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
@enjoyillinois #amazingILmoments
@enjoyillinois

Cover images: (clockwise) Chicago Lakefront Trail, Adam Alexander; Jason Lindsey; Des Plaines River Trail, Visit Lake County; TREC Trail, Effingham CVB
CYCLE SAFELY
For your safety, follow all state and local cycling rules and signage, as well as posted safety notices while traveling Illinois’ trails.

Illinois Department of Transportation
www.idot.illinois.gov/home/bicycle

Illinois Secretary of State
www.cyberdriveillinois.com/departments/drivers/traffic_safety/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
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

Historic Round Barns, University of Illinois
Map is not to scale and provides the general location of trails.
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
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 gorcrails.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
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.


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
## 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:** ridedm.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