Reservoir.

The Forest Preserves of Cook County annually stocks between one-quarter and one-half million fish of eight different species into 20 to 25 lakes. But those generally aren't the fish anglers will end up catching during the year they're added, says senior fisheries biologist Steve Silic.

"They're mostly young-of-the-year fish, only a couple inches to half-a-foot. ... They're younger fish to supplement existing populations," he says. There are, with a few exceptions: rainbow trout, bluegill/green sunfish hybrids, and channel catfish. "Anything else, people are catching fish that have been growing up in those lakes over the years."

The Forest Preserves offers fishing in more than 40 lakes overall, and other stocked species typically include bluegill, muskie, northern pike, walleye and largemouth bass, when available. In addition, anglers can find about a dozen species that Silic says reproduce well enough on their own, including crappie, bullhead, perch, yellow bass and carp.

The two largest lakes in the Forest Preserves system are Busse Reservoir in Elk Grove Village and Skokie Lagoons near Winnetka, at 457 and 242 acres, respectively. They're also the most diverse in terms of species, with basically everything the preserves offer.



Make Your Gathering Green

The Forest Preserves of Cook County is home for native plants and animals, big and small. You can help protect the Preserves by making your gathering green! Follow the link below to learn about a list of actions you can take on, whether you are using the Preserves for a reunion, birthday or even a small picnic.

fpdcc.com/make-your-gathering-green/



North Zone



THROUGHOUT *the* SEASON

Forest Therapy*

Awaken your senses and renew your bond with the nature and the Preserves. Certified Forest Therapy guide. Ages 18+.

Thursday, Jun 15 • 9-11 am

Harms Woods-Central-Harms Rd, south of Old Orchard Rd

Thursday, Aug 10 • 9-11 am

Forest Way Grove-Forest Way Dr, south of Dundee Rd

JUNE

Let's Play! Forest Exploration Day*

Engage in creative, imaginative and child-directed outdoor free-play as a family. In partnership with The Alliance for Early Childhood and BackYard Nature Center.

Monday, Jun 5 • 9:30-11:30 am

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

International Mud Day Celebration

Join others around the globe for a morning of splashing, squishing, making mud pies and more! Dress to get messy. All ages.

Thursday, Jun 29 • 9:30-11:30 am

Bunker Hill-Grove 2, W Harts Rd, southwest of W Touhy Ave, Niles



Teen Exploration Day: Archery

Learn all things archery: history, bow parts, and proper technique. Equipment provided. Ages 10 & up.

Friday, Jul 14 • Noon-2 pm

Bunker Hill-Grove 7, W Harts Rd, southwest of W Touhy Ave, Niles

JULY

Dog Days of Summer



Enjoy a doggy canoe paddle, nature walk, paw print painting and more!

Dogs must be pet/person

friendly and remain on leash. Dog Personal Flotation Devices not provided.

Saturday, Jul 22 • 10 am-Noon

Beck Lake-East River Rd & Central Rd



Full Moon Paddle*

Join the Friends of the Chicago River in an exclusive after-hours moonlit paddle through the Skokie Lagoons. Ages 8 & up.

Saturday, Jul 29 • 6:30-10:30 pm

Tower Road Boat Launch-Tower Rd, west of Forestway Dr

JULY

Back-to-School Community Adventure Day

Pick up a school supplies bag (limited) and enjoy archery, an obstacle course, hikes and more! In partnership with ICNA Relief Center of Chicago and Niles-Main Public Library. All ages.

Saturday, Aug 5 • 10 am-1 pm

Bunker Hill-Groves 6, W Harts Rd, southwest of W Touhy Ave, Niles

Picnic and Paddle*

Experience the Des Plaines River watershed by land and water. After paddling, enjoy yard games and lunch cooked over a fire. Equipment and food provided.

Thursday, Aug 17 • 10 am-Noon

Beck Lake, East River Rd & Central Road

History of the Lagoons Paddle

Explore the uniqueness of the Skokie Lagoons by water. Equipment provided. Group reservations required.

Wednesday, Aug 30 • 4-6 pm

Tower Road Boat Launch-Tower Rd, west of Forestway Dr

**Unless otherwise noted, to register, call 773-758-8899.*

EXPLORE MORE



PAGES 4-9

River Trail

NATURE CENTER

3120 Milwaukee Ave, Northbrook, 847-824-8360

Building: 9 am - 5 pm, closed Fridays. Grounds: 8 am - 5 pm daily, Free Admission



Forest Walk

A casual walk to explore why it is "cooler" in the forest.

Sundays, Jun 11, Jul 9, Aug 13 • 1:30 pm

THROUGHOUT *the* SEASON

Small Serendipity

Nature stories, crafts and activities. Ages 3-6 w/adult.

Wednesdays, Jun 14, 28; Jul 5, 19; Aug 9, 23
10 am

Volunteer Workdays*

Help us work to make River Trail even better. Ages 10 & up; children under 15 w/adult.

Saturdays, Jun 10, Jul 8, Aug 12
10 am-Noon

The Buzz on Bees*

Visit our beehives and meet the beekeepers to learn about bees, pollination and honey.

