

There may be no better place to bicycle than in Illinois. From flat prairie land, to rolling hills, to towering bluffs, to breathtaking river and lakefront views-- Illinois has it all. If you haven't been on a bicycle lately, you don't know what you are missing. Hop on and take in some of the best scenery Mother Nature has to offer! Illinois is bringing more trails to you. A multi-million dollar initiative approved a few years ago continues to expand existing trails and create new ones. Here are just a few of the numerous opportunities that await you. Included are only those trails that are separated from streets and highways. Enjoy and have a safe trip!

	Trail	Location and Setting	Length/ Miles	Surface	Intensity of Use	Other Activities
1	North Branch Bicycle Trail (Cook County)	N. Branch Skokie Division Cook Co. FPD (Wooded floodplain)	20.1	Paved	Heavy	Hiking, jogging, X-C skiing
2	Salt Creek Bicycle Trail (Cook County)	Bemis Woods to Brookfield Zoo (Wooded floodplain)	6.6	Paved	Heavy	Hiking, jogging, X-C skiing
3	Thorn Creek Bicycle Trail (Cook County)	Thorn Creek Division Cook Co. FPD (Wooded floodplain)	4.8 loop & 3.0 linear	Paved	Heavy	Hiking, jogging, X-C skiing
4	Busse Woods Bicycle Trail (Cook County)	Ned Brown Forest Preserve (Wooded floodplain)	11.2 loop	Paved	Heavy	Hiking, jogging, X-C skiing
5	Arie Crown Bicycle Trail (Cook County)	Arie Crown Forest Preserve (Wooded floodplain)	3.2 loop	Limestone screenings	Moderate	Hiking, jogging, X-C skiing
6	I & M Canal Bicycle Trail (Cook County)	Rt. 83 to Mannheim Rd. (Historic canal)	9.0 double loop	Paved	Moderate	Hiking, jogging, X-C skiing
7	Tinley Creek Bicycle Trail (Cook County)	159th & Central Forest Preserve National Golf Course (Wooded area)	6.4 (2.5 under construction)	Paved	Heavy	Hiking, jogging, X-C skiing
8	Deer Grove Bicycle Trail (Cook County)	Deer Grove Forest Preserve (Wooded & open areas) (Connects to Palatine Trail)	1.5	Paved	Moderate	Hiking, jogging, X-C skiing
9	Evanston Lakeshore Bikeway (Cook County)	South Blvd. to Isabella St. (Urban lakefront-Northwestern Univ.)	3.5	Paved	Heavy	Adjacent path for jogging, walking, X-C skiing
10	North Shore Channel Bikeway (Cook County)	Main Street to Greenbay Road (Urban waterfront)	5.0 both sides of channel	Partially paved limestone screenings	Heavy	Jogging, walking, X-C skiing
11	The Palatine Trail	Dundee Road to Algonquin Road (Wooded)	15.0	Paved	Heavy	Walking, jogging, X-C

	(Cook County)	suburban route)				skiing
12	University Park Bike Path (Cook County)	Governor's State Univ. to Western Ave. (Suburban setting)	6.0	Paved	Heavy	Walking, jogging
13	Green Bay Trail (Cook County)	Wilmette to Highland Park (North suburban setting)	10.0	Partially paved, screenings	Heavy	Walking, jogging, X-C skiing
14	Illinois Prairie Path (DuPage County)	Elgin and Aurora/Batavia spurs proceed from Kane Co. line, meet Wheaton & continue as main stem to Elmhurst	37.0	Limestone screenings	Heavy to moderate	Hiking, jogging, X-C skiing, horseback riding
15	Illinois Prairie Path Spur (Kane County)	Geneva, Aurora, Batavia, Elgin, Fox River Park District areas to main path in DuPage County	14.5	Paved, limestone screenings	Moderate	Hiking, jogging, X-C skiing
16	I & M Canal State Trail (Grundy, LaSalle & Will counties)	Channahon to Gebhard Woods S.P. & Marseilles to LaSalle along I&M Towpath (Rural landscape)	40.0	Limestone screenings/gravel	Moderate	Hiking, jogging, snowmobiling, X-C skiing
17	Great Western Trail (Kane & DeKalb counties)	Sycamore to St. Charles (Rural and smaller communities)	18.0	Limestone screenings	Moderate to heavy	Hiking, jogging, X-C skiing, snowmobiling
18	Tyler Creek Spur (Kane County)	Elgin/connects Fox River Trail to Tyler Creek F.P. (Urban)	1.5	Paved	Moderate	Hiking, jogging, X-C skiing
19	Virgil Gilman Trail (Kane County)	Sugar Grove to Kane-Kendall Co. line (Open space and small communities)	10.5	Paved	Heavy	Hiking, jogging, X-C skiing
20	Kankakee River Bike Trail (Kankakee County)	Kankakee River State Park (Wooded park along river)	3.5 loop	Limestone screenings	Moderate	Hiking, jogging, X-C skiing
21	Des Plaines River Trail (Lake County)	Rt. 173 to McCarty Rd. along Des Plaines River (Woods, prairie, open space)	7.0	Limestone screenings	Light	Hiking, horseback riding, snowmobiling
22	Zion Bike Trail (Lake County)	City of Zion (City parks and urban areas)	6.5 (2.5 on city streets)	Paved	Moderate	Hiking, jogging, X-C skiing
23	Lake Forest/Lake Bluff Bike Trail (Lake County)	Villages of Lake Forest & Lake Bluff (Open spaces & smaller suburban communities)	7.5	Paved	Heavy	Hiking, jogging, X-C skiing

