

■ **Welcome to Chicagoland and Northeastern Illinois**
This map is one of nine bicycle maps for the State of Illinois. It covers the six-county greater Chicago metropolitan area—also known as Chicagoland. Counties covered are Cook, DuPage, Kane, Lake, McHenry, Will, and portions of adjacent counties. We hope you will find it helpful in planning your bicycle trip in this region, and while you are cycling, we invite you to stop and take in many of the scenic and historic wonders of this region.

■ **Bicycle Paths, Rides, Routes**
Out of all the regions of Illinois, Chicagoland has the richest and most varied opportunities for off-road bicycling. Over 750 miles of established trails exist, with hundreds more under construction or planned. Most trails are multi-use, so practice trail courtesy. On trails where horses are allowed, horses have the right of way. Bicyclists should also yield to all slower-moving traffic such as walkers and joggers.

■ **Points of Interest**
A city that never sleeps, Chicago and Northeastern Illinois have more to do and see than any other Midwestern city. There are myriads of sites and activities in the surrounding suburbs as well. Please contact the Illinois Tourism Bureau at 1-800-2-CONNECT for comprehensive information on things to do and see in Chicagoland or visit their website at www.enjoyillinois.com. See Important Addresses and Phone Numbers for a comprehensive listing of tourism bureaus and visitors centers.

Enjoy your trip!



Important Addresses and Phone Numbers
Emergencies - Dial 911

■ **Amtrak**
1-800-USA-RAIL www.amtrak.com

■ **Bike Advocacy Organizations**
National Center for Bicycling & Walking (NCBW)
NCBW is a resident program at Project for Public Spaces, Inc. NCBW was established in 1977 as the Bicycle Federation of America, Inc. NCBW's mission is to create bicycle-friendly and walkable communities.
www.bikeadvocates.org
email: info@bikeadvocates.org

Active Transportation Alliance, 35 E. Wacker Dr., Suite 1702, Chicago, IL 60601, 312-427-3325. The mission of Active Transportation Alliance is to advocate for walking, bicycling, and public transit to create healthy, sustainable, and equitable communities. www.atact.org

League of American Bicyclists, 1412 K Street NW, Suite 1102, Washington, DC 20006, 202-462-1331. Mission: To lead the movement to create a Bicycle Friendly America for everyone. As leaders, our commitment is to listen and learn, define standards and share best practices to engage diverse communities and build a powerful, unified voice for change. www.leaguebicyclist.org

Ride Illinois, 815 Leicester Rd #314, Elk Grove Village, IL 60007, 630-216-9082. The statewide bike advocacy organization works for bike-friendly roads and trails, for favorable legislation, and to educate cyclists and motorists. www.rideillinois.org

■ **Bus Service**
Greyhound, 800-231-2222
www.greyhound.com

■ **Campgrounds, Public**
Illinois Department of Natural Resources (IDNR)
One Natural Resource Way, Springfield, IL 62702-1271, 217-782-6302
www.idnr.state.il.us
e-mail: dnr.parksadmin@illinois.gov

■ **Department of Natural Resources (State Parks and Recreation Areas) - Office of Land Management**
IDNR, One Natural Resource Way, Springfield, IL 62702-1271, 217-782-6302
e-mail: dnr.parksadmin@illinois.gov

■ **Hiking Opportunities**
IDNR, One Natural Resource Way, Springfield, IL 62702-1271, 217-782-6302
e-mail: dnr.parksadmin@illinois.gov

■ **Historic Agencies / Organizations - Preservation Services**
IDNR, 411 Old State Capital Plaza, Springfield, IL 62702-1507, 217-782-4836
www.idnr.state.il.us
e-mail: dnr.parksadmin@illinois.gov

■ **Road Conditions (Winter) / Road Construction (Spring / Summer / Fall)**
1-800-4-A-ROAD
www.gettingaroundillinois.com

