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GREETINGS FROM ILLINOIS!

Welcome to the Land of Lincoln where 4,000 miles of bike and mountain bike trails await your visit. Whether you're a casual rider or a seasoned cyclist, there are countless biking opportunities throughout Illinois to enjoy.

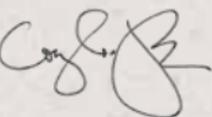
In this helpful guide you'll find information on more than 100 Illinois bike trails. To help plan your adventure, we've included cycling events and added maps which highlight the location of the bike trails within Illinois' travel regions: Chicago & Beyond, Great Rivers Country, Land of Lincoln and Trails to Adventure.

Unfamiliar with all that Illinois has to offer? Chicago—voted the best bike-friendly city in the U.S. by *Bicycling* magazine in 2016—welcomes cyclists of all levels to explore the city on two (or more) wheels. Chicago currently has more than 200 miles of on-street protected bike lanes, and miles of off-street paths—including the stunning 18-mile Lakefront Trail and the park-lined 606 Trail. Chicago also is home to the popular Divvy bike share program that continues to grow in numbers and locations throughout the city, Evanston and Oak Park, while offering both visitors and residents a healthy and scenic way of getting around.

Experience breathtaking scenery as you pedal along the Vandalabene Bike Trail—a 21.9-mile picturesque trail from Alton to Grafton. Travel along the Mississippi River, view the towering bluffs, and see bald eagles. Or explore the beauty of southern Illinois along the Tunnel Hill State Trail. The path winds through farmland, hills and bluffs, as well as the nearby Cache River State Natural Area and Shawnee National Forest.

We encourage you to grab your bike and get outside for an exciting and healthy way to explore our beautiful state. Best wishes for safe and scenic travels!

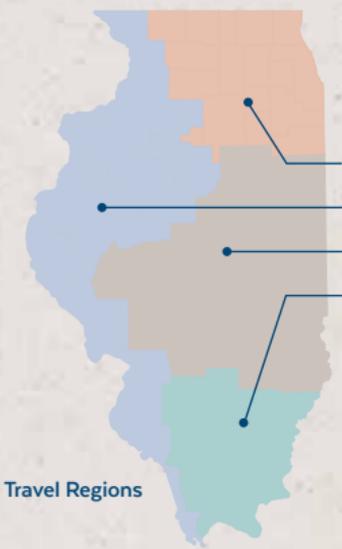
Your friend in Illinois Tourism,



Cory M. Jobe
Director, Illinois Office of Tourism



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NOTE TO CYCLISTS

With thousands of total miles of trails in Illinois, the criterion to be included in this guide was set at five total trail miles or longer, with some exceptions.

There are abundant shorter trails scattered across the state. Many, especially around Chicago and its suburbs, are used as connector trails in order to create loops or extended rides by linking trails together. Consult a local tourism, park district or forest preserve website to see how trails interact in these areas.

Need to rent a bike and can't locate an outfitter in the area you'll be visiting? Local bike shops are scattered across the state and most offer bike rentals as an option.

Every effort was made to assure the accuracy of information listed in this guide. To ensure a safe and happy ride, please call ahead to verify or visit enjoyillinois.com for the most up-to-date information.



SHARE YOUR ADVENTURE

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#amazingILmoments

 @enjoyillinois

Cover images: (clockwise) Chicago Lakefront Trail, Adam Alexander; Jason Lindsey; Des Plaines River Trail, Visit Lake County; TREC Trail, Effingham CVB

CYCLE SAFELY

For your safety, follow all state and local cycling rules and signage, as well as posted safety notices while traveling Illinois' trails.

Illinois Department of Transportation

www.idot.illinois.gov/home/bicycle

Illinois Secretary of State

www.cyberdriveillinois.com/departments/drivers/traffic_safety/bikepedsfafety.html

RESOURCES

Illinois Office of Tourism

enjoyillinois.com

Illinois Convention and Visitor Bureaus

Illinois Department of Natural Resources

www.dnr.illinois.gov/recreation/Biking/Pages/default.aspx

Illinois Forest Preserve Districts

guides.library.illinois.edu/c.php?g=348333&p=2347154

Trails for Illinois

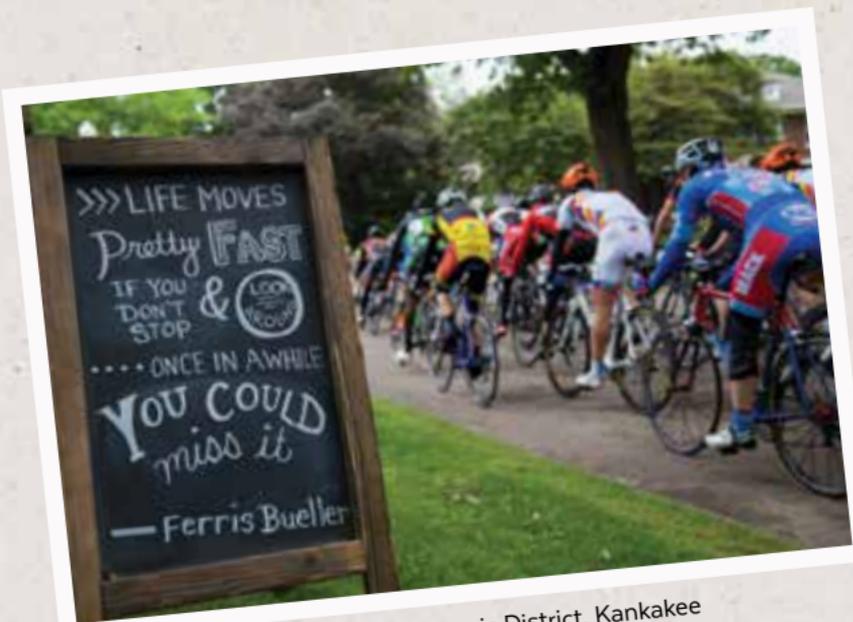
trailsforillinois.org

Ride Illinois

rideillinois.org

TrailLink by Rails-to-Trails Conservancy

traillink.com



Cobb Park Criterium, Riverview Historic District, Kankakee

EVENTS



The following are a sampling of cycling events that take place annually throughout Illinois. Events are arranged by month in which they occur. From heart pumping singletrack races to charity rides and long haul tours to speed

fueled criterium races, there's something for all abilities.

A more complete listing of events across the state can be found at enjoyillinois.com.

MARCH

St. Patrick's Day Ride

Wauconda • wheelmen.com/st_pats.asp#

APRIL

Beautiful Southern Ride

Carbondale • <http://beautifulsouthernride.com>

deTour Through Jefferson County

Mt. Vernon • 618-242-5725 • thegreatdetour.org • southernillinois.com

Folks on Spokes Easter Ride

Park Forest • folksonspokes.com

MAY

Beers and Gears Ride

Peoria • bikepeoria.org/beers-gears-pub-crawl

Bike Brookfield

Brookfield • 708-485-7344 • facebook.com/BrookfieldEvents

Blackhawk Country Roads Invitational Ride

Rockton • 815-540-7168 • <http://blackhawkbicycleclub.org>

MB Bike the Drive

Chicago • <http://bikethedrive.org>

Ride the Sauk

Richton Park • 708-481-8950 • richtonpark.org/581/Ride-the-Sauk

Spring Lake Singletrack Classic

Macomb • 309-333-4035 • macmtbc.org

Tour de Brew

Moline, Rock Island, Rapids City • 563-580-0190 • qctourdebrew.com

Tour de Stooges

Lebanon • <http://tourdestooges.org>

Tour de Tilden

Tilden • facebook.com/Tour-de-Tilden-1489815461234869

Urbana Grand Prix

Urbana • 773-267-1201

<http://scarletfireracing.com> • facebook.com/urbanagrandprix

JUNE

Bike MS: Tour de Farms

DeKalb • 855-372-1331 • bikemsillinois.org

Glencoe Grand Prix

Glencoe • <http://glencoegrandprix.com>

Grand Illinois Trail and Parks Bike Tour (GITAP)

Location varies each year

<http://rideillinois.org/events/grandillinoisbiketour>

Illinois State Criterium Championship:

The Cobb Park Criterium

Kankakee • 708-906-6329

southchicagowheelmen.com • facebook.com/southchicagowheelmen

Krate Fest

Sycamore • 815-899-3100 • <http://bluemoonbikes.com/events.html>

Le Tour de Shore

Chicago to Michigan • letourdeshore.com

Loop Lake Shelbyville

Shelbyville • <http://lakeshelbyville.com/calendar.htm>

Ride the River

Moline, Rock Island • 563-322-2969 • <http://riveraction.org/ridetheriver>

River District 12

Rockford • 815-398-8021 • riverdistrict12.com

Swedish Days Ride

Burlington • 331-454-4172 • <http://fvbsc.org>

Thrilla in Marilla Mountain Bike Race

Streator • cica1.org/2nd-annual-thrilla-in-marilla.html

Tour de Charleston Bike Race

Charleston • 217-345-7041 • facebook.com/TourdeCharleston

Tour de Cure

Aurora • 312-346-1805 x6568 • http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?pg=entry&fr_id=12322

Tour deWitt

Clinton • 217-935-3364 • <http://tourdewitt.weebly.com>

JULY

4th of July Metric Century

Kendall and Grundy counties • 630-417-7962 • jolietybicycleclub.com

Biking with Beanie

DeKalb • 815-756-1336 • <http://kishkiwanis.org/bwb-general-info>

Elmhurst Cycling Classic

Elmhurst • elmhurstcyclingclassic.com

Mud Sweat & Gears

Hudson (Comlara Park) • <http://comlaramtb.com>

The LOOP! (Lansing Overnight On Pedals)

Lansing • 708-474-4170 • chamberoflansing.com

Tour de Belleville

Belleville • 618-233-1416 • <http://tourdebelleville.com>

Tour de North End

Rockford • <http://tourdenorthend.com>

Z-Tour Ride

Princeton • z-tour.org

AUGUST

Bike Psychos Century

Coal City (Including Seneca, Marseilles, Ottawa and Matthiessen State Park) • <http://bikepsychos.net>

Bloomington Criterium

Bloomington • <http://blmcrit.com>

Clash at the Camp

Camp Camfield (2 miles southwest of Sullivan)
<http://lakeshelbyville.com/calendar.htm>

Kickapoo Fat Tire Fest

Oakwood • kickapoomountainbike.org

Moonlight Ride for Hunger

Quincy • 217-224-9422
wgca.org • facebook.com/MoonlightRideforHunger

No Baloney Bicycle Ride

Peoria area • <http://ivwnobaloney.com>

Palos Meltdown Race & Festival

Near Willow Springs (Palos Forest Preserve)
<http://palosmeltdown.com>

Ride Like an Egyptian

DeKalb • 815-758-1215
<http://egyptiantheatre.org/ride-like-an-egyptian>

TheBANK of Edwardsville Rotary Criterium Festival

Edwardsville • 618-558-3062 • <http://criteriumedwardsville.com>

Two Rivers Century Ride

Kankakee • 815-922-9873 • <http://tworiverscentury.com>

we.CAN.tri Woodstock

Woodstock • woodstockrecreationdepartment.com/recreation/page/wecantri-triathlon

Wright Ride

Oak Park • 708-848-7150 • oakparkcycleclub.org/wright-ride

SEPTEMBER

Bike MS: Gateway Getaway Ride

Godfrey • 618-468-3220 • http://main.nationalmssociety.org/site/TR/Bike/MOSBikeEvents?pg=entry&fr_id=29357

Busse Woods Night Ride

Elk Grove (Busse Woods) • 312-356-9990 • fotfp.org/events

Cal-Sag Trail Graveyard Blues Tour

Blue Island • 708-365-9365 • calsagtrail.org/new-events

Capital City Century

Springfield • 217-726-5560 • <http://spfldcycling.org>

Dirty Mudd'r

Streator • cica1.org

Fever River Adventure Triathlon

Galena • 815-776-9425 • feverrivertri.com

Harmon Hundred

Wilmot • wheelmen.com/harmon_hundred.asp

Heritage Haul Race

South Holland • 708-210-2918 • southholland.org

North Shore Century

Evanston • <http://evanstonbikeclub.org>

Olney Bicycle Classic

Olney • 618-392-2241 • olneychamber.net

Pedal The Parks

Quincy • 217-214-3700 • friendsofthetrails.org

T.O.S.O.C. Bike Tour

Oregon • 815-732-2126 • facebook.com/TOSCObikeride

Taming of the Slough

Hampton • 563-322-2969 • riveraction.org/taming



Mike Kramer

Cobb Park Criterium, Cobb Park, Kankakee

Tour de Freeport

Freeport • 815-233-1357 • tourdefreeport.com

Tri Right 101 Ride

New Lenox • facebook.com/TriSmart101Ride

Woodstock Duathlon

Woodstock • kjmultisport.com/woodstockevent.html

OCTOBER

Great River Road Run and Ride

Hamilton • 217-357-8563 • greatriverroadrun.com

KMBC 5/10 Hour Endurance Race

Oakwood • kickapoomountainbike.org

Pumpkin Pie Ride

Ottawa • starvedrockcycling.com/pumpkin-pie-ride

Run and Roll for The Dole

Crystal Lake • lakesideartspark.org/events-calendar/run-roll-for-the-dole/run-and-roll

Southern Illinois Fat Tire Festival

Ozark • 618-622-1693 • bikesurgeon.com
facebook.com/SouthernIllinoisFatTireFestival

The Great Apple Ride

Harvard • 815-648-4141
royaloakfarmorchard.com/greatappleride.html

Tour de Shawnee

Olive Branch (Alexander, Union and Pulaski Counties)
618-776-5893 • tourdeshawnee.com

DECEMBER

Tour de Frost

Rockford • 815-683-8321 • teamfurbandit.org

BIKE TRAILS



From the Windy City to the tranquil countryside, Chicago & Beyond delivers. Voted “Best Big City in the U.S.” by *Conde Nast*, Chicago is packed with world-class attractions, including the famed Art Institute of Chicago and the Museum Campus, where science, natural history and so much more come together. The Magnificent Mile is a shopper’s paradise as it serves up acclaimed stores, award-winning dining, premier lodging and memorable moments. Sky-high adventures await as Navy Pier’s climate controlled Ferris wheel tops off at 196 feet above it all, the Ledge at Skydeck Chicago offers a walking on air experience, while TILT at 360 Chicago lets gravity set in as it leans over the skyline. After the thrill of being above it all, explore off-the-beaten path and revel in the mosaic of Chicago’s diverse neighborhoods including Greektown, Pilsen, Chinatown, Polish Village, Little Italy, and Lincoln Park to name a few.

