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 1-800-2CONNECT 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 PhoneNumbers
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 establishing in 1977, as the Bicycle Federation of America, Inc. NCBW's mission is to create bicycle-friendly and walkable communities.
www.bikewalk.org
email: info@bikewalk.org

Active Transportation Alliance, 35 E. WackerDr, Suite 1782, 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.activetrans.org

League of America Bicyclists, 1612 K Street NW, Suite 1102, Washington, DC 20006, 202-822-1333. 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.bikeleague.org

Ride Illinois, 815 Leicester Rd #314, Elk Grove Village, IL 60007, 630-216-9282. 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.dnr.illinois.gov
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
217-782-6752, www.dnr.illinois.gov ,e-mail: dnr.parksadmin@illinois.gov

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

Historic Agencies / Organizations – Preservation Services
IDNR, #1 Old State Capital Plaza, Springfield, IL 62702-1507, 217-782-4836
www.dnr.illinois.gov
e-mail: dnr.parksadmin@illinois.gov

Road Conditions (Winter) / Road Construction (Spring / Summer / Fall)
1-800-452-4368
www.gettingaround illinois.com

Secretary of State (Bicycle Education / Safety)
Illinois Secretary of State, Driver Services Department, Traffic Safety Division, 2701 S. Dirksen Pkwy., Springfield, IL 62723, 217-782-6212
www.cyberdriveillinois.com

State Agencies
IDNR, Office of Public Services,
One Natural Resources Way, Springfield, IL 62702 -1271, 217-782-6302
www2.illinois.gov/dnr

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

Illinois Historic Preservation Office, #1 Old State Capital Plaza, Springfield, IL 62701-1507, 217-782-4836 www2.illinois.gov/dnr/historic

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,
2701 S. Dirksen Pkwy.
Springfield, IL 62723, 217-782-6212
www.cyberdriveillinois.com

State Police
District 2
777 S. State St. Elgin, Illinois 60123 -7689 Telephone: 847-931-2405
Counties Served: DeKalb, DuPage, Kane, Lake, McHenry.

District 5
16648 S. Broadway 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: 847-294-4400
County Served: 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 N. Harlem, River Forest, IL 60305, 800-870-3666. www.fpdcc.com

Forest Preserve of DuPage County, 3 S. 580 Naperville Rd., Wheaton, IL 60187-8761, 630-933-7200. www.dupageforest.com e-mail: forest@dupageforest.com

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

Lake County Forest Preserves, 1899 West Winchester Road, Libertyville, IL 60048,
847-367-6640. www.lcfpd.org e-mail ForestPreserves@LCFPD.org

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

Forest Preserve District of Will County, 17540 W. Laraway Rd., Joliet, IL 60433, 815-727-8700. www.fpdwc.org
For information on state facilities, contact the Illinois Department of Natural Resources at 217-782-6302. e-mail: dnr.parksadmin@illinois.gov

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

Aurora Area Convention & Tourism Bureau, 43 W. Galena 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.enscvb.com

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

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

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

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

Lake County, Convention & Visitors Bureau, 5465 West Grand Ave., Suite 100, Gurnee, IL 60031, 800-LAKE-NOW. www.visitlakecounty.org

