

Event Guide

(revision August 9, 2020)



CHIPPEWA DISTRICT
THREE FIRES COUNCIL

Chippewa District Activities Committee

Presents

Illinois Prairie Path Hike and Bike

Sunday October 25, 2020



***A Free Event for Scouts of All Ages
and Their Families***

***Knowledgeable Staff Present
at Mile Marker 0 from
11:00 am – 3:00 pm***

Event Description

The Illinois Prairie Path (IPP) is a multi-use nature trail for non-motorized public use. It spans approximately 61 miles in Cook, DuPage and Kane Counties in northeastern Illinois. The majority of the path is located in Chippewa District, Three Fires Council. For a full description, maps and history see: www.ipp.org , A map is included in this guide.

A former right-of-way for the old Chicago Aurora & Elgin electric railroad, the IPP was the first U.S. rail-to-trail conversion in the nation in the 1960's. It consists mostly of crushed limestone and has a flat grade. The path is approximately 6 feet wide. It accommodates two-way mixed traffic typically consisting of people dog walking, hiking, jogging, bicycling and horseback riding.

The line used to run from Chicago to Wheaton, where it split into two branches: the Elgin branch and the Aurora branch. The "Zero Mile Marker" was established for the path in Wheaton, and mile markers are posted every mile along all three branches. (see Map).

The Hike and Bike event is designed to be a "hassle-free" way for Chippewa District Scouts and their families to design and execute a hike or bike ride on the Illinois Prairie Path that is appropriate for participant age and ability. Information regarding route selection and travel logistics is provided in this guide. Knowledgeable volunteers will be present at the zero mile marker in Wheaton on the day of the event to provide on-site advice and consultation.

Who Should Participate?

All Scouts and their friends and families are free to participate in the event as the trail is open to the public. Given the current COVID-19 Phase 4 restrictions imposed by the State of Illinois, groups should be kept to no more than 10 people, which should be suitable for dens, patrols or family groups. Participants will self-organize into your own groups. When selecting members for your group, you should take into account the age and abilities of all group members to ensure that everyone has similar capabilities and endurance. This will make the experience enjoyable for all.

Should We Hike or Bike?

The decision to hike or bike is totally up to each group. You should give consideration to your personal goals, such as rank advancement or merit badge requirements. Routes and distances are provided later in this guide to help determine your plan.

Cub Scout Advancements

Here are the Cub Scout advancement requirements that could be satisfied:

- Tiger Adventure: Tigers in the Wild
 - Requirement 2: Go for a short hike with your den or family, and carry your own gear. Show you know how to get ready for this hike.
- Wolf Adventure: Paws on the Path
 - Requirement 7: Go on a 1-mile hike with your den or family. Find two interesting things that you've never seen before and discuss with your den or family.
- Bear Required Adventure: Fur, Feathers, and Ferns
 - Requirement 1: While hiking or walking for one mile, identify six signs that any mammals, birds, insects, reptiles, or plants are living near the place where you choose to hike or walk.
- Webelos Adventure: Webelos Walkabout
 - Requirement 4: With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.

There are no Cub Scout advancements related to biking.

Scouts BSA Merit Badge Requirements

- Hiking Merit Badge
 - 4. Take the five following hikes, each on a different day, and each of continuous miles. These hikes MUST be taken in the following order: One 5-mile hike Three 10-mile hikes One 15-mile hike You may stop for as many short rest periods as needed, as well as one meal, during each hike, but not for an extended period (example: overnight). Prepare a written hike plan before each hike and share it with your Scoutmaster or a designee. Include map routes, a clothing and equipment list, and a list of items for trail lunch.*

- Cycling Merit Badge - Option B: Mountain Biking
 - (3) On trails approved by your counselor, take two rides of 2 miles each, two rides of 5 miles each, and two rides of 8 miles each. You must make a report of the rides taken. List dates for the routes traveled, and interesting things seen.
 - (4) After fulfilling the previous requirement, lay out on a trail map a 22-mile trip. You may include multiple trail systems, if needed. Stay away from main highways. Using your map, make this ride in six hours.

Trail Etiquette

The trial can be quite busy on weekends. It is especially important to follow these rules:

- Hikers should always stay to the right-hand side of the trail and walk with no more than 2 persons side-by-side. Always anticipate that a biker will be coming behind you and will need space to pass.
- Cyclists should give an audible warning when overtaking another user by calling out 'passing on the left'.
- Cyclists should make an effort to stay to the right when traveling the Path.
- Cyclists should not travel at excessive speeds.
- Care should be given when approaching horses to avoid "spooking" them.
- Cyclists (really all users) should stay on the surfaced portion of the path and not damage native vegetation and landscaped areas.