Venture beyond the city to the suburban surrounds and experience a variety of must see and do adventures. Hike along lush canyons and tranquil waterfalls at Starved Rock State Park, get cozy at a resort, dive into water parks, discover the beauty and traditions at Anderson Japanese Gardens, test your courage at a thrilling theme park, or stroll amongst 1,700-acres of majestic trees at The Morton Arboretum.

BIKING HIGHLIGHTS

- Chicago Lakefront Trail
- The 606
- Prairie Trail
- Major Taylor Trail



Aurora Area CVB

Downtown Aurora



Visit Oak Park

Des Plaines River Trail

BIKE SHARES, GUIDED TOURS & RENTALS

Bike and Roll

(Rental & Guided Tour)

LOCATIONS Chicago: Millennium Park & Navy Pier

CONTACT 312-729-1000

<http://bikeandroll.com/chicago>

Bike and Roll - Chicago Forest Preserves

(Bike Share)

LOCATIONS Chicago: Botanic Garden, Tower Road,
Harms Woods, Bunker Hill, Caldwell Woods
& Dan Ryan Woods

CONTACT 847-802-8144

<http://chicago.smoovebike.com/en>

Bike Share at Aurora

(Bike Share)

LOCATIONS Aurora: Riveredge Park, City Hall
& Benton Street

CONTACT <http://bike.zagster.com/aurora-il>

Bobby's Bike Hike

(Rental & Guided Tour)

LOCATION 540 N. Lake Shore Drive • Chicago

CONTACT 312-245-9300

bobbysbikehike.com

Chicago Architecture Foundation

(Guided Tour)

LOCATIONS Chicago: Bike Humboldt, The 606
& Palmer Square

*Participants need to provide their own
bicycle and helmet*

CONTACT 312-922-3432

[architecture.org/experience-caf/tours/detail/
bike-humboldt-the-606-and-palmer-square](http://architecture.org/experience-caf/tours/detail/bike-humboldt-the-606-and-palmer-square)

Divvy Bikes - Chicago

(Bike Share)

LOCATIONS Chicago: various locations throughout the city

CONTACT 855-553-4889
divvybikes.com

Divvy Bikes - Evanston

(Bike Share)

LOCATIONS Evanston: Benson Avenue & Church Street, Elmwood Avenue & Austin Street, Valli Produce at Evanston Plaza, Church Street & Dodge Avenue, Central Street Metra, Central Street & Girard Avenue, Chicago Avenue & Sheridan Road, Sheridan Road & Noyes Street, and Northwestern University Library

CONTACT 855-553-4889
divvybikes.com/expansion/evanston

Divvy Bikes - Oak Park

(Bike Share)

LOCATIONS Oak Park: Forest Avenue & Chicago Avenue, Cuyler Avenue & Augusta Street, Humphrey Avenue & Ontario Street, Forest Avenue & Lake Street, Marion Street & South Boulevard, Oak Park Avenue & South Boulevard, Ridgeland Avenue & Lake Street, Wisconsin Avenue & Madison Street, East Avenue & Madison Street, Lombard Avenue & Madison Street, Oak Park Avenue & Harrison Street, East Avenue & Garfield Street, and Lombard Avenue & Garfield Street

CONTACT 855-553-4889
divvybikes.com/expansion/oakpark

Frank Lloyd Wright Trust/Greenline Wheels

(Guided Tour)

LOCATION 105 S. Marion Street · Oak Park
Participants can provide their own bike or one will be provided

CONTACT 312-994-4000
<http://cal.flwright.org/tours/pedaloakpark>

BIKE TRAILS

1 Blackwell Forest Preserve

TRAIL	7.6 miles • turf & limestone
LOCATION	DuPage County Warrenville, Blackwell Forest Preserve; connects to Illinois Prairie Path and West Branch DuPage River Trail
SETTING	lake, pond, waterway, prairie, grassland, wetland & woodland
CONTACT	Forest Preserve District of DuPage County 630-933-7200 dupageforest.org/trails_guide discoverdupage.com/ForestPreserve DistrictofDuPageCounty

2 Burnham Greenway

TRAIL	5.3 miles • paved
LOCATION	Cook County Chicago's southeast side
SETTING	William W. Powers Conservation Area & urban area
CONTACT	Forest Preserves of Cook County 800-870-3666 fpdcc.com/preserves-and-trails/ trail-descriptions traillink.com/trail/burnham-greenway/ #trail-detail-about

3 Busse Woods Bicycle Trail

TRAIL	11 miles • paved
LOCATION	Cook County Elk Grove Village, Ned Brown Forest Preserve (Busse Woods)
SETTING	wooded floodplain
CONTACT	Forest Preserves of Cook County 800-870-3666 fpdcc.com/preserves-and-trails/ trail-descriptions

4 Calumet Region

TRAIL	100 miles • paved
LOCATION	Cook & Will counties A collection of regional trails stretching from downtown Chicago southwest to suburban Park Forest
SETTING	open space, urban & suburban areas
CONTACT	Calumet Collaborative calumetcollaborative.org

5 Calumet-Saganashkee Trail (CAL-SAG)

TRAIL	26 miles • paved
LOCATION	Cook County Alsip to Lemont Parking along the completed trail available at: Sag Quarries, just west of Camp Sagawau near Lemont; Teason's Woods, 104th Avenue south of IL-83, Palos Park; 86th Avenue & IL-83, Palos Park; Lake Katherine, Palos Heights
SETTING	When completed, the trail will stretch some 26 miles, mostly along the Cal-Sag Channel and Little Calumet River. It will connect several communities and other trails, and provide access to several forest preserves and natural areas. Currently the trail stretches 10 miles from near its eventual western terminus to Ridgeland Avenue in the east.
CONTACT	Trails for Illinois 708-365-9365 calsagtrail.org visitchicagosouthland.com/1390/CALSAGTRAIL

6 Centennial Trail

TRAIL	13 miles • limestone
LOCATION	DuPage, Will & Cook counties Lyons to Lockport
SETTING	I&M Canal National Heritage Corridor
CONTACT	Forest Preserve District of Will County 815-727-8700 reconnectwithnature.org/preserves-trails/trails

7 Chain O'Lakes State Park

TRAIL	6 miles • limestone
LOCATION	Lake County Spring Grove, Chain O'Lakes State Park
SETTING	woods, prairie & open space
CONTACT	Chain O'Lakes State Park 847-587-5512 www.dnr.illinois.gov/Parks/Pages/ChainOLakes.aspx

8 Chicago Lakefront Trail

TRAIL	18 miles • paved
LOCATION	Cook County Chicago: Ardmore Street (5800 N. Sheridan Road) on the north side to 71st Street (7100 S. South Shore Drive) on the south side
SETTING	Lake Michigan lakefront
CONTACT	Chicago Park District 312-742-7529 chicagoparkdistrict.com/lakefront-trail choosechicago.com/things-to-do/parks-and-outdoors/the-lakefront-trail

9 Danada - Herrick Lake Regional Trail

TRAIL	5.5 miles • mixed
LOCATION	DuPage County Danada Forest Preserve to Herrick Lake Forest Preserve to Illinois Prairie Path
SETTING	wooded areas & open space
CONTACT	Forest Preserve District of DuPage County 630-933-7200 dupageforest.org/trails_guide discoverdupage.com/ForestPreserveDistrictofDuPageCounty

10 DeKalb/Sycamore Trail

TRAIL	7.12 miles • paved
LOCATION	DeKalb County DeKalb to Sycamore; connects to other trails
SETTING	open space & community setting
CONTACT	DeKalb County Forest Preserve District 815-895-7191 dekalbcounty.org/forestpreserve/sites/deksyc-trail.html

11 Des Plaines River Trail (Northern Portion)

TRAIL	31 miles • paved
LOCATION	Lake County Along the Des Plaines River
SETTING	wooded, suburban & open space
CONTACT	Lake County Forest Preserves 847-367-6640 lcfpd.org/dprt

12 Des Plaines River Trail (Southern Portion)

TRAIL	27.2 miles • mixed
LOCATION	Cook County Along the Des Plaines River
SETTING	wooded, suburban & open space
CONTACT	Forest Preserves of Cook County 800-870-3666 fpdcc.com/preserves-and-trails/trail-descriptions

13 DuPage River Trail

TRAIL	7 miles • paved
LOCATION	Will County Hammel Woods, Whalon Lake Forest Preserve & Riverview Farmstead Preserve
SETTING	woodland, wetland, open areas & historic farmstead
CONTACT	Forest Preserve District of Will County 815-727-8700 reconnectwithnature.org/preserves-trails/trails

14 East Branch DuPage River Greenway Trail

TRAIL	9 miles • paved
LOCATION	DuPage County Bloomington to Woodridge; connects to other trails
SETTING	communities & forest preserves
CONTACT	DuPage County Division of Transportation 630-407-6900 www.dupageco.org/bikeways discoverdupage.com/DuPageCountyTrailSystem

15 Four Sisters Bike Path

TRAIL	4 miles • paved
LOCATION	Ogle County Rochelle
SETTING	connects three parks
CONTACT	Flagg-Rochelle Community Park District 815-562-7813 rochelleparkdistrict.org

16 Fox River Trail

TRAIL	65 miles • paved
LOCATION	DuPage, Kane, McHenry & Kendall counties Algonquin to Aurora along the Fox River; connects with other trails
SETTING	riverfront, open space & small communities
CONTACT	Forest Preserve District of Kane County 630-232-5980 kaneforest.com/recreation/trails/foxRiver.aspx enjoyaurora.com/Fox-River-Trail visitstcharles.com/FoxRiverTrail?v=55 foxriverbiketrail.com

17 Grant Woods Forest Preserve Trail

TRAIL	6.48 miles • limestone
LOCATION	Lake County Ingleside, Grant Woods Forest Preserve
SETTING	woods, prairie & open space
CONTACT	Lake County Forest Preserves 847-367-6640 lcfpd.org/grant-woods

18 Great Western Trail

- TRAIL** 17.48 miles • limestone
- LOCATION** Kane & DeKalb counties
Sycamore to St. Charles; connects with other trails
- SETTING** native prairie, rural & communities
- CONTACT** Forest Preserve District of Kane County
DeKalb County Forest Preserve District
630-232-5980 • 815-895-7191
kaneforest.com/recreation/trails/greatWestern.aspx
dekalbcounty.org/forestpreserve/pdfs/grtwstrnbktrl.pdf
visitscharles.com/GreatWesternTrail?v=52

19 Great Western Trail (DuPage County)

- TRAIL** 11.88 miles • limestone
- LOCATION** DuPage County
West Chicago to Villa Park
- SETTING** open space, wooded area & communities
- CONTACT** DuPage County Division of Transportation
630-407-6900
www.dupageco.org/bikeways
discoverdupage.com/DuPageCountyTrailSystem



Visit Lake County

Independence Grove Forest, Des Plaines River Trail

20 Green Bay Trail

TRAIL	9 miles • mixed
LOCATION	Cook County Wilmette to Glencoe
SETTING	north suburban setting
CONTACT	Winnetka Park District 847-501-2040 winpark.org/parks/map/green-bay-trail

21 Greene Valley

TRAIL	10.5 miles • limestone
LOCATION	DuPage County Naperville, Greene Valley Forest Preserve
SETTING	lake, pond, waterway, prairie, wetland, grassland & woodland
CONTACT	Forest Preserve District of DuPage County 630-933-7200 dupageforest.org/trails_guide discoverdupage.com/ForestPreserve DistrictofDuPageCounty

22 Hebron Trail

TRAIL	7 miles • limestone
LOCATION	McHenry County Hebron to the Prairie Trail
SETTING	rural rail-trail
CONTACT	McHenry County Conservation District 815-338-6223 mccdDistrict.org/rccms/bicycling

23 Herrick Lake

TRAIL	7 miles • mixed
LOCATION	DuPage County Wheaton, Herrick Lake Forest Preserve
SETTING	lake, pond, waterway, prairie, grassland, wetland & woodland
CONTACT	Forest Preserve District of DuPage County 630-933-7200 dupageforest.org/trails_guide discoverdupage.com/ForestPreserve DistrictofDuPageCounty

24 Hickory Creek Trails

TRAIL	6 miles • paved
LOCATION	Will County Western segment access: Mokena, Hickory Creek Preserve – Hickory Creek Junction; New Lenox, Hickory Creek Preserve – Hickory Creek Barrens Eastern segment access: Mokena, Hickory Creek Preserve – LaPorte Road Access
SETTING	forest & wetland
CONTACT	Forest Preserve District of Will County 815-727-8700 reconnectwithnature.org/preserves-trails/trails

