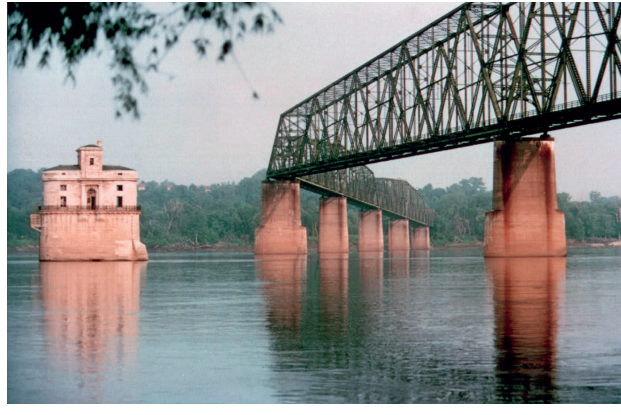


Cultural /Museums

- Cahokia Mounds World Heritage State Historic Site, 30 Ramey St., Collinsville. 618/346-5160
- Only prehistoric Native American city north of Mexico.
- Confederate Monument, Confederate Cemetery, Ruzier Street, Alton. (800) ALTON-IL
- Monument honors the 1,343 Confederate prisoners who died of smallpox.
- Confederate Prison, William Street, Alton. (800) ALTON-IL
- Housed Confederate prisoners during the Civil War.
- Fort de Chartres State Historic Site, 1260 State Route 155, Prairie du Rocher. 618-284-7230
- French stone fort built in 1753. Contains the oldest building still standing in Illinois.
- Fort Kaskaskia State Historic Site, 4372 Park Rd. Ellis Grove, IL. 62241. 618/859-3741
- Built to protect Kaskaskia from the British during the American Revolution.



The old Chain of Rocks Bridge (shown in the photo) spans the Mississippi River on the north edge of St. Louis, Missouri. The eastern end of the bridge is on Chouteau Island, while the western end is on the Missouri shoreline. Its most notable feature is a 22-degree bend occurring at the middle of the crossing.

Lewis and Clark Interpretive Center, 1 Lewis & Clark Tr. Hartford, IL. 618/251-5811

Monument on the Mississippi commemorating the starting point of Meriwether Lewis and William Clark's historic journey up the Missouri River to the Pacific Coast.

- Madison County Historical Museum, 715 North Main St. Edwardsville, IL. 62025. 618/656-7562
- Area history from Native American artifact to modern day.
- Museum of History and Art, 2809 College Ave., Alton. 618/462-2763
- Local and Civil War history.

Recreational and Entertainment

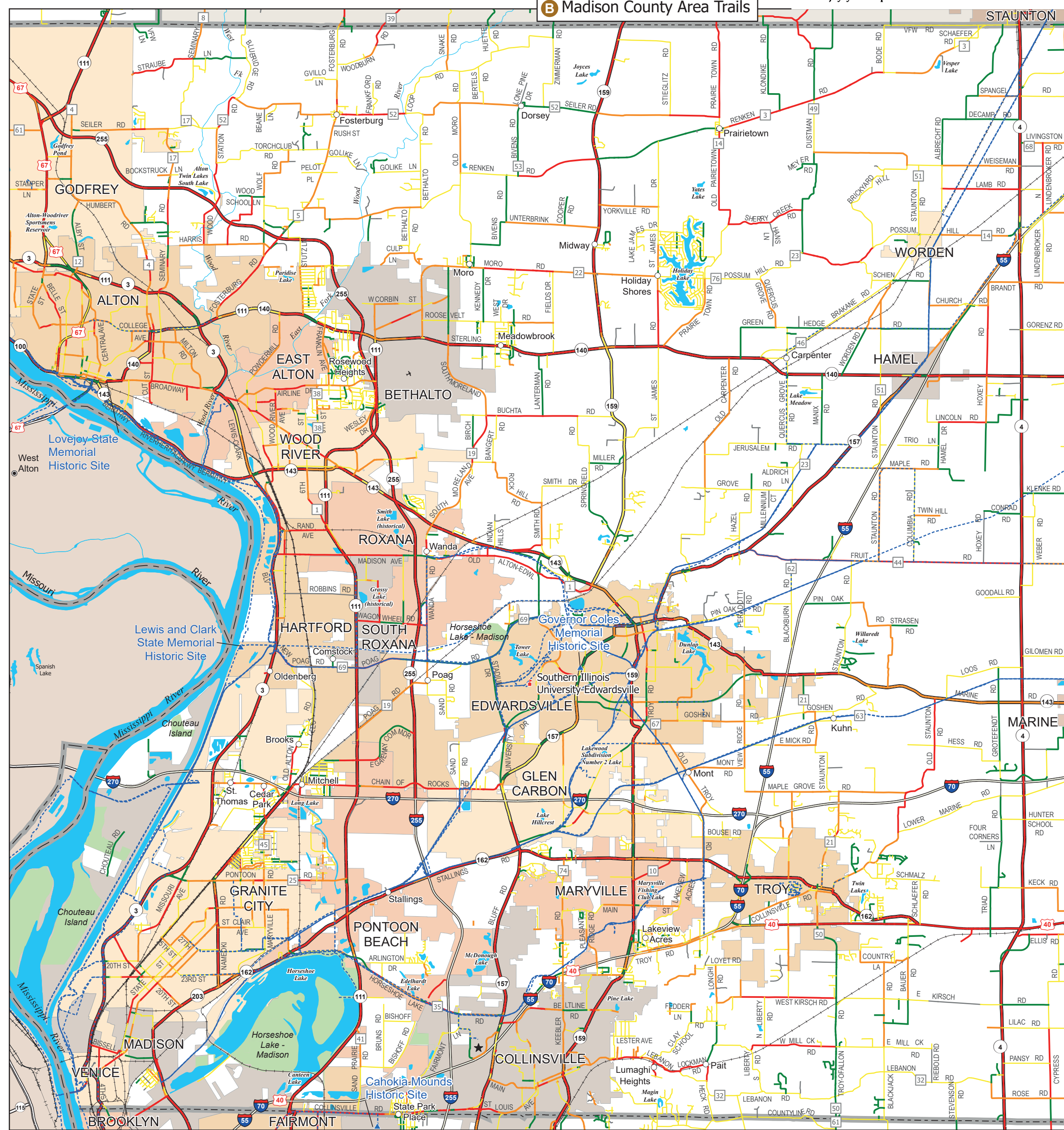
- Alton Belle Riverboat Casino, 1 Piasa St., Alton, IL. 62002. 800/711-GAME
- Casino Queen, 200 S. Front St., East St. Louis, IL. 62201. 800/777-0777
- Gateway International Raceway, 700 Raceway Blvd. P.O. Box 200 Madison, IL. 62060. 888/35-SPEED
- Fairmont Park Racetrack, Fairmont, 618/345-4300 Horseracing year-round, with restaurants on-site.
- Illinois Caverns State Natural Area, 618-458-6699 Explore Mammoth Cave and enjoy its exotic natural formations.