Logistic Planning

Uniform & Headgear

One of the event goals is to promote Scouting to the community. We would prefer Scouts to wear Class A uniforms. But given the event is outdoors and involves strenuous activity, class B uniforms are also acceptable. Hikers are encouraged to wear a hat. Bikers are required by BSA rules to wear a bicycle helmet.

Facemasks

Facemasks are in common use as a result of the COVID-19 pandemic. This is an outside event intended for small groups of related people, so facemasks may not be absolutely required. However, the trail is 6 feet wide and you will pass, or be passed, by many people, so facemasks use is recommended.

Sunscreen & Insect Repellant

The IPP is shaded by trees in many sections but is open to the sun in some spots. It could be described as more "shade than sun". Nevertheless, sunscreen is recommended for all participants. Insect repellant is also recommended, especially for hikers on sections near the marsh and forest preserves.

Water NOT Available

None of the public water fountains located along the IPP are operational due to COVID-19 restrictions imposed by the State of Illinois. All participants should bring their own water. There are a few stores along the routes where water/beverages may be purchased, but availability is "spotty".

Commercial Food/Beverage Availability

There are stores and restaurants along specific sections of the path. However, much of the path passes residential neighborhoods and forest preserves. Stores where you may find food and beverages to purchase can be distant. It is best to bring all needed food and beverage.

Trash Cans

Trash cans are located at certain points along the path. Please practice "leave no trace" principles. Collect any trash and deposit in the cans.

Rest Rooms

Porta-potties are located at a few places along the path. These have been re-opened for public use under the Phase 4 COVID-19 guidelines imposed by the state of Illinois. They should be stocked with supplies. Nevertheless, Scouts should "be prepared" with necessary essentials (TP, sanitizer) just in case.

Sit Benches

Benches for resting are located at a few places along the path. They tend to be spaced out with no regular interval.

Picnic Tables

Tables for eating may be found at a few of the city/county parks located along the path.

Pets

Pets are allowed but must be leashed and you must clean up after them.

Emergency Help

Participants should call 911 in case of emergency. Please be prepared to provide the branch you are on and last cross-street and mile marker you passed to provide location context for the first responders.

Emergency Weather Shelters

There are a few park pavilions located in city/county parks along the path. However, there are no emergency weather shelters. In case of severe weather, seek shelter in nearby stores or businesses or otherwise follow Scout guidelines for sheltering in the open.

Zero Mile Marker Location

The zero mile marker is a convenient starting location for many routes because the path provides mile markers in each direction from this spot, so you will know exactly how far you have gone. This spot is located at the corner of S. Carlton Avenue and W. Liberty Drive in Wheaton. For convenience, set your GPS to the following address: 705 W; Liberty Drive, Wheaton, IL 60187

Zero Mile Marker Facilities

There is a large commuter parking lot across the street from the zero mile marker which is free to the public on Sundays. The site also has a porta-potty. There is a 7/11 gas/convenience store located 3 blocks south at the corner of Carlton Ave, and Roosevelt Rd. Chippewa District volunteers will be stationed at the zero mile maker to provide advice on routes, etc.

Parking (MM-Branch-Town-CrossStreet-Type)

- 0.0 Wheaton – Carlton Ave.& Liberty St. – Commuter Lot
- 1.3 Elmhurst – Wheaton - President & Crescent - Commuter Lot
- 2.6 - Elmhurst – Glen Ellyn – Public Library – Large Lot
- 2.9 - Elmhurst – Glen Ellyn – Main St. – Public Lots
- 5.1 - Elmhurst – Lombard – Main St. – Neighborhood Streets
- 1.1 - Elgin – Wheaton – Lincoln Marsh Park – Public Lot
- 1.1 - Elgin – Wheaton – Jewell Rd. – Neighborhood Streets
- 1.7 - Elgin – Wheaton – Pleasant Hill Rd. – Neighborhood Streets

2.6 - Elgin – Winfield – Geneva & County Farm – Public Lot

4.6 - Elgin – W. Chicago – N. Prince Crossing – Timber Ridge F.P

.

0.4 - Aurora – Wheaton – Prairie Path Park – Public Lot

2.6 - Aurora – Wheaton – Wiesbrook Rd. – Neighborhood Streets

4.1 - Aurora – Warrenville – Off Winfield Rd. – St. James Farm F.P.

4.6 - Aurora – Warrenville – Butterfield Rd. – Blackwell F.P,

5.1 - Aurora – Warrenville – Batavia Rd. – Public Lots

Restrictions from Use

- No motorized vehicles are allowed (county law). Power-assisted wheelchairs are allowed.
- No firearms, kites, or model airplanes.
- No hunting.
- No alcoholic beverages or controlled substances.
- Camping is not allowed on the Path.