25 Huntley-Union-Marengo Trail (H.U.M.)

TRAIL	4 miles • paved
LOCATION	McHenry County Union to Marengo
SETTING	communities & countryside
CONTACT	McHenry County Conservation District 815-338-6223 mccdDistrict.org/rccms/h-u-m-trail

26 I&M Canal State Trail (Illinois and Michigan Canal)

TRAIL	60 miles • limestone
LOCATION	LaSalle, Grundy & Will counties Joliet to LaSalle-Peru along Illinois & Michigan Canal towpath
SETTING	historic canal & rural landscape
CONTACT	Illinois & Michigan Canal State Trail 815-942-9501 www.dnr.illinois.gov/recreation/greenwaysandtrails/Pages/IMCanal.aspx



Fox River Trail

Aurora Area CVB

27 I&M Canal Trail (Will County)

- TRAIL** 7.55 miles • paved & limestone
- LOCATION** Will County
Joliet to Lockport
- SETTING** urban open space &
Illinois & Michigan Canal corridor
- CONTACT** Forest Preserve District of Will County
815-727-8700
reconnectwithnature.org/preserves-trails/trails

28 Illinois Beach State Park Trail

- TRAIL** 5 miles • mixed
- LOCATION** Lake County
Zion, Adeline Jay Geo-Karis Illinois
Beach State Park
- SETTING** prairie, open space & lakefront
- CONTACT** Adeline Jay Geo-Karis Illinois Beach State Park
847-662-4811
[www.dnr.illinois.gov/parks/pages/
adelinejaygeo-karisillinoisbeach.aspx](http://www.dnr.illinois.gov/parks/pages/adelinejaygeo-karisillinoisbeach.aspx)

29 Illinois Prairie Path

- TRAIL** 61 miles • limestone
- LOCATION** Kane, DuPage & Cook counties
Maywood to Wheaton, with spurs to Aurora,
Batavia, Geneva & Elgin
- SETTING** open space, wooded areas & communities
- CONTACT** DuPage County Division of Transportation
630-407-6900
www.dupageco.org/bikeways
discoverdupage.com/IllinoisPrairiePath

30 Jane Addams Trail

TRAIL	17 miles • limestone 13 miles & asphalt 4 miles
LOCATION	Stephenson County Freeport to the Wisconsin state line
SETTING	creeks & exposed rock embankments
CONTACT	Freeport/Stephenson County Convention & Visitors Bureau 815-233-1357 janeaddamstrail.com stephenson-county-il.org/recreation

31 Joe Stengel Trail/Lowell Parkway Path

TRAIL	11.1 miles • paved & limestone
LOCATION	Lee & Ogle counties Dixon to Polo
SETTING	rural countryside
CONTACT	Dixon Park District 815-284-3306 dixonparkdistrict.com/stengel-trail

32 John Husar I&M Canal Trail (Cook County)

TRAIL	9 miles • limestone
LOCATION	Cook County I&M Canal, Route 83 to LaGrange Road
SETTING	historic canal
CONTACT	Forest Preserves of Cook County 800-870-3666 fpdcc.com/preserves-and-trails/ trail-descriptions

33 Joliet Junction Trail

TRAIL	5 miles • paved
LOCATION	Will County Trail runs between the community of Crest Hill and the I&M Canal Trail south of Joliet
SETTING	rail-trail through neighborhoods
CONTACT	Forest Preserve District of Will County 815-727-8700 reconnectwithnature.org/preserves-trails/trails

34 Kankakee River State Park Trail

TRAIL	10 miles • paved
LOCATION	Kankakee & Will counties 6 miles northwest of Kankakee, Kankakee River State Park
SETTING	4,000-acre wooded park that envelopes both sides of the Kankakee River for 11 miles
CONTACT	Kankakee River State Park 815-933-1383 www.dnr.illinois.gov/Parks/Pages/ KankakeeRiver.aspx visitkankakeecounty.com/on-two-wheels

35 Kankakee Riverfront Trail

TRAIL	12 miles • mixed & paved
LOCATION	Kankakee County Kankakee, Kankakee Riverfront
SETTING	A footbridge over the Kankakee River connects the 12 mile riverfront biking and walking trail from south Kankakee through Perry Farm Park, with future trails connecting to the Kankakee River State Park
CONTACT	Community Foundation of Kankakee River Valley 815-939-1611 cfkrv.org/Riverfront_Trailway.php visitkankakeecounty.com/on-two-wheels

36 Kishwaukee Riverfront Path

TRAIL	6 miles • paved
LOCATION	Boone County Belvidere
SETTING	river, parks & community
CONTACT	Belvidere Park District 815-547-5711 belviderepark.org/programs/ general-information traillink.com/trail/kishwaukee-riverfront-path

37 Kishwaukee-Kiwanis Trail & DeKalb Park District Trails

TRAIL	7 miles • paved
LOCATION	DeKalb County Along Kishwaukee River and through parks in DeKalb; connects to other trails
SETTING	riverfront, Northern Illinois University & open space
CONTACT	DeKalb Park District 815-758-6663 dekalbparkdistrict.com traillink.com/trail/dekalb-nature-trail traillink.com/trail/kishwaukee-kiwanis-trail

38 Long Prairie Trail

TRAIL	14 miles • paved
LOCATION	Boone County Northern Boone County through Poplar Grove and Capron, along Route 173
SETTING	rural & small communities
CONTACT	Boone County Conservation District 815-547-7935 bccdil.org/conservation-areas/long-prairie-trail

39 Major Taylor Trail

TRAIL	7.5 miles • asphalt
LOCATION	Cook County Chicago's South Side
SETTING	Dan Ryan Woods to Whistler Woods forest preserves
CONTACT	Forest Preserves of Cook County 312-744-3600 cityofchicago.org/city/en/depts/cdot/provdrs/bike/svcs/bikeways.html chicagoparkdistrict.com/parks/major-taylor-bike-trail traillink.com/trail/major-taylor-trail

40 McDowell Grove

TRAIL	5.7 miles • limestone
LOCATION	DuPage County Naperville, McDowell Forest Preserve; connects to West Branch DuPage River Trail
SETTING	lake, pond, waterway, prairie, grassland & woodland
CONTACT	Forest Preserve District of DuPage County 630-933-7200 dupageforest.org/trails_guide discoverdupage.com/ForestPreserve DistrictofDuPageCounty

41 Mid-County Trail

TRAIL	20 miles • paved
LOCATION	Kane County Aurora to Elgin
SETTING	connects trails, communities & forest preserves
CONTACT	Forest Preserve District of Kane County 630-232-5980

42 Millennium Trail

TRAIL	21 miles • paved
LOCATION	Lake County
SETTING	communities & forest preserves
CONTACT	Lake County Forest Preserves 847-367-6640 lcfpd.org/millennium-trail

43 Moraine Hills State Park

TRAIL	10 miles • mixed
LOCATION	McHenry County Moraine Hills State Park
SETTING	glacial landscape
CONTACT	Moraine Hills State Park 815-385-1624 www.dnr.illinois.gov/parks/pages/morainehills.aspx

44 North Branch Trail

TRAIL	21 miles • paved
LOCATION	Cook County North Branch Chicago River & Skokie River, Caldwell to Lake-Cook Road
SETTING	wooded floodplain of the Chicago River
CONTACT	Forest Preserves of Cook County 800-870-3666 fpdcc.com/preserves-and-trails/ trail-descriptions

45 North Central DuPage Regional Trail

TRAIL	35 miles • paved
LOCATION	DuPage County Illinois Prairie Path-Elgin Branch to Busse Woods Forest Preserve
SETTING	connects trails, communities & forest preserves
CONTACT	DuPage County Division of Transportation 630-407-6900 www.dupageco.org/bikeways discoverdupage.com/ DuPageCountyTrailSystem

46 North Shore Bike Path

TRAIL	7.58 miles • paved
LOCATION	Lake County Mundelein to Lake Bluff
SETTING	suburban communities & open space
CONTACT	Lake County Division of Transportation 847-377-7400 lakecountyil.gov/441/Bikeways

47 North Shore Channel Trail

TRAIL	8 miles • paved
LOCATION	Cook County North Shore Channel of the Chicago River, Devon Avenue to Green Bay Road
SETTING	urban waterfront
CONTACT	Village of Skokie 847-933-8447 traillink.com/trail/north-shore-channel-trail

48 Old Plank Road Trail

TRAIL	20.2 miles • paved
LOCATION	Will & Cook counties Joliet to Western Avenue in Park Forest
SETTING	suburban open space
CONTACT	Forest Preserve District of Will County 815-727-8700 reconnectwithnature.org/preserves-trails/trails/old-plank-road-trail visitchicagosouthland.com/397/OLDPLANKROADTRAIL

49 Orland Park Bikeway

TRAIL	6.7 miles • paved
LOCATION	Cook County West 159th Street to 104th Avenue, ending at Tinley Creek Trail connection; provides a great connector across the Chicago suburb of Orland Park and winds its way through Centennial Park; parking lots are available in Centennial Park (15600 West Avenue), the John Humphrey Complex (147th Street & West Avenue), and along Ravinia Place
SETTING	suburban & park
CONTACT	Village of Orland Park 708-403-6100 orland-park.il.us/index.aspx?NID=1705 traillink.com/trail/orland-park-bikeway

50 Palatine Trail

TRAIL	9 miles • paved
LOCATION	Cook County Anderson Drive to Dundee Road
SETTING	suburban & open space
CONTACT	Palatine Park District 847-991-0333 palatineparks.org/rccms/palatinetrail

51 Pecatonica Prairie Trail

TRAIL	29.5 miles • natural & paved
LOCATION	Winnebago & Stephenson counties Freeport to Rockford, through Pecatonica, Winnebago & Ridott
SETTING	rural countryside & Pecatonica River
CONTACT	Forest Preserves of Winnebago County 815-877-6100 pecatonicaprairietrail.com

52 Perry Farm Park Trail

TRAIL	5 miles • paved
LOCATION	Kankakee County Bourbonnais, Perry Farm Park
SETTING	wooded park
CONTACT	Bourbonnais Township Park District 815-933-9905 btpd.org/perry_farm.php visitkankakeecounty.com/on-two-wheels

53 Perryville Path

TRAIL	15 miles • paved
LOCATION	Winnebago County East side of Rockford
SETTING	urban area & open space
CONTACT	Rockford Park District 815-987-8800 rockfordparkdistrict.org/paths gorockford.com/listings/perryville-recreation-path/656

54 Poplar Creek Trail

TRAIL	9 miles • paved
LOCATION	Cook County Poplar Creek Forest Preserve
SETTING	wooded & open space
CONTACT	Forest Preserves of Cook County 800-870-3666 fpdcc.com/preserves-and-trails/trail-descriptions

55 Prairie Trail

TRAIL	26 miles • paved & limestone
LOCATION	McHenry County Algonquin to Wisconsin state line
SETTING	wooded area & small communities
CONTACT	McHenry County Conservation District 815-338-6223 mccdistrict.org/rccms/prairie-trail-north mccdistrict.org/rccms/prairie-trail-south

56 Pratt's Wayne Woods

TRAIL	6 miles • turf & limestone
LOCATION	DuPage County Wayne, Pratt's Wayne Woods Forest Preserve; connects to Elgin Branch of Illinois Prairie Path
SETTING	lake, pond, waterway, prairie, grassland, wetland & woodland
CONTACT	Forest Preserve District of DuPage County 630-933-7200 dupageforest.org/trails_guide discoverdupage.com/ForestPreserve DistrictofDuPageCounty

57 Ridgefield Trace

TRAIL	4.5, 1.76, 1.5 miles • paved
LOCATION	McHenry County Northwest route runs 4.5 miles from McHenry County College in Crystal Lake, along Route 14 to Lake Avenue in Woodstock; 1.76 mile section travels east from the college and loops back; third section travels 1.5 miles from Oak Street in Crystal Lake eastbound to Walkup Road, to connect through Veteran Acres Park and link with the District's Prairie Trail
SETTING	suburban area & park
CONTACT	McHenry County Conservation District 815-338-6223 mccdistrict.org/rccms/ridgefield-trace



Villa Park District

Illinois Prairie Path

58 River Bend Trail

- TRAIL** 4.4 miles • paved
- LOCATION** Kane County
South Elgin
- SETTING** riverfront, open space & forest; access to picnic areas, restrooms, fishing venues, bird watching & waterfalls
- CONTACT** Greater St. Charles Convention & Visitors Bureau
800-777-4373
visitscharles.com/RiverBendTrail?v=102

59 Robert McClory Bike Path

- TRAIL** 20 miles • paved & limestone
- LOCATION** Lake County
Highland Park to the Wisconsin state line
- SETTING** suburban areas & open space
- CONTACT** Lake County Division of Transportation
847-377-7400
lakecountyil.gov/441/Bikeways

60 Rock Cut State Park Trail

- TRAIL** 5 miles • paved
- LOCATION** Winnebago County
West side of Rock Cut State Park along Willow Creek
- SETTING** community & state park setting
- CONTACT** Village of Machesney Park
815-877-5432
www.dnr.illinois.gov/Parks/Activity/Pages/RockCut.aspx
gorockford.com/listings/rock-cut-state-park/350

