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GREETINGS FROM ILLINOIS!

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

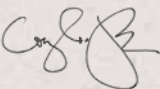
In this helpful guide you'll find information on more than 100 Illinois bike trails. To help plan your adventure, we've included cycling events and added maps which highlight the location of the bike trails within Illinois' travel regions: Chicago & Beyond, Great Rivers Country, Land of Lincoln and Trails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

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

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

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

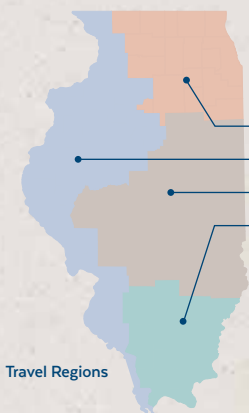
Your friend in Illinois Tourism,



Cory M. Jobe
Director, Illinois Office of Tourism



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NOTE TO CYCLISTS

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

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

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

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



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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/bikepedsafesafety.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

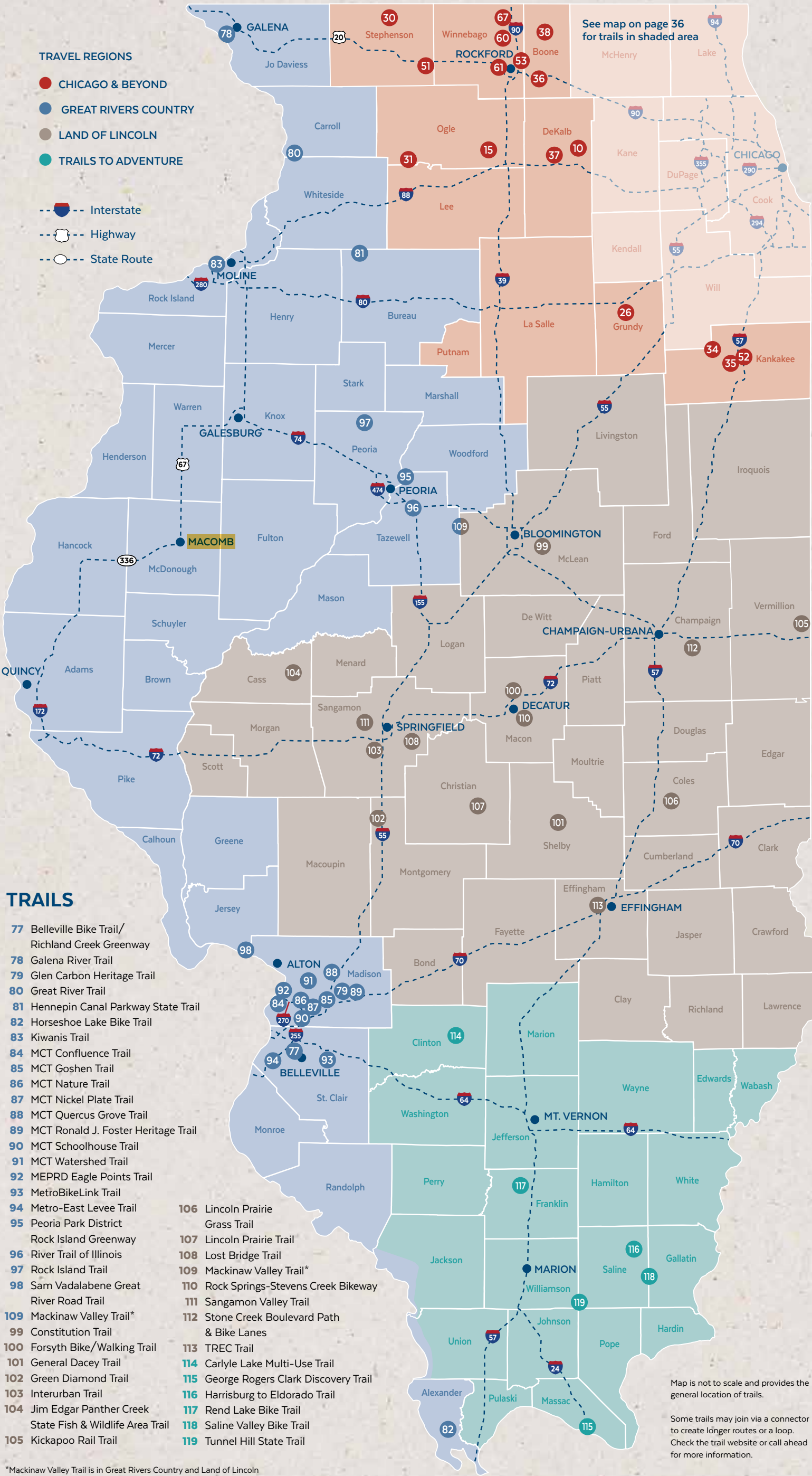
TrailLink by Rails-to-Trails Conservancy

