



# River Experiences! Chicagoland



**Chain O'Lakes State Park - Fox River** (Spring Grove)  
Hiking, camping, fishing, boating, hunting and horse rental.  
847/587-5512

**Cook County Forest Preserves - Chicago and Des Plaines Rivers** (Chicagoland)  
Access at any Cook County Forest Preserve along these two rivers.  
800/870-3666

**Des Plaines Fish and Wildlife Area - Kankakee River** (Wilmington)  
Hiking, camping, picnicking, fishing, boating, dog training and hand trapping.  
815/423-5326

**Kankakee River State Park - Kankakee River** (Bourbannais)  
Biking, camping, canoeing, hunting, hiking, horseback riding and cross-country skiing.  
815/933-1383

**Moraine Hills State Park - Fox River** (McHenry)  
Biking, boating, fishing, hiking and cross-country skiing.  
815/385-1624

**Silver Springs State Fish and Wildlife Area - Fox River** (Yorkville)  
Hiking, boating, fishing, camping and hunting.  
630/553-6297

**William W. Powers State Recreation Area - Wolf Lake** (Chicago)  
Hunting, fishing and boating.  
773/646-3270

**Volo Bog State Natural Area - Lily Lake Drain, Fox River** (Ingleside)  
Cross country skiing, hiking, hunting, and picnicking.  
815/344-1294

## Other Areas to Explore

**Bliss Woods Forest Preserve - Blackberry Creek, Fox River** (Sugar Grove)  
**Campton Forest Preserve - Mill Creek, Fox River** (Campton)  
**Deer Grove Forest Preserve - Buffalo Creek, Des Plaines River** (Palatine)  
**Hannaford Woods Forest Preserve - Blackberry Creek, Fox River** (Nottingham Woods)  
**Leroy Oakes Forest Preserve - Otter Creek, Fox River** (St. Charles)  
**Lone Grove Forest Preserve - East Branch Big Rock Creek, Fox River** (Kaneville)  
**Ned Brown Forest Preserve - Salt Creek, Des Plaines River** (Elk Grove Village)  
**Nelson Lake Marsh Forest Preserve - Lake Run, Fox River** (Batavia)  
**Spring Creek Valley Forest Preserve - Fox River** (Carpentersville)

## Canoe and Kayak Rentals

**Chicagoland Canoe Base, Inc.** (Chicagoland)  
[www.chicagolandcanoebase.com](http://www.chicagolandcanoebase.com)  
(773) 777-1489

**Freemans' Sports**(Fox River - Yorkville)  
(630) 553-0515 (More on next page)

**Northwest Passage** (sea kayaking - Wilmette)  
[nwpsag.com](http://nwpsag.com)  
(800)732-7328

**Ottawa Fox River Canoe Rentals**  
(815) 433-4665

**River Adventures**(Fox River - Chicago)  
[www.canoethefox.com](http://www.canoethefox.com)  
(815) 434-2142 or (815) 481-2142

**Northlander Outdoor Sports Store**  
DeKalb  
(815) 754 4540

**Schmidt's Canoeing Service** (Fox and Kishwaukee Rivers, and Nippersink Creek - Elgin)  
(847)697-1678  
[www.canoetrips.net](http://www.canoetrips.net)



# Be RiverSmart!

You can make a difference, at home, at work, and in your community!  
Here are 19 things you can do to protect water quality and your local stream:

## Conserve water at home

- ◆ Repair leaky faucets or toilets right away. Leaks can waste 50 gallons of water a day.
- ◆ Turn off the tap when brushing your teeth, shaving, or washing dishes. This can save 3-5 gallons a day.
- ◆ Install low flow toilets to save 3-5 gallons per flush.
- ◆ Install water saving showerheads. Outdated showerheads waste 20 gallons of water a day.
- ◆ When you need a new washing machine, buy one that uses less water. This will save you money and help our rivers.
- ◆ Only run your dish washer or washing machine when they are full.
- ◆ Water your lawn and garden only in the morning or evening.
- ◆ Avoid using pesticides and fertilizers at your home.
- ◆ On your farm, develop nutrient management plans and follow University of Illinois Extension guidelines for fertilizers and pesticides.
- ◆ Buy and use environmentally friendly products and alternatives (avoid chlorine, phosphates and solvents).
- ◆ Dispose of household cleaners, paint, and other chemicals safely. Never dump them down the storm drain.
- ◆ Plant a tree (or two). Trees can reduce many pollutants associated with rainfall runoff, holding soil in place, and slowing down stormwater. Planting and keeping trees along stream corridors will protect water quality and help to re-establish forested wetlands.



## Control pollution from your home

- ◆ Fix car leaks promptly.
- ◆ Dispose of oil and anti-freeze safely, never dump it down the storm drain. A quart of oil can contaminate up to two million gallons of drinking water or create an eight acre oil slick, while antifreeze can poison wildlife.
- ◆ Properly maintain your septic tank.
- ◆ Sweep off the driveway, patio or sidewalk, instead of hosing it off with water. This conserves water and prevents run-off of contaminants into our rivers.

- ◆ Compost or recycle your yard waste, don't let it wash down the storm drain.

## Get to know your local watershed and river conservation group

- ◆ Enjoy opportunities to recreate with your family - fishing, paddling, hunting, hiking and birdwatching - along Illinois' rivers and streams.
- ◆ Join a local watershed or statewide river conservation organization, and get involved in activities such as river cleanups, storm drain stenciling, water quality monitoring, or education. Go to [www.prairierivers.org](http://www.prairierivers.org) for more information.