Illinois Bike Trails Map **Grand Illinois Trail Statewide Trails Northeast JoDaviess** 1. Burnham Greenway The Route 66 Trail combines sections of Historic Route 66, nearby roads, and off-road Winnebago 2. Busse Woods Bicycle Trail trails for bicyclists and other non-motorized travelers. From Chicago to St. Louis, over 400 3. Centennial Trail **62** 4. Chain O' Lakes State Park Trails miles are available along three historic road alignments. See www.bikelib.org/maps-and-5. Chicago Lakefront Path Rockford rides/route-guides/route-66-trail/ for route information. To learn about the Historic Route 66 6. Danada-Herrick Lake Regional Trail Scenic Byway, visit www.illinoisroute66.org. For more information, contact the Illinois De-7. Des Plaines River Trail (Cook County) ROUTE 8. Des Plaines River Trail (Lake County) partment of Natural Resources, 217/782-3715. 9. DuPage River Trail **10.** East Branch DuPage River Greenway Trail Mississippi Carroll The Grand Illinois Trail is a 500-mile loop of off-road trails and on-road bicycle routes, **11.** Fox River Trail 12. Grant Woods Forest Preserve Trail joined together across northern Illinois, stretching from Lake Michigan to the Mississippi 13. Great Western Trail (Kane & DeKalb counties) River. Metropolitan areas, rural small towns, historic landmarks, and scenic landscapes and **14.** Great Western Trail (DuPage County) parks are woven together by the Grand Illinois Trail, offering a superb bicycling experience. **15.** Green Bay Trail **16.** Hebron Trail See http://www.bikelib.org/maps-and-rides/route-guides/grand-illinois-trail and www.open **17.** Hickory Creek Trails lands.org/grand-illinois-trail for route information. For more information, contact the Illinois **18.** Huntley-Union-Marengo (H.U.M.) Trail Department of Natural Resources, 217/782-3715. **19.** I & M Canal Trail (Will County) 20. I & M Canal Trail (Cook County) Whiteside 21. Illinois Beach State Park Trail **Multistate Trails 22.** Illinois Prairie Path **23.** Joliet Junction Trail The Mississippi River Trail (MRT) from Minnesota to the Gulf of Mexico offers **24.** Major Taylor Trail approximately 3,000 miles of on-road and bike/pedestrian pathways for the recreational 25. Mid-County Trail **26.** Millennium Trail enjoyment, health, conservation, and tourism development of river communities, river 54 **27.** Moraine Hills State Park Trails states, and the nation. The MRT in Illinois offers 585 miles. www.bikelib.org/ **28.** North Branch Trail maps-and-rides/route-guides/mississippi-river-trail/, 29. North Central DuPage Regional Trail **30.** North Shore Bike Path 479/236-0938. American Discovery **31.** North Shore Channel Trail Trail - North LaSalle 32. Old Plank Road Trail Henry 54 Stretching across more than 6,800 miles and Island **33.** Palatine Trail 15 states, **The America Discovery Trail** is **34.** Pennsy Greenway **Grand Illinois Trail 35.** Poplar Creek Trail the only coast-to-coast, non-motorized Grundy **36.** Prairie Trail Trail recreational trail. Linking communities, **37.** Robert McClory Bike Path 38. Rock Run Greenway Trail Mercer cities, parks and wilderness, the American Putnam **39.** Salt Creek Greenway Trail Discovery Trail allows people to hike, bike or **40.** Skokie Valley Bikeway Kankakee ride horses for an afternoon or a crosscountry ad-**41.** Southern DuPage County Regional Trail Stark **42.** Thorn Creek Trail venture. The ADT has a northern and southern section **43.** Tinley Creek Trail Marshall in Illinois. www.discovery trail.org, 800/663-2387. **44.** University Park Trail **45.** Virgil L. Gilman Nature Trail **U.S. Bicycle Route 76** crosses the Shawnee Hills **46.** Waterfall Glen Multipurpose Trail Livingston 47. Wauponsee Glacial Trail Knox region of southern Illinois. It is a part of the 48. West Branch DuPage River Trail TransAmerica Bicycle Trail, a 4000 mile 49. Zion Bike Trail transcontinental bicycle touring route. North www.adventurecycling.org/routes/ Woodford Peoria **50.** DeKalb/Sycamore Trail Henderson transamerica, 800/755-2453. Iroquois **51.** Four Sisters Bike Path **52.** Galena River Trail **53.** Great River Trail **54.** Hennepin Canal Parkway State Trail **55.** I & M Canal State Trail **56.** Jane Addams Trail **57.** Joe Stengel Trail/Lowell Parkway Path Tazewell Fulton **59.** Kishwaukee Kiwanis Pathway McDonough **60.** Kishwaukee Riverfront Path **61.** Long Prairie Trail Hancock **62.