



2026

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



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,Fishing,Inline

Skating,Walking,Wheelchair Accessible

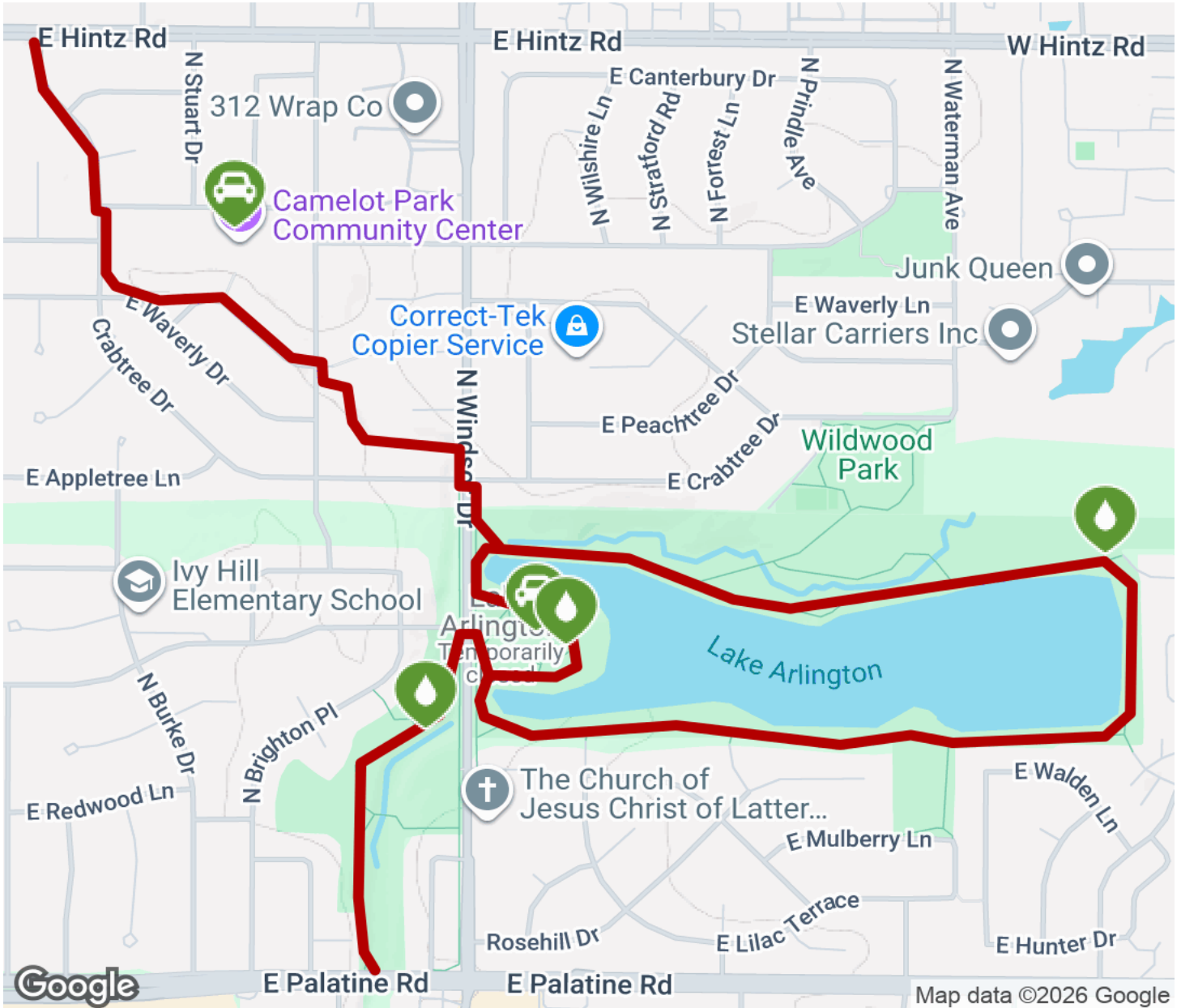
Parking & Trail Access

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.



Lake Arlington Walking Path

Illinois



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)