Sterne’s Woods and Fen and Veteran Acres Park combine to provide nearly 300 acres of natural area. Within their boundaries are two dedicated Illinois State Nature Preserves and several miles of trails. These trails lead visitors through a variety of natural communities.

Sterne’s Woods and Fen is comprised of upland woods growing on hills formed by glacial activity 13,000 years ago. In the lower areas to the northeast of the property visitors can experience a rare type of wetland known as a fen. These wetlands are home to many rare plant species.

Veteran Acres supports upland woods as well, and it also contains Wingate Prairie. Located in the northeast corner of Veteran Acres, Wingate Prairie is roughly 30 acres and supports many high quality plants. Another popular attraction are the pine woods located throughout both of these parks.

- Parks are open from dawn to dusk.
- Stay on designated trails.
- All dogs must be kept on a leash.
- Dog owners must clean up after their dogs.
- Cutting and picking plants is strictly forbidden.
- Bicycles must stay on designated bike trails.