** Pecatonica Prairie Path **63.** Perryville Path 155 64. Rock River Recreation Path/Bauer Memorial Path **65.** Stone Bridge Trail **66.** Willow Creek-Rock Cut State Park Trail Central Champaign **67.** Constitution Trail DeWitt Schuyler 68. General Dacey Trail 69. Green Diamond Trail **70.** Interurban Trail 71. Jim Edgar Panther Creek State Fish & Menard Wildlife Area Trail Adams Piatt **72.** Lincoln Prairie Grass Trail 71 Cass Brown Mississippi River Trail **73.** Lincoln Prairie Trail Quincy 74. Lost Bridge Trail **75.** Mackinaw Valley Trail Macon **76.** Peoria Park District Rock Island Greenway **Springfield** Decatu 79 **77.** River Trail of Illinois **78.** Rock Island Trail **79.** Rock Springs-Fairview Bikeway Morgan **80.** Sangamon Valley Trail 81. Stone Creek Blvd. Path & Bike lanes Edgar 55 South Scott Moultrie 82. Carlyle Lake Multi-Use Trail Pike 83. George Rogers Clark Discovery Trail Christian **84.** Glen Carbon Heritage Trail Coles **85.** Harrisburg to Eldorado Trail 87. MCT Confluence Bikeway **88.** MCT Goshen Trail **89.** MCT Nature Trail Greene **90.** MCT Nickel Plate Trail Shelby Macoupin Clark 91. MCT Quercus Grove Trail 92. MCT Schoolhouse Trail **93.** MCT Watershed Trail **94.** MetroBikeLink Trail 95. Metro-East Levee Trail **96.** Rend Lake Bike Trail **97.** Richland Creek Bikeway Trail Greenway 98. Saline Valley Bike Trail Jersey **99.** Tunnel Hill State Trail **100.** Vadalabene Great River Road Trail Jasper Crawford Lawrence Legend Richland **Existing Trails** Clinton The Grand Illinois Trail Wayne Wabash Clair Edwards: Route 66 Trail Mississippi River Trail Washington Mt. Vernon **Sources of Information Nationally Designated Trails** Trails In Illinois Discovery Trail - South Illinois Department of Natural Resources, One Natural Resources Way, Springfield, IL 62702, 217/782-3715, http://dnr.state.il.us Hamilton White Randolph Perry Trails for Illinois, 1639 Burr Oak Road, Interstate Highways Homewood, IL 60430, 798/365-9365, www.trailsforillinois.org Municipalities **Bicycling in Illinois** Jackson Major Rivers and Waterbodies 2550 Cheshire Drive, Aurora, IL 60504, 98 630/978-0583, www.bikelib.org Counties With a Greenways & Trails Plan Carbondale Illinois Department of Transportation Illinois Department of Transportation, Map Sales Room 121, 2300 S. Dirksen Parkway, Springfield, IL 62764, US Bike Route 76 217/782-0834, www.dot.il.gov/bikemap/state3.html Trail of Tears Illinois traffic laws (625 ILCS 5/11-1501 through 1515) apply to persons riding bicycles. Bicyclists are subject to all duties applicable to drivers of a motor vehicle. This guide is published as an aid to bicyclists and is not intended to be a substitute for a person's use of reasonable care. IDNR makes no express or implied warranty as to the safety or condition of the trails listed herein. Bicyclists using this guide assume all risks and responsibilities Mississippi for thier own safety when using a trail indicated in this guide. Equal opportunity to participate in programs of the Illinois Department of Natural Resources (IDNR) and those funded by the U.S. Fish and Wildlife Service and other agencies is available to all individuals regardless of race, sex, national origin, disability, age, religion or other non-merit factors. If you believe you have been discriminated against, contact the funding source's civil rights office and/or the Equal Employment Opportunity Officer, IDNR, One Natural Resource Way, Springfield, IL. 62702-1271; 217/785-0067; TTY 217/782-9175. 86 This information may be provided in an alternative format if required. Contact the DNR Clearinghouse at 217/782-7498 for assistance. Printed by Authority of the State of Illinois • 000M-02/14 • IOCI 14-0270 Trails shown/displayed on this map were obtained from multiple sources and are not guaranteed to be accurate. February 2014 **Trails Connect People & Places** Illinois offers a remarkable variety of bike trails, providing countless opportunities to experience the state's diverse natural

Illinois offers a remarkable variety of bike trails, providing countless opportunities to experience the state's diverse natural resources and communities. Trails offer recreation and transportation within communities, connecting neighborhoods, businesses, schools and parks. Trails also connect communities with each other. Trails are often located within greenways, which help to protect open space resources.