Route Planning

General Criteria

Group organizers should select the activity and route based upon the goals and skills of the group along with the time available and the weather conditions for the day. Special consideration should be given to the least capable member of the group to ensure everyone has fun. Don't forget to take into account that each trek will be two ways, both out and back. Rest stops should be included in the plan to ensure trek completion. Finally, remember that the path is partly shaded and mostly flat, except for a few railroad and street over/underpass crossings.

Typical Walking Distance Coverage

The distance a hiker can cover in an hour is dependent upon the age and condition of the hiker, along with any additional factors such as heavy backpacks or exceptionally warm weather. The youngest Cub Scouts should be able to cover at least one mile per hour with 1.5 – 2.5 miles per hour more typical. Older scouts and adults should be able to cover 2.5 – 3.5 miles per hour. Backpack hikers in good condition should be able to cover 3.0 – 4.0 miles per hour.

Typical Biking Distance Coverage

The distance a biker can cover in a hour is dependent upon the age and condition of the biker, along with the type of bike used and other factors such as exceptionally warm weather, etc. A very young person on a bike with training wheels may only be able to proceed at 3 - 5 miles per hour. A small bike may only cover 4 – 8 miles per hour. An adult on a mountain bike should be able to cover 10 – 20 miles per hour with 15 mph typical. An adult on a road bike should be able to cover 15 – 25 miles per hour, with 20 mph typical.

Level Road Crossings

The time required for your trek should take into account the number of level road crossings you will encounter, especially when planning a bike route. You will need to slow and/or stop to check for traffic and/or wait for traffic lights. This will add time to your trip.

Rest Breaks

Hiking and biking are aerobic activities that build-up lactic acid in your muscles which needs to be relieved periodically. Rest breaks are an important requirement to maintain endurance and enjoyment. The number of breaks is dependent upon the goal and length of the hike/bike and the age/condition of the participants. You should stop for short (<2 minute) breaks as needed but remain active without coming to complete rest (i.e. sitting down or taking a pack off). These breaks are an ideal time for drinking water. Longer breaks where you come to a complete rest (i.e. a “pack-off” rest) should be taken after longer stretches of continuous activity (for example, after 2 hours of continuous hiking or 1 hour of continuous biking). These breaks should be for a minimum of 20 minutes to give your muscles time to recover. This is the best time to eat snacks or a meal. Stretching is encouraged before resuming activity.

Suggested Routes

The following routes are suggestions based upon leaving from the zero mile marker in Wheaton. These are merely suggestions, and one can use the entire length of the IPP to plan a route.

Lincoln Marsh (2 miles total)

Proceed north on the Elgin Branch. Stop to look at trains on the overpass. Proceed to Stevens Park (Lincoln Ave.) where there is a playground, picnic tables, and trash. Proceed to Lincoln Marsh. Hike out on boardwalk, then around lake to main pavilion (shelter, picnic tables, porta-potty). Return.

Geneva & County Farm Intersection (5.2 miles total)

Proceed north on the Elgin Branch. Stop to look at trains on the overpass. Proceed to Stevens Park (Lincoln Ave.) where there is a playground, picnic tables, and trash. Proceed to Lincoln Marsh. Hike out on boardwalk, then return to IPP. Proceed northwest to intersection of Geneva and County Farm Roads. Return.

Timber Ridge (9.2 miles total)

Proceed north on the Elgin Branch. Stop to look at trains on the overpass. Proceed to Stevens Park (Lincoln Ave.) where there is a playground, picnic tables, and trash. Proceed to Lincoln Marsh. Hike out on boardwalk, then return to IPP. Proceed northwest to intersection of Geneva and County Farm Roads. Continue through Timber Ridge Forest Preserve and Klein Creek farm. End at Timber Ridge parking lot located on Prince Crossing Road just north of the intersection with the Great Western Trail. Return.

Downtown Glen Ellyn (4.8 miles total)

Proceed east on the Elmhurst Branch to Main St. Glen Ellyn. Stop for a beverage or ice cream (recommend Two Toots Restaurant on north side of railroad tracks). Return.

Lombard Main St. (10.2 miles total)

Proceed east on the Elmhurst Branch through Wheaton and Glen Ellyn. Pass over the traffic on I-355 and proceed to Main St. in Lombard. Return. Stop for a beverage or ice cream along the way (recommend Two Toots Restaurant on north side of railroad tracks at Main St. Glen Ellyn).

Aurora Trail Intro (2 miles total)

Proceed south on the Aurora Branch. Cross Roosevelt Road, then hike to the sit bench at 1.0 mile marker. Return, stopping at Prairie Path Park (playground, picnic table, trash). Consider stopping at 7/11 for a beverage.