■ **Secretary of State (Bicycle Education / Safety)**
Illinois Secretary of State, Driver Services Division, Traffic Safety Division, 270 S. DuPage Pkwy., Springfield, IL 62723, 217-782-6212
www.sos.state.il.us

■ **State Agencies**
IDNR, Office of Public Services,
One Natural Resource Way, Springfield, IL 62702-1271, 217-782-6302
www2.idnr.state.il.us

Illinois Department of Transportation, 2300 S. Dirksen Pkwy., Springfield, IL 62764, 217-782-7820
<http://idot.illinois.gov>

Illinois Historic Preservation Office, 411 Old State Capital Plaza, Springfield, IL 62702-1507, 217-782-4836
www.idnr.state.il.us

Illinois State Police, 801 South Seventh Street, P.O. Box 19461, Springfield, IL 62794-9461
<http://isp.illinois.gov>

Illinois Secretary of State, Driver Services Department, Traffic Safety Division, 270 S. DuPage Pkwy., Springfield, IL 62723, 217-782-6212
www.sos.state.il.us

■ **State Police**
District 2
777 S. State St., Elgin, Illinois 60123-5680 Telephone: 847-931-2405
Counties Served: DeKalb, DuPage, Kane, Lake, McHenry.

District 3
16448 S. Bradley, Lockport, Illinois 60441-9546 Telephone: 815-726-6377.
Counties served: Grundy, Kendall, Will

District 15
2700 Ogden Ave., Downers Grove, Illinois 60515 Telephone: 630-241-6800 ext. 5030
District Chicago
9511 W. Harrison St., Des Plaines, Illinois 60061-1562 Telephone: 847-244-4400
County: Sevierd Cook.

■ **Tourism Bureaus**
Illinois Tourism Bureau, (800)-2-CONNECT, www.enjoyillinois.com

The Chicagoland area has numerous conservation and recreation areas throughout the region. For county information, including facilities available at each area, please call one of the telephone numbers listed below, or visit the website.

Forest Preserve District of Cook County, 536 E. Harlem, River Forest, IL 60305, 630-878-3666. www.forestpreserve.org

Forest Preserve of DuPage County, 3 S. 580 Naperville Rd., Wheaton, IL 60187-5761, 630-931-7200. www.dupageforest.com e-mail: info@dupageforest.com

Kane County Forest Preserve District, 1996 South Kirk Road, Suite 320, Geneva, IL 60134 630-232-5980. www.kaneforest.com e-mail: forestpreserv@kaneforest.com

Lake County Forest Preserves, 1899 West Winchester Road, Libertyville, IL 60048, 847-367-6660. www.lcfd.org e-mail: ForestPreserves@LCFD.org

McHenry County Conservation District, 18410 US 14, Woodstock, IL 60098, 815-338-6223. www.mcdistrict.org e-mail: info@mcdistrict.org

Forest Preserve District of Will County, 17540 W. Laraway Rd., Joliet, IL 60413, 815-727-8700. www.fpdwill.org

For information on state facilities, contact the Illinois Department of Natural Resources at 217-782-6302. e-mail: rcb@idnr.state.il.us

■ **Tourism Bureaus**
Illinois Tourism Bureau, 800-2-CONNECT, TTY: 800-406-6418. www.enjoyillinois.com e-mail: info@illinois.gov

Aurora Area Convention & Tourism Bureau, 43 W. Galea Blvd., Aurora, IL 60506, 800-477-4369. www.enjoyaurora.com

Chicago Office of Tourism, 877-CHICAGO. www.explorechicago.org

Chicago's North Shore Convention and Visitors Bureau, 8001 Lincoln Ave., Skokie, IL 60077, 847-763-0011. www.nsscib.com

Chicago Southland Convention & Visitors Bureau, 2304 173rd St., Lansing, IL 60438-6006, 888-895-8200. www.visitchicagoouthland.com

DuPage Convention & Visitors Bureau, 915 Harger Rd., Suite 240, Oak Brook, IL 60523, 800-232-0502. www.dupagecvb.com e-mail: visitors@dupagecvb.com