Sundays, Jun 25, Jul 23, Aug 27 • 1:30 pm

Fridays in the Field

Discover something new in nature with University of Illinois Extension volunteers.

Every Friday Jun 23-Aug 11 • 10 am-Noon

Wildlife Connections

Stop by the visitor center to learn about animals from the residents of Misericordia -Heart of Mercy.

Tuesdays • 10 am-Noon

JUNE

Serpent Safari

A program all about snakes.

Sunday, Jun 4 • 1:30 pm

The Un-buried Treasure Hunt

Pick up a treasure map then decode the clues along the trails to find the un-buried treasure.

Sunday, Jun 18 • 11 am-2 pm

Campfire Stories*

Enjoy the lingering daylight on the longest day of the year with stories, songs and s'mores around the campfire. \$3/person; registration required by 6/18.

Tuesday, Jun 20 • 7:30 pm

JULY

Animal Encounter

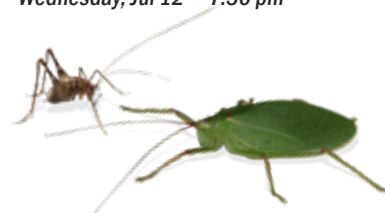
Join us for an up-close look at one of our ambassador animals.

Sunday, Jul 2 • 1:30 pm

Sunset Walk*

Some local wildlife begin their day just as the sun begins to set. Learn about these animals and more on a guided walk. \$3/person; registration required by 7/9.

Wednesday, Jul 12 • 7:30 pm



Bug-a-Palooza

Learn about the amazing diversity of insects as we catch and release them.

Sunday, Jul 16 • 1:30 pm

River Monsters

Explore the Des Plaines River and learn about the creatures that live under its' surface.

Sunday, Jul 30 • Noon-2 pm

AUGUST

Bat Chat*

Learn about these fascinating creatures while watching for them over the river. Registration required by 7/31.

Wednesday, Aug 2 • 8 pm

Pollination Station

Stop by our pollination garden to make a pollinator craft and go on a self-guided tour.

Sunday, Aug 6 • 11 am-2 pm

GPS Scavenger Hunt*

Learn about and participate in a technology-inspired scavenger hunt. Limited spaces, call to reserve an hourly time slot.

Sunday, Aug 20 • 11 am, 12:30 pm or 2 pm

Junior Nature Photography*

Learn how to capture nature through hands-on learning about cameras and photography. All photography levels welcome. Ages 8-15. Registration required by 8/23.

Saturday, Aug 26 • 9:30 am-Noon

**Registration required at least 2 days in advance of the events marked with asterisk.*

847-824-8360

Central Zone

THROUGHOUT *the* SEASON

Story Trail

Walk a short, looped trail and experience a story unfold with every step, then take home a related craft.

Wednesdays, Jun 7, Jul 5, Aug 9
10 am–1 pm

Bemis Woods-South-Grove 7, Ogden Ave, west of Wolf Rd



JUNE

Without Limits: Adventure for All

Individuals with physical disabilities and their friends and families can explore nature through adaptive cycling, rock wall climbing and archery. In partnership with Adaptive Adventures.

Wednesday, Jun 8 • 10 am–1 pm

Miller Meadow-South-Grove 6, 1st Ave, south of Roosevelt Rd



Summer Solstice Program

Join the American Indian Center of Chicago to learn about the Summer Solstice.

Wednesday, Jun 21 • 10:30 am–Noon

Schiller Woods-West-Grove 2, W Irving Park Rd, east of Des Plaines River Rd, Schiller Park

Nature Obstacle Course-Drop in Families, attempt an obstacle course created from natural materials. Other nature play, exploration and art activities available, too!

Saturday, Jun 24 • Noon–3 pm

Twenty-Sixth Street Woods-West-26th St, east of S 25th Ave

Insect Fest

Go on a bug hunt, follow the migratory patterns of monarch butterflies, explore bugs through dance and music, and create your own insect!

Thursday, Jul 13 • 11 am–2 pm

Cummings Square
536 N Harlem Ave, River Forest

JULY

Art in Nature

-Drop-in

Explore the symbolism between art in nature. Create land art, write a poem, and make tie dye using fruits and spices.

Friday, Jul 7 • 1–3 pm

National Grove-South-Grove 1, Groveland Ave, north of 31st St, North Riverside

Wildflower Walk at Wolf Road Prairie*

Join us for a walk and learn about the history of this urban gem. Register by calling 708-366-6530.

Saturday, Jul 8 • 10:30 am

Wolf Road Prairie Nature Preserve
31st St, west of Wolf Rd

Family Game Day

Adults and families, enjoy an afternoon full of your favorite backyard games, nature trivia and walks.

Saturday, Jul 29 • 2–5 pm

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



AUG

Teen Exploration Day: River Kayaking 101*

Learn how to kayak on moving water during this 3-mile paddle. Instruction, equipment and shuttle provided. Ages 13 & up.

Friday, Aug 4 • 10:30 am

Schuth's Grove-W Cermak Rd, west of Des Plaines Ave, Riverside

Pond Paddle*

Enjoy an afternoon out paddling. Instruction and equipment provided.