Trails offer Illinois' citizens and visitors an enjoyable way to contribute to their health and physical fitness.

In addition to the bike trails shown in this brochure, five miles or greater, many communities provide multipurpose paths, bike lanes and designated bike routes on streets.





Vortheast Burnham Greenway (Cook County) Busse Woods Bicycle Trail (Cook County) Centennial Trail (DuPage, Will & Cook counties) Chain O' Lakes State Park (Lake County)							
Busse Woods Bicycle Trail (Cook County) Centennial Trail (DuPage, Will & Cook counties)							
Centennial Trail (DuPage, Will & Cook counties)	5	Paved Paved	Chicago's southeast side (urban area, Wm. Powers Conservation Area) Ned Brown Forest Preserve (wooded floodplain)		Cook County Forest Preserve District 536 N. Ha		
Chain ()' Lakes State Park (Lake County)	13	Crushed Limestone	Lyons to Lockport (I & M Canal National Heritage Corridor)		Will County Forest Preserve District 17540 Wes	st Laraway Road, Joliet, IL 60433 815/727-8700	
Chicago Lakefront Path (Cook County)	18	Crushed Limestone Paved	Chain O'Lakes State Park (woods, prairie & open space) Bryn Mawr to 71st Street (Lake Michigan lakefront)		IDNR, Chain O'Lakes State Park 8916 Wilmot F Chicago Park District 541 N. Fairbanks, Chicag		
Danada-Herrick Lake Regional Trail (DuPage County) Des Plaines River Trail (Cook County)	6	Mixed Mixed	Danada to Herrick Lake to Blackwell forest preserves (wooded areas & open Along the Des Plaines River in Cook County (wooded suburban open space		DuPage County Forest Preserve District 3S580 Cook County Forest Preserve District 536 N. Ha	Naperville Road, Wheaton, IL 60189 630/933-7	200
Des Plaines River Trail (Lake County)	31	Paved	Along the Des Plaines River in Lake County (wooded suburban open space	,	Lake County Forest Preserve District 1899 W. V	Vinchester Road, Libertyville, IL 60048 847/367-	
DuPage River Trail (Will County) East Branch DuPage River Greenway Trail (DuPage County)	6 9	Paved Paved	Hammel Woods & Whalon Lake forest preserves (wooded wetland) Bloomingdale to Woodridge (connects trails, communities & forest preserves)	es)	-	st Laraway Road, Joliet, IL 60433 815/727-8700 <mark>N. County Farm Road, Wheaton IL 60187, 630/4</mark> 0	
Fox River Trail (Kane & Kendall counties)	40	Paved	Algonquin to Oswego along the Fox River (riverfront, open space & small c	ommunities)	Kane County Forest Preserve District 1996 Kirk		6640
Grant Woods Forest Preserve Trail (Lake County) Great Western Trail (Kane & DeKalb counties)	17	Crushed Limestone Crushed Limestone	Grant Wood Forest Preserve (woods, prairie & open space) Sycamore to St. Charles (rural & communities)		Kane County Forest Preserve District 1996 Kirk	Vinchester Road, Libertyville, IL 60048 847/367- Road, Geneva, IL 60134 630/232-5980	0040
Great Western Trail (DuPage County) Green Bay Trail (Cook County)	12	Crushed Limestone Mixed	West Chicago to Villa Park (open space, wooded area & communities) Wilmette to Glencoe (north suburban setting)		DuPage County Division of Transportation 421 Winnetka Park District 540 Hibbard Road, Winn	N. County Farm Road, Wheaton, IL 60187 630/4 letka. IL 60093 847/501-2040	07-6900
Hebron Trail (McHenry County)	7	Crushed Limestone	Hebron to Prairie Trail (rural rail-trail)		McHenry County Conservation District 18410 L	JS Highway 14, Woodstock, IL 60098 815/338-6	
Hickory Creek Trails (Will County) Huntley-Union-Marengo (H.U.M.) Trail (McHenry County)	6	Paved Paved	Hickory Creek Preserve (forest & wetland) Union to Marengo (communities & countryside)			st Laraway Road, Joliet, IL 60433 815/727-8700 I <mark>S Highway 14, Woodstock, IL 60098 815/338-6</mark>	