61 Rock River Recreation Path

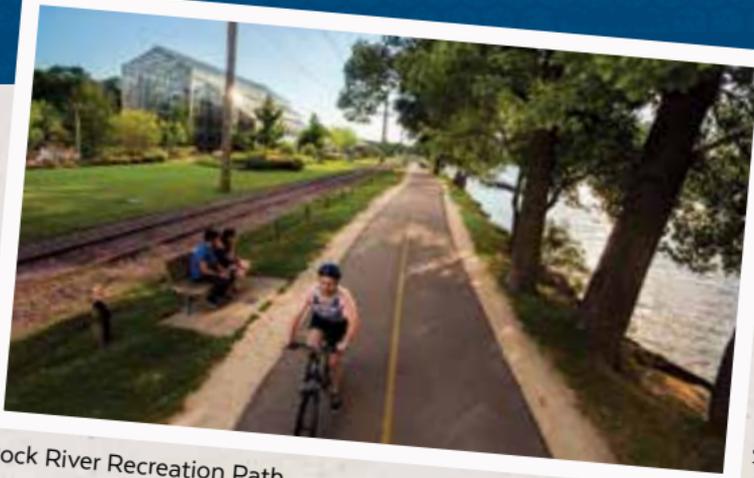
TRAIL	10 miles • paved
LOCATION	Winnebago County Along the Rock River in Rockford
SETTING	urban area & riverfront
CONTACT	Rockford Park District 815-987-8800 rockfordparkdistrict.org/paths gorockford.com/listings/rock-river-recreation-path/655/

62 Rock Run Greenway Trail

TRAIL	10 miles • paved
LOCATION	Will County Joliet, Rock Run Preserve; from Theodore Marsh to the I&M Canal Trail
SETTING	forest, prairie & wetland
CONTACT	Forest Preserve District of Will County 815-727-8700 reconnectwithnature.org/preserves-trails/trails

63 Salt Creek Greenway Trail

TRAIL	26.7 miles • paved & mixed
LOCATION	Cook & DuPage counties Wood Dale to Oak Brook to Brookfield Woods (outside the Brookfield Zoo)
SETTING	connects trails, communities & wooded forest preserves
CONTACT	Forest Preserves of Cook County County of DuPage 800-870-3666 • 630-933-7200 fpdcc.com/preserves-and-trails/trail-descriptions www.dupageco.org/bikeways



Rock River Recreation Path

Rockford Area CVB

64 Skokie Valley Bikeway

- TRAIL** 10 miles • paved
- LOCATION** Lake County
Lake Bluff to Lake-Cook Road
- SETTING** suburban communities & open space
- CONTACT** Lake County Division of Transportation
847-377-7400
lakecountyiil.gov/441/Bikeways

65 Southern DuPage County Regional Trail

- TRAIL** 46 miles • mixed
- LOCATION** DuPage County
Aurora to Burr Ridge
- SETTING** connects trails, communities & forest preserves
- CONTACT** DuPage County Division of Transportation
630-407-6900
www.dupageco.org/bikeways
discoverdupage.com/DuPageCountyTrailSystem

66 Springbrook Prairie Trail

- TRAIL** 7.8 miles • limestone
- LOCATION** DuPage County
Naperville, Springbrook Prairie Forest Preserve; connects to Southern DuPage County Regional Trail
- SETTING** lake, pond, waterway, prairie, grassland & wetland
- CONTACT** Forest Preserve District of DuPage County
630-933-7200
dupageforest.org/trails_guide
discoverdupage.com/ForestPreserveDistrictofDuPageCounty

67 Stone Bridge Trail

- TRAIL** 6 miles • limestone
- LOCATION** Winnebago County
Roscoe to Long Prairie Trail
- SETTING** rural countryside & communities
- CONTACT** Roscoe Township
815-623-7323
gorockford.com/listings/stone-bridge-bike-trail/1157

68 The 606 (Bloomingdale Trail)

- TRAIL** 2.7 miles • paved
- LOCATION** Cook County
Chicago's northwest side, running along Bloomingdale Avenue (1800 N.), from Ashland Avenue (1600 W.) on the east to Ridgeway Avenue (3750 W.) on the west
- SETTING** an elevated urban trail and park with access points every quarter-mile; trail showcases public artwork
- CONTACT** Chicago Park District, Park No. 572
312-742-4622
the606.org
bloomingdaletrail.org
chicagoparkdistrict.com/parks/park-no-572-bloomingdale-trail

69 Thorn Creek Trail

- TRAIL** 17.2 miles • paved
- LOCATION** Cook County
Thorn Creek and Sauk Woods forest preserves
- SETTING** wooded floodplain
- CONTACT** Forest Preserves of Cook County
800-870-3666
fpdcc.com/preserves-and-trails/trail-descriptions
trailink.com/trail/thorn-creek-trail

70 Tinley Creek Trail

TRAIL	18.8 miles • paved
LOCATION	Cook County Tinley Creek Forest Preserve & Yankee Woods
SETTING	wooded area
CONTACT	Forest Preserves of Cook County 800-870-3666 fpdcc.com/preserves-and-trails/ trail-descriptions traillink.com/trail/tinley-creek-trail-(north)

71 Valley Line Trail/Sauganash Trail

TRAIL	4.5 miles • paved
LOCATION	Cook County Chicago to Skokie, West Bryn Mawr Avenue & North Kostner Avenue
SETTING	suburban area
CONTACT	Chicago Park District Village of Lincolnwood Parks and Recreation Department 312-742.7529 • 847-677-9740 chicagoparkdistrict.com/parks/sauganash- trail-park/ lincolnwoodil.org/enjoy-lincolnwood/ parks-and-recreation/our-parks

72 Virgil L. Gilman Trail

TRAIL	12.2 miles • paved
LOCATION	Kane County Sugar Grove to Kane-Kendall county line
SETTING	open space & small communities
CONTACT	Forest Preserve District of Kane County 630-232-5980 kaneforest.com/recreation/trails/ VirgilLGilman.aspx enjoyaurora.com/Virgil-L-Gilman-Trail

73 Waterfall Glen Multipurpose Trail

TRAIL	11 miles • limestone
LOCATION	DuPage County Darien, Waterfall Glen Forest Preserve
SETTING	wooded areas & open space
CONTACT	Forest Preserve District of DuPage County 630-933-7200 dupageforest.org/trails_guide discoverdupage.com/ForestPreserve DistrictofDuPageCounty

74 Wauponsee Glacial Trail

TRAIL	22 miles • paved & limestone
LOCATION	Will County Joliet to the Kankakee River; connects with Midewin National Tallgrass Prairie
SETTING	rural/city rail-trail, prairie & creeks
CONTACT	Forest Preserve District of Will County 815-727-8700 reconnectwithnature.org/preserves-trails/trails

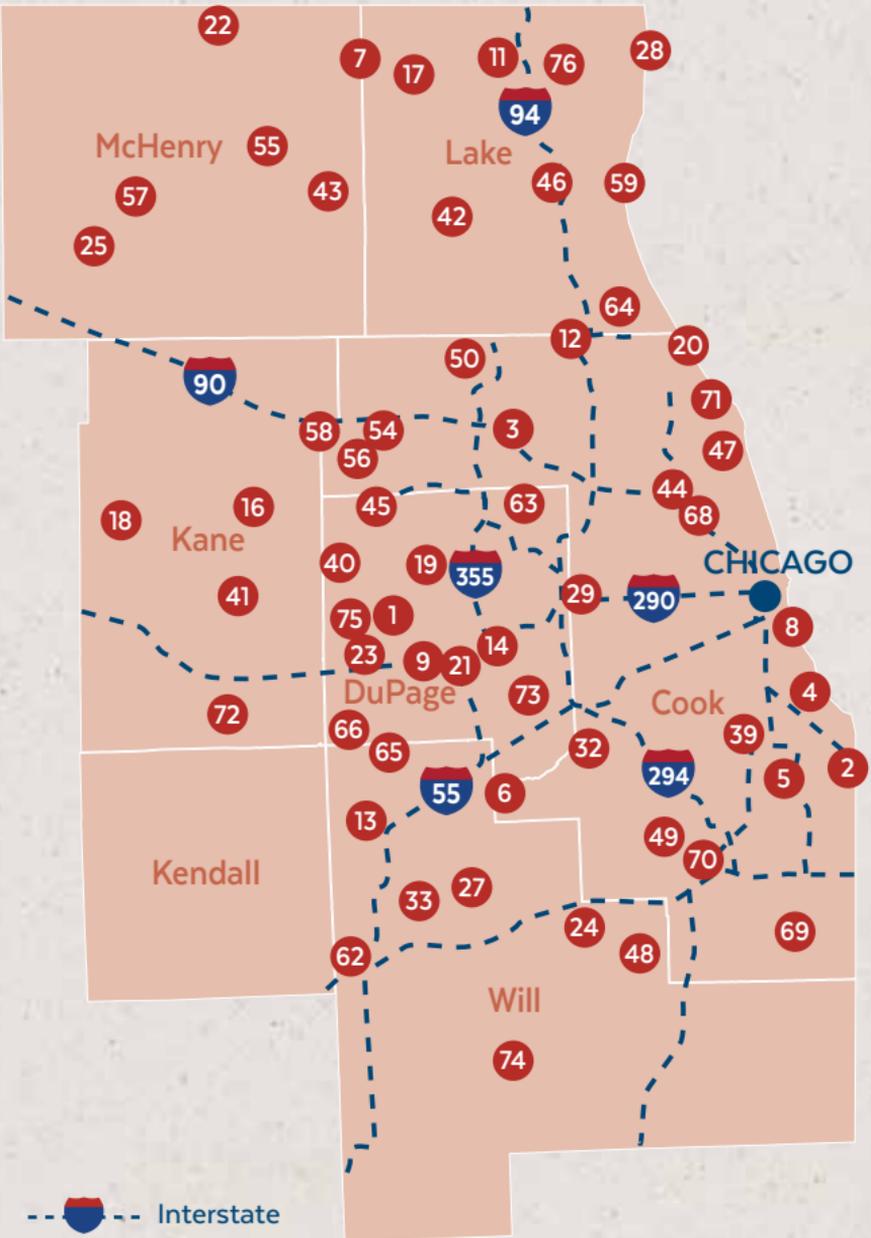
75 West Branch DuPage River Trail

TRAIL	22 miles • mixed
LOCATION	DuPage County Bartlett to Naperville; gap in trail from Winfield to West Chicago
SETTING	connects trails, communities & forest preserves
CONTACT	Forest Preserve District of DuPage County 630-933-7200 www.dupageco.org/bikeways discoverdupage.com/ DuPageCountyTrailSystem

76 Zion Bike Trail

TRAIL	6 miles • paved
LOCATION	Lake County Zion
SETTING	city parks & urban areas
CONTACT	Zion Park District 847-746-5500 zionparkdistrict.com/bicycle-trail-maps

CHICAGO & BEYOND BIKE TRAILS



See map on page 39 for remainder of Chicago & Beyond trails.
Map is not to scale and provides the general location of trails.