**St. James Farm Parking (via South entrance)
(8.2 miles total)**

Proceed south on the Aurora Branch. Cross Roosevelt Road, then travel past the first intersection with the St. James Farm loop trail. Turn right at the second (south) intersection with the St. James Farm trail. Continue to the parking lot (porta-potties, tables, trash). Return.

Warrenville Library (10.2 miles total)

Proceed south on the Aurora Branch. Cross Roosevelt Road, then travel past St. James Farm. Go under Butterfield Rd., then cross Winfield Road. Turn south, follow path across DuPage River West Branch. End at pavilion in downtown Warrenville by the library (pavilion, porta-potty). Return.

Blackwell Philmont Prep Trek (10.6 miles total)

Proceed south on the Aurora Branch. Cross Roosevelt Road, then travel past St. James Farm. Go under Butterfield Rd., then cross Winfield and Butterfield Roads at the traffic light to the Blackwell Trail (at NW corner). Proceed west to the Blackwell entrance parking lot. Proceed north on the park road to Mt. Hoy. Climb Mt. Hoy and enjoy the view. Take a break at the south shelter area (restrooms, picnic tables, shade). Return.

20 Mile Trek

Proceed east on the Elmhurst Branch to Main St. Lombard. Return. Then Proceed south on the Aurora Branch to Warrenville. Return

30 Mile Trek

Proceed north on the Elgin Branch to the Timber Ridge parking lot. Proceed east on the Elmhurst Branch to Main St. Lombard. Return. Proceed south on the Aurora Branch to Warrenville. Return