I & M Canal Trail (Will County) I & M Canal Trail (Cook County)	10 a	Paved Crushed Limestone	Joliet to Lockport (urban open space, I&M Canal corridor) I&M Canal, Route 83 to LaGrange Road (historic canal)		Will County Forest Preserve District 17540 Wes	st Laraway Road, Joliet, IL 60433 815/727-8700	
Illinois Beach State Park Trail (Lake County)	5	Mixed	Illinois Beach State Park (prairie, open space & lakefront)		IDNR, Illinois Beach State Park Lakefront Zion,		
Illinois Prairie Path (Kane, DuPage & Cook counties) Joliet Junction Trail (Will County)	61 5	Limestone Screenings Paved	Maywood to Wheaton, with spurs to Aurora, Batavia, Geneva & Elgin (open sp Joliet (rail-trail through neighborhoods)	ace, wooded areas & communities)	·	N. County Farm Road, Wheaton, IL 60187 630/40 st Laraway Road, Joliet, IL 60433 815/727-8700	
Major Taylor Trail (Cook County)	7	Crushed Limestone	Chicago's south side (Dan Ryan Woods to Whistler Woods forest preserves		Chicago Department of Transportation 30 N. La	Salle Street, Ste 1100, Chicago, IL 60602 312/7	
Mid-County Trail (Kane County) Millennium Trail (Lake County)	20 21	Paved Paved	Aurora to Elgin (connects trails, communities & forest preserves) Lake County (communities and forest preserves)		Kane County Forest Preserve District 1996 Kirk Lake County Forest Preserve District 1899 W. V	Road, Geneva, IL 60134 630/232-5980 Vinchester Road, Libertyville, IL 60048 847/369-	6640
Moraine Hills State Park (McHenry County) North Branch Trail (Cook County)	10 21	Mixed Paved	Moraine Hills State Park (glacial landscape) N. Branch Chicago River & Skokie River, Caldwell to Lake-Cook Road (wood	led floodplain of the Chicago River)	IDNR, Moraine Hills State Park 1510 South Rive Cook County Forest Preserve District 536 N. Ha	*	
North Central DuPage Regional Trail (DuPage County)	15	Paved	Illinois Prairie Path-Elgin Branch to Busse Woods Forest Preserve (connects tr	•	DuPage County Division of Transportation 421	N. County Farm Road, Wheaton, IL 60187 630/4	
North Shore Bike Path (Lake County) North Shore Channel Trail (Cook County)	8	Paved Paved	Mundelein to Lake Bluff (suburban communities & open space) North Shore Channel of the Chicago River, Devon Ave to Green Bay Rd (urb	pan waterfront)	Lake County Division of Transportation 600 We Village of Skokie 5127 Oakton St., Skokie, IL 6	st Winchester Road, Libertyville, IL 60048 847/3 0077 847/933-8447	77-7400
Old Plank Road Trail (Will & Cook counties)	22	Paved	Joliet to Western Ave in Park Forest (suburban open space)			st Laraway Road, Joliet, IL 60433 815/727-8700	
Palatine Trail Pennsy Greenway (Cook County)	5	Paved Paved	Anderson Drive to Dundee Rd (suburban setting & open space) Calumet City to Lansing (urban open space, connecting to Indiana trails)		Palatine Park District 250 E. Wood St., Palatine Lan-Oak Park District 17551 Chicago Ave., Lar		
Poplar Creek Trail (Cook County) Prairie Trail (McHenry County)	9 26	Paved Paved & Crushed Limestone	Poplar Creek Forest Preserve (wooded & open space) Algonquin to Wisconsin state line (wooded area & small communities)		Cook County Forest Preserve District 536 N. Ha McHenry County Conservation District 18410 U	ırlem, River Forest, IL 60305 800/870-3666 IS Highway 14, Woodstock, IL 60098 815/338-6	223
Robert McClory Bike Path (Lake County)	25	Paved & Crushed Limestone	Highland Park to the Wisconsin state line (suburban areas & open space)		Lake County Division of Transportation 600 We	st Winchester Road, Libertyville, IL 60048 847/3	77-7400
