The Des Plaines River winds through Schiller Woods. This 150-mile long river is an important greenway; the Forest Preserve District of Cook County has protected over 8,000 acres of its southern stretches, and to the north, the greenway continues in Lake County, where the Lake County Forest Preserve District has many of its preserves. Only the couple of miles at Schiller Woods and its neighbor Catherine Chevalier Woods (site 13, p. 44) to the north are within city limits.

Groves of white oak are common within this preserve. Even the mowed picnic areas are dominated by large, open grown oaks. These large oaks are typical of what was present here in presettlement times. Today the woods vary in quality, from areas where European buckthorn and other shrubs have taken hold and shaded out native wildflowers and grasses, to spots that are open and more diverse in their vegetation. A tattered remnant of prairie is being restored at the bend where the south-bound East River Road turns east.

Deer are abundant, as are the commercial jets flying close overhead on their way into or out of O'Hare airport. Model airplanes are also a common sight, as there is a designated flying field for them nearby. A pond attracts geese and ducks.

A wide dirt trail is available for pedestrian and equestrian use; this trail extends for several miles both north and south through the suburban forest preserves along the river’s edge.