Original map by:
Bob Thomas
2009 Update by:
Steve Hinchey

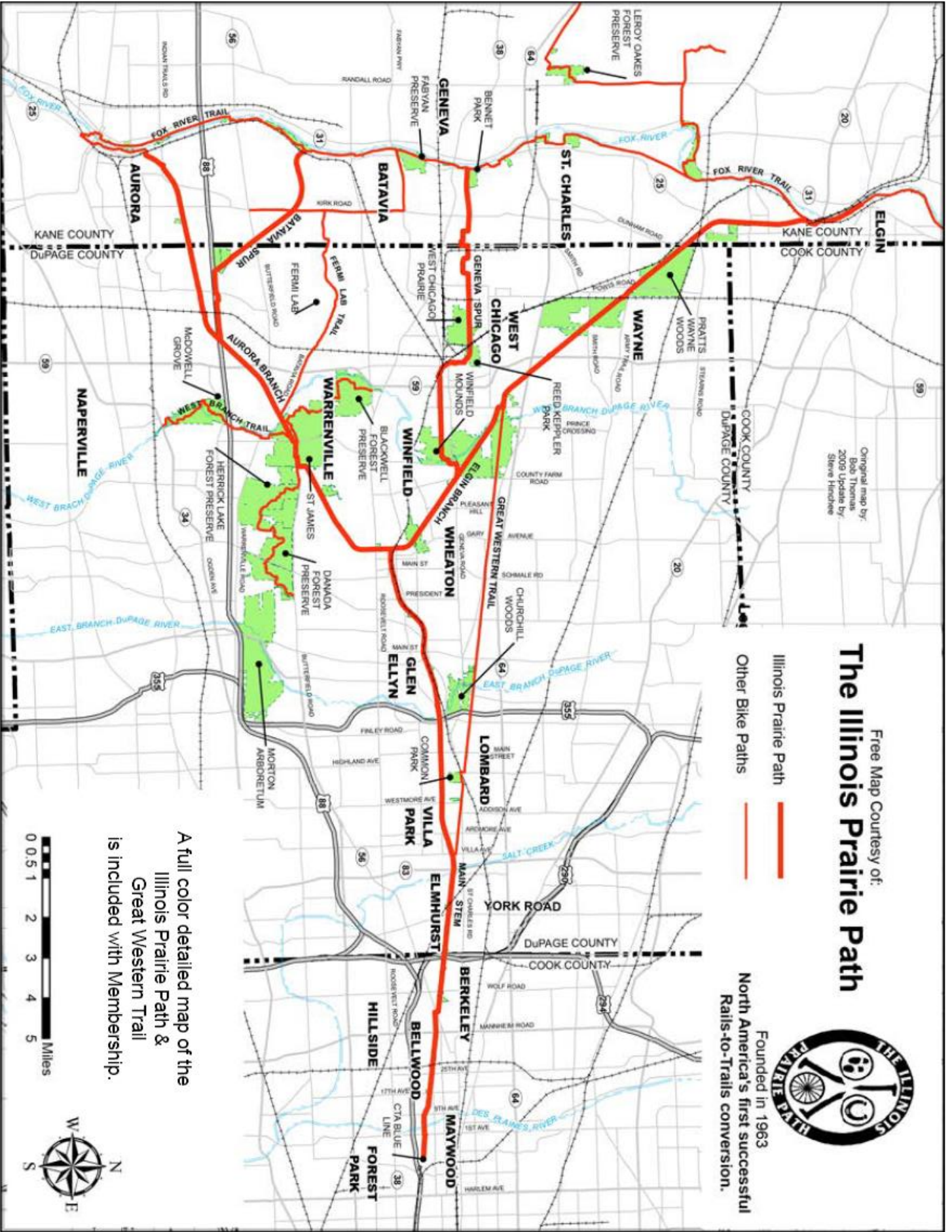
The Illinois Prairie Path

Free Map Courtesy of:



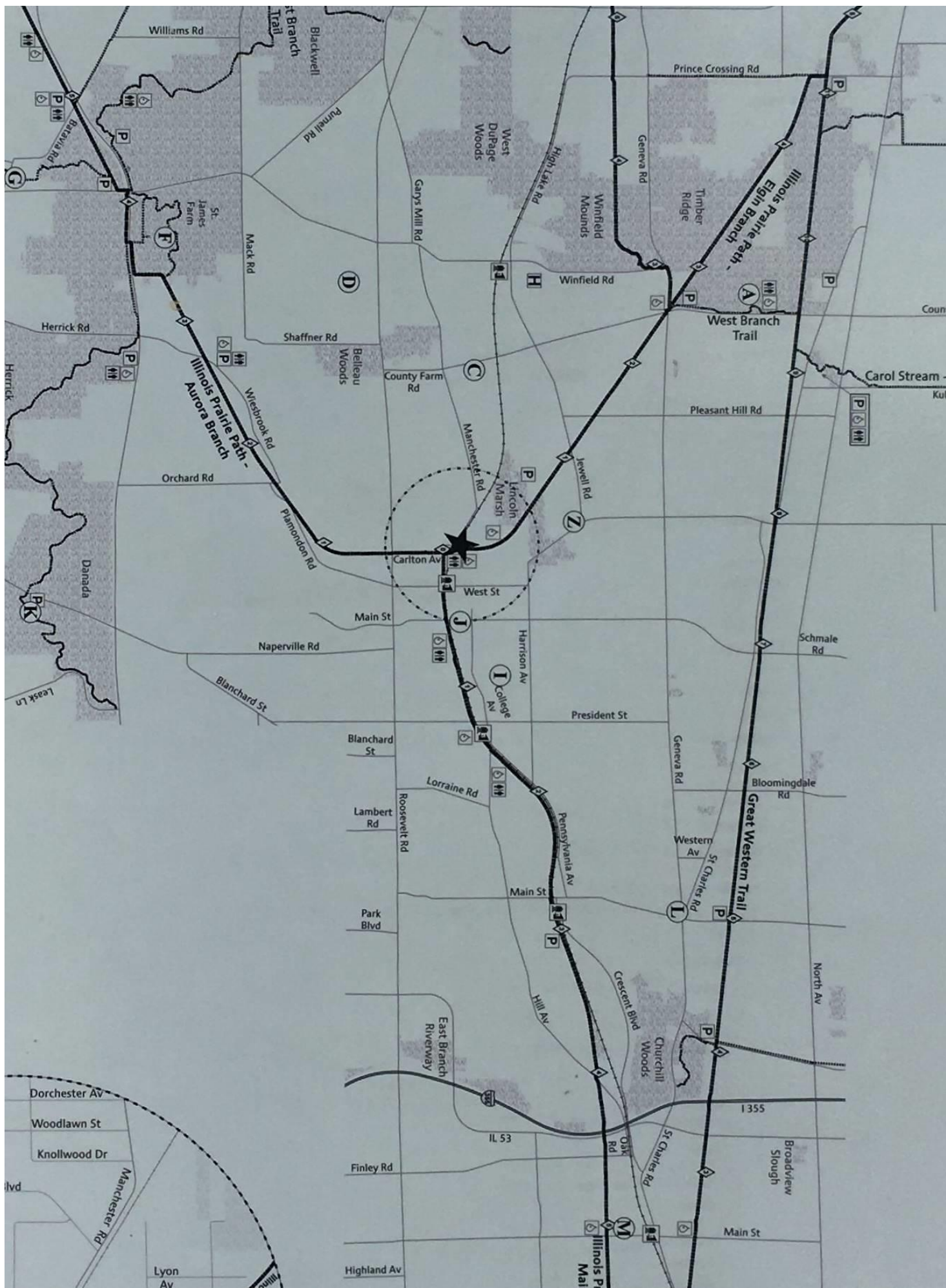
Founded in 1963
North America's first successful
Rails-to-Trails conversion.