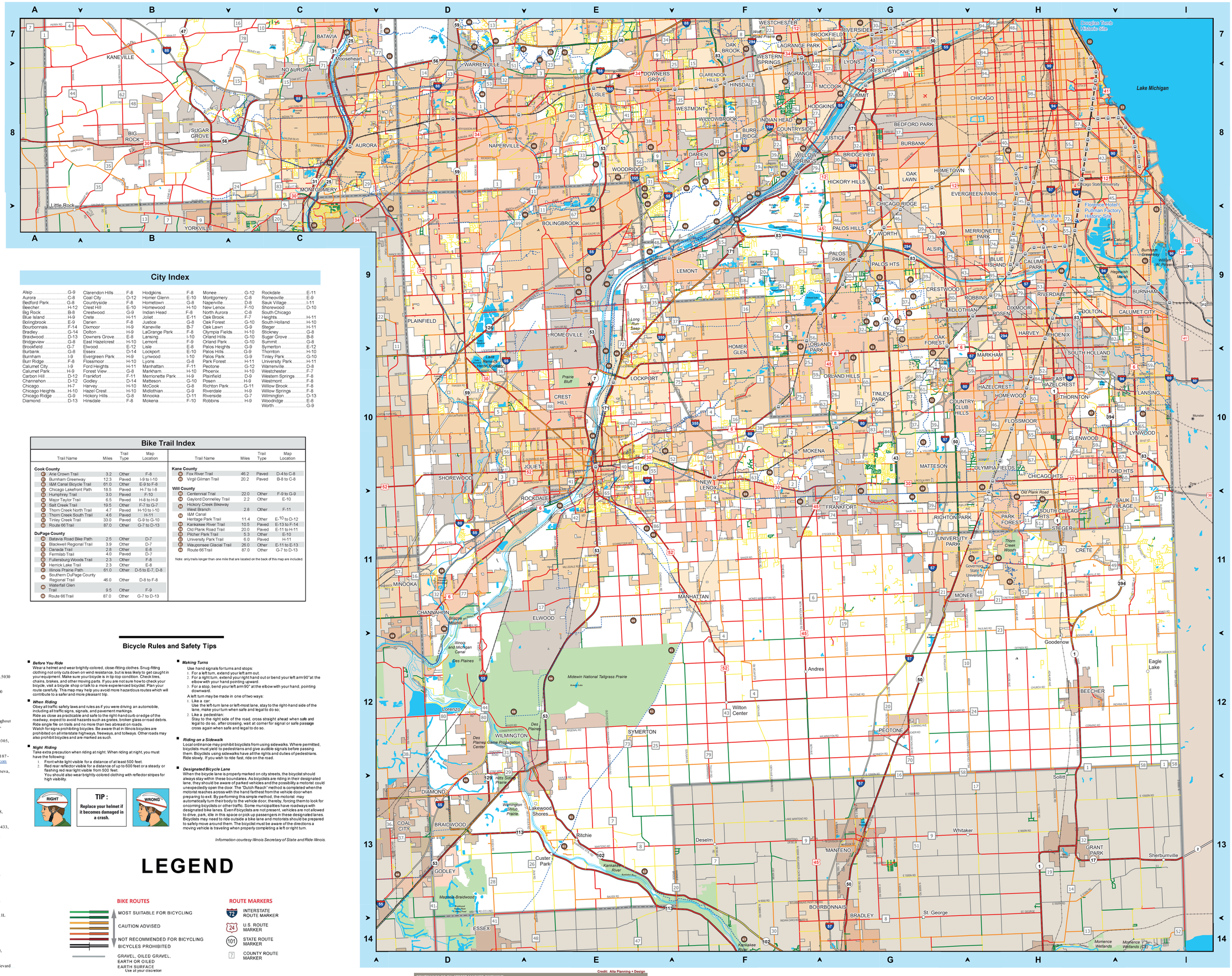
Oak Park Area Convention and Visitors Bureau, 1010 Lake St., Oak Park, IL 60301, 888-625-7275. www.visitoakpark.com e-mail: info@visitoakpark.com

Prospect Heights Convention & Visitors Bureau, 8 N. Elmhurst Rd., Prospect Heights, IL 60070, 800-955-7259. www.prospectheightscvb.org
e-mail: info@chicagonorthsuburbs.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, 800-777-4373. www.visitstcharles.com
e-mail: info@visitstcharles.com

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



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Bike Trail Index

Trail Name	Miles	Trail Type	Map Location
Cook County			
1 Arie Crown Trail	3.2	Other	F-8
2 Burnham Greenway	12.3	Paved	I-9 to I-10
3 I&M Canal Bicycle Trail	61.0	Other	E-9 to F-8
4 Chicago Lakefront Path	18.5	Paved	H-7 to I-8
5 Humphrey Trail	3.0	Paved	F-10
6 Major Taylor Trail	6.5	Paved	H-8 to H-9
7 Salt Creek Trail	19.5	Other	F-7 to G-7
8 Thorn Creek North Trail	4.7	Paved	H-10 to I-10
9 Thorn Creek South Trail	4.6	Paved	H-11
10 Tinley Creek Trail	33.0	Paved	G-9 to G-10
11 Route 66 Trail	87.0	Other	G-7 to D-13
DuPage County			
12 Batavia Road Bike Path	2.5	Other	D-7
13 Blackwell Regional Trail	3.9	Other	D-7
14 Danada Trail	2.8	Other	E-8
15 Fermilab Trail	4.0	Paved	D-7
16 Fullersburg Woods Trail	2.3	Other	F-8
17 Herrick Lake Trail	2.3	Other	E-8
18 Illinois Prairie Path	61.0	Other	D-5 to E-7, D-8
19 Southern DuPage County Regional Trail	46.0	Other	D-8 to F-8
20 Waterfall Glen Trail	9.5	Other	F-9
21 Route 66 Trail	87.0	Other	G-7 to D-13
Kane County			
22 Fox River Trail	46.2	Paved	D-4 to C-8
23 Virgil Gilman Trail	20.2	Paved	B-8 to C-8
Will County			
24 Centennial Trail	22.0	Other	F-9 to G-9
25 Gaylord Donnelley Trail	2.2	Other	E-10
26 Hickory Creek Bikeway West Branch	2.8	Other	F-11
27 I&M Canal Heritage Park Trail	11.4	Other	E-10 to D-12
28 Kankakee River Trail	10.5	Paved	E-13 to F-14
29 Old Plank Road Trail	20.0	Paved	E-11 to H-11
30 Pilcher Park Trail	5.3	Other	E-10
31 University Park Trail	6.0	Paved	H-11
32 Waupondee Glacial Trail	26.0	Other	E-11 to E-13
33 Route 66 Trail	87.0	Other	G-7 to D-13

Note: only trails longer than one mile that are located on the back of this map are included.