Lincoln Park

Illinois Office of Tourism

TRAILS

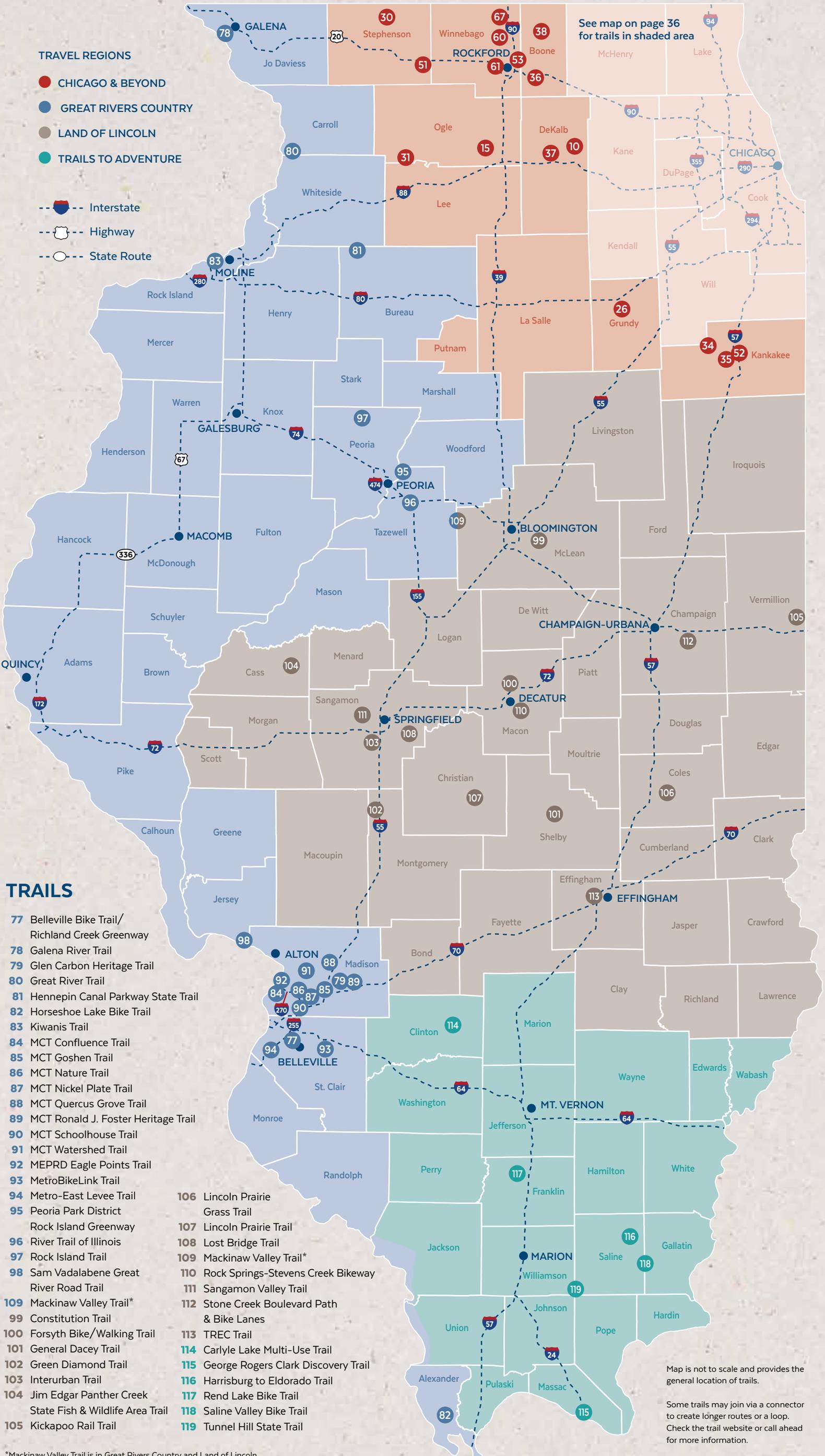
- 1 Blackwell Forest Preserve
- 2 Burnham Greenway
- 3 Busse Woods Bicycle Trail
- 4 Calumet Region
- 5 Calumet-Saganashkee Trail
- 6 Centennial Trail
- 7 Chain O'Lakes State Park
- 8 Chicago Lakefront Trail
- 9 Danada - Herrick Lake Regional Trail
- 10 DeKalb/Sycamore Trail
- 11 Des Plaines River Trail (northern portion)
- 12 Des Plaines River Trail (southern portion)
- 13 DuPage River Trail
- 14 East Branch DuPage River Greenway Trail
- 15 Four Sisters Bike Path
- 16 Fox River Trail
- 17 Grant Woods Forest Preserve Trail
- 18 Great Western Trail
- 19 Great Western Trail (DuPage County)
- 20 Green Bay Trail
- 21 Greene Valley
- 22 Hebron Trail
- 23 Herrick Lake
- 24 Hickory Creek Trails
- 25 Huntley-Union-Marengo Trail
- 26 I&M Canal State Trail
- 27 I&M Canal Trail (Will County)
- 28 Illinois Beach State Park Trail
- 29 Illinois Prairie Path
- 30 Jane Addams Trail
- 31 Joe Stengel Trail/Lowell Parkway Path
- 32 John Husar I&M Canal Trail (Cook County)
- 33 Joliet Junction Trail
- 34 Kankakee River State Park Trail
- 35 Kankakee Riverfront Trail
- 36 Kishwaukee Riverfront Path
- 37 Kishwaukee-Kiwanis Trail & DeKalb Park District Trails
- 38 Long Prairie Trail
- 39 Major Taylor Trail
- 40 McDowell Grove
- 41 Mid-County Trail
- 42 Millennium Trail
- 43 Moraine Hills State Park
- 44 North Branch Trail
- 45 North Central DuPage Regional Trail
- 46 North Shore Bike Path
- 47 North Shore Channel Trail
- 48 Old Plank Road Trail
- 49 Orland Park Bikeway
- 50 Palatine Trail
- 51 Pecatonica Prairie Trail
- 52 Perry Farm Park Trail
- 53 Perryville Path
- 54 Poplar Creek Trail
- 55 Prairie Trail
- 56 Pratt's Wayne Woods
- 57 Ridgefield Trace
- 58 River Bend Trail
- 59 Robert McClory Bike Path
- 60 Rock Cut State Park Trail
- 61 Rock River Recreation Path
- 62 Rock Run Greenway Trail
- 63 Salt Creek Greenway Trail
- 64 Skokie Valley Bikeway
- 65 Southern DuPage County Regional Trail
- 66 Springbrook Prairie Trail
- 67 Stone Bridge Trail
- 68 The 606
- 69 Thorn Creek Trail
- 70 Tinley Creek Trail
- 71 Valley Line Trail/Sauganash Trail
- 72 Virgil L. Gilman Trail
- 73 Waterfall Glen Multipurpose Trail
- 74 Wauponsee Glacial Trail
- 75 West Branch DuPage River Trail
- 76 Zion Bike Trail

ILLINOIS BIKE TRAILS

TRAVEL REGIONS

- CHICAGO & BEYOND
- GREAT RIVERS COUNTRY
- LAND OF LINCOLN
- TRAILS TO ADVENTURE

- Interstate
- Highway
- State Route



See map on page 36 for trails in shaded area

TRAILS

- 77 Belleville Bike Trail/
Richland Creek Greenway
- 78 Galena River Trail
- 79 Glen Carbon Heritage Trail
- 80 Great River Trail
- 81 Hennepin Canal Parkway State Trail
- 82 Horseshoe Lake Bike Trail
- 83 Kiwanis Trail
- 84 MCT Confluence Trail
- 85 MCT Goshen Trail
- 86 MCT Nature Trail
- 87 MCT Nickel Plate Trail
- 88 MCT Quercus Grove Trail
- 89 MCT Ronald J. Foster Heritage Trail
- 90 MCT Schoolhouse Trail
- 91 MCT Watershed Trail
- 92 MEPRD Eagle Points Trail
- 93 MetroBikeLink Trail
- 94 Metro-East Levee Trail
- 95 Peoria Park District
Rock Island Greenway
- 96 River Trail of Illinois
- 97 Rock Island Trail
- 98 Sam Vadalabene Great
River Road Trail
- 109 Mackinaw Valley Trail*
- 99 Constitution Trail
- 100 Forsyth Bike/Walking Trail
- 101 General Dacey Trail
- 102 Green Diamond Trail
- 103 Interurban Trail
- 104 Jim Edgar Panther Creek
State Fish & Wildlife Area Trail
- 105 Kickapoo Rail Trail
- 106 Lincoln Prairie
Grass Trail
- 107 Lincoln Prairie Trail
- 108 Lost Bridge Trail
- 109 Mackinaw Valley Trail*
- 110 Rock Springs-Stevens Creek Bikeway
- 111 Sangamon Valley Trail
- 112 Stone Creek Boulevard Path
& Bike Lanes
- 113 TREC Trail
- 114 Carlyle Lake Multi-Use Trail
- 115 George Rogers Clark Discovery Trail
- 116 Harrisburg to Eldorado Trail
- 117 Rend Lake Bike Trail
- 118 Saline Valley Bike Trail
- 119 Tunnel Hill State Trail

Map is not to scale and provides the general location of trails.

Some trails may join via a connector to create longer routes or a loop. Check the trail website or call ahead for more information.

*Mackinaw Valley Trail is in Great Rivers Country and Land of Lincoln

BIKE TRAILS



Scenic towns, historic sites and wildlife adventures await along the Mississippi and Illinois rivers in this picturesque region.

Experience Galena's past with a stroll down Main Street, lined with 1800s storefronts.

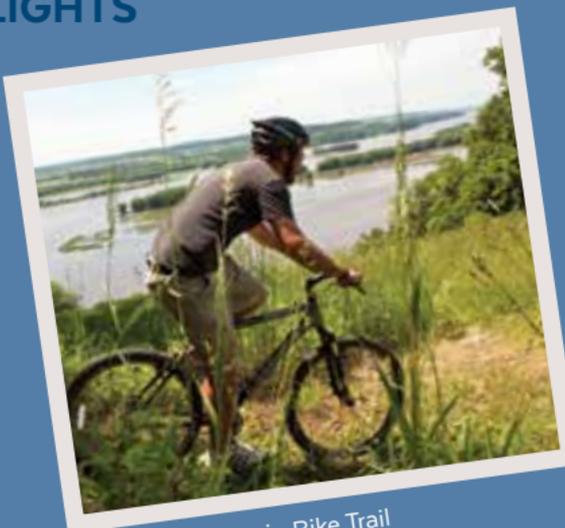
Architectural gems are scattered throughout the city of Quincy—spot the best on the self-guided driving tour. Elsewhere, Fulton's downtown celebrates the community's Dutch roots with an authentic windmill, De Immigrant.

Historic sites and museums dot the landscape. Journey through time and explore the epic adventure of the Corps of Discovery at the Lewis and Clark State Historic Site. Nearby at Cahokia Mounds, take the stairs to the top of the largest earthen structure in North America: Monks Mound. Experience Illinois' French Colonial past each year at encampments and rendezvous events at Fort de Chartres. Relive pioneer life in the 1840s in quaint Nauvoo, where reenactors demonstrate daily life in a restored community. At the John Deere Pavilion, the farming pioneer's early innovations are on display alongside colossal machines. In Peoria, the Caterpillar Visitor Center & Museum offers a thrilling adventure on a virtual ride inside a 797F Cat Mining Truck.

Take time to explore state parks and natural areas and view our national symbol right here in Illinois! From November-March, observe the largest wintering population of bald eagles outside Alaska as they gather along the Illinois and Mississippi rivers. There are many eagle events and festivals taking flight throughout the eagle watching season.

BIKING HIGHLIGHTS

- Great River Trail
- Rock Island Trail
- MCT Trails
- Hennepin Canal State Trail



Chestnut Mountain Bike Trail

BIKE SHARES & RENTALS

City Cycle (Bike Share)

LOCATION Peoria & East Peoria: Junction City Station, Heritage Square Station, Upper Bradley Park Station, City Hall Station, Riverplex OSF Station, Levee District Station

CONTACT 202-999-3924
<http://bike.zagster.com/citycycle>

Fever River Outfitters (Rental)

LOCATION 525 S. Main Street • Galena

CONTACT 815-776-9425
<https://feverriveroutfitters.com>

Pere Marquette State Park (Rental)

LOCATION 13653 Lodge Boulevard • Grafton

CONTACT 618-786-2331
pmlodge.net

Quad Cities Convention & Visitors Bureau (Rental)

LOCATION 1601 River Drive, Suite 110 • Moline

CONTACT 800-747-7800
[visitquadcities.com/partners/
quad-cities-bike-rentals-moline](http://visitquadcities.com/partners/quad-cities-bike-rentals-moline)

Quincy Area Convention & Visitors Bureau (Rental)

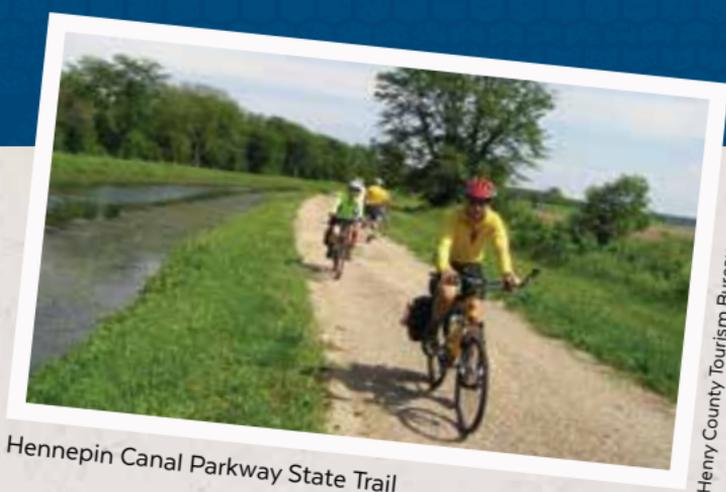
LOCATION 532 Gardner Expressway • Quincy

CONTACT 217-214-3700
[seequincy.com/things-to-do/recreational/
parks-fitness](http://seequincy.com/things-to-do/recreational/parks-fitness)

Savanna Marketplace (Rental)

LOCATION 321 Main Street • Savanna

CONTACT 815-273-0336
[visitnorthwestillinois.com/what-to-do/
the-great-outdoors/biking-hiking/
savanna-marketplace-bike-rental.html](http://visitnorthwestillinois.com/what-to-do/the-great-outdoors/biking-hiking/savanna-marketplace-bike-rental.html)



Hennepin Canal Parkway State Trail

Henry County Tourism Bureau

BIKE TRAILS

77 Belleville Bike Trail/ Richland Creek Greenway

TRAIL	4 miles • paved
LOCATION	St. Clair County Belleville
SETTING	creekside parks & wooded north segment
CONTACT	Belleville Parks & Recreation 618-233-1416 belleville.net/Facilities/Facility/Details/Belleville-Bike-TrailRichland-Creek-Gree-15

78 Galena River Trail

TRAIL	6 miles • paved, limestone & natural mixed
LOCATION	Jo Daviess County Galena; near Depot Park to Chestnut Mountain Resort along the Mississippi River backwaters
SETTING	picturesque city views of historic Galena, forest, bluffs & Mississippi River backwaters
CONTACT	VisitGalena and Galena Welcome Center 815-776-9200 visitgalena.org/places/galena-river-trail cityofgalena.org/en/city_services/parks/galena_river_trail

79 Glen Carbon Heritage Trail

TRAIL	12.1 miles • paved & limestone
LOCATION	Madison County Glen Carbon to Marine
SETTING	community & countryside
CONTACT	Madison County Transit District 618-874-7433 glen-carbon.il.us/877/Parks

80 Great River Trail

TRAIL	61.5 miles • paved
LOCATION	Rock Island, Carroll & Whiteside counties Rock Island up river to Savanna
SETTING	Mississippi River, small communities & urban area
CONTACT	Bi-State Regional Commission 309-793-6300 greatrivertrail.org