Illinois Prairie Path
Other Bike Paths

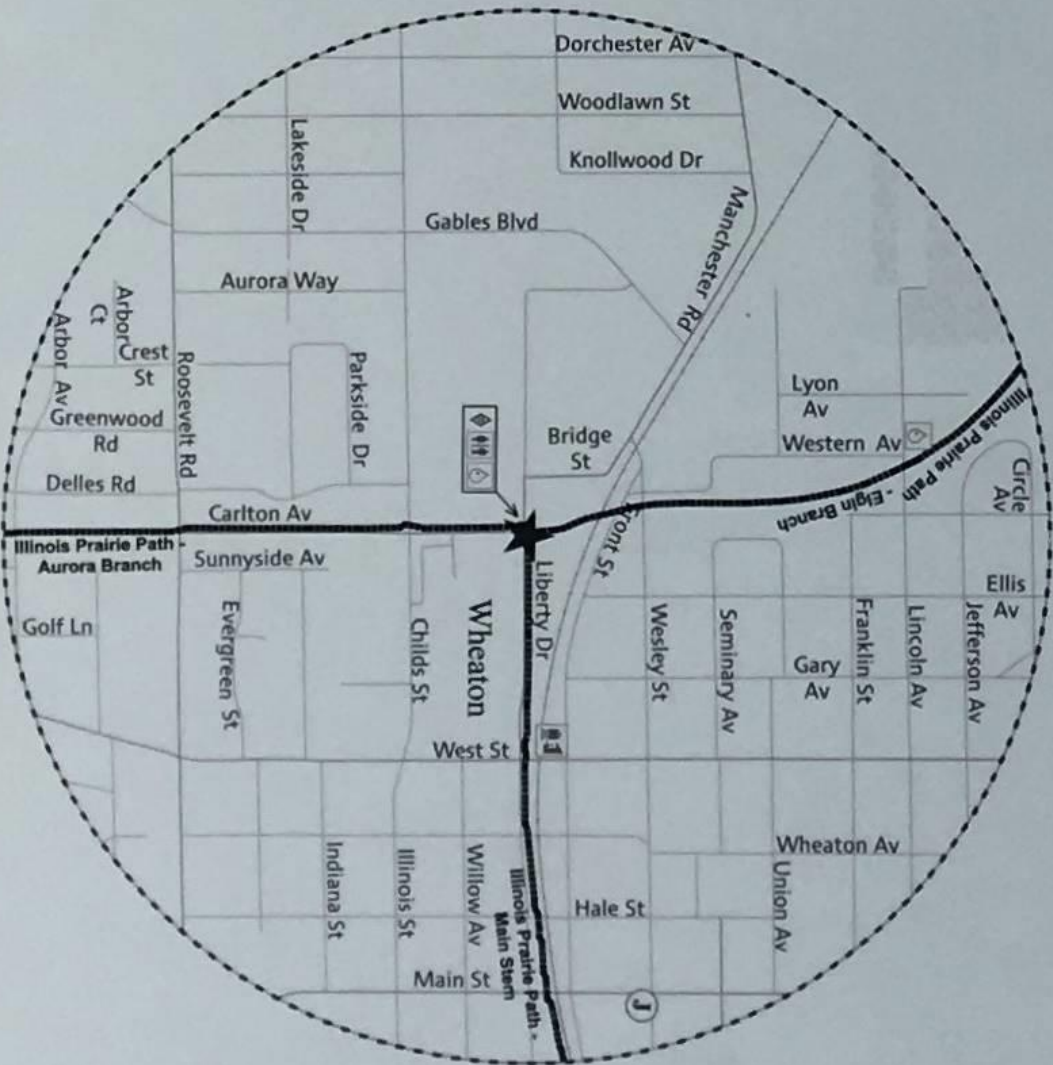


A full color detailed map of the
Illinois Prairie Path &
Great Western Trail
is included with Membership.





