



# GET CONNECTED. GO EXPLORE...

QC Trails is a free online trails portal that allows users to search and display information and maps for over 200 miles of non-motorized trails across the Quad Cities, Illinois/Iowa.



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



Great River Trail (Illinois)

## GET STARTED TODAY

- Visit the website: [www.qctrails.org](http://www.qctrails.org).
- Create a free QC Trails account.
- Search and discover trails that you want to explore.
- Go for a hike, bike, trail run, or paddle. Move more!
- Save your trail experience using "My Trails."
- Help QC Trails get the word out. Share the website with others!



## FOR MORE INFORMATION

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## DISCOVER NEW TRAILS

Finding opportunities to move more and be active outdoors in the Quad Cities just got a whole lot easier!

Whether you are looking for a weekend hike, an afternoon stroll, a new trail to run, a great place for a family bicycle ride, or want to try a new adventure like paddling a water trail, use QC Trails to search a growing collection of four-season trails in the Quad Cities.

Each detailed QC Trails posting features:

- An interactive map showing the trail system and important points of interest like parking areas, natural attractions, and parks.
- Trailhead directions to the primary access points.
- A description of the trail system and experience.
- Information and links to trail managers.
- Photographs and video links.
- Comments submitted by trail managers and account holders.



Mississippi River Trail (Iowa)

## LOG TRAILS & EARN BADGES

When you create a free QC Trails account, you can keep track of all your trail adventures in one convenient place called "My Trails."

- Mark trails that you have completed and indicate which ones are your favorites.
- Create a wishlist of trails that you absolutely must get to soon.
- Add a trail log to save notes about your experience, keep track of how far you hiked, biked, ran, snowshoed, skied, or paddled.
- Earn badges when you complete different trail challenges and showcase your accomplishments.



The QC Trails website was developed as part of the Be Healthy QC project and was funded by the Centers for Disease Control and Prevention (CDC) Partnerships to Improve Community Health (PICH) Grant. Learn more at: [www.behealthyqc.org](http://www.behealthyqc.org)