Bicycle Rules and Safety Tips

Before You Ride
Wear a helmet and wear brightly-colored, close-fitting clothes. Snug-fitting clothing not only cuts down on wind resistance, but is less likely to get caught in your equipment. Make sure your bicycle is in tip-top condition. Check tires, chains, brakes, and other moving parts. If you are not sure how to check your bicycle, visit a bicycle shop or talk to a more experienced bicyclist. Plan your route carefully. This map may help you avoid more hazardous routes which will contribute to a safer and more pleasant trip.

When Riding
Obey all traffic safety laws and rules as if you were driving an automobile, including all traffic signs, signals, and pavement markings.
Ride as close as practicable and safe to the right-hand curb or edge of the roadway, expect to avoid hazards such as grates, broken glass or road debris.
Ride single file on trails and no more than two abreast on roads.
Watch for signs prohibiting bicycles. Be aware that in Illinois bicycles are prohibited on all interstate highways, freeways, and tollways. Other roads may also prohibit bicycles and are marked as such.

Night Riding
Take extra precaution when riding at night. When riding at night, you must have the following:
1. Front white light visible for a distance of at least 500 feet.
2. Red rear reflector visible for a distance of up to 600 feet or a steady or flashing red rear light visible from 500 feet.
   You should also wear brightly-colored clothing with reflector stripes for high visibility.

Making Turns
Use hand signals for turns and stops:
1. For a left turn, extend your left arm out.
2. For a right turn, extend your right hand out or bend your left arm 90° at the elbow with your hand pointing upward.
3. For a stop, bend your left arm 90° at the elbow with your hand, pointing downward.

A left turn may be made in one of two ways:
1. Like a car:
   Use the left-turn lane or left-most lane, stay to the right-hand side of the lane, make your turn when safe and legal to do so.
2. Like a pedestrian:
   Stay to the right side of the road, cross straight ahead when safe and legal to do so, after crossing, wait at corner for signal or safe passage cross again when safe and legal to do so.

Riding on a Sidewalk
Local ordinance may prohibit bicyclists from using sidewalks. Where permitted, bicyclists must yield to pedestrians and give audible signals before passing them. Bicyclists using sidewalks have all the rights and duties of pedestrians. Ride slowly. If you wish to ride fast, ride on the road.

Designated Bicycle Lane
When the bicycle lane is properly marked on city streets, the bicyclist should always stay within these boundaries. As bicyclists are riding in their designated lane, they should be aware of parked vehicles and the possibility a motorist could unexpectedly open the door. The "Dutch Reach" method is completed when the motorist reaches across with the hand farthest from the vehicle door when preparing to exit. By performing this simple method, the motorist may automatically turn their body to the vehicle door, thereby, forcing them to look for oncoming bicyclists or other traffic. Some municipalities have roadways with designated bike lanes. Even if bicyclists are not present, vehicles are not allowed to drive, park, idle in this space or pick up passengers in these designated lanes. Bicyclists may need to ride outside a bike lane and motorists should be prepared to safely move around them. The bicyclist must be aware of the directions a moving vehicle is traveling when properly completing a left or right turn.

Information courtesy Illinois Secretary of State and Ride Illinois.

LEGEND

BIKE ROUTES
- MOST SUITABLE FOR BICYCLING
- CAUTION ADVISED
- NOT RECOMMENDED FOR BICYCLING
- BICYCLES PROHIBITED
- GRAVEL, OILED GRAVEL, EARTH OR OILED EARTH SURFACE
  Use at your discretion

ROUTE MARKERS
- 72 INTERSTATE ROUTE MARKER
- 24 U.S. ROUTE MARKER
- 101 STATE ROUTE MARKER
- 7 COUNTY ROUTE MARKER

- UNINCORPORATED TOWN
- GENERAL AVIATION AIRPORT
- COMMERCIAL AIRPORT
- STATE POLICE
- COLLEGE/UNIVERSITY
- HISTORIC SITE
- METRA STATION
- TRAIL
- RAILROAD
- WATER
- COUNTY BOUNDARY
- TOWN
- STATE PARK & WILDLIFE AREA

0 0.5 0.6 1.2 1.8 2.4 3 Miles
0 0.5 1 2 3 4 5 6 Kilometers

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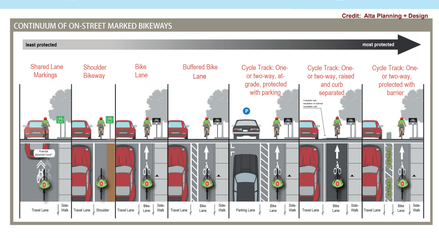

Helmets...

...one piece of equipment you can live with.

Be Prepared

Studies have shown that a cyclist not wearing a helmet is between two and three times more likely to suffer a head injury in a crash than one who is wearing a helmet. The League of American Cyclists recommends that cyclists frequently check their helmet for wear and damage and replace the helmet every few years and/or in the event of a crash, in accordance with manufacturers' recommendations.

Buy the Right Helmet

The Consumer Product Safety Commission (CPSC) recommends that you only purchase helmets that have been manufactured in accordance with recognized safety standard, ASTM. Look for a sticker indicating this safety standard on the inside of the helmet.

Please...

...to prevent injuries, wear a helmet. You can live with it.