Rock Run Greenway Trail (Will County) Salt Creek Trail (Cook& DuPage Counties)	10 32	Paved Paved	Joliet, Rock Run Preserve (forest, prairie & wetland) Elk Grove Village to Brookfield (communities and forest preserves)		Will County Forest Preserve District 17540 West Cook County Forest Preserve District 536 N. Ha	s <mark>t Laraway Road, Joliet, IL 60433 815/727-8700</mark> urlem, River Forest, IL 60305 800/870-3666	
Skokie Valley Bikeway (Lake County)	10	Paved	Lake Bluff to Lake-Cook Rd (suburban communities & open space)			st Winchester Road, Libertyville, IL 60048 847/3	
Southern DuPage County Regional Trail (DuPage County) Thorn Creek Trail (Cook County)	46	Mixed Paved	Aurora to Burr Ridge (connects trails, communities & forest preserves) Thorn Creek and Sauk Woods forest preserves (wooded floodplain)		Cook County Forest Preserve District 536 N. Ha	N. County Farm Road, Wheaton, IL 60187 630/40 orlem, River Forest, IL 60305 800/870-3666	J. 0300
Tinley Creek Trail (Cook County) University Park Trail (Will County)	22 9	Paved Paved	Tinley Creek Forest Preserve and Yankee Woods (wooded area) Governors State University to Western Ave (suburban setting)		Cook County Forest Preserve District 536 N. Ha	rlem, River Forest, IL 60305 800/870-3666 Recreation 698 Burnham Drive, University Park,	IL 60466 708/534-6456
Virgil L. Gilman Trail (Kane County)	11	Paved	Sugar Grove to Kane-Kendall county line (open space & small communitie	s)	Kane County Forest Preserve District 1996 Kir	k Road, Geneva, IL 60134 630/232-5980	
Waterfall Glen Multipurpose Trail (DuPage County) Wauponsee Glacial Trail (Will County)	22	Crushed Limestone Paved & Crushed Limestone	Waterfall Glen Forest Preserve (wooded areas & open space) Joliet to the Kankakee River, connecting with Midewin National Tallgrass Prair	rie (rural & city rail-trail, prairie & creeks)	DuPage County Forest Preserve District 3S580 Will County Forest Preserve District 17540 Wes	Naperville Road, IL 60189 630/933-7200 st Laraway Road, Joliet, IL 60433 815/727-8700	
West Branch DuPage River Trail (DuPage County) Zion Bike Trail (Lake County)	19	Mixed Paved	West Chicago to Naperville (connects trails, communities & forest preserve City of Zion (city parks & urban areas)	es)	DuPage County Forest District 3S580 Napervill Zion Park District 2400 Dowie Memo. Drive, Zi		
Zion dike Itali (Lake County)	0	1 aveu	oity of Zion (oity paiks & diban areas)		ZIOITI dik District 2400 Dowle Memo. Dirve, Zi	on, il 00033 047/740-3300	
Vorth							
DeKalb/Sycamore Trail (DeKalb County)	7	Paved	DeKalb to Sycamore (open space & community setting)		·	Sycamore Street, Sycamore, IL 60178 815/895-719	1
Four Sisters Bike Path (Ogle County) Galena River Trail (JoDaviess County)	5	Paved Crushed Limestone	Rochelle (connects three parks) Galena (wooded riverside rail-trail)		Flagg-Rochelle Community Park District 735 N. 20 City of Galena 312-1/2 N. Main Street, Galena, IL		
Great River Trail (Rock Island, Carroll & Whiteside counties)	62	Paved Paved Limestone	Rock Island up river to Savanna (Mississippi River, small communities & urban	· ·	Bi-State Regional Commission 1504 3rd Avenue,		
Hennepin Canal Parkway State Trail (Bureau, Henry, Rock Island & Whiteside counties) I & M Canal State Trail (LaSalle, Grundy & Will counties)	91	Paved & Crushed Limestone Crushed Limestone	Main Canal: Quad Cities to Bureau; also Feeder Canal from Rock Falls (historic Joliet to LaSalle-Peru along I & M Canal towpath (historic canal & rural landsca	. ,	IDNR, Hennepin Canal Parkway State Park 16006 IDNR, Illinois & Michigan Canal State Trail P.O. Box		
