The Paul H. Douglas Nature Sanctuary was named for the Illinois senator who helped secure the preservation of the Indiana Dunes National Lakeshore and other important natural areas in the 1960s. Also known as "Wooded Isle," the name it was given for the 1893 World Columbian Exposition, the natural area is among the small number of sites in the city sizable enough to give a hint of true wildness.

In recent years, the Chicago Park District has worked with the Jackson Park Advisory Council, a citizen group, to plan for an intensive natural area restoration effort at this location. Much of the plan has been implemented: native trees, shrubs and perennials have been planted to improve the area's natural character and to provide migrating and resident birds a greater food supply and enhanced shelter.

The concept for creating the island was that of Frederick Law Olmsted, the man responsible for designing Central Park in New York and a major figure in the history of landscape architecture. When Olmsted modified his original 1871 site design in prevision of the 1893 World's Fair, he envisioned Wooded Island as a "nature sanctuary, a place to escape the hustle and bustle of the big event," according to Julia Bachrach, the Chicago Park District’s historian. (Chicago Park District web site, 2002.)

Today the lagoon has been improved through shoreline planting as well as the restoration of five habitat islands, completed in 2002 and 2003. Two bridges provide access to Wooded Island.

On the island itself are mature oaks, maples, and Kentucky coffee trees. Because the island was originally a sand ridge and marsh, remnant habitat in the form of mature trees is present. In the spring and fall, migrating birds are abundant. The list of birds that have been seen here includes 250 different species. Mammals are here as well; beaver and muskrats can be spotted from the shoreline.

South of the Osaka Japanese Garden, on the west side of the path is the site of an old rose garden planted for the fair. It's fenced, and a grassland restoration is underway within its borders. Indigo buntings and eastern bluebirds are frequent visitors in the spring.