Thursday, Aug 10 • 3–5 pm

Thatcher Glen Pond-738 Thatcher Ave, River Forest

Chicago Portage Day

Join the Forest Preserves, Friends of the Chicago Portage, and other partners to celebrate this National Historic Site, its cultural significance, and the history of Chicago. We will have presentations, demonstrations, site tours, and games and activities for the whole family to enjoy.

Saturday, Aug 12 • 10 am–3 pm

Chicago Portage National Historic Site, S Harlem Ave, south of 47th St, Lyons



Nature Discovery Day

Drop in for a fun afternoon of nature discovery including nature games, art making, kite flying and more.

Thursday, Aug 17 • Noon–2 pm

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

Pedal the Preserves: Salt Creek Greenway*

Join us for a family-friendly biking event! Safety demonstration, techniques, tips and guided ride. Helmets/loaner bikes available. In partnership with Ride Illinois.

Saturday, Aug 26 • 10 am–Noon

Twenty-Sixth Street Woods-West-26th St, east of S 25th Ave

**Registration required. To register or for information on any Central Zone programs please call 312-533-5751 unless otherwise noted.*

EXPLORE MORE



PAGES 4–9

Experience Physical, Mental

Wellness in the Woods

From breaking a sweat to taking a break, nature can help you achieve your health goals

Did you know that research has shown that nature improves human health in many ways? Some of the benefits include lowering blood pressure, increasing brain activity, improving mental and physical well-being, and even improving sleep quality.

It doesn't take much to experience the health benefits offered by nature. You can take advantage of numerous opportunities—mostly free—throughout the Forest Preserves to feel your best both physically and mentally.



CAMP

Spend a night under the stars at our five campgrounds



HIKE OR WALK

Strap on your boots or walking shoes and hit 350+ miles of trails



PADDLE

Enjoy nature from the water while canoeing



MEDITATE

Relax your mind and become one with nature



BIRDING

Try to spot nearly 300 native and migrating species



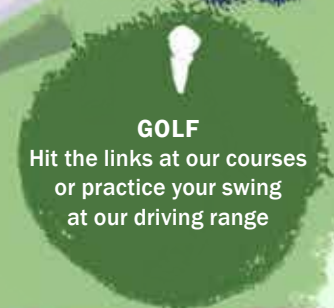
YOGA

Slow your flow and strike a pose on your own or during a guided program



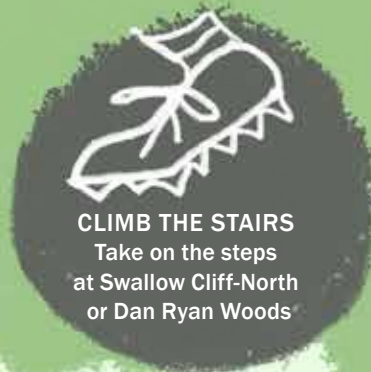
BIKE

Pump those pedals while cycling or mountain biking



GOLF

Hit the links at our courses or practice your swing at our driving range



CLIMB THE STAIRS

Take on the steps at Swallow Cliff-North or Dan Ryan Woods



VOLUNTEER

Cut down buckthorn and hand weed invasive species

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, Free Admission

SPECIAL EVENT

Migrating Monarchs Celebration

Learn about and view live monarch butterflies as we raise, tag and release them so they can journey to Mexico.

Saturday, Sept 9 • Noon–3 pm

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

THROUGHOUT *the* SEASON

Vote for Your Favorite Birdhouse: Birdhouse Building Contest

Stroll Trailside's gardens and vote for your favorite birdhouses. Winners will be announced in early September!

Every day from 9 am–5 pm

Senior Fitness Walks in Thatcher Woods *

Join us for a gentle, slow-paced 1-mile walk. Led by Roberta Jannsen, Univ. of IL Extension volunteer.

Wednesdays, Jun 7, 21; Jul 5, 19; Aug 2, 23 • 11 am

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

Wellness Walks in Thatcher Woods*

Join Roberta Jannsen, Univ. of IL Extension volunteer, for a mindful and calming forest walk. Ages 18 & up.

Sundays, Jun 11; Jul 16; Aug 20, 27; Saturdays, Jun 17; Jul 1 • 1 pm

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

“Bone” Appétit

Drop in and join us during feeding time to learn about Trailside's outdoor ambassador animals.

Sundays, Jun 11; Jul 9 (in Spanish); Aug 13 (in Polish) • 3 pm

Thursdays In the Field–Drop in.

Connect to nature through fun, inquiry-based activities for adults and kids. Led by Univ. of IL Extension Master Naturalists.

Wildflowers–Jun 15 • 2:30–4:30 pm

Opossums–Jul 20 • 10 am–Noon

Ponds & Dragonflies–Aug 17 • 10 am–Noon

Stories in the Forest–Drop-In

Join the River Forest Public Library for free “Stories in the Forest” and simple nature activities. Weather dependent. Ages 5 & under w/adult.

Thursdays, Jun 22, 29; Jul 6, 13, 20, 27; Aug 3, 10 • 10–10:30 am

Kid's Nature Art Workshops*

Kids ages 8–12 can enjoy creative fun as we observe nature, then draw, paint or sculpt. Instruction, materials provided. \$3/class.

