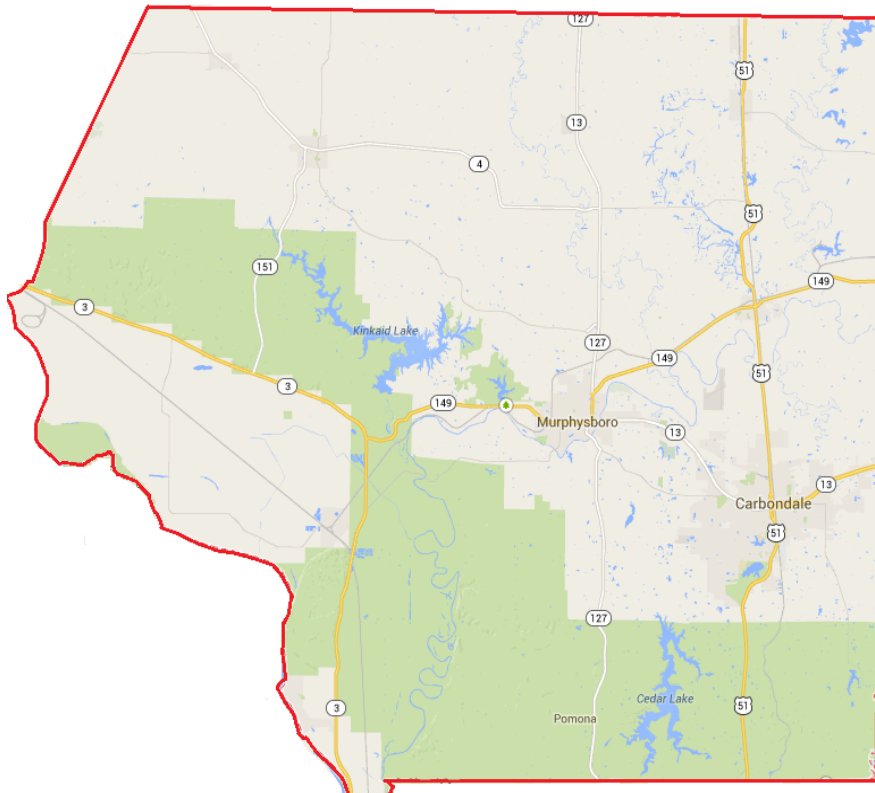
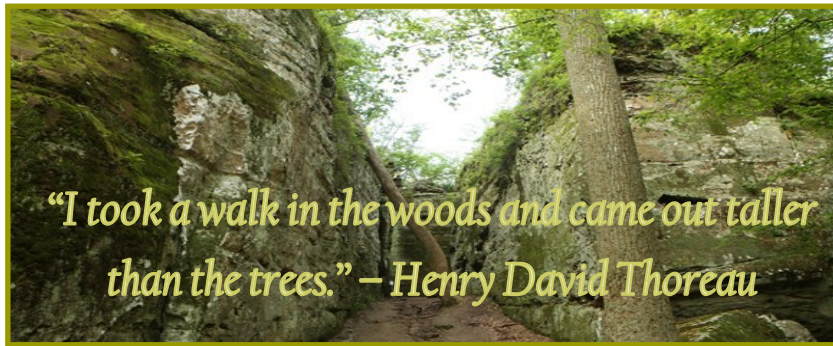


Jackson County, Illinois

OUTDOOR PHYSICAL ACTIVITY GUIDE



Jackson County, Illinois

If you have additional sites to add to this booklet, please contact: (618) 684-3143, ext. 133 or 134



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

-John Fitzgerald Kennedy



Jackson County

OUTDOOR PHYSICAL ACTIVITY GUIDE

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Pomona Natural Bridge. Pomona, Il

Outdoor Recreation Clubs

Southern Illinois