Elgin Area Convention & Visitors Bureau, 77 Riverside Dr., Elgin, IL 60120, 800-217-5362. www.northhamptonvalley.com

Heritage Corridor Convention & Visitors Bureau, 15701 Independence Boulevard, Romeoville, IL 60446, 800-926-CANAL. www.heritagecorridorcvb.com e-mail: marketing@hccvbi.com

Lake County Convention & Visitors Bureau, 3465 West Grand Ave., Suite 100, Grantee, IL 60031, 800-LAKE-NOW. www.visitlakecounty.com

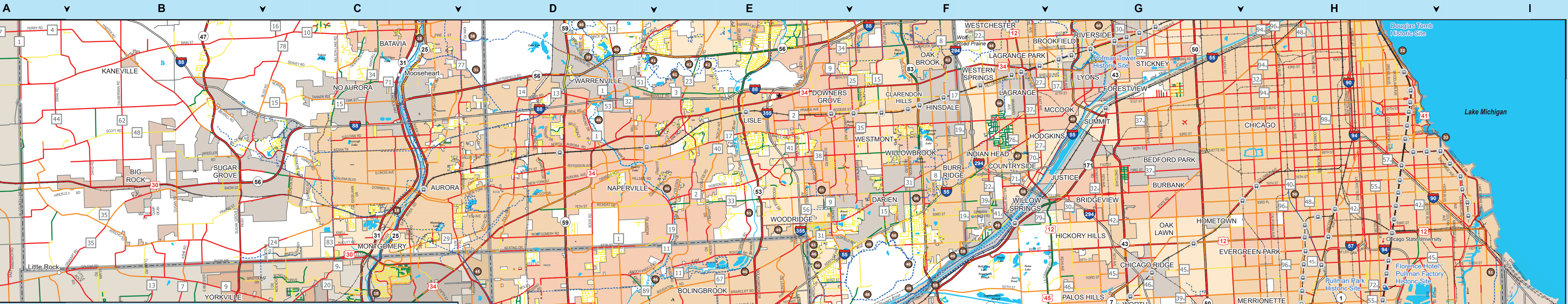
Oak Park Area Convention and Visitors Bureau, 1010 Lake St., Oak Park, IL 60461, 888-625-7275. www.visitoakpark.com e-mail: info@visitoakpark.com

Prospect Heights Convention & Visitors Bureau, 8 N. Elmhurst Rd., Prospect Heights, IL 60070, 800-455-7259. www.visitprospectheights.org e-mail: info@chicagonthsuburbs.com

Rosemont Convention Bureau, 9301 W. Bryn Mawr Ave., Rosemont, IL 60018, 847-823-2100. www.rosemont.com e-mail: rcb@rosemont.com

St. Charles Convention & Visitors Bureau, 311 N. Second St., Suite 100, St. Charles, IL 60174, 800-377-4373. www.visitstcharles.com e-mail: info@visitstcharles.com

Greener Woodfield Convention & Visitors Bureau, 1375 E. Woodfield Rd., Suite 120, Schaumburg, IL 60173, 847-490-1010. www.chicagonthsuburbs.com