Jane Addams Trail (Stephenson County) Joe Stengel Trail/Lowell Parkway Path (Lee & Ogle counties)	13	Crushed Limestone Paved & Crushed Limestone	Freeport to the Wisconsin state line (creeks & exposed rock embankments Dixon to Polo (rural countryside)		Freeport/Stephenson County Convention & Visitors B Dixon Park District 804 Palmyra Street, Dixon, IL 6	ureau 4596 US Highway 20 East, Freeport, IL 6103	2 815/233-1357
Kankakee River State Park Trail (Kankakee & Will counties)	10	Paved	Kankakee River State Park (wooded park along river)		IDNR, Kankakee River State Park 5314 West Rte.	102, P.O. Box 37, Bourbonnais, IL 60914 815/933-1	383
Kishwaukee Kiwanis Pathway (DeKalb County) Kishwaukee Riverfront Path (Boone County)	6	Paved Paved	Along Kishwaukee River in DeKalb (riverfront & open space) Belvidere (river, parks & community)		DeKalb Park District 1403 Sycamore Road, DeKall Belvidere Park District 1006 W. Lincoln Ave., Belvi		
Long Prairie Trail (Boone County)	14	Paved Natural & Paved	Northern Boone County through Poplar Grove and Capron, along Route 173 (run		Boone County Conservation District 603 N. Applet		
Pecatonica Prairie Path (Winnebago & Stephenson counties) Perryville Path (Winnebago County)	15	Natural & Paved Paved	Freeport to Winnebago, through Pecatonica (rural countryside & Pecatonica Riv Rockford east side (urban area & open space)	er)	Rockford Park District 401 S. Main Street, Rockford	Northrock Drive, Rockford, IL 61103 815/877-6100 d, IL 61101 815/987-8800	
Rock River Recreation Path/Bauer Memorial Path (Winnebago County) Stone Bridge Trail (Winnebago County)	10	Paved Crushed Limestone	Along the Rock River in Rockford (urban area & riverfront) Roscoe to Long Prairie Trail (rural countryside & community settings)		Rockford Park District 401 S. Main Street, Rockford Roscoe Township 5792 Elevator Road, Roscoe, IL	•	
Willow Creek-Rock Cut State Park Trail (Winnebago County)	5	Paved	West side of Rock Cut State Park along Willow Creek (community & state p	park setting)	Village of Machesney Park 300 Machesney Ro		
Central							
Constitution Trail (McLean County)	37	Paved	Bloomington to Normal (urban open space)		Bloomington Parks & Recreation Department 115	E. Washington, Bloomington, IL 61701 309/434-22	60
General Dacey Trail (Shelby County) Green Diamond Trail (Montgomery County)	5	Crushed Limestone Oil & Chip	Shelbyville (wooded area, west side of Lake Shelbyville) Waggoner to Farmersville (rural countryside rail-trail)		General Dacey Trail 131 S. Morgan Street, Shelby Montgomery County 120 N. Main Street, Hillsboro		
Interurban Trail (Sangamon County)	7	Paved	Springfield to Chatham (woods, urban area & open space)		Springfield Park District 2500 S. 11th Street, Springfield, IL 62703 217/544-1751		
Jim Edgar Panther Creek State Fish & Wildlife Area Trail (Cass County) Lincoln Prairie Grass Trail (Coles County)	9	Mixed Paved & Crushed Limestone	West Central Illinois (gently rolling countryside, timberland & lakes) Mattoon to Charleston (community & rural settings)		IDNR, Jim Edgar Panther Creek State Fish & Wildlife Area 10149 County Highway 11, Chandlerville, IL 62627 217/452-7741 Charleston Parks & Recreation Department 520 Jackson Drive, Charleston, IL 61920 217/345-6897		
Lincoln Prairie Trail (Christian County)	14	Paved	Pana to Taylorville (rural countryside)		City of Pana 120 E. 3rd, Pana, IL 62557 217/78	5-2932	