Wednesdays, Jul 19, 26; Aug 2, 9 • 2–4 pm

JUNE

Makin' Music Bluegrass Jam at Thatcher Pavilion

Make a simple musical instrument or bring your own and join the jam! All are welcome to play or just listen.

Sunday, Jun 4 • 1–3 pm

Nesting Bird Walk*

Led by Chicago Audubon's John Elliott.

Saturday, Jun 10 • 8 am

Father's Day Family Nature Walk*

Join us to explore the scenic trails around the Museum, learning about wildlife fathers. Family walk.

Sunday, Jun 18 • 10:30 am

Welcome Summer Walk*

Join us for a casual walk on our trails to enjoy the sights and sounds of early summer. Family program.

Sunday, Jun 25 • 10:30 am

JULY

Amazing Animal Skulls–Drop in.

Touch and then ID animal skulls and learn how local animals are adapted for their diet and habitat.

Sunday, Jul 2 • 1–3 pm

Sunset Walk*

Join us for an evening walk in the woods as the sun sets and the fireflies flash. Family program.

Friday, Jul 7 • 8 pm

Bird Painting Step-By-Step: Baltimore Oriole*

Sketch and paint a Baltimore oriole on a 9x12 canvas. Materials provided. In English and Spanish. Ages 13 & up. \$5/person. For all skill levels.

Friday, Jul 14 • 1–3 pm

Hooray for Herons*

Join for a short talk and a walk to see herons and other birds. Ages 18 & up.

Sunday, Jul 16 • 9 am

High Summer Nature Walk*

Join us for a guided hike to experience summer in the gardens and woods. Family program.

Saturday, Jul 22 • 10:30 am

Pond Dip Discovery*

Who lives on and below the water? Let's dip our nets and scoop up our discoveries! Ages 5–12 w/adult.

Saturday, Jul 29 • 10:30 am

AUGUST

Summer Blooms Walk*

Ages 18 & up.

Sunday, Aug 6 • 10:30 am

Nature Sketching Workshop*

Grow your skills in art and observation. All skill levels. Ages 13 & up.

Saturday, Aug 12 • 10:30 am

Bird Painting Step-By-Step: Blue Jay*

Sketch and paint a blue jay on a 9x12 canvas. Materials, guidance provided. All skill levels. Ages 13 & up. \$5/person.

Friday, Aug 18 • 1–3 pm

Parent/Child Woodland Ramble*

Explore the secrets of the woods as we look for cool plants and creatures great and small!

Saturday, Aug 19 • 10:30 am

Bird Migration and More Walk*

Walk and view birds and other animals that migrate from or through our area. Ages 18 & up.

Sunday, Aug 20 • 8 am

Colors of the Forest – Natural Dyes*

Hands-on class teaching the traditional uses of plants and trees as dyes. In partnership with Trickster Gallery as part of a botanical photography exhibit at Trailside. Ages 18 & up.

Saturday, Aug 26 • 10:30 am

**Registration required at least 2 days in advance of the events marked with asterisk.*

708-366-6530

Have You Watched Wild & Wonderful?

tinyurl.com/wildwonderful101

The Wild & Wonderful video series teaches young children and people of all ages about our native plants and wildlife.



Become a Concessionaire in the Forest Preserves of Cook County • Applications now available fpdcc.com/permits/concessions

Conviértase en u concesionario con el Forest Preserves de Cook County • Las solicitudes se pueden completar visitándonos en fpdcc.com/permits/concessions

▼▼▼ SOUTH ZONE EVENTS ▼▼▼

LATINO CONSERVATION WEEKEND

Programa ofrecido en Español

Canoe & Clean Up*

Learn canoeing basics, try new skills and help keep Powderhorn Lake clean. Equipment provided.

Saturday, Jul 22 • 10 am–2 pm

Powderhorn Lake–S Brainard Ave, east of S Burnham Ave/S Ave O, Burnham

Ecology Walk

Learn about current restorative conservation efforts and join a community of individuals involved at Eggers Grove.

Sunday, Jul 23 • Noon

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

FREE!



Southwest Zone

JUNE

Archery

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

Thursday, Jun 29 • 1–3 pm

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

JULY

Photography Walk

Grab your camera and explore Paw Paw Woods Nature Preserve with us, designated as one of the highest quality natural areas in the state.

Saturday, Jul 1 • 9 am

Maple Lake–East–Mountain Bike Staging Area, 95th St, west of Willow Springs Rd/Flavin Rd

Knitting in Nature: An Introduction

With nature as our backdrop, learn the basics of knitting and simple techniques. Supplies provided. Drop in.

Thursday, Jul 20 • 1–3 pm

Swallow Cliff–North–Calumet Sag Rd, west of LaGrange Rd, Palos Hills

AUG

CAMBr Meltdown

The Palos Meltdown is Chicagoland's premier mountain bike event, with racing for all ages and abilities. Free for spectators.

Sunday, Aug 6 • 9 am–5 pm

Pulaski Woods–9800 Wolf Rd, Willow Springs

Nature Discovery Day

Nature games, guided hikes, art making, kite flying and more. In partnership with the Village of Palos Park. Drop in.

