

EXPLANATION OF SYMBOLS

ICONS & NOTATIONS

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

	Picnic Grove		Canoe Landing
	Shelter		Snowmobiling
	Ecological Management Site		Model Boat Area
	Hiking		Model Airplane Flying Field
	Birding Hotspot		Camping-Youth Group Only
	Equestrian Trailer Parking		Dog Friendly Area
	Sledding		Golfing
	Boat Ramp		Cycling
	Fishing		In-line Skating
	Nature Center		Cross-Country Skiing
	Swimming Pool		No Parking
	No Alcohol		* Boat rentals available at this site
			** Gas-powered boat launch at this site
			*** Large capacity grove



REGION 7

Activity Areas

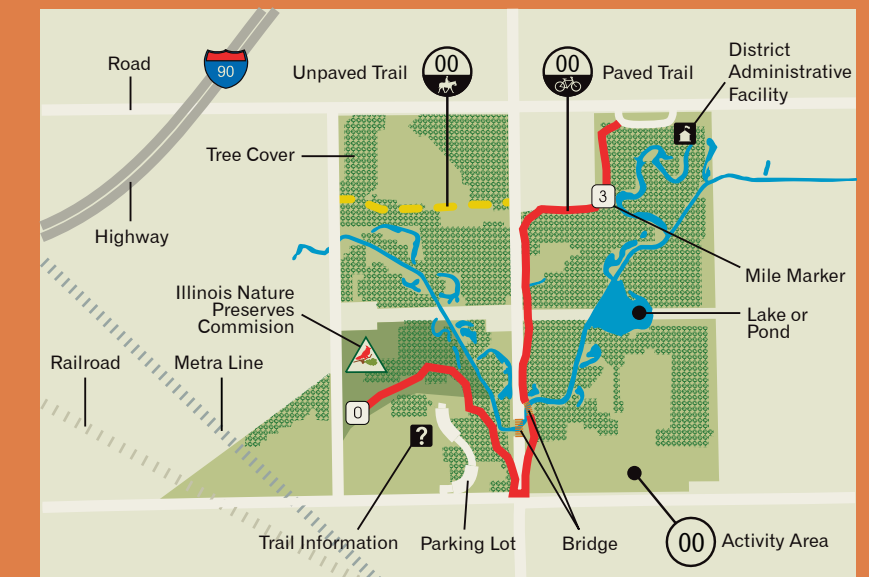
- Bergman Slough
- Black Partridge Woods
- Cap Sauer's Holding
- Cherry Hill Woods
- Forty Acre Woods
- Horsetail Lake
- McGinnis Slough
- McClaghrey Spring Woods
- Orland Grassland
- Orland Grove
- Paddock Woods
- Palos Park Woods-North
- Palos Park Woods-South
- Papoose Lake
- Sagawau Environmental Learning Center
- Sag Quarries
- Southland Volunteer Resource Center
- Swallow Cliff Woods-North***
- Swallow Cliff Woods-South
- Tampier Greenway Family Picnic Area
- Tampier Lake Boating Center*
- Tampier Lake-North
- Tampier Lake-West
- Teason's Woods

Trail Systems

- Centennial (Unpaved)
- Sag Valley (Unpaved)

Region 7: Overview

NOTE: Mileage is approximated to the closest tenth of a mile.



Get Out and EXPLORE



Live HEALTHY



Volunteer OPPORTUNITIES



Forest Preserve District of Cook County

YOUR FOREST PRESERVES

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

See the Chicago area's only rock canyon at Sagawau Nature Preserve... Hike, bike or ride your horse through the largest roadless area in Cook County at Cap Sauer's Holding... Fish and boat at Tampier Lake... Enjoy the birds of McGinnis Slough... Volunteer to keep our habitats healthy for wildlife... Or just relax and enjoy the hills, woods and prairies of the Sag Valley Region.

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

ACTIVITIES AND FACILITIES

PICNICKING: Picnicking is the most popular use of the preserves. From quiet family gatherings to large group outings, District picnic areas are an invitation to enjoy the outdoors. Each picnic area in the Region provides parking, port-o-lets, picnic tables, trash receptacles and a meadow for play. Many areas have picnic shelters. Swallow Cliff Woods-North is a large-capacity grove which can accommodate groups of more than 1,000 people.

