



2026

TrailLink Unlimited 

Guides   



**Chain O' Lakes  
Bike Path**  
*Illinois*



## Chain O' Lakes Bike Path

Illinois

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The Chain O' Lakes Bike Path is a paved trail that runs between E. Grand Avenue in Fox Lake and Grant Woods Forest Preserve to the east. The trail parallels the railroad track and Rollins Road/CR 31, passing by the Ingleside Metra station before heading northeast toward Grant Woods. Here it meets with the [Grant Woods Bike Path](#), a 6-mile unpaved route through prairie, woodlands, and marshes.



# Chain O' Lakes Bike Path

*Illinois*

**States:** Illinois

**Counties:** Lake

Length: 3.2miles

**Trail end points:** E. Grand Ave (Fox Lake) to  
Grant Woods Trail (Grant Woods Forest  
Preserve)

**Trail surfaces:** Asphalt

**Trail category:** Rail-Trail

**Trail activities:** Bike, Inline  
Skating, Walking, Wheelchair Accessible, Cross  
Country Skiing

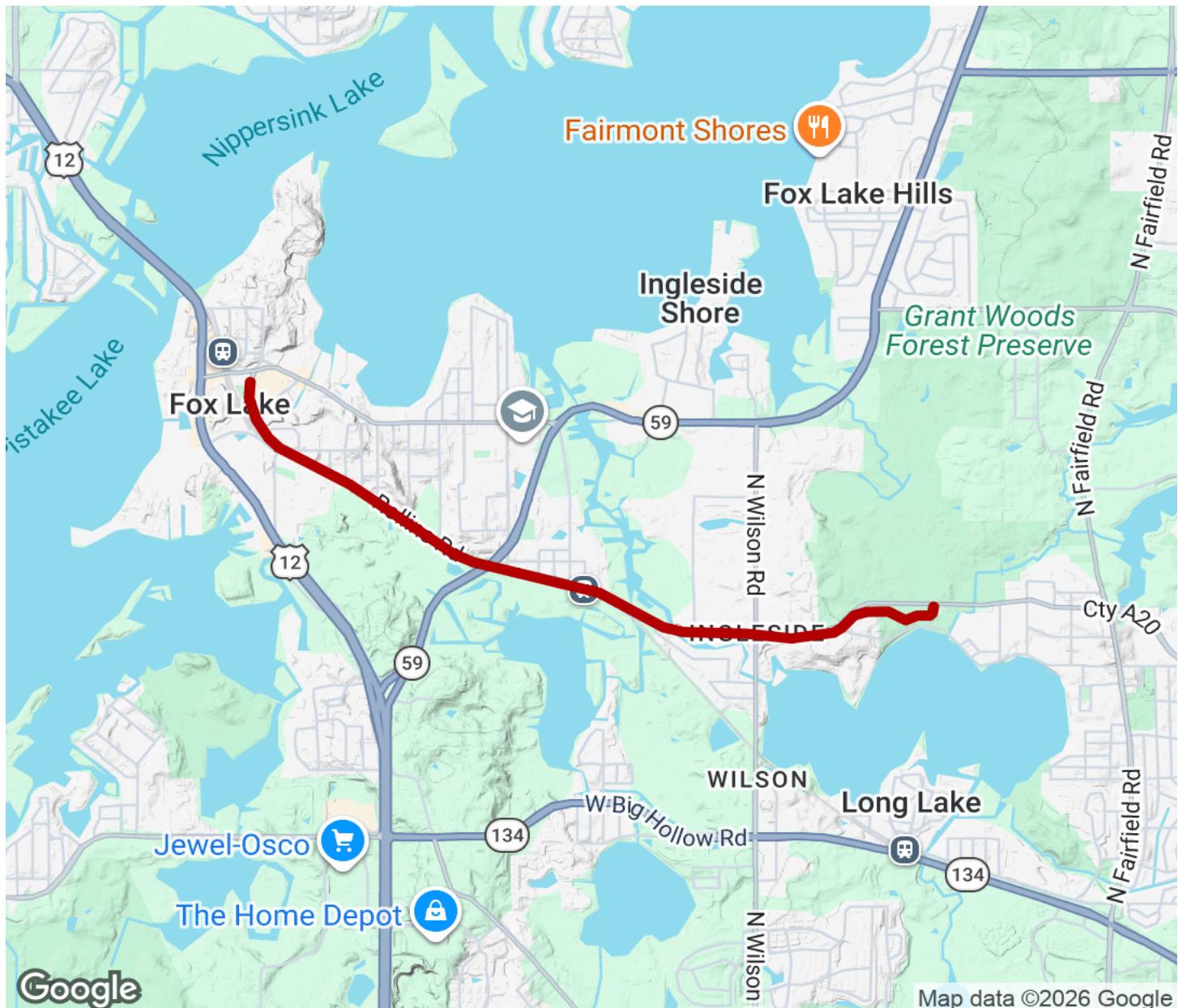
## Parking & Trail Access

Parking is available at the north end of the trail along Rollins Road and at Grant Woods Forest Preserve off County 55 and Grand Avenue/Rt. 132, both east of Fox Lake Road. For information on parking at the Metra stations (Ingleside and Fox Lake), visit <http://metrarail.com/metra/en/home.html>.



# Chain O' Lakes Bike Path

Illinois



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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

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