Lost Bridge Trail (Sangamon County) Mackinaw Valley Trail (Peoria, Tazewell& McLean counties)	5 40	Paved On-Road	Springfield to Rochester (rural, open space & small community) Peoria to Bloomington (on-road rural countryside)		Village of Rochester 1 Community Drive, Rochester League of Illinois Bicyclists http://www.bikelib.org	r, IL 62563 217/498-7192 /maps-and-rides/route-guides/mackinaw-valley-trail	
Peoria Park District Rock Island Greenway (Peoria County)	12	Paved	Robert Michael Bridge, along the Illinois River to Rock Island State Trail (urban reast Peoria to Morton (open space & Illinois River wetlands)	riverfront, wooded & open space)	Peoria Park District 2218 North Prospect Road, Pe		
River Trail of Illinois (Tazewell County) Rock Island Trail (Peoria & Stark Counties)	26	Mixed Crushed Limestone	Toulon to Alta, plus extension to Peoria (small communities & rural countryside)		Fon du Lac Park District 201 Veterans Drive, East Peoria, IL 61611 309/699-3923 IDNR, Rock Island State Park P.O. Box 64, Wyoming, IL 61491 309/695-2228		
Rock Springs-Fairview Bikeway (Macon County) Sangamon Valley Trail (Sangamon County)	5	Paved Paved	Southwest Decatur (upland hardwoods & Sangamon River bottomlands) Springfield (connects parks & residential areas)		Macon County Conservation District 3939 Nearing Lane, Decatur, IL 62521 217/423-7708 Springfield Park District 2500 S. 11th Street, Springfield, IL 62703 217/544-1751		
Stone Creek Blvd. Path & Bike lanes (Champaign County)	4	Paved	Champaign-Urbana (community)			paign, IL 61825 http://www.champaigncountybi	kes.org
South							
South Carlyla Laka Multi Haa Trail (Clinton County)	10	Miyad	Cartula Laka & community (laka layan represtien arong & guanangian bridge)		LLC Army Corne of Engineers Carbula Lake Draiget	001 Lake Dood Carlula II C0001 C10/E04 0404	
Carlyle Lake Multi-Use Trail (Clinton County) George Rogers Clark Discovery Trail (Massac County)	9	Mixed Crushed Limestone	Carlyle Lake & community (lake levee, recreation areas & suspension bridge) Metropolis to Brookport (Ohio River communities & historic state park)		U.S. Army Corps of Engineers, Carlyle Lake Project Fort Massac State Park 1308 E. 5th Street, Metrop	·	
Glen Carbon Heritage Trail (Madison County) Harrisburg to Eldorado Trail (Saline County)	12 9	Paved & Crushed Limestone Crush Limestone & Paved	Glen Carbon to Marine (community and countryside) Harrisburg to Eldorado (connects community & state trails)		Madison County Transit District 1 Transit Way, Granite City, IL 62040 618/874-7433 City of Harrisburg 110 E. Locust, Harrisburg, IL 62946 618/253-7740		
Horseshoe Lake Bike Trail (Alexander County)	5	Crushed Limestone	Horseshoe Lake State Conservation Area (cypress swamp & lake)		Horseshoe Lake State Conservation Area P.O. Box 85, Miller City, IL 62962 618/776-5689		
MCT Confluence Bikeway (Madison County) MCT Goshen Trail (Madison County)	18	Paved Paved	Alton to Granite City (Mississippi River and urban areas) Edwardsville, Glen Carbon, Maryville (connects six trails)		Madison County Transit District 1 Transit Way, Gra Madison County Transit District 1 Transit Way, Gra		
MCT Nature Trail (Madison County)	14	Paved	Edwardsville to Pontoon Beach (open space and community settings)		Madison County Transit District 1 Transit Way, Granite City, IL 62040 618/797-4600		
MCT Nickel Plate Trail (Madison County) MCT Quercus Grove Trail (Madison County)	22	Paved & Crushed Limestone Paved & Crushed Limestone	Edwardsville to Glen Carbon (connects communities and trails) Edwardsville to Hamel (city and rural rail-trail)		Madison County Transit District 1 Transit Way, Gra Madison County Transit District 1 Transit Way, Gra		