81 Hennepin Canal Parkway State Trail

TRAIL	104.5 miles • paved & limestone
LOCATION	Bureau, Henry, Rock Island & Whiteside counties Main Canal: Quad Cities to Bureau; also Feeder Canal from Rock Falls
SETTING	historic canal & rural landscape
CONTACT	Hennepin Canal Parkway State Park 815-454-2328 www.dnr.illinois.gov/Parks/Pages/ HennepinCanal.aspx trailink.com/trail/hennepin-canal-parkway

82 Horseshoe Lake Bike Trail

TRAIL	5 miles • limestone
LOCATION	Alexander County Horseshoe Lake State Conservation Area
SETTING	cypress swamp & lake
CONTACT	Horseshoe Lake State Conservation Area 618-776-5689

83 Kiwanis Trail

TRAIL	6.5 miles • paved, gravel & limestone
LOCATION	Rock Island County Moline to Rock Island
SETTING	quiet streets & separated trail through nature preserve
CONTACT	Bi-State Regional Commission 309-793-6300 qctrails.org

84 MCT Confluence Trail

TRAIL	18 miles • paved
LOCATION	Madison County Alton to Granite City
SETTING	Mississippi River & urban areas
CONTACT	Madison County Transit District 618-874-7433 mcttrails.org/confluence_trail.aspx

85 MCT Goshen Trail

TRAIL	8 miles • paved
LOCATION	Madison County Edwardsville, Glen Carbon & Maryville
SETTING	connects six trails
CONTACT	Madison County Transit District 618-874-7433 mcttrails.org/goshen_trail.aspx

86 MCT Nature Trail

TRAIL	14 miles • paved
LOCATION	Madison County Edwardsville to Pontoon Beach
SETTING	open space & community settings
CONTACT	Madison County Transit District 618-874-7433 mcttrails.org/nature_trail.aspx

87 MCT Nickel Plate Trail

TRAIL	22 miles • paved & limestone
LOCATION	Madison County Edwardsville to Glen Carbon
SETTING	connects communities & trails
CONTACT	Madison County Transit District 618-874-7433 mcttrails.org/nickelplate_trail.aspx

88 MCT Quercus Grove Trail

TRAIL 18 miles • paved & limestone
LOCATION Madison County
Edwardsville to Hamel
SETTING city & rural rail-trail
CONTACT Madison County Transit District
618-874-7433
mcttrails.org/quercus_grove.aspx

89 MCT Ronald J. Foster Heritage Trail

TRAIL 12.2 miles • paved
LOCATION Madison County
Main Street near Glen Carbon Centennial
Library to Marine Village Park
SETTING countryside, parks & greenspaces
CONTACT Madison County Transit District
618-874-7433
mcttrails.org/heritage_trail.aspx

90 MCT Schoolhouse Trail

TRAIL 15.72 miles • paved
LOCATION Madison County
Madison to Troy
SETTING Horseshoe Lake State Park, Mississippi River
bottomlands & communities
CONTACT Madison County Transit District
618-874-7433
mcttrails.org/schoolhouse_trail.aspx

91 MCT Watershed Trail

TRAIL 4.66 miles • paved
LOCATION Madison County
Edwardsville to Roxana
SETTING Watershed Nature Center & open space
CONTACT Madison County Transit District
618-874-7433
mcttrails.org/watershed_trail.aspx

92 MEPRD Eagle Points Trail

TRAIL	7.2 miles • paved & limestone
LOCATION	Madison County Chouteau Island
SETTING	river views along the top of the levee
CONTACT	Metro East Park and Recreation District 618-346-4905 meprd.org/trail-map.html illinoisouth.org/directory/listing/eagle-points-trail-1

93 MetroBikeLink Trail

TRAIL	7 miles • paved
LOCATION	St. Clair County Swansea to Southwestern Illinois College
SETTING	rail with trail, connecting communities & transit facilities
CONTACT	St. Clair County Transit District 618-628-8090 www.meprd.org/trail-map.html

94 Metro-East Levee Trail

TRAIL	7.61 miles • limestone
LOCATION	St. Clair County Cahokia vicinity
SETTING	Mississippi River, wetlands & natural areas
CONTACT	St. Clair County Highway Department 618-233-1392 meprd.org/trail-map.html illinoisouth.org/directory/listing/metro-east-levee-trail-1

95 Peoria Park District Rock Island Greenway

TRAIL	12 miles • paved
LOCATION	Peoria County Bob Michel Bridge; along the Illinois River to Rock Island State Trail
SETTING	urban riverfront, wooded & open space
CONTACT	Peoria Park District 309-682-1200 peoriaparks-planning.org/ppd-rock-island-greenway

96 River Trail of Illinois

TRAIL	6.6 miles • mixed
LOCATION	Tazewell County East Peoria to Morton
SETTING	open space & Illinois River wetlands
CONTACT	Fon du Lac Park District 309-699-3923 fondulacpark.com/about-us/river-trail

97 Rock Island Trail

TRAIL	25.54 miles • limestone
LOCATION	Peoria & Stark counties Toulon to Alta plus extension to Peoria
SETTING	small communities & rural countryside
CONTACT	Rock Island Trail State Park 309-695-2228 https://dnr.illinois.gov/Lands/Landmgt/PARKS/R1/ROCKISLE.HTM

98 Sam Vadalabene Great River Road Trail

TRAIL	21.9 miles • paved
LOCATION	Jersey & Madison counties Alton through Grafton to Pere Marquette State Park Lodge
SETTING	runs along the Great River Road National Scenic Byway, Mississippi River & wooded park
CONTACT	Illinois Department of Transportation 618-346-3100 traillink.com/trail/sam-vadalabene-great-river-road-bike-trail

109 Mackinaw Valley Trail

TRAIL	40 miles • on-road
LOCATION	Peoria, Tazewell & McLean counties Peoria to Bloomington
SETTING	on-road through rural countryside
CONTACT	Ride Illinois rideillinois.org/maps/mackinaw-valley-trail-guide

BIKE TRAILS



Named after the state slogan honoring Illinois' famed son and former president, this historic and varied region showcases Illinois' rich history. In the state capital of Springfield,

sites such as the Abraham Lincoln Presidential Library and Museum and the Lincoln Home National Historic Site exhibit the legacy of the nation's 16th president. Each summer, reenactments, performances and festivals fill the downtown area for an immersive living history experience. Relive another remarkable era at roadside attractions, museums and restaurants paying homage to the Mother Road, as you travel along famed Route 66. Take a journey back in time during a performance at the Illinois Shakespeare Festival in Bloomington and soak in the playwright's best works. Enjoy a tour of Amish Country with a visit to Arthur. Soak in the peaceful landscape, enjoy a meal, and stroll the shops.

If you're a foodie, head to Champaign-Urbana, which earned *Midwest Living* magazine's distinction as the "Greatest Food Town in the Midwest." In Springfield, try a horseshoe sandwich (it originated here), or stop at the Cozy Dog Drive Inn, home of the original hotdog on a stick. And just when you think you've seen everything, venture to whimsical Casey, home to oversized fun, including the "World's Largest" golf tee, rocking chair, pitchfork, mailbox, and more.

BIKING HIGHLIGHTS

- Constitution Trail
(6 signs dedicated to the U.S. Constitution)
- Lincoln Prairie Trail
- General Dacey Trail
- Rend Lake Bike Trail



Lake Shelbyville CVB

Lake Shelbyville, Camp Camfield



Mark Segal

BIKE SHARES & GUIDED TOURS

Bike Share 309

(Bike Share)

LOCATION Normal: Cardinal Court Station, Tri-Towers Station, Schroeder Hall Station, Uptown Normal Station, Watterson Towers Station, Connie Link Station, Advocate Station, Hansen Student Center Station, Museum Square Station

CONTACT 202-999-3924
<http://bike.zagster.com/bikeshare309>

ILLINI Pub Cycle

(Guided Tour)

LOCATION Tour meeting place:
601 S. 1st Street #102 • Champaign

CONTACT 217-417-1570
illinipubcycle.com

SlowRide Pedal Tours Inc.

(Guided Tour)

LOCATION Champaign

CONTACT 219-316-1122
<https://slowridepedaltours.com>

BIKE TRAILS

99 Constitution Trail

TRAIL 37 miles • paved
LOCATION McLean County
Bloomington to Normal
SETTING urban open space
CONTACT Bloomington Parks & Recreation Department
309-434-2260
constitutiontrail.org

100 Forsyth Bike/Walking Trail

TRAIL 5 miles • paved
LOCATION Macon County
Forsyth
SETTING park & residential areas
CONTACT Village of Forsyth
217-877-9445
forsythvillage.us/images/map_bikepath.png
decaturcvb.com

101 General Dacey Trail

TRAIL 9.25 miles • limestone
LOCATION Shelby County
Shelbyville
SETTING wooded area, west side of Lake Shelbyville
CONTACT General Dacey Trail
217-774-4001
daceytrail.org
lakeshelbyville.com/recreation.htm

102 Green Diamond Trail

TRAIL 5 miles • oil & chip
LOCATION Montgomery County
Waggoner to Farmersville
SETTING rural countryside rail-trail
CONTACT Montgomery County
217-532-9546
montgomeryco.com/index.php/
business-and-lifestyle/hiking-trails

103 Interurban Trail

- TRAIL** 8.3 miles • paved
- LOCATION** Sangamon County
Springfield to Chatham
- SETTING** woods, urban area & open space
- CONTACT** Springfield Park District
217-544-1751
springfieldparks.org/parks/bikeTrails/Interurban.aspx

104 Jim Edgar Panther Creek State Fish & Wildlife Area Trail

- TRAIL** 9 miles • mixed
- LOCATION** Cass County
West Central Illinois, near Chandlerville
- SETTING** gently rolling countryside, woodland & lakes
- CONTACT** Jim Edgar Panther Creek State Fish & Wildlife Area
217-452-7741
www.dnr.illinois.gov/Parks/Activity/Pages/JimEdgarPantherCreek.aspx

105 Kickapoo Rail Trail

- TRAIL** 6.7 miles • mixed
- LOCATION** Champaign County
Urbana to St. Joseph
- SETTING** woodland, prairie & wetland
- CONTACT** Champaign County Forest Preserve District
217-586-3360
ccfpd.org/forest-preserve/kickapoo-rail-trail



Neutral Cycle

Historic Round Barns, University of Illinois

106 Lincoln Prairie Grass Trail

TRAIL	11.8 miles • paved & limestone
LOCATION	Coles County Mattoon to Charleston
SETTING	community & rural
CONTACT	Charleston Parks & Recreation Department 217-345-6897 traillink.com/trail/lincoln-prairie-grass-trail charlestonillinois.org/index.asp?SEC=35E8F56B-1DBD-49CE-A1B9-A1B371812DED&Type=B_BASIC

107 Lincoln Prairie Trail

TRAIL	14.09 miles • paved
LOCATION	Christian County Pana to Taylorville
SETTING	rural countryside
CONTACT	City of Pana 217-785-2932 enjoyillinois.com/explore/listing/lincoln-prairie-trail

108 Lost Bridge Trail

TRAIL	4.8 miles • paved
LOCATION	Sangamon County Springfield to Rochester
SETTING	rural, open space & small community
CONTACT	Village of Rochester 217-498-7192 springfieldparks.org/parks/bikeTrails/LostBridge.aspx

109 Mackinaw Valley Trail

TRAIL	40 miles • on-road
LOCATION	Peoria, Tazewell & McLean counties Peoria to Bloomington
SETTING	on-road through rural countryside
CONTACT	Ride Illinois rideillinois.org/maps/mackinaw-valley-trail-guide



TREC Trail

Effingham CVB

110 Rock Springs-Stevens Creek Bikeway

- TRAIL** 5.75 miles • paved
- LOCATION** Macon County
Southwest Decatur
- SETTING** upland hardwoods & Sangamon River
bottomlands
- CONTACT** Macon County Conservation District
217-423-7708
[maconcountyconservation.org/
rock-springs-conservation-area/
fairview-kiwanis-rock-springs-bike-trail](http://maconcountyconservation.org/rock-springs-conservation-area/fairview-kiwanis-rock-springs-bike-trail)
decaturlparks.org
decaturlcvb.com

111 Sangamon Valley Trail

- TRAIL** 5 miles • paved
- LOCATION** Sangamon County
Springfield
- SETTING** connects parks & residential areas
- CONTACT** Springfield Park District
217-544-1751
[springfieldparks.org/parks/bikeTrails/
SangamonValley.aspx](http://springfieldparks.org/parks/bikeTrails/SangamonValley.aspx)

112 Stone Creek Boulevard Path & Bike Lanes

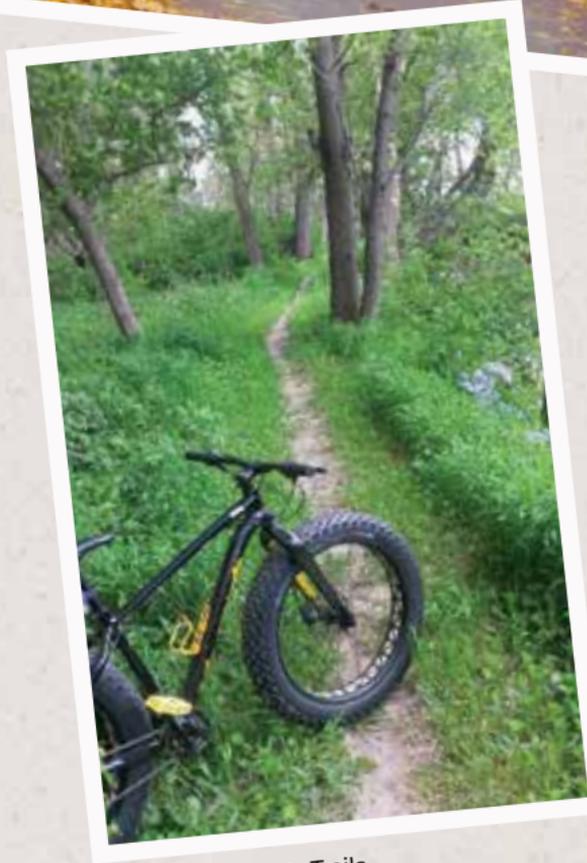
- TRAIL** 4 miles • paved
- LOCATION** Champaign County
Champaign-Urbana
- SETTING** community
- CONTACT** Champaign County Bikes
champaigncountybikes.org

113 TREC Trail

- TRAIL** 7 miles • paved
- LOCATION** Effingham County
Effingham to Lake Sara
- SETTING** wooded areas & open space
- CONTACT** Effingham Convention & Visitors Bureau
217-342-5310
trectrails.com
visiteffinghamil.com/Home/Components/
FacilityDirectory/FacilityDirectory/525/285



Michael Seroni



Jacksonville Area CVB

Jacksonville Illinois Trails

BIKE TRAILS



The state's southern region is home to the expansive Shawnee National Forest, numerous state parks, award-winning wineries, orchards, and thrilling outdoor adventures. Begin your journey along the winding roads of the Shawnee Hills Wine Trail, leading to some of the best wines and views the state has to offer. Hike to the natural sandstone sculptures and towering rock formations nestled amongst the breathtaking beauty at Garden of the Gods Recreation Area. Stop at a roadside fruit stand or visit an orchard for in season fruits. For an untouched view, zip amongst the treetops on a Shawnee Bluffs Canopy Tour, or paddle the wetlands of the Cache River State Natural Area and gaze at 1,000 year old bald cypress in this Wetland of International Importance.