Wednesday, Aug 16 • Noon–2 pm

Swallow Cliff–North–Calumet Sag Rd, west of LaGrange Rd, Palos Hills

Telescope Party

Calling all amateur astronomers and night sky enthusiasts! Bring your own telescope or use ours for an evening of stargazing.

Wednesday, Aug 23 • 7:30–9 pm

Swallow Cliff–South–Grove 2, S La Grange Rd, south of 119th St,

EXPLORE MORE



PAGES 4–9

**Registration required. For more information, unless otherwise noted, please call 312-533-5751.*

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, Free Admission

SUMMER CAMPS

Spittlebug Art Camp

Enjoy three fun-filled days creating art inspired by nature. Activities include hiking, animal encounters and learning through hands-on art making.

Ages: 5-6; \$35/child.

**Tuesday-Thursday, Jun 13-15 • 10 am-
Noon**

Young Naturalists Field Camp

Children will be immersed in nature while hiking, conducting field experiments and hands-on wildlife discovery. \$35/child. 9 am-
Noon each day of all sessions.

Age 9: **Tuesday-Thursday, Jun 20-22**

Age 10: **Tuesday-Thursday, Jun 27-29**

Age 11: **Tuesday-Thursday, Jul 18-20**

Reptilian Exploration Camp

Children ages 7-8 will learn about native snakes, turtles and lizards through up-close encounters, field investigations, art and other fun activities. \$50/child.

**Tuesday-Friday, Jul 11-14 • 10 am-
Noon**

Wilderness Adventure Camp

During this wilderness exploration camp learn how to navigate through the forest. Activities include hiking, fire building, aquatic recreation, and other outdoor activities. Ages 12-14; \$50/child. Select one week only.

**Tuesday-Friday, Jul 25-28 • 9 am-
Noon**

**Tuesday-Friday, Aug 1-4 • 9 am-
Noon**

THROUGHOUT *the* SEASON

I am a Scientist

Ignite your child's sense of wonder and curiosity: explore, experiment, and make discoveries in the natural world.

Ages 4-5 w/adult.

Wednesdays • 10 am

Jun 7: Ichthyology

Jul 5: Herpetology

Aug 2: Ecology

Sunrise Walks

Thursdays, Jun 15, Jul 20 • 5:15 am

Thursday Aug 17 • 6 am

Fridays in the Field

Univ. of IL Extension Certified Master Naturalists will connect visitors with nature through inquiry-based activities on the grounds when the buildings are closed. No registration required.

**Fridays, Jul & Aug • 10 am-
Noon**

Jul 7: Bats

Aug 11: Ladybugs

Jul 14: Beavers

Aug 18: Raccoon &

Jul 21: Turtles

Opossum

Jul 28: Hawks

Aug 25: Waterfowl

Aug 4: Fungus



S.E.N.I.O.R.S.

Seniors Enjoying Nature
Inside/Outside Rain or Shine! Join us
for a nature-inspired adventure for
seniors. Ages 55 & up.

Thursdays, Jun 8, Jul 6, Aug 10 • 10 am

R.I.P. Stewardship

Join us as we Remove Invasive Plants.

Tools, gloves and snacks provided. Ages
18 & up or 17 w/adult.

Saturdays, Jun 10, Jul 8, Aug 12

10 am-Noon

Moon Walk

Let the full moon be our guide as we hike in the largest Urban Night Sky Place in the world.

Saturday, Jun 3 • 9 pm

Monday, Jul 3 • 8:45 pm

Tuesday, Aug 1 • 8:15 pm

Wednesday, Aug 30 • 8:45 pm

Dark Sky Walk

Walk in the world's largest Urban Night Sky Place during the darkest night of the month and view the stars and planets.

Saturday, Jun 17 • 9 pm

Monday, Jul 17 • 8:45 pm

Tuesday, Aug 16 • 8:15 pm

Introduction to Capoeira Angola

Participants will learn the rich history of Capoeira in Brazil, be introduced to basic movements (dance, acrobatics, self-defense) and learn how to play several percussive instruments and sing songs in Portuguese.

Sundays, Aug 13, 20 & 27, Sept 3

1:30-3 pm

Teen Exploration Day: Biodiversity Meetup

Learn about local species, ecosystems and conservation issues through field investigations, animal encounters, conversations and more. Ages 13 & up.

Fridays, Jun 30, Jul 21, Aug 25 • 5-7 pm

Yoga In the Woods

Enjoy an all-levels yoga class with certified instructor, Maura. Then enjoy a self-guided walk. Ages 18 & up.

Sundays, Jun 25, Jul 30, Aug 27

10-11 am

JUNE

Summer Solstice Walk

Celebrate the longest day of the year with a walk. Ages 9 & up.

Wednesday, Jun 21 • 7:30 pm

Calling Frog Survey*

Part of the Calling Frog Survey for Chicago Wilderness Region. Use your sense of hearing to identify which frogs are calling tonight. Ages 10 & up. Programa ofrecido en Español.

Friday, Jun 23 • 8:30-10:45 pm

JULY

Bat Monitoring Night Hike*

Using monitoring technology, participate in a search for resident bat activity on our trails. Ages 12 & up.

