

Bicycling the Greenways of McLean County

Constitution Trail North from Connie Link to Ziebarth Road trailhead

Constitution Trail South from Connie Link to Route 9 trailhead

From Connie Link Amphitheater, it's 4.5 miles to the north trail head or 7 miles to the south trail head. Either direction is a wonderful ride on primarily protected trail. To the north, stops or short detours can include Illinois State University, Uptown Normal restaurants and shops, Fransen Nature Area, and Rosa Park Commons. To the south are brewpubs, Illinois Wesleyan University, and Downtown Bloomington restaurants and shops. The ride can be short or long and is perfect for all abilities, including families and kids.

Destination: Fransen Nature Area

Located off an east-west extension of Constitution Trail along Raab Road, Fransen Nature Area is a good destination for the casual cyclist and a family-friendly ride. Three miles from Connie Link Amphitheater and 6 miles from Tipton Park via Constitution Trail, this naturalized prairie has a pedestrian walkway and a fishing pond. [Fransen | Normal, IL - Official Website \(normalil.gov\)](http://normalil.gov)

Funk's Grove Nature Preserve/Sugar Grove Nature Center

This recent extension of Constitution Trail provides a great bike ride from Bloomington/Normal all the way to Funk's Grove Nature Preserve, and it's next door neighbor, Sugar Grove Nature Center. Eighteen miles from Connie Link Amphitheater, this ride is for the intermediate cyclist. Upon arrival at Funk's Grove, take in this unique virgin forest, one of the largest remnants in Illinois. Next to the preserve is Sugar Grove Nature Center with hiking trails, nature trails and a nature center.

Comlara Park / Lake Evergreen

For mountain bike enthusiasts, this is the place. About 15 miles north of Bloomington/Normal, the park has 10-15 miles of mountain bike trails, both single and double track, and from beginner to moderate cycling levels. [Comlara Off Road Biking Association](http://comlara.org) (CORBA) provides organized rides for all levels throughout the year.

Lake Bloomington

Two 'lake roads', one that goes around the lake and a second, smaller loop-road, make for excellent, scenic cycling, with views of Lake Bloomington and refreshments available at Lake Road Inn. Much of the Lake Road is shaded and relatively low traffic, making for a particularly enjoyable ride suitable to all abilities.

Moraine View State Park

For the longer-distance cyclist, the ride to Moraine View State Park from Bloomington/Normal is a 2-hour (22 miles each way) ride at a comfortable pace from Bloomington-Normal, or you can transport your bikes out to this beautiful park and cycle around Dawson Lake on the winding, tree-shaded roads inside the park.