MCT Schoolhouse Trail (Madison County) MCT Watershed Trail (Madison County)	16	Paved Paved	Madison to Troy (Horseshoe Lake State Park, Mississippi River bottomlands & c Edwardsville to Roxana (Watershed Nature Center and open space)	ommunities)	Madison County Transit District 1 Transit Way, Gra	•	
MetroBikeLink Trail (St. Clair County)	7	Paved	Swansea to Southwestern Illinois College (rail with trail, connecting communities & transit facilities)		Madison County Transit District 1 Transit Way, Granite City, IL 62040 618/797-4600 St. Clair County Transit District 1004 S. Lincoln Avenue, Suite 1, O'Fallon, IL 62269 618/628-8090		
Metro-East Levee Trail (St. Clair County) Rend Lake Bike Trail (Franklin & Jefferson counties)	8	Crushed Limestone Paved & Crushed Limestone	Cahokia vicinity (Mississippi River, wetlands and natural areas) Rend Lake Visitors Center/Dam & Wayne Fitzgerrell State Park (park and recreation areas around Rend Lake)		St. Clair County Highway Department #10 Public Square, Belleville, IL 62220 618/233-1392 U.S. Army Corps of Engineers 11981 Rend City Road, Benton, IL 62812 618/724-2493		
Richland Creek Bikeway Trail Greenway (St. Clair County)	4	Paved	Belleville (creekside parks & wooded north segment)	·,	Belleville Parks & Recreation 510 W. Main Street,	Belleville, IL 62220 618/233-1416	
Saline Valley Bike Trail (Saline & Gallatin counties)	6 46	Oil & Chip Paved & Crushed Limestone	Equality to Glen O. Jones Lake (rural countryside) Harrisburg to Karnak to Cache River Wetland Center (forest, bluffs, and bottomle	ands)	Saline Valley Conservancy District 900 Dewey Struber IDNR, Tunnel Hill State Trail, Highway 146 East P.C.		
Saline Valley Bike Trail (Saline & Gallatin counties) Tunnel Hill State Trail (Johnson, Saline, Williamson & Pulaski counties)	22	Paved	Alton through Grafton to Pere Marquette Lodge (Great River Road, Mississippi R	·		rt Plaza Drive, Collinsville, IL 62234 618/346-3100	
			IN RIVE TO				
Tunnel Hill State Trail (Johnson, Saline, Williamson & Pulaski counties)		MOLINITAL					
Tunnel Hill State Trail (Johnson, Saline, Williamson & Pulaski counties) Vadalabene Great River Road Trail (Jersey & Madison counties)			IN BIKE Trails		•		
Tunnel Hill State Trail (Johnson, Saline, Williamson & Pulaski counties) Vadalabene Great River Road Trail (Jersey & Madison counties)		Jubilee College Sta 13921 W. Route 150	kickapoo State Park 10906 Kickapoo Park Road	Red Hills State Park 1100 No. & 400 East, Route 2	Newton Lake State Fish & Wildlife Area 3490 E. 500th Ave.	Mattheissen State Park Box 509	Lake Shelbyville–Camp Camf Route 4, Box 128B
Tunnel Hill State Trail (Johnson, Saline, Williamson & Pulaski counties)		Jubilee College Sta	te Park Kickapoo State Park 10906 Kickapoo Park Road 309/446-3758 0akwood, IL 61858 217/442-4915				
Tunnel Hill State Trail (Johnson, Saline, Williamson & Pulaski counties) Vadalabene Great River Road Trail (Jersey & Madison counties)		Jubilee College Sta 13921 W. Route 150 Brimfield, IL 61517 40 miles Hike E	Kickapoo State Park 10906 Kickapoo Park Road 10906 Kickapoo Park Road Oakwood, IL 61858 = 217/442-4915 12 miles Hike Bike Trail	1100 No. & 400 East, Route 2 Summer, IL 62466 ■ 618/936-2469	3490 E. 500th Ave. Newton, IL 62448 ■ 618/783-3478	Box 509 Utica, IL 61373 ■ 815/667-4868	Route 4, Box 128B Shelbyville, IL 62565 ■ 217/7 7 miles Bike Hike Trail