traillink.com



Cobb Park Criterium, Riverview Historic District, Kankakee

ILLINOIS BIKE TRAILS



103 Interurban Trail

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

104 Jim Edgar Panther Creek State Fish & Wildlife Area Trail

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

105 Kickapoo Rail Trail

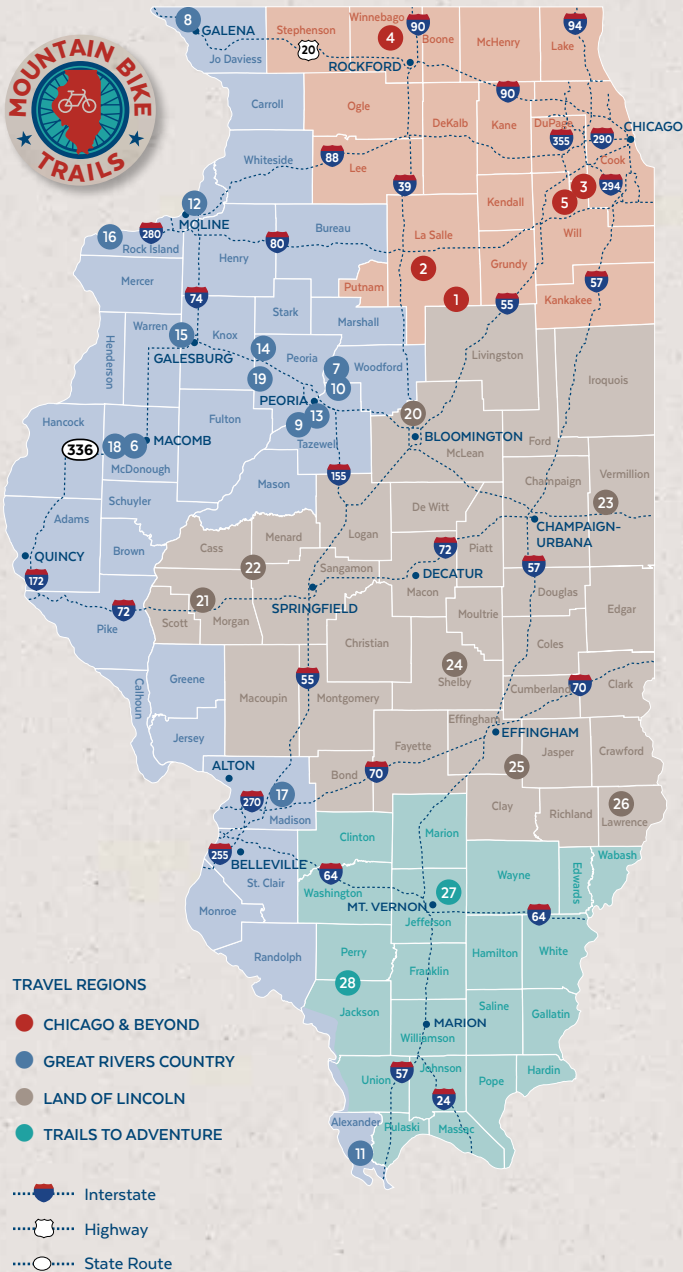
TRAIL	6.7 miles • mixed
LOCATION	Champaign County Urbana to St. Joseph
SETTING	woodland, prairie & wetland
CONTACT	Champaign County Forest Preserve District 217-586-3360 ccfpd.org/forest-preserve/kickapoo-rail-trail



Neutral Cycle

Historic Round Barns, University of Illinois

MOUNTAIN BIKE TRAILS



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	gorctrails.com/trails/siue-trails

18 Spring Lake Park

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

19 Wildlife Prairie Park

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

20 Comlara Park

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

21 Jacksonville Recreation Trails

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



Quad Cities CVB

Illiniwek Bike Trail, Illiniwek Forest Preserve

22 Jim Edgar Panther Creek State Fish & Wildlife Area

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

23 Kickapoo State Recreation Area

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

24 Lake Shelbyville

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

Statewide & Multistate Trails

U.S. Bicycle Route 76 (TransAmerica Trail)

(Multistate)

TRAIL 137 miles – Illinois trail segment

SETTING



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

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

Grand Illinois Trail (Statewide)

TRAIL 535 miles

SETTING



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

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

Route 66 Trail (Statewide)

TRAIL 369 miles

SETTING



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

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

GREAT RIVERS COUNTRY

Greater Peoria Mass Transit District

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

Madison County Transit

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

Rock Island County Metropolitan Mass Transit District

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

LAND OF LINCOLN

Bloomington-Normal Public Transit System

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

Champaign-Urbana Mass Transit District

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

Danville Mass Transit

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

Springfield Mass Transit District

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

STATEWIDE

Amtrak Illinois

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



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