Saturday, Jul 1 • 8:30 pm

Wild Edibles

Join us as we discuss and sample some of Mother Nature's edibles provided this season.

Thursday, Jul 27 • 10 am

AUGUST

Focus on Habitats*

Learn about our habitats and the plants and animals that depend on them through a short discussion, activity and hike.

Sunday, Aug 20 • 1:30 pm

*Registration required for all
programs unless noted.*

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

**Denotes Spanish bilingual
program, Programa ofrecido en
Español**

Sagawau Environmental Learning Center

12545 W 111th St, Lemont, 630-257-2045

Building: 9 am–4 pm, Grounds: 8 am–4 pm daily, Free Admission

THROUGHOUT *the* SEASON

Restoration Stewardship Weekend*

Put your muscles to work as you restore ecosystems. Tools and safety gear provided. Age 10 & up.

Saturdays & Sundays, Jun 24 & 25, Jul 29 & 30, Aug 26 & 27
9:30–11:30 am

Teen Exploration Day: Nature Journaling*

Unlock your creativity and learn about phenology and sketch your observations with provided materials. Ages 13–18.

Thursdays, Jun 29, Jul 13, Aug 10 • 1 pm

OWLS: Older Wiser Learners

Enjoy refreshments and fellow OWLS followed by a nature-themed program.

Tuesdays • 10 am

Jun 27: Summer Blooms
Jul 25: Prairie Sweep
Aug 29: Hummingbird Sit

JUNE



Macroinvertebrates Survey*

Learn methods to survey stream invertebrates. Ages 12 & up.

Saturday, Jun 3 • 10 am

Intro to Bryophytes*

Discuss the basic biology of mosses and liverworts. Followed by a short walk. Ages 18 & up.

Sunday, Jun 4 • 1 pm

Bird Banding-Drop in

Visit the bird banding station, a scientific method used to study birds. Weather dependent. Family program.

Sunday, Jun 11; Saturday, Jul 22
10 am–Noon

Wasp Ecology Live-Virtual, Facebook Live

Learn about wasps and their intricate connections to the natural world.

Tuesday, Jun 13 • 1 pm

Guess Who Built the Nest*

Learn the diversity of nest building. Ages 10 & up.

Saturday, Jun 17 • 1 pm

Beespotter Pollinator Count*

Take a guided walk looking for pollinators and contribute to community science.

Sunday, Jun 18 • 1 pm

Community Builders: Birds*

Help build an inclusive community around birds. Add your voice to make a safe space for all people to enjoy birds.

Monday, Jun 19 • 10 am–Noon

Walk with Pride!

Take a self-guided interpretive walk to learn about LGBTQ+ people in conservation.

Saturday, Jun 17–Friday, Jun 30

JULY

Fireworks of the Prairie*

Walk and see the explosion of color this season. Ages 12 & up.

Saturday, Jul 1 • 10 am

ENTICE Workshop:

Illinois Birds for Junior High and High School Teachers*

In partnership with Illinois Department of Natural Resources, this workshop will focus on the ecology of birds and field techniques to bring birds into your classroom. CPDUs available.

Register at
enticeworkshops.com

Wednesday, Jun 21 • 9 am–3 pm

Dragonflies: Nature's Airshow*

Watch the dragonflies acrobatic display at the CCC Quarry. Includes a moderate 1-mile hike to the CCC Quarry. Ages 12 & up.

Sunday, Jul 2 • 1 pm

Butterfly Hike* 1-mi.

Learn how to spot butterflies on a trail hike.

Thursday, Jul 6 • 1 pm

Naturalist Choice

A naturalist will lead a program based on what nature is presenting now.

Saturday, Jul 8 • 1 pm

Tree Identification*

Learn about tree identification followed by a trail walk. Ages 12 & up

Sunday, Jul 9 • 10 am

Monarch Drop-in

Bring your questions about what plants support caterpillars and adult butterflies. Drop-in located along paved surface.

Tuesday, Jul 11 • 10 am

National Moth Week: Morning Moths*

Celebrate and learn about moths. Ages 12 & up.

Sunday, Jul 23 • 9 am

Field Botany-Teacher Workshop*

In partnership with Illinois Science Teaching Association, attend a workshop on local field botany that can be brought back to the classroom. Register at sagawau@cookcountyl.gov 17 ISBE approved PD hours.

Tuesday, Jul 18–Thursday, Jul 20
9:30 am–2:30 pm

AUGUST

Songs of Summer*

Enjoy the songs of echoing cicadas on a guided walk.

Saturday, Aug 5 • 1 pm

Hummingbird Fest

Join us for activities, viewing, and demos of how the birds are banded for tracking and research.

Sunday, Aug 19 • 9 am–2 pm

Rise & Shine, Hummingbirds*

Learn about hummingbirds as we watch them wake from their nightly torpor.

Wednesday, Aug 9; Saturday, Aug 12; Sunday, Aug 13 • 7 am

The Hum about Hummingbirds*

Learn about these fascinating avian jewels at an indoor presentation. Ages 12 & up.

Sunday, Aug 6 • 1 pm

Hummingbird Sit

Sit in for a relaxed hummingbird Q&A session while watching the hummingbirds at the feeders.

