Illinois Bike Trails Map

Statewide Trails
The Nation Bike Trail network consists of about 2,000 miles of bike trails in 40 states and the District of Columbia. Bike trails are designated by the National Cooperative Bike Trail Development Program. For more information, contact the Illinois Department of Transportation.

The Grand Illinois Trail is a 500-mile loop of off-road trails that are accessible to all skill levels, including wheelchair users. The trail is maintained by the Illinois Department of Natural Resources.

Multistate Trails
The Mississippi River Trail (MRT) from Minnesota to the Gulf of Mexico offers 479 miles of off-road trails and 236 miles of on-road bicycle routes. The MRT is part of the Mississipi River Trail System, which connects 15 states. For more information, visit www.mississippi-river-trail.org/for-riders.

Nationally Designated Trails
The America Discovery Trail is a 4,300-mile recreational trail. Linking communities, the trail is a 500-mile loop of off-road trails and on-road bicycle routes.

Sources of Information
Trails in Illinois
Illinois Department of Natural Resources
201 N. Third Street, Springfield, IL 62701, 217/782-0834, www.dot.il.gov/bikemaps

Riding in Illinois
League of Illinois Bicyclists
2000 Chatham Drive, Aurora, IL 60506, www.illinoisbicyclists.org

Illinois Bike Trails 2014

Trails Connect People & Places
Illinois offers a remarkable variety of bike trails, providing countless opportunities to experience the state’s diverse natural resources and communities. Trails offer recreation and transportation within communities, connecting neighborhoods, businesses, schools and parks. Trails also connect communities with each other. Trails are often located within greenways, which help to protect open space resources.

Trails offer Illinois’ citizens and visitors an enjoyable way to contribute to their health and physical fitness. In addition to the bike trails shown in this brochure, five miles or greater, many communities provide multi-purpose paths, bike lanes and designated bike routes on streets.

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Trails shown/displayed on this map were obtained from multiple sources and are not guaranteed to be accurate.