



2025

TrailLink Unlimited 

Guides



**Lake  
Arlington  
Walking Path**  
*Illinois*



## Lake Arlington Walking Path

Illinois

*Lake Arlington is an artificial lake and popular recreation area in Arlington Heights in Cook County. The park features amenities to*



utility corridor to Woodland Trails park in Mount Prospect.

Lake Arlington is an artificial lake and popular recreation area in Arlington Heights in Cook County. The park features amenities to interest visitors of all ages and it is a local favorite for family friendly outdoor recreation. Amenities include playgrounds, picnic areas, a fishing pier, boardwalk, boats for rent and of course, a trail.

A two-mile asphalt trail forms a circuit around the lake. Spurs from this loop reach into the adjacent residential neighborhoods and parks, including Wildwood and Flentie parks. Trail users can extend their trip by taking the [Prospect Heights Bike Path](#). From the southeast corner of the lake, take E. Towne Boulevard to Lake Arlington Drive, then take that sidepath northwest to Schoenbeck Road. The Prospect Heights Bike Path picks up from there in Somerset Park and winds down in a



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**



# Lake Arlington Walking Path

*Illinois*

**States:** Illinois

**Counties:** Cook

Length: 2miles

**Trail end points:** Hintz and Bradford Arlington Heights IL to Palatine Road and Windsor Arlington Heights IL

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike,Inline Skating,Fishing,Wheelchair Accessible,Walking

## Parking & Trail Access

The easiest parking is at the west end of Lake Arlington (2201 N Windsor Dr, Arlington Heights). There are a number of accessible spaces with striped access aisles.



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**