Wednesday, Aug 2; Sunday, Aug 20 • 10 am

**Registration required for events with asterisk.*

630-257-2045

South Zone

THROUGHOUT *the* SEASON

Open Nature Play Day

Wednesdays in Jun, Jul, Aug
10 am–1 pm

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

Mingle in the Morning: Senior Walking Club

Meet and mingle with others interested in health, wellness and the outdoors.

Tuesday, Jun 27 • 6 am

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

Tuesday, Jul 25 • 6 am

Sauk Trail Woods-Central
Forest Preserve Dr, south of W 26th St, South Chicago Heights

Tuesday, Aug 29 • 6 am

(Programa ofrecido en Español)

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

Night of Nature Play

Experience nature play at night and discover the what glows in the dark.

Friday, Jun 23 & Aug 11 • 8:30–10 pm

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

JUNE

Little Calumet River Clean-up*

Canoe and kayak while helping clean the Little Calumet River. Registration required: lholden@openlands.org

Saturday, Jun 3 • 9 am

Kickapoo Woods–Halsted St, south of W 144th St, Riverdale



Beaubien Woods Celebration

Canoeing, archery, art making, games and nature exploration. Reg. encouraged: beaubienwoodscelebration2023.eventbrite.com.

Saturday, Jun 10 • 11 am–3 pm

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

JULY

Kids' Fest

Fishing, canoeing, archery and more! Canoe slots limited. Registration encouraged: Kidsfest2023.eventbrite.com

Saturday, Jul 8 • 10 am–3 pm

Wampum Lake–Thornton-Lansing Rd, west of IL-394

Produce in the Preserves

Join us for a farmers' market with limited free produce and workshops about farming. More info: 206-718-3735

Wednesday, Jul 19 • 10 am–2 pm

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

Teen Exploration Night: Bats*

Search for resident bat activity and learn how cellphone technology is used for research. Ages 12 & up.

Friday, Jul 21 • 9:30–11 pm

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



SELF-LOVE SERIES

In partnership with Light of Loving Kindness.

Saturdays • 11:30 am–1 pm

Complete addresses may be found at fpdcc.com/events

Jun 3: Creating our Future

Goal setting, affirmations and manifestation through vision boarding. Green Lake Woods, Calumet City

Jun 17: Finding our Inner Light

Yoga, meditation and canvas painting. Green Lake Woods, Calumet City

Jul 1: Mindful Movement Party

Dancing, affirmations, tapping and joy.

Green Lake Woods, Calumet City

Jul 15: Outdoor Block Party!

Yoga, music, activities and more!

Jul 29: Sound Journey

Yoga, meditation and sound journey.

Sauk Trail Woods-Central
South Chicago Heights

Aug 12: Planting a Memorial

Remembering our loved ones through planting seeds.

Sand Ridge Nature Center
South Holland

Aug 26: A Walking Meditation:

Sauk Trail Woods-Central
South Chicago Heights

Sep 9: Summer's End

Peace healing circle
Sauk Trail Woods-Central
South Chicago Heights



AUGUST

Adaptive Adventures: Bike Out*

Try adaptive sporting equipment designed for those with physical disabilities. All are welcome.

Thursday, Aug 3 • 10 am–Noon

Sauk Trail Woods-Central-Forest Preserve Dr, south of W 26th St, South Chicago Heights

Summer Paddling at Wampum Lake*

Saturday, Aug 5 • 10 am–2 pm

Wampum Lake–Thornton-Lansing Rd, west of IL-394

Pedal the Preserves: Ride IL*

Guided family-friendly bike ride. Bikes, helmets provided.

Saturday, Aug 12 • 10 am–Noon

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

LATINO CONSERVATION WEEKEND

Jul 26–27

Programa ofrecido en Español. See page 26.



*Registration required. Please call 312-415-2970, unless otherwise noted.

EXPLORE MORE



PAGES 4–9

Sand Ridge

NATURE CENTER

15891 Paxton, South Holland, 708-868-0606

Building: 9 am - 5 pm, Exhibit room closed Fridays, Grounds: 8 am - 5 pm daily
Free Admission



SPECIAL EVENT

Juneteenth Celebration

Celebrate freedom, family and country with activities, presentations, performances, and exhibits highlighting Black history, arts and culture.

Saturday, Jun 17 • 10 am-2 pm

THROUGHOUT *the* SEASON

Drumming

Join an evening of cultural drumming.
Saturdays, Jun 3, 24; Jul 1, 8, 22 • 5-7 pm
Camp Shabbona Woods-15810 S Torrence Ave, South Holland

Live Healthy, Discover Nature! Walk*

Venture out on our scenic trails for a guided 3- to 4-mile walk.
Saturdays, Jun 3, Jul 1, Aug 5 • 1:30 pm

Meet Our Birds

Learn more about our flighted ambassador animals and discover their unique adaptations.

Sundays, Jun 11, Jul 9, Aug 13 • 1:30 pm

Wee Wonders*

Preschoolers with an adult are invited to learn about nature through music, movement, stories and crafts.