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) 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.bikeadvoc.org
email: info@bikeadvoc.org
- Active Transportation Alliance, 35 E. Wacker Dr, 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. 630-216-2822. 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.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 217-782-6752. www.dnr.state.il.us
e-mail: dnr.parksadmin@illinois.gov
- Hiking Opportunities**
IDNR, One Natural Resource Way, Springfield, IL. 62702-1271 217-782-6302
www.dnr.state.il.us
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.state.il.us
e-mail: dnr.parksadmin@illinois.gov
- Road Conditions (Winter) / Road Construction (Spring / Summer / Fall)**
1-800-452-4568
www.centennialillinois.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.es.bcedrillinois.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://dotd.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 9461, 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.es.bcedrillinois.com
- State Police**
District 11 - Collinsville (Bond, Clinton, Madison, Monroe, and St. Clair): 1100 Eastport Plaza Dr., Collinsville, IL. 62234-6116. 618-346-3990
- District 12 - Effingham (Clark, Clay, Crawford, Cumberland, Effingham, Fayette, Jasper, Lawrence, Marion, and Richland): 401 Industrial Ave., Suite A Effingham, IL. 62401-2835. 217-347-2711
- District 13 - DuQuoin (Franklin, Jackson, Jefferson, Perry, Randolph, Washington, and Williamson): 1391 S. Washington St., DuQuoin, IL. 62832. 618-542-2171
- District 18 - Litchfield (Cahoon, Greene, Jersey, Macoupin, and Montgomery): 102 Illinois Route 16, Litchfield, IL. 62056-1574. 217-324-4900
- Tourism Information**
Illinois Tourism Bureau, 800-2-CONNECT, TTY: 800-406-6418.
www.enjoyillinois.com
- General information, highway maps, and trip planning assistance.
www.enjoyillinois.com
- Alton Regional Convention & Visitors Bureau, 200 Piasa St., Alton, IL. 62002. 800-AL-TON-IL. www.visitalton.com
- Madison County Transit, 1 Transit Way, P.O. Box 7500, Granite City, IL. 62040. 618-931-RIDE. www.mcti.org
- Saint Clair County Transit, 1004 S. Lincoln Ave. Suite 1, O'Fallon, IL. 62269. 618-628-8090. www.sccctd.org
- St. Louis Convention and Visitor's Commission, 701 Convention Plaza, Suite 300, St. Louis, MO 63102. 800-325-7962. www.explorestlouis.com/cc/index.asp
- The Tourism Bureau ILLINOISouth, 4387 N. Illinois St., Suite 200, Swansea, IL. 62226. 800-442-1488. www.thetourismbureau.org
- Great Rivers County Regional Tourism Development Office, 581 S. Deere Rd., Macomb, IL. 61455. 309-837-7460 or 877-477-7007. www.greatriversonline.com
- Metro East Park and Recreation District, 104 United Drive, Collinsville, IL. 62234. 618-346-4905. www.metroil.org

MAP 2 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**
INTERSTATE ROUTE MARKER
U.S. ROUTE MARKER
STATE ROUTE MARKER
COUNTY ROUTE MARKER
- UNINCORPORATED TOWN
GENERAL AVIATION AIRPORT
COLLEGE/UNIVERSITY
HISTORIC SITE
STATE POLICE
- RAILROAD
WATER
COUNTY BOUNDARY TOWN
TOWN
STATE PARK & WILDLIFE AREA
BIKE TRAIL



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 helmets 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.