You Are Here



For maintenance issues,
(630) 407 - 6900

In case of Emergencies, call
9-1-1



For more DuPage County
trail maps, go to:
www.dupageco.org/bikeways

timber ridge

WEST CHICAGO

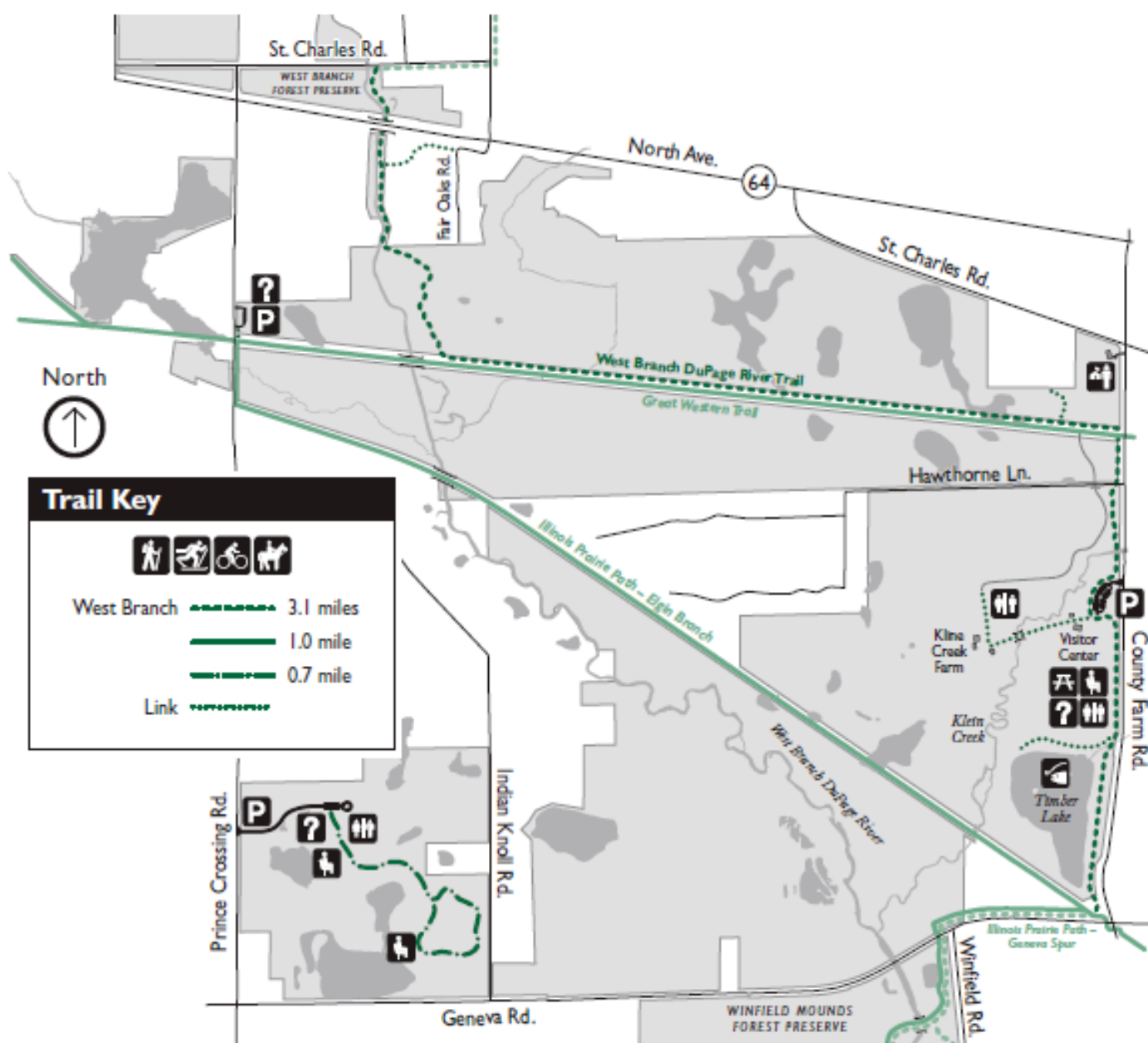
The main entrance is on the west side of County Farm Road 1 mile south of North Avenue (Route 64). A second entrance is on Prince Crossing Road 0.3 mile north of Geneva Road.

PLEASE BE AWARE

- Bikes, horses and pets not allowed in farmstead

PRESERVE FEATURES

- Trailhead for Great Western Trail and Illinois Prairie Path
- Klein Creek and the West Branch DuPage River
- Kline Creek Farm – an 1890s living history farm – and Timber Ridge Visitor Center open 9 a.m. – 5 p.m. Thursday – Monday and closed Tuesdays, Wednesdays and select holidays
- Visitor center restrooms open daily
- Fishing along Timber Lake



Lincoln Marsh



Natural Resources Management
630.653.5429
Program Info
630.871.2810
lincolnmarch.org



- Challenge Course
- Parking
- Information
- Picnic Area
- Shelter
- Program Office
- Toilets (Seasonal at Lincoln Ave. entrance)
- Overlook
- Water Fountain
- Woodland
- Marsh
- Prairie
- Grassland
- Prairie Patch Play Area
- Limestone Trail
- Boardwalk
- Woodchip Trail