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Trail Name			Miles			Trail Type			Map Location		
Cook County											
1	D-9	Clarken Hills	F-8	Hodgkins	F-8	Monroe	G-12	Rockdale	E-11		
2	D-8	Coal City	D-12	Homer Glenn	E-10	Montgomery	C-8	Romeoville	E-11		
3	G-8	Courtneyside	E-8	Homer	G-12	Naperville	D-8	Sauk Village	I-11		
4	D-12	Crest Hill	F-8	Howard	H-10	Homewood	D-8	Shorewood	H-10		
5	D-8	Crestwood	G-8	Indian Head	F-8	North Aurora	C-8	South Chicago	C-8		
6	H-9	Crete	H-11	Joliet	E-11	Oak Brook	F-7	Highlands	H-11		
7	D-9	Darien	F-8	Justice	H-10	Oak Forest	H-10	Homewood	H-11		
8	H-9	Deerbrook	H-9	Kaneland	F-8	Oak Lawn	G-9	Steger	H-11		
9	H-10	Dimmock	H-9	Lake Park	F-8	Olympia Fields	H-10	Stickney	G-8		
10	G-14	Dotson	H-9	Lansdale Grove	F-8	Orland Hills	G-10	Sugar Grove	B-8		
11	D-12	East Lake	H-9	Leland	H-10	Orland Park	G-10	Summit	G-8		
12	G-8	East Hazelcrest	H-10	Lemont	F-9	Palos Heights	G-9	Symetron	E-12		
13	D-12	Elwood	E-12	Lisle	E-12	Palos Heights	G-9	Symetron	E-12		
14	D-12	Elmhurst	H-10	Lisle	E-12	Palos Heights	G-9	Symetron	E-12		
15	I-9	Evergreen Park	H-9	Lynwood	H-10	Palos Heights	G-9	Tinley Park	G-10		
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17	F-8	Forest Park	H-10	Lynwood	H-10	Palos Heights	G-9	Tinley Park	G-10		
18	I-9	Forest Heights	H-11	Marquette	F-11	Palos Heights	G-9	Tinley Park	G-10		
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Bike Trail Index									
Trail Name		Miles	Trail Type	Map Location	Trail Name		Miles	Trail Type	Map Location
Cook County					Kane County				
1	Arie Crown Trail	3.2	Other	F-8	1	Fox River Trail	46.2	Paved	D-4 to C-8
2	Burnham Greenway	12.3	Paved	I-8 to I-10	2	Virgin Gilman Trail	20.2	Paved	B-3 to C-8
3	I&M Canal Bicycle Trail	61.0	Other	H-7 to I-8	Will County				
4	Chicago Lakefront Path	18.5	Paved	H-7 to I-8	1	Centennial Trail	22.0	Other	F-9 to G-8
5	Dempsey Trail	3.0	Paved	F-8 to I-10	2	Gaylord Dornellely Trail	2.2	Other	E-10
6	Major Taylor Trail	6.5	Paved	H-3 to I-8	3	Hickory Creek Bleekway	2.8	Other	F-11
7	Sauk Creek Trail	19.5	Other	F-7 to G-7	4	West Fox Trail	11.8	Other	D-12
8	Green Creek North Trail	10.1	Paved	H-10 to I-10	5	I&M Canal	2.4	Other	E-10 to D-11
9	Thorn Creek South Trail	4.6	Paved	H-11	6	Heritage Park Trail	2.8	Other	E-10 to D-11
10	Tinney Creek Trail	33.0	Paved	G-0 to G-10	7	Kankakee River Trail	10.5	Paved	E-13 to F-14
11	West Fox Trail	87.0	Other	G-7 to D-13	8	Old Plank Road Trail	20.0	Paved	E-10 to H-11
DuPage County					9	Plank Road Trail	5.3	Paved	E-10
1	Batavia Road Bike Path	2.5	Other	D-7	10	University Park Trail	6.0	Paved	H-11
2	Balsboro Regional Trail	3.9	Other	D-7	11	Waukeenos Glacial Trail	26.0	Other	H-10 to E-13
3	Maranda Trail	2.9	Other	D-7	12	Road 66 Trail	87.0	Other	G-7 to D-13
4	Old Plank Road Trail	4.0	Paved	D-7	Note: only trails longer than one mile that are located on the back of this map are included				
5	Fulsburg-Middle Trail	2.3	Other	F-8					
6	Fernick Lake Trail	2.3	Other	E-6					
7	Illinois Prairie Path	61.0	Other	D-5 to E-7, D-8					
8	Southern DuPage County Regional Trail	46.0	Other	D-8 to F-8					
9	Waterfall Glen Trail	9.5	Other	F-9					
10	Road 66 Trail	87.0	Other	G-7 to D-13					