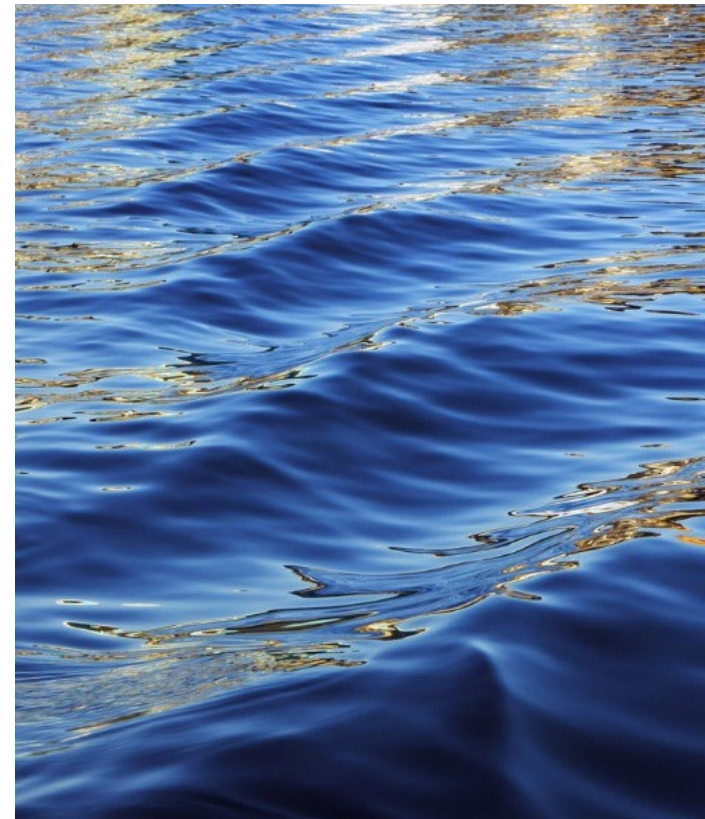




# Why Southern Illinois is Cycling Paradise!

A Hiking with Shawn presentation!



# About Hiking with Shawn!



**Hiking with Shawn** is just an average guy living in the bottom of the Illinois – Metropolis, Home of Superman! Shawn is an avid hiker and cyclist. It was cycling that got him into hiking and the outdoors.

**Shawn** started Hiking with Shawn for fun, but it turned into something bigger and now he uses it for tourism and to help small businesses in the region.

**Need a place to hike or bike?** Hiking with Shawn's mission is to show you where to do just that!

**More info:** [www.HikingWithShawn.com](http://www.HikingWithShawn.com)

Until next time, I'll see you on the trail!

## Why Southern Illinois is Cycling Paradise?

**Southern Illinois is Cycling Paradise!** I've always said this after getting into cycling a decade ago.

Southern Illinois is Cycling Paradise, but we have the ingredients to go farther into the cycling culture. We just need more people to visit, embrace, and make it a norm.

From backroads to rail trails, gravel to single-track – we have it all down here! And everyone is welcome to enjoy Cycling Paradise with us, anytime!

**Now let's take a closer look into Why Southern Illinois is Cycling Paradise!**



# TUNNEL HILL STATE TRAIL

# 45-Miles of the Heart of Southern Illinois!



- ✓ Tunnel Hill State Trail is a 45-mile rail trail catering to cyclists, runners, walkers, and hikers.
- ✓ Motor vehicles and horseback riding is not allowed.
- ✓ The trail consists of mainly crushed limestone.
- ✓ The trail is managed by Illinois Department of Natural Resources.
- ✓ Enjoy ghost towns, left behind railroad equipment, old tractors, and scenic sightseeing points of interest along the trail.

# A lot to see on Tunnel Hill State Trail



Pass through a 500+ foot tunnel!

Countless bridges with original railroad steel trestles!

A snack shop near the tunnel with cold drinks, bike rentals, and ice cream!

Unique dining and businesses in most of the trail towns!

Shawnee National Forest and River to River Trail sightseeing!

Wetlands, Cache River, and swamps of Southern Illinois!

Sasquatch in Harrisburg?! See the Sasquatch Festival for more info!





Most popular routes:

- Vienna to Tunnel Hill (includes snack shop, tunnel, and bridges) 9.5-miles point to point.
- Karnak to Vienna (includes swamp, Wetlands Center, and campground) 12-miles point to point.
- Harrisburg (Sasquatch, paved trail)



## More Information for Tunnel Hill?

For a free guide on biking Tunnel Hill State Trail

[www.sihike.com/visittunnelhill](http://www.sihike.com/visittunnelhill)

Tunnel Hill State Trail Official Website

[www2.illinois.gov/dnr/Parks/Pages/TunnelHill.aspx](http://www2.illinois.gov/dnr/Parks/Pages/TunnelHill.aspx)

Trail Link for Tunnel Hill State Trail

[www.traillink.com/trail/tunnel-hill-state-trail](http://www.traillink.com/trail/tunnel-hill-state-trail)



# TOUCH OF NATURE MOUNTAIN BIKE TRAILS

# Best Mountain Bike Trails in the Region!



- ✓ Over 10-miles of single-track mountain bike and hike only trails
- ✓ E-Mountain Bikes welcome
- ✓ Prohibited riding when wet, trail is highly taken care of
- ✓ Hills, ramps, rocks, roots, switchbacks and technical routes
- ✓ Made for riders of all abilities, even small kids
- ✓ Made for mountain bike riders by mountain bike riders
- ✓ Best MTB trails in the region!



**More trails are planned!  
Get an annual pass!  
Mountain bike race  
events and group rides  
frequently!**

**More Information:**

[ton.siu.edu/activities/mountain-bike-trail](http://ton.siu.edu/activities/mountain-bike-trail)

# **OTHER CYCLING OPPORTUNITIES IN SOUTHERN ILLINOIS!**

# Hundreds of Miles of Road!

**Paved Back Roads!**



**Gravel Country Roads!**



**UP FOR A MOUNTAIN BIKING  
AND HIKING CHALLENGE  
THAT'S FREE TO YOU???**

# Introducing the Shawnee Challenge!

- No cost what-so-ever!
- Mountain biking and hiking adventure challenge!
- No time limit!
- Self-supported!
- Completion earns a reward!
- Designated hiking and mountain biking trails!
- Free map and phone app!
- Support designated mountain bike trails!







**More information for joining  
the Shawnee Challenge at:  
[ShawneeChallenge.com](http://ShawneeChallenge.com)**

# SUPPORT ILLINOIS CYCLING OPPORTUNITIES!

Thanks for tuning in to the **Why Southern Illinois is Cycling Paradise** webinar presented by **Hiking with Shawn** through **Ride Illinois!**

Visit **Hiking with Shawn** for more information:

[www.HikingWithShawn.com](http://www.HikingWithShawn.com)

Visit **Ride Illinois** to Support Bicycling across the State of Illinois:

[www.RideIllinois.org](http://www.RideIllinois.org)