Wednesdays • 10 am

Chorus Frog: Jun 14

Turtles!: Jul 12

Snakes: Aug 9

Wellness in the Woods*

In partnership with Serendipity Yoga and Wellness, join us for a beginners' yoga session.

Saturdays, Jun 24, Jul 22, Aug 19 • 1:30pm

JUNE

Frog Night Hike*

Join our bilingual night hike to hear seasonal frog calls and other creatures of the night. Spanish native speakers encouraged! Ages 16 & up.

Friday, Jun 9 • 7:30-9:30 pm

Noche de las Ranas*

¡Los invitamos a una caminata para escuchar los cantos de las ranas y otras criaturas nocturnas de la temporada. Solo personas mayores de 16 años.

Viernes, 9 de Junio • 7:30-9:30 pm

Herp Hunt

What is a "herp?" Learn about our region's herpetofauna, or reptiles and amphibians, with a guided walk and pond dip.

Saturday, Jun 10 • Noon-2 pm

Intro to Birding*

Learn about the basics of birding and go into the field to see our feathered friends. Birders of all levels welcome.

Sunday, Jun 18 • 7-9 am

JULY

Book Exchange

Bring gently used books and exchange them for new titles. Enjoy crafts, light refreshments and story time. Five books maximum for donation.

Saturday, Jul 8 • 11 am-3 pm

Outdoor Block Party

In partnership with the Hip-Hop Olympics, create your own adventure with family and friends with music, nature play, games, walks, artmaking projects and more.

Saturday, Jul 15 • Noon-4 pm

Camp Shabbona Woods-15810 S Torrence Ave, South Holland

Reptile Rendezvous

Meet our ambassador reptiles. Learn about their unique adaptations and features.

Thursday, Jul 20 • Noon-2 pm

Waterfowl Walk

Join us for a short hike to two ponds to see up close views of some of the visiting waterfowl.

Sunday, Jul 23 • 9-10 am

Starry Night Hike*

Join us for a guided walk and night sky observations as we admire the stars and learn about astronomy.

Friday, Jul 28 • 7-9 pm

AUGUST

Fishing 101*

Fish and learn about Green Lake. Equipment provided. Fishing license required for ages 16 & up.

Saturday, Aug 12 • 9 am-noon

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

Great Outdoors Camp*

Discover nature and experience the lessons the land teaches through exploration and recreation. \$25/child.

Group 1: Children entering grades 1-3

Group 2: Children entering grades 4-6

Aug 7-11 • 8:30 am-12:30 pm

Teen Exploration Day: What's in a Wetland?

Wetlands are superheroes of the natural world! Join a guided walk and learn what makes this ecosystem so "super." Ages 13 & up.

Thursday, Aug 17 • 1-3 pm

Summer Bonfire

Join us at Camp Shabbona Woods as we celebrate summer with a bonfire, nature play, artmaking, lawn games, evening walks and more.

Saturday, Aug 26 • 6:30-10 pm

Camp Shabbona Woods-15810 S Torrence Ave, South Holland

Sit and Sip-Hummingbirds

Learn about and observe hummingbirds while we sit and sip on coffee and tea. Ages 13 & up.

Sunday, Aug 27 • 9-10 am

**Registration required for events with asterisk.*

708-868-0606



Tampier Lake

Trout stocking at Green Lake.

Busse Reservoir, Skokie Lagoons, Tampier Lake near Orland Park, and Maple Lake near Willow Springs offer concession facilities with rentals and equipment; Silic suggests checking with the vendor about hours and prices. “Depending on the site, they might have live bait,” he says. “They’re going to have basic tackle, lures, hooks, fishing lines, and smaller rods and reels. If you’re a new angler, these lakes are managed to provide easy shoreline fishing.”



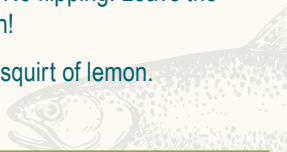
For beginners, Silic would recommend a lighter test line, probably between six and 10 pounds, and smaller-sized hooks. “People have a tendency to go bigger, but you don’t need giant hooks,” he says. “It depends on what you’re fishing for, whether you want to do a bobber or use lure.”

Silic prefers fishing for walleye, which he likes breaded and deep-fried; or trout, grilled inside a foil pack with a light seasoning and butter. “I’m a simple man,” he says simply.

STEVE’S SIMPLE TROUT RECIPE

- Salt, pepper or add your favorite spices.
- Wrap in tinfoil or grill on high heat.
- 6 min. No flipping! Leave the skin on!
- Add a squirt of lemon.
- Enjoy!

Rainbow trout are only stocked into the 6 trout lakes during the Spring and Fall.



CHICAGO BOTANIC GARDEN

LOVE IN BLOOM

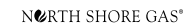
The flirty side of summer

In these longer, brighter days, we’re celebrating connections of all kinds. Summer blooms evoke that walking-on-air feeling—along with Love Seats, poems on the spot, evening jazz, and more.

June 3 – September 24

chicagobotanic.org

One of the treasures of the Forest Preserves of Cook County




The Forest Preserve Foundation supports programs that provide meaningful experiences in the Forest Preserves of Cook County

Learn more at forestpreservefoundation.org





 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 or at **708-771-1573**.

Toni Preckwinkle, *President*

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