



2026

TrailLink Unlimited 

Guides



Palos Heights Bike Trail

Illinois



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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.



TrailLink
by Rails-to-Trails Conservancy

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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).



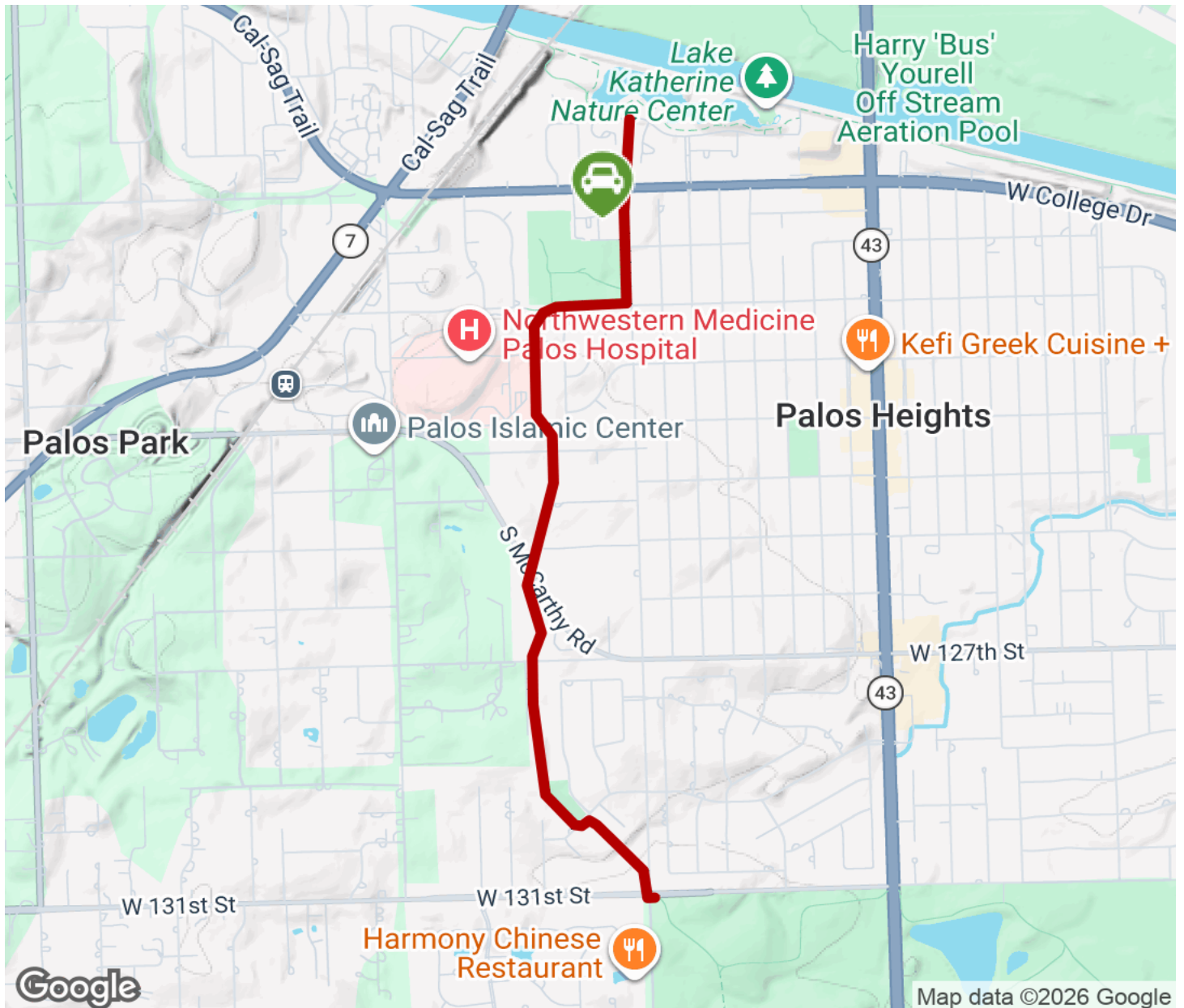
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Palos Heights Bike Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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