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

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

All trails are open for **Hiking, Jogging, Dog Walking and Cross-Country Skiing** (with suitable snow cover). Region 7 offers trails through a variety of terrain in Cap Sauer's Holding, the Swallow Cliff area and Duffy Preserve. Dogs must be leashed.

Bicycling is permitted on designated unpaved trails. The Sag Valley unpaved trail system offers 17 miles of rugged terrain through hilly, wooded areas.

HORSEBACK RIDING: Region 7 has many unpaved trail loops available for horseback riding. Horse trailer parking is available at Forty Acre Woods, Horsetail Lake, Palos Park Woods-North and Swallow Cliff Woods-North. District rider and horse licenses are required for riding and may be obtained for a fee at the District's headquarters.

FISHING AND BOATING: Tampier Lake is a premier District fishing destination that also offers boat and canoe rentals, and a boat launch ramp. Horsetail Lake, Papoose Lake and the Sag Quarries are popular with shoreline anglers. All lakes are professionally managed for fishing. State fishing regulations apply. For information on size and daily catch limits, visit www.fpdcc.com. Swimming is prohibited in District lakes and ponds.

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

BIRD WATCHING: The District is renowned for its nesting, migrant and overwintering bird life—nearly 300 species of birds have been seen in the Region in a variety of habitats. Woodlands and wetlands in the Palos Park-Swallow Cliff area are prime habitats for migrant warblers and many other birds. McGinnis Slough is a favorite destination for waterfowl, shorebirds and many other species.

KITE FLYING: Many designated picnic groves have large open meadows that are ideal for flying kites. Cherry Hill is an excellent location.

GOLFING: While there are no golf courses in Region 7, the Forest Preserve offers ten (10) golf courses and four (4) driving ranges in regions nearby. Golfing information can be found on the "golf" link at www.fpdcc.com or by visiting www.forestpreservegolf.com.

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Wood Lily

Forest Preserve District of Cook County



Dickcissel

Courtesy of Chicago Wilderness

PRESERVE A HEALTHY LEGACY

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

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Website: www.fpdcc.com



Discover NATURE

In the heart of Region 7 is the Cal-Sag Valley, which was formed 10,000 years ago by the draining of a glacial lake that covered what is now Chicago.

Bluffs up to 90 feet above the valley floor at Swallow Cliff and surrounding areas are cut by deep ravines forested with ancient trees and carpeted with flowers in spring. South from the bluffs stretches the gently rolling landscape shaped by glaciers. Here, frogs, toads and salamanders make their homes in the ponds and marshes that fill old kettle holes (depressions left behind by melting blocks of glacial ice), and woodland and prairie blanket the moraines.

McGinnis Slough is one of the largest wetlands in the Chicagoland region. It's a mecca for bird watching during spring and fall migrations, when thousands of shorebirds, egrets and waterfowl stop over. Farther south is Orland Grassland, where a large rolling prairie is managed to support bobolinks and Henslow's sparrows, and bordering woodlands and wetlands host wintering owls, roaming coyotes and many other species. Use your imagination to discover nature.

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

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

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

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

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

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

There is so much to explore in the Sag Valley Region. Use your imagination to discover nature.

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Website: www.fpdcc.com

HABITAT MANAGEMENT AND RESTORATION

As unique and diverse as those of the Earth's rainforests, the Forest Preserve District's native habitats are home to thousands of species of plants and animals. Come read from this living library of prairies, savannas, woodlands and wetlands—we invite you to come back again and again, for each season brings a new adventure.

Natural areas in urban settings often rely on a variety of management actions to keep them healthy and diverse. Staff and volunteers help restore and maintain biodiversity by monitoring plant and animal life, controlling invasive species and propagating native plants.

Grassland restoration projects are underway at Orland Grassland and Bergman Slough. Swallow Cliff Woods is home to one of the largest urban woodland restorations ever undertaken and is the focus of long-term research on nesting birds, fungi, insects, spiders and other species. At Sagawau Environmental Learning Center, a globally rare dolomite prairie is being restored. These and other sites within the Region welcome volunteer assistance.

