



2026

TrailLink Unlimited 

Guides   



**Palos Heights  
Bike Trail**  
*Illinois*



## Palos Heights Bike Trail

Illinois

*The Palos Heights Bike Trail offers a north-south route through residential and commercial areas on the west side of the*



The Palos Heights Bike Trail offers a north-south route through residential and commercial areas on the west side of the community. It's also a key connector between two regionally important trails.

On its north end is the [Cal-Sag Trail](#), which follows the southern bank of the Cal-Sag Channel for 10 miles and also provides access to the Lake Katherine Nature Center and Botanic Gardens.

On the trail's southern end is the [Tinley Creek Trail](#), which connects several forest preserves throughout the area.



# Palos Heights Bike Trail

Illinois

**States:** Illinois

**Counties:** Cook

Length: 2miles

**Trail end points:** 131st Street to Lake Katherine Drive

**Trail surfaces:** Asphalt

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

**Trail activities:** Bike, Inline

Skating, Walking, Wheelchair Accessible

## Parking & Trail Access

Near the north end of the trail, you can park at Lake Katherine Nature Center & Botanic Gardens (7402 W. Lake Katherine Drive), then take the Cal-Sag Trail along the shoreline of the lake until you reach the connection with the Palos Heights Bike Trail.

Parking is also available in Memorial Park (7607 W College Drive).



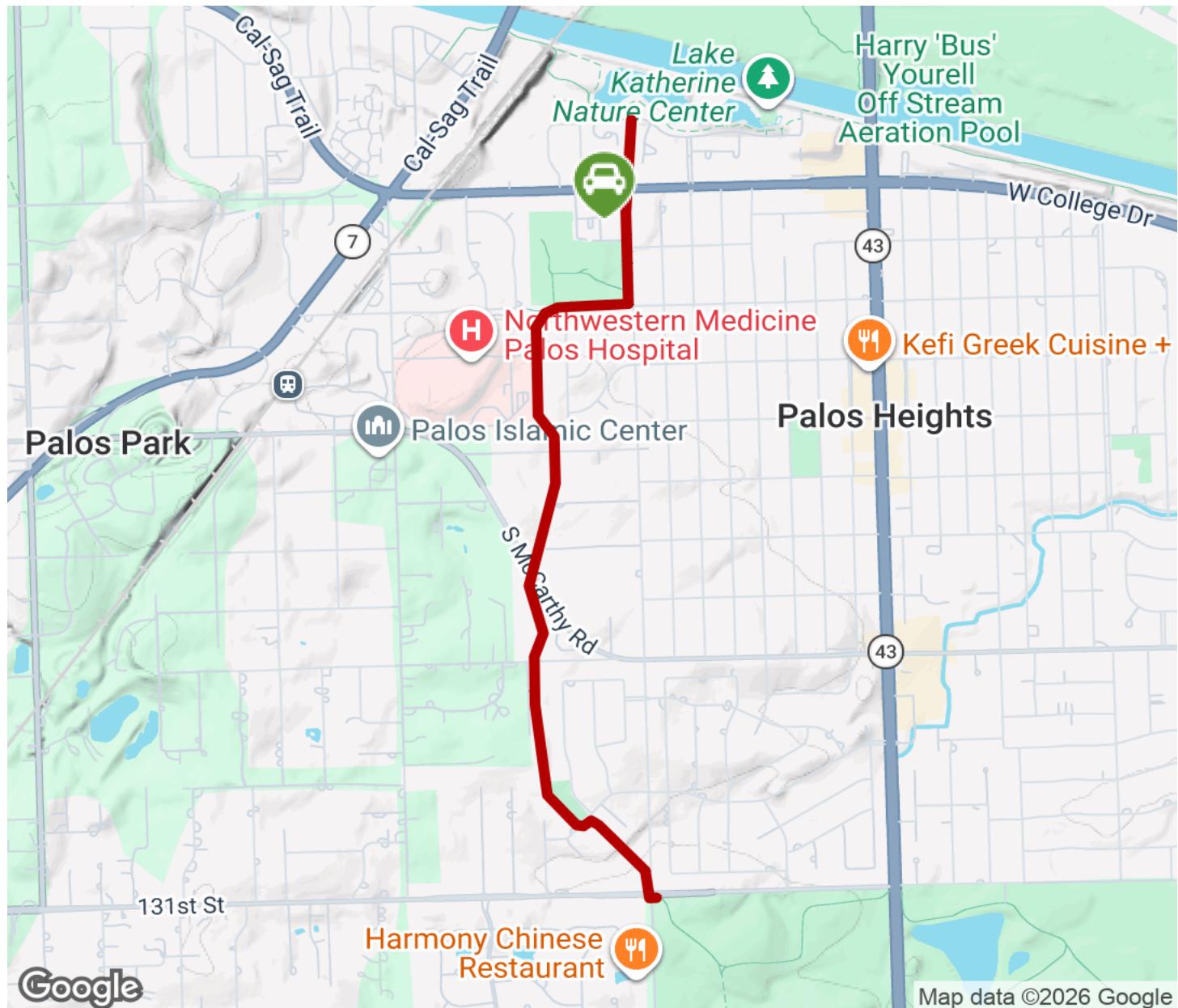
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# Palos Heights Bike Trail

Illinois



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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