



2026

TrailLink Unlimited 

Guides



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.



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



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>.



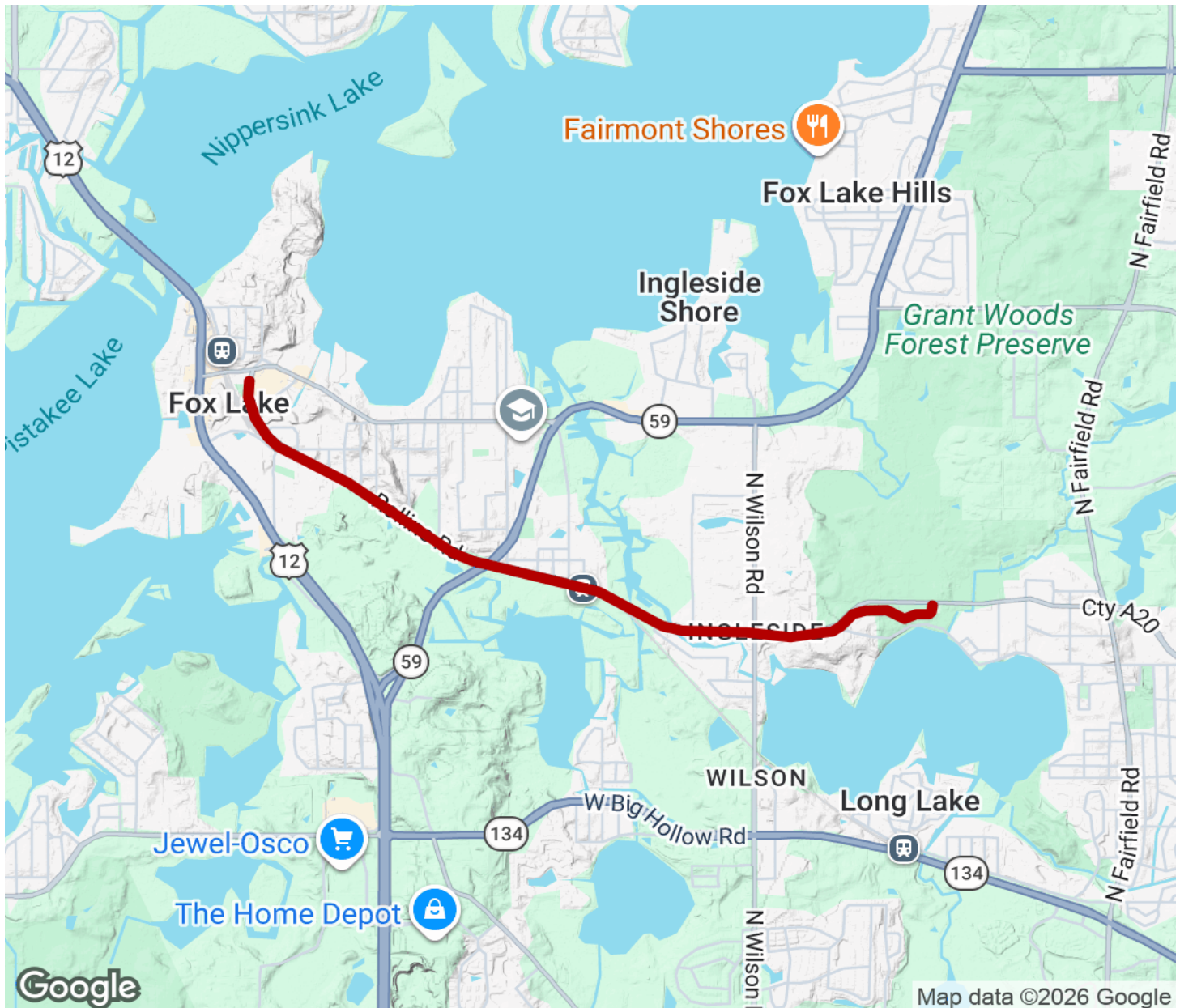
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Chain O' Lakes Bike Path

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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