If you're looking for a leisurely pace, test your skills at a championship golf course, visit a national wildlife refuge or pay homage to the Man of Steel in Metropolis. The city of Carbondale is busting with events and concerts year round on the campus of Southern Illinois University. Nearby, Giant City State Park offers sweeping views of the towering rock formations and steep hills of the surrounding forests. Bring your appetite when visiting Giant City Lodge. The iconic building's restaurant is famous for serving up family style fried chicken dinners. Don't miss the views from the observation deck atop the adjacent water tower, as the lodge is situated at the highest point in the park.

BIKING HIGHLIGHTS

- Tunnel Hill State Trail
- Carlyle Lake Multi-Use Trail
- George Rogers Clark Discovery Trail
- Harrisburg to Eldorado Trail



Jim Luning

Giant City Lodge

BIKE RENTALS

Sandburn Junction

(Rental)

LOCATION 490 Sandburn Lane • Vienna

CONTACT 618-771-2825
<http://sandburnjunction.com>



Giant City State Park Overlook

BIKE TRAILS

114 Carlyle Lake Multi-Use Trail

TRAIL 10 miles • mixed

LOCATION Clinton County
Carlyle, Carlyle Lake

SETTING lake levee, recreation areas & suspension bridge

CONTACT U.S. Army Corps of Engineers,
Carlyle Lake Project
618-594-2484
carlylelake.com/biking-and-hiking

115 George Rogers Clark Discovery Trail

TRAIL 9 miles • paved

LOCATION Massac County
Metropolis to Brookport

SETTING begins at the Superman statue in Metropolis
& continues through historic Fort Massac
State Park to the community of Brookport

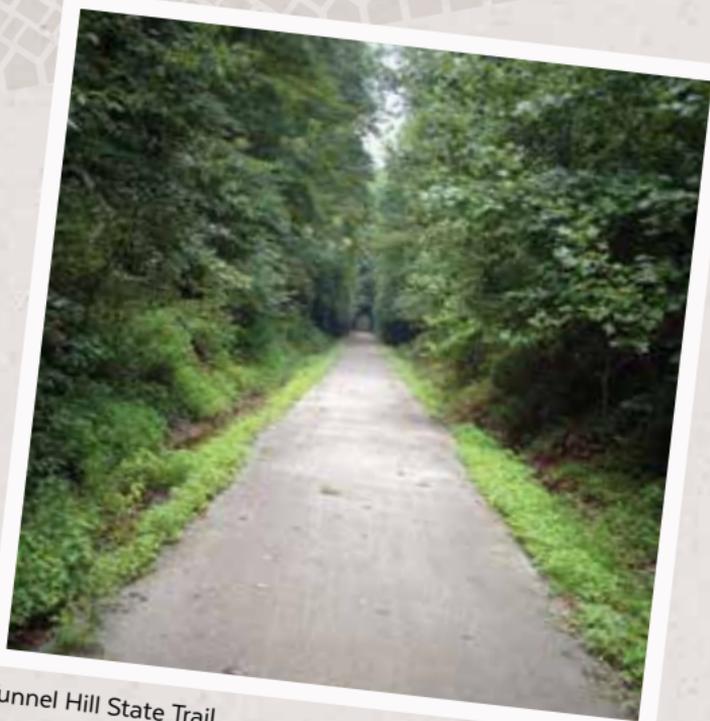
CONTACT Fort Massac State Park
618-524-4712
www.dnr.illinois.gov/parks/activity/pages/fortmassac.aspx
metropolistourism.com

116 Harrisburg to Eldorado Trail

TRAIL	9 miles • paved & limestone
LOCATION	Saline County Harrisburg to Eldorado
SETTING	connects community & state trails
CONTACT	City of Harrisburg 618-253-7740 southernmostillinois.com

117 Rend Lake Bike Trail

TRAIL	18 miles • paved & limestone
LOCATION	Franklin & Jefferson counties Rend Lake Visitors Center/Dam & Wayne Fitzgerrell State Recreation Area
SETTING	recreation areas around Rend Lake
CONTACT	U.S. Army Corps of Engineers 618-724-2493 rendlake.com/oldsite/pages/recreation/biking.htm americantrails.org/nationalrecreationtrails/trailNRT/rendlake-IL.html



Tunnel Hill State Trail



Fort Massac State Park, George Rogers Clark Discovery Trail

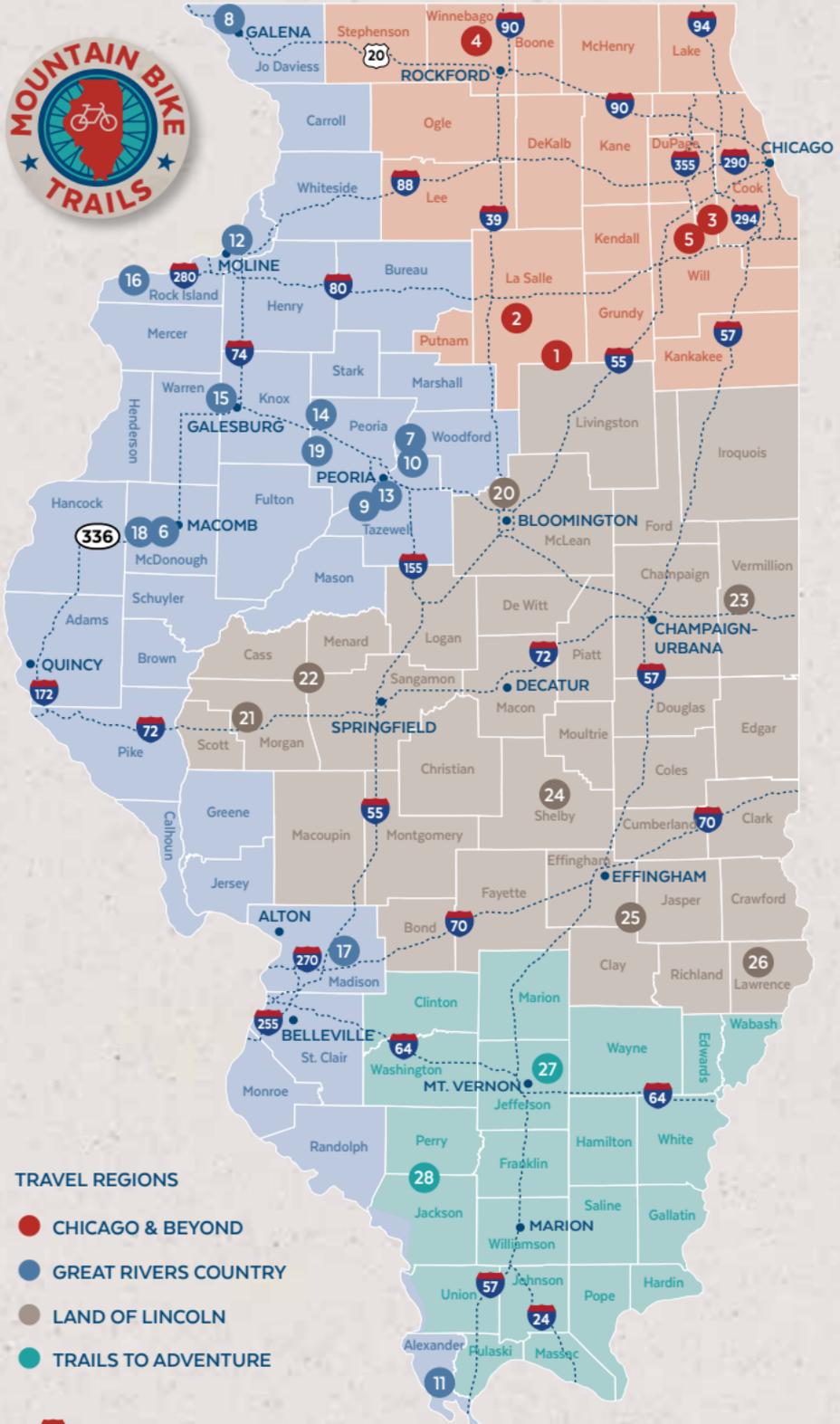
118 Saline Valley Bike Trail

- TRAIL** 6 miles • oil & chip
- LOCATION** Saline & Gallatin counties
Equality to Glen O. Jones Lake
- SETTING** rural countryside
- CONTACT** Saline Valley Conservancy District
618-273-6222
southernmostillinois.com
traillink.com/trail/equality-to-glen-o-jones-lake-bike-trail

119 Tunnel Hill State Trail

- TRAIL** 46.4 miles • limestone
- LOCATION** Johnson, Saline, Williamson & Pulaski counties
Harrisburg to Karnak to Barkhausen-Cache River Wetland Center (south of White Hill)
- SETTING** forest, bluffs & bottomlands
- CONTACT** Tunnel Hill State Trail
618-658-2168
www.dnr.illinois.gov/recreation/greenway-sandtrails/pages/tunnelhill.aspx
southernmostillinois.com

MOUNTAIN BIKE TRAILS



Map is not to scale and provides the general location of trails.

1 Marilla Park Trail

TRAIL 6 miles • natural
LOCATION 1669 Marilla Park Road • Streator
USE hike/bike trail
CONTACT 815-672-2055
cica1.org
streator.org/outdoor_recreation.cfm

2 Matthiessen State Park

TRAIL 8 miles • natural
LOCATION Box 509 • Utica
USE hike/bike/horse trail
CONTACT 815-667-4868
www.dnr.illinois.gov/Parks/Pages/
Matthiessen.aspx

3 Palos Preserves - Palos Trail System

TRAIL 38.9 miles • natural
LOCATION Willow Springs: multiple parking areas,
including Maple Lake East Picnic Lot on
95th Street, west of Flavin Road
USE hike/bike/horse trail
CONTACT 708-839-5617
fpdcc.com/preserves-and-trails/
trail-descriptions/#palos

4 Rock Cut State Park

TRAIL 24 miles • natural
LOCATION 7318 Harlem Road • Loves Park
USE hike/bike trail
CONTACT 815-885-3311
www.dnr.illinois.gov/parks/pages/rockcut.aspx



5 Sag Valley Trail System

TRAIL	20.3 miles • natural
LOCATION	Palos Park: access from S. Willow Springs Road, south of Calumet Sag Road/Route 83
USE	hike/bike/horse Trail
CONTACT	708-839-6897 fpdcc.com/preserves-and-trails/trail-descriptions/#sag-valley

6 Argyle Lake State Park

TRAIL	7 miles • natural
LOCATION	640 Argyle Park Road • Colchester
USE	hike/bike/horse Trail
CONTACT	309-776-3422 www.dnr.illinois.gov/Parks/Pages/ArgyleLake.aspx

7 Black Partridge Park

TRAIL	8 miles • natural
LOCATION	Coal Bank Road • Metamora
USE	hike/bike trail
CONTACT	309-367-2932 pambamtb.org/black-partridge-park metamoraparks.org/webpages/bpp.php

8 Chestnut Mountain Resort Mountain Bike Trails

TRAIL	5 miles • natural
LOCATION	8700 W. Chestnut Mountain Road • Galena
USE	hike/bike trail
CONTACT	800-397-1320 chestnutmtn.com/media/BIKE-TRAIL-MAP.pdf

9 Dirksen Park

TRAIL	8 miles • natural
LOCATION	Route 98 • Pekin
USE	hike/bike trail
CONTACT	309-347-7275 pambamtb.org/dirksen-park

Mountain Bike Trails

10 Farmdale Reservoir

- TRAIL** 15 miles • natural
LOCATION Bittersweet Road • East Peoria
USE hike/bike trail
CONTACT 309-676-4601
pambamtb.org/farmdale-reservoir