St. James Farm Forest Preserve

Trail Key

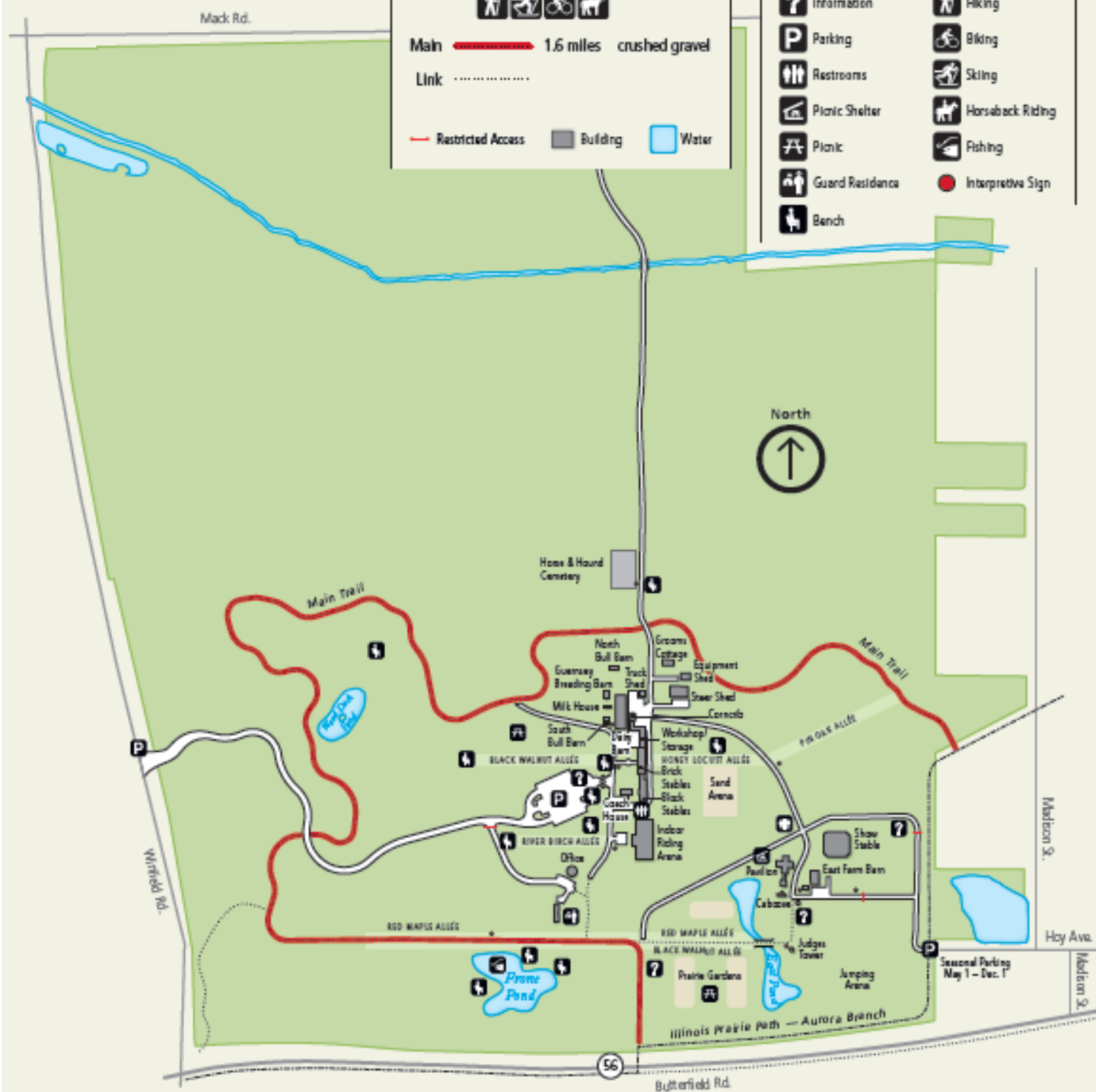
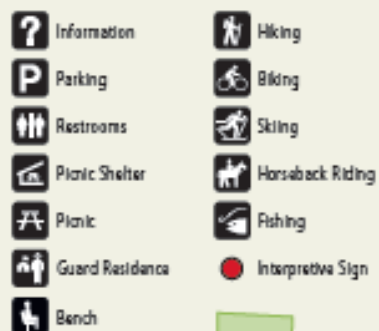


Main ————— 1.6 miles crushed gravel

Link

--- Restricted Access Building Water

Symbol Key



EMERGENCY — 911

blackwell

WARRENVILLE

The main entrance is on the north side of Butterfield Road (Route 56) 0.25 mile west of Winfield Road and 1 mile east of Route 59. Parking is also available on Mack Road east of Route 59.

