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 Vadalabene 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
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

@EnjoyIllinois
#EnjoyIllinois
#amazingILmoments

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/bikepedsafety.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
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.

**EVENTS**

**ILLINOIS BIKE EVENTS**

**STATEWIDE•MULTISTATE TRAILS**

**MOUNTAIN BIKE TRAILS**

**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://fvsb.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 de Witt
Clinton • 217-935-3364 • http://tourdewitt.weebly.com
JULY

4th of July Metric Century
Kendall and Grundy counties • 630-417-7962 • jolietbicycleclub.com

Biking with Beanzie
DeKalb • 815-756-1336 • http://kishkiwanis.org/bwb-general-info

Elmhurst Cycling Classic
Elmhurst • elmhurstdcyclingsclassic.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 • http://riveraction.org/taming
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
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
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
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.ftwright.org/tours/pedaloakpark
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/ForestPreserveDistrictofDuPageCounty

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/ForestPreserve DistrictofDuPageCounty
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
Bloomingdale 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/DuPageCounty
TrailSystem

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
visitstcharles.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
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
mccdistrict.org/rcms/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
mccdistrict.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
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

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
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
visitstcharles.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
fpdccc.com/preserves-and-trails/
  trail-descriptions
www.dupageco.org/bikeways
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
lakecountyil.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/DuPageCounty TrailSystem

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/ForestPreserve DistrictofDuPageCounty
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
traillink.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 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/ForestPreserveDistrictofDuPageCounty

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

Quincy Area Convention & Visitors Bureau (Rental)
LOCATION 532 Gardner Expressway • Quincy
CONTACT 217-214-3700
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
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
traillink.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
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
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
illiniubicyle.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
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
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
decatur-parks.org
decaturcvb.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

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
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
BIKE RENTALS

Sandburn Junction
(Rental)

LOCATION 490 Sandburn Lane • Vienna
CONTACT 618-771-2825
http://sandburnjunction.com

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
**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
1 Marilla Park Trail
TRAIL 6 miles • natural
LOCATION 1669 Marilla Park Road • Streator
USE hike/bike trail
CONTACT 815-672-2055
cical.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
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
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
qctrails.org/trails/trail/illiniwek-forest-preserve-trails
qcfrc.org/content.php?124-Illiniwek-Park
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
Note: Riders must have park membership or pay the day use fee

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
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
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
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
Trailer 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
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** mctrails.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** smtd.org/bike/?rq=bike on bus

## STATEWIDE

**Amtrak Illinois**  
**LOCATION** Statewide  
**MODE** rail  
**WEBSITE** amtrak.com/bring-your-bicycle-onboard
Meet the Makers of Illinois Made and discover original, one-of-a-kind getaway ideas designed to inspire every traveler. See the films and hear their stories at enjoyillinois.com/illinoismade