ILLINOIS NATURE PRESERVES

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

SAGAWAU ENVIRONMENTAL LEARNING CENTER (630) 257-2045

Sagawau Environmental Learning Center hosts many of the Region's programs for teachers and other adults, including credit courses with Governors State University. Public programs include walks through the county's only rock canyon and a variety of programs on birds, flowers, trees and other wildlife. On the east side of the rock canyon, the Dave Blenze Memorial Prairie is one of the earliest prairie restorations ever undertaken, and the Sag Valley Dolomite Prairie project is one of the newest and most unique. An historic Civilian Conservation Corps quarry offers a look into our human history, while its bedrock exposes fossil life of over 400 million years ago.

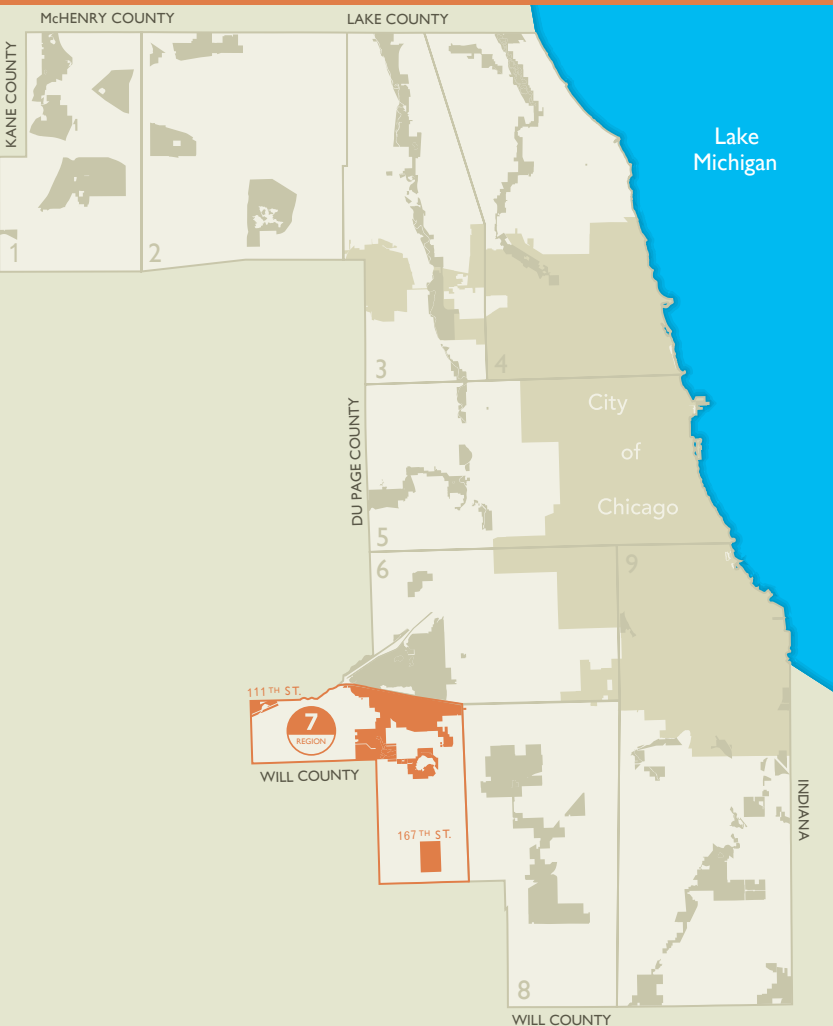
In winter, conditions permitting, the Camp offers a Nordic ski program. Lessons are available through certified instructors and trails are groomed for casual skiing. Ski rentals are available in sizes for all ages.



Forest Preserve District of Cook County

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

REGION 7 MAP OF NATURAL AREAS & ACTIVITIES



MISSION AND PURPOSE

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

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

FOREST PRESERVE DISTRICT OF COOK COUNTY

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

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

Emergency Services: 911

Volunteer Hotline: (773) 631-1790

Website: www.fpdcc.com

FOREST PRESERVE DISTRICT OF COOK COUNTY BOARD OF COMMISSIONERS

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

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