24	Moraine Hills Bike Trail (McHenry County)	Moraine Hills State Park (Glacial lakeland)	11.0 loop	Limestone screenings	Heavy	Hiking, X-C skiing
25	Constitution Trail (McLean County)	Bloomington to Normal (Urban open space)	4.3	Paved	Heavy	Hiking, jogging, X-C skiing
26	Vadalabene Bike Trail (Madison & Jersey counties)	Alton to Grafton along Great River Rd., Rt. 100 (Mississippi River & historic village of Elsah)	14.5 (9.0 along Great River Road)	Paved	Moderate	Hiking, jogging
27	Delyte Morris Bikeway (Madison County)	Edwardsville to SIU-E Campus (Wooded open space)	5.0	Paved limestone screenings	Moderate to heavy	Hiking, jogging
28	Rock Island Trail (Peoria & Stark counties)	Alta to Toulon (Wooded areas and farmland)	27.0	Limestone screenings	Light	Hiking, jogging, X-C skiing
29	Great River Trail (Rock Island, Whiteside & Carroll counties)	Rock Island, Moline to Hampton, Albany, Fulton and Lock & Dam 13 (Mississippi River, urban & rural setting)	19.5 current (62.0 when complete)	Paved, gravel, city streets	Moderate to heavy	Hiking, jogging, X-C skiing (no motorized vehicles)
30	Rockford Bicentennial Bike Path (Winnebago County)	East side of Rock River in Rockford (Parkland and urban open space)	3.8	Paved	Heavy	Hiking, jogging, X-C skiing
31	McHenry County Prairie Trail-South	Extension Fox River Trail (Wooded area and gravel pit)	5.0	Paved	Heavy	Hiking, jogging, X-C skiing
32	Danada Regional Trail (DuPage County)	Danada Forest Preserve (Wooded areas and open space)	1.7	Gravel, limestone screenings	Moderate	Hiking, jogging, X-C skiing, horseback riding
33	Herrick Lake Regional Trail (DuPage County)	Herrick Lake Forest Preserve/connects with Danada (Wooded areas and open space)	2.7	Gravel, limestone screenings	Heavy	Hiking, jogging, X-C skiing, horseback riding
34	Blackwell Regional Trail (DuPage County)	Blackwell Forest Preserve (Wooded areas and open space)	3.6	Gravel, limestone screenings	Moderate	Hiking, jogging, X-C skiing, horseback riding
35	Waterfall Glen Main Trail (DuPage County)	Waterfall Glen Forest Preserve (Wooded areas and open space)	8.5	Gravel, limestone	Moderate	Hiking, jogging, X-C skiing, horseback riding

				screenings		
36	McHenry County Prairie Trail-North	Glacial Park (Wooded areas and open space)	7.0	Gravel	Moderate	Hiking, jogging, snowmobiling, horseback riding
37	Ben Butterworth Memorial Parkway, Bike, and Walk Trail (Rock Island County)	City of Moline, along the Mississippi River, from 27th St. to 55th St. (Wooded park along river)	2.5	Paved	Heavy	Hiking, jogging
38	Veteran Memorial Sportscore (Winnebago County)	Northwest Rockford (Between Rock River & Ill. Highway 2)	2.0	Paved	Light	Hiking, jogging, X-C skiing
39	Mel Anderson Memorial Parkway (Winnebago County)	Adjacent to Kent Creek in Northwest Rockford (Along river)	1.5	Paved	Moderate	Hiking, jogging, X-C skiing
40	Honoegah Recreation Path (Winnebago County)	Connects villages of Rockton & Roscoe along Honoegah Road (Wooded park & smaller suburban communities)	2.5	Paved	Moderate	Hiking, jogging
41	Fox River Bike Trail (Kane County)	Aurora to Algonquin along Fox River (Open space and small communities)	35.0	Paved, limestone screenings	Heavy	Jogging, hiking, X-C skiing