



2026

TrailLink Unlimited 

Guides



Paul Douglas and Crabtree Preserve Trail System

Illinois



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The Paul Douglas and Crabtree Preserve Trail System connects two large nature preserves in northwestern Cook County. The trail



Freeman Road, then east along Central Road, and back north along Roselle Road to end again at Algonquin Road. Along the way it passes the Grassy Ridge Meadow Trailhead and the Highland Woods Golf Course.

Although the Paul Douglas Trail runs close to city streets and roads, it is far enough removed for one to fully enjoy being close to nature. The paved trail over gentle, rolling

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The trail begins at the Old Stover Trailhead in the Crabtree Preserve, near the Nature Center – popular for its various programs and amenities. This western section of the trail passes through quiet preserve lands, on the way to Barrington Road. Then the trail continues eastward along Algonquin Road to Freeman Road, where it meets the Paul Douglas Forest Preserve Trail.

From this northwest corner of the Paul Douglas Trail, one can follow it on across a northern section all the way to Ela Road, where it connects to the [Palatine Trail](#). A longer, U-shaped portion of the Paul Douglas Trail goes south along



Paul Douglas and Crabtree Preserve Trail System

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States: Illinois

Counties: Cook

Length: 9.2miles

Trail end points: Palatine Road at Crabtree Nature Center to Algonquin Road at Roselle Road

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible,Cross Country Skiing

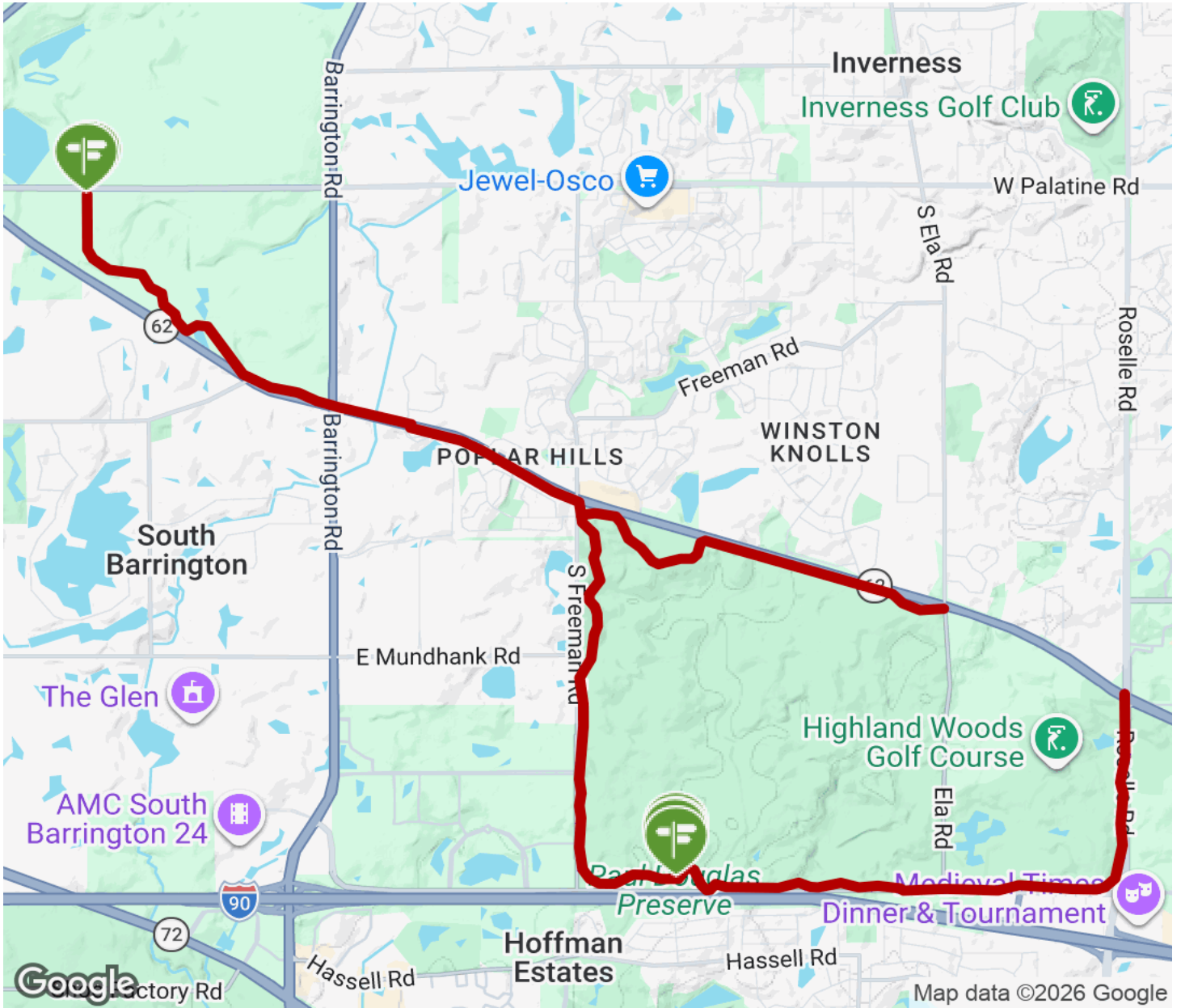
Parking & Trail Access

Parking for the Paul Douglas and Crabtree Preserve Trail System can be found on the south side of Palatine Road, across from the entrance to the Crabtree Nature Center. Parking is also available at the entrance to the Paul Douglas Forest Preserve off Central Road (east of Freeman Road).



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- Trailhead
- Restroom
- Parking
- Water Fountain
- Tunnel