

Rock River Trail Bike Route

From Sunset Park, Rock Island, Ill. (Quad Cities at the Mississippi River) to Prophetstown, Ill. along the River of the Heartland, with Milan River Confluence Route Option.



Mileage from the Mississippi River - 51.8 miles

GO	DIR	ON	MILES	TOTAL
Str	SE-E	Sunset Park on 31st Ave in Rock Island, Ill. - <i>connection with Great River Trail</i>	3.1	3.1
R	S	38th St	0.7	3.8
L	E	45th Ave - (<i>Old Blackhawk Rd</i>) - <i>turn before Blackhawk Rd/IL 5</i>	0.4	4.2
R	S	44th St - <i>cross Blackhawk Rd/IL 5</i>	0.4	4.6
L	E	Bike Trail - <i>in Ben Williamson Park</i>	0.2	4.8
Str	E	Bike Trail - <i>do not take loop ramp up to bridge (*see below for Milan route option to Rock River-Mississippi River confluence)</i>	0.6	5.4
R	S-E	7th St/North Shore Dr in Moline, Ill.	1.6	7.0
Str	E	Kiwanis Trail	0.2	7.2
Str	E	North Shore Dr	0.4	7.6
L	N	36th St	0.2	7.8
R	E	49th Ave	0.4	8.2
Str	E-S	Bike Trail	0.1	8.3
L	E-N	Bike Trail - <i>take left turn, proceed between buildings (do not follow trail towards river)</i>	0.3	8.6
R	E	49th Ave	0.2	8.8
L	N	48th St	0.4	9.2
R	E	44th Ave	0.4	9.6
L	N	53rd St - <i>cross John Deere Rd/IL 5</i>	0.1	9.7
R	E	38th Ave - <i>straight across 70th St</i>	1.9	11.6
Str	E	John Deere Pkway - <i>bear left at stop</i>	0.8	12.4
R	SE-E	Coaltown Rd in Silvis, Ill.	0.8	13.2
L	N-E	Friendship Farm Rd	1.0	14.2
L	N	Troy Dr/Heather Knoll	0.1	14.3
R	E	Colona Rd - <i>paved shoulders</i>	0.5	14.8
L	N	IL 84/S 2nd Ave in Carbon Cliff, Ill. - <i>connection with Grand Illinois Trail</i>	0.2	15.0
R	E	10th St	0.1	15.1
L	N	S 1st Ave	0.5	15.6
Str	N	N 1st Ave/172nd St N	1.6	17.2
R	E-N	Barstow Rd/226th St N/1st Ave N/265th St N/Co Rd GG	9.4	26.6
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GO	DIR	ON	MILES	TOTAL
		<i>From page 1 - Barstow Rd/226th St N/1st Ave N/265th St N/Co Rd GG</i>		
R	E	38th Ave N to IL 92 in Joslin - truck traffic, no shoulder <i>(#see below for alternative route to Hillsdale, Ill. to avoid traffic on IL 92 east to Joslin)</i>	1.8	28.4
R	S	290th St N	0.5	28.9
L	E-N	34th Ave N to 307th St N/320th St N/Cty Rd V	5.7	34.6
Str	N	Jackson St in Hillsdale, Ill. <i>(^see below for alternative route to Prophetstown, Ill. to avoid unpaved Jersey Rd)</i>	0.7	35.3
R	E	Main St	0.6	35.9
Str	E	Jersey Rd - <i>crushed limestone; road winds and follow first right</i>	3.2	39.1
Str	N	River Rd to Main St in Erie, Ill.	3.2	42.3
R	SE	5th Ave/Erie Rd - <i>cross river bridge</i>	2.4	44.7
L	NE	Cooper Rd	1.0	45.7
L	NE	Vandamme Rd	3.4	49.1
L	NE	Springhill Rd/Grove St to Prophetstown, Ill.	2.2	51.3
R	E	W 5th St	0.3	51.6
L	NE	Washington St to 3rd St in downtown Prophetstown, Ill. 😊	0.2	51.8

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		#Alternative route to Hillsdale, Ill. to avoid traffic on IL 92 east to Joslin		
L	W	38th Ave N from Co Rd GG	1.2	1.2
R	NE	Moline Rd/Old Rt 2 - <i>higher traffic at end, past I-88</i>	6.5	7.7
R	E	Main St in Hillsdale, Ill.	0.8	8.5
		^Alternative route from Hillsdale, Ill. directly across river to Prophetstown, Ill.		
Str	S	Jackson St from Main St in Hillsdale, Ill. bear left	0.7	0.7
L	E	83rd Ave/Hurd Rd - <i>cross river bridge</i>	1.3	2.0
Str	E	Hurd Rd	3.1	5.1
L	NE-E	Springhill Rd/Grove St to Prophetstown, Ill.	10.1	15.2
R	E	W 5th St	0.3	15.5
L	NE	Washington St to 3rd St in downtown Prophetstown, Ill. ☺	0.2	15.7
		*Milan route option to the confluence of the Rock River and the Mississippi River		
L	E	From bike trail in Ben Williamson Park in Rock Island, Ill.	0.0	0.0
L	N	Bike loop ramp up to bridge	0.1	0.1
R	S	Veteran's Memorial Bridge - <i>cross river</i>	0.3	0.4
R	W-NW	Exit bridge to trail on levee of Hennepin Canal State Parkway in Milan, Ill.	4.1	4.5
L	W	Connect to Big Island Rd and 56th Ave	0.3	4.8
R	N	27th St W	0.9	5.7
L	NW	Canal Rd to Hennepin Canal Lock 32 and the confluence of the Rock River and the Mississippi River ☺	0.5	6.2