11 Horseshoe Lake Conservation Area

- TRAIL** 5.5 miles • natural
LOCATION Miller City: access trail from
Miller City Blacktop
USE hike/bike trail
CONTACT 618-776-5689
[www.dnr.illinois.gov/publications/
Documents/00000571.pdf](http://www.dnr.illinois.gov/publications/Documents/00000571.pdf)
southernmostillinois.com

12 Illiniwek Forest Preserve

- TRAIL** 5 miles • natural
LOCATION 836 State Avenue • Hampton
USE hike/bike trail
CONTACT 309-496-2620
[http://ricfpd.org/Parks-Preserves/
Illiniwek-Park-Forest-Preserve.aspx](http://ricfpd.org/Parks-Preserves/Illiniwek-Park-Forest-Preserve.aspx)
[qctrails.org/trails/trail/illiniwek-forest-
preserve-trails](http://qctrails.org/trails/trail/illiniwek-forest-preserve-trails)
qcforc.org/content.php?124-Illiniwek-Park



Jason Lindsey

13 Independence Park

TRAIL 12 miles • natural
LOCATION 600 Lasalle Boulevard • Marquette Heights
USE hike/bike trail
CONTACT 309-382-3455
pambamtb.org/independence-park
www.pekinparkdistrict.org/independence.html

14 Jubilee College State Park

TRAIL 40 miles • natural
LOCATION 13921 W. Route 150 • Brimfield
USE hike/bike/horse trail
CONTACT 309-446-3758
www.dnr.illinois.gov/Parks/Pages/
JubileeCollege.aspx

15 Lake Storey Trail System

TRAIL 5 miles • natural
LOCATION 1572 Machen Drive • Galesburg
USE hike/bike trail
CONTACT 309-345-3683
www.ci.galesburg.il.us/services/
lake_storey_park
singletracks.com/bike-trails/loop-11461.html

16 Loud Thunder Forest Preserve

TRAIL 12 miles • natural
LOCATION 19406 Loud Thunder Road • Illinois City
USE hike/bike/horse trail
CONTACT 309-795-1040
http://ricfpd.org/Parks-Preserves/
Loud-Thunder-Forest-Preserve.aspx

Mountain Bike Trails

17 Southern Illinois University - Edwardsville Trails

TRAIL	7.5 miles • natural
LOCATION	N. University Drive • Edwardsville
USE	hike/bike trail
CONTACT	gorctrails.com/trails/siue-trails

18 Spring Lake Park

TRAIL	14 miles • natural
LOCATION	620 Spring Lake Park Road • Macomb
USE	hike/bike trail
CONTACT	309-833-2052 macombspringlake.com

19 Wildlife Prairie Park

TRAIL	10 miles • natural
LOCATION	3826 Taylor Road • Hanna City
USE	hike/bike trail
CONTACT	309-676-0998 pambamtb.org/wildlife-prairie-park <i>Note: Riders must have park membership or pay the day use fee</i>

20 Comlara Park

TRAIL	10 to 15 miles • natural
LOCATION	County Highway 8 • Hudson
USE	hike/bike trail
CONTACT	309-434-6770 comlaramtb.com mcleancountyil.gov/index.aspx?NID=690

21 Jacksonville Recreation Trails

TRAIL	4 miles • natural
LOCATION	Woods Lane • Jacksonville
USE	hike/bike trail
CONTACT	217-371-3227 facebook.com/groups/301835123197807 jacksonvilleil.org



Quad Cities CVB

Illiniwek Bike Trail, Illiniwek Forest Preserve

22 Jim Edgar Panther Creek State Fish & Wildlife Area

TRAIL 24 miles • natural
LOCATION 10149 County Highway 11 • Chandlerville
USE hike/bike trail
CONTACT 217-452-7741
www.dnr.illinois.gov/parks/pages/jimedgarpanthercreek.aspx

23 Kickapoo State Recreation Area

TRAIL 13 miles • natural
LOCATION 10906 Kickapoo Park Road • Oakwood
USE bike trail
CONTACT 217-442-4915
www.dnr.illinois.gov/Parks/Pages/Kickapoo.aspx

24 Lake Shelbyville

TRAIL 25 miles • natural
LOCATION Shelbyville: Lake Shelbyville, Illinois Route 16 East
 Multiple trail systems with trailheads at various locations near the lake:
 Chief Illini Trail, Camp Camfield, General Dacey Trail Mountain Bike Extension
USE hike/bike trail
CONTACT 217-774-3951
www.mvs.usace.army.mil/Missions/Recreation/Lake-Shelbyville/Recreation/Hiking-And-Biking-Trail-Maps
cimba.org/trails.php
lakeshelbyville.com/recreation.htm

Mountain Bike Trails

25 Newton Lake State Fish & Wildlife Area

TRAIL 5 miles • natural
LOCATION 3490 E. 500th Avenue • Newton
USE hike/bike trail
CONTACT 618-783-3478
www.dnr.illinois.gov/Parks/Pages/NewtonLake.aspx

26 Red Hills State Park

TRAIL 5 miles • natural
LOCATION 3571 Ranger Lane • Sumner
USE hike/bike trail
CONTACT 618-936-2469
www.dnr.illinois.gov/parks/pages/redhills.aspx

27 Jaycee Lake

TRAIL 4 to 5 miles • natural
LOCATION N. Jaycee Lake Lane • Mt. Vernon
USE hike/bike trail
CONTACT 618-242-6890

28 Pyramid State Recreation Area

TRAIL 17 miles • natural
LOCATION 1562 Pyramid Park Road • Pinckneyville
USE hike/bike/horse trail
CONTACT 618-357-2574
www.dnr.illinois.gov/parks/pages/pyramid.aspx



Lake Shelbyville CVB

General Dacey Mountain Bike Extension, Lake Shelbyville

STATEWIDE & MULTISTATE TRAILS



American Discovery Trail (Multistate)

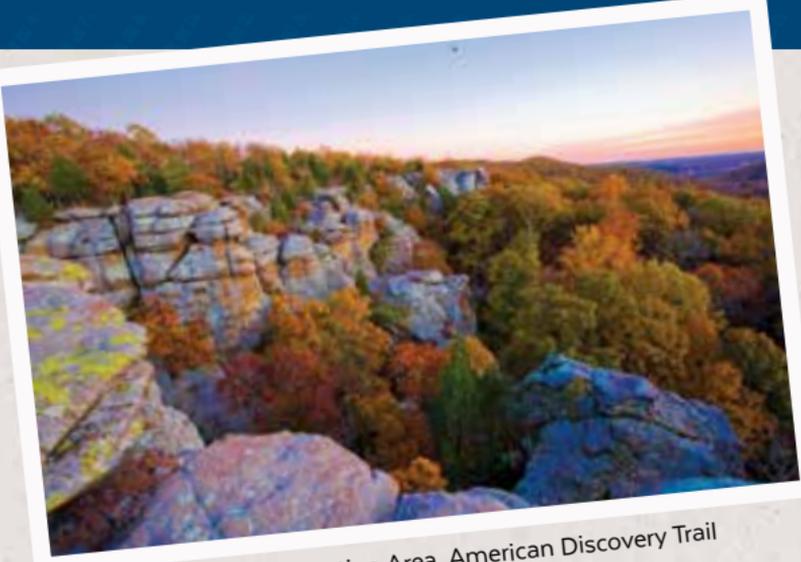
TRAIL	219 miles - Illinois' northern route 284 miles - Illinois' southern route
SETTING	Stretching across more than 6,800 miles and 15 states, the American Discovery Trail is the only coast-to-coast, non-motorized recreational trail.
	
CONTACT	American Discovery Trail 800-663-2387 discoverytrail.org/states/illinois/index.html

Mississippi River Trail (Multistate)

TRAIL	585 miles - Illinois trail segment
SETTING	The Mississippi River Trail (MRT) from Minnesota to the Gulf of Mexico offers approximately 3,000 miles of on-road and bike/pedestrian pathways for the recreational enjoyment, health, conservation and tourism development of river communities, river states, and the nation. The MRT in Illinois offers riders 585 miles of trail through small river towns and surrounding countryside to larger metropolitan cities.
	
CONTACT	Ride Illinois 630-978-0583 rideillinois.org/maps/mississippi-river-trail-guide Cordova to Rock Island segment: qctrails.org/trails/trail/mississippi-river-trail-illinois

Pennsy Greenway (Multistate)

TRAIL	7.9 miles - Illinois trail segment
SETTING	The Pennsy Greenway is currently open in three segments between Calumet City, Illinois, and Schererville, Indiana.
CONTACT	traillink.com/trail/pennsy-greenway



Michael Seroni

Garden of the Gods Recreation Area, American Discovery Trail

Trail of Tears National Historic Trail (Multistate)

TRAIL 60 miles – Illinois trail segment

SETTING The Trail of Tears National Historic Trail marks the routes taken by Cherokee in late May 1838, during their forced removal from their homes (in North Carolina, Georgia, and Alabama) to three large embarkation camps, and from these camps to Oklahoma. Two of the three camps were in Tennessee and the third was in Alabama. The larger trek for a majority of the Cherokee, which included the route that traverses southern Illinois, began in the fall of 1838 and went through southeastern Tennessee, Kentucky, Illinois, Missouri, Arkansas, and ended in Oklahoma.



The closest route to the actual trail for cyclists to follow is the Auto Tour Route along State Highway 146 across southern Illinois. Toward Golconda at the eastern end, 7-8 miles of the original trail can be followed on a gravel road. The National Park Service website lists places to visit along the Trail of Tears.

CONTACT National Park Service
nps.gov/trte

Statewide & Multistate Trails

U.S. Bicycle Route 76 (TransAmerica Trail)

(Multistate)

TRAIL 137 miles - Illinois trail segment

SETTING



U.S. Bicycle Route 76 crosses the Shawnee Hills region of southern Illinois. It is a part of the TransAmerica Bicycle Trail, a 4,000 mile transcontinental bicycle touring route. The Illinois section crosses the state from the west at Chester to Elizabethtown/Cave in Rock on the east, including scenic Tunnel Hill State Trail.

CONTACT

adventurecycling.org/routes-and-maps/adventure-cycling-route-network/transamerica-trail

Grand Illinois Trail (Statewide)

TRAIL 535 miles

SETTING



The Grand Illinois Trail is a loop of off-road trails and on-road bicycle routes, joined together across northern Illinois, stretching from Lake Michigan to the Mississippi River. Metropolitan areas, rural small towns, historic landmarks, and scenic landscapes and parks are woven together by the Grand Illinois Trail, offering a superb bicycling experience.

CONTACT

Illinois Department of Natural Resources
217-782-3715
www.dnr.illinois.gov/recreation/greenwaysandtrails/Pages/GrandIllinoisTrail.aspx
rideillinois.org/maps/grand-illinois-trail-guide

Route 66 Trail (Statewide)

TRAIL 369 miles

SETTING



The Route 66 Trail combines sections of historic Route 66, nearby roads, and off-road trails for bicyclists and other non-motorized travelers. From Chicago to St. Louis, over 300 miles are available along three historic road alignments.

CONTACT

Illinois Department of Natural Resources
217-782-3715
rideillinois.org/maps/route-66-trail-guide
illinoisroute66.org

BIKES ON TRANSIT

CHICAGO & BEYOND

Chicago Transit Authority

LOCATION Chicagoland
MODE bus, rail
WEBSITE transitchicago.com/bikeandride

Metra

LOCATION Chicagoland
MODE rail
WEBSITE metrarail.com/riding-metra/bikes-trains

Northern Indiana Commuter Transportation District South Shore Line

LOCATION Chicago to South Bend, IN
MODE rail
WEBSITE mysouthshoreline.com/plan-your-trip/bikes-on-trains

Pace Suburban Bus

LOCATION Chicagoland
MODE bus
WEBSITE pacebus.com/sub/bus_system/bicycle_racks.asp

Regional Transportation Authority

LOCATION Chicagoland
MODE bus, rail
WEBSITE rtachicago.org/index.php/plan-your-trip/travel-tips/bikes-on-transit.html

River Valley Metro Mass Transit District

LOCATION Kankakee County, City of Kankakee, Village of Aroma Park, Village of Bourbonnais, Village of Bradley, Village of Manteno
MODE bus
WEBSITE rivervalleymetro.com/?page_id=26

Rockford Mass Transit District

LOCATION Rockford
MODE bus
WEBSITE rmtd.org

Bike accommodations may vary for each transit system. Please contact in advance of riding.

GREAT RIVERS COUNTRY

Greater Peoria Mass Transit District

LOCATION Peoria
MODE bus
WEBSITE ridecitylink.org/ride-citylink/bikes-and-citylink

Madison County Transit

LOCATION Madison County
MODE bus
WEBSITE mcttrails.org/bikebus.aspx

Rock Island County Metropolitan Mass Transit District

LOCATION Rock Island County
MODE bus
WEBSITE gogreenmetro.com/152/Bike-Ride-Tips

LAND OF LINCOLN

Bloomington-Normal Public Transit System

LOCATION Bloomington-Normal
MODE bus
WEBSITE connect-transit.com

Champaign-Urbana Mass Transit District

LOCATION Champaign-Urbana
MODE bus
WEBSITE cumtd.com/gogreen/bicycling

Danville Mass Transit

LOCATION Danville
MODE bus
WEBSITE ridedmt.org/bikeracks.html

Springfield Mass Transit District

LOCATION Springfield
MODE bus
WEBSITE smttd.org/bike/?rq=bike on bus

STATEWIDE

Amtrak Illinois

LOCATION Statewide
MODE rail
WEBSITE amtrak.com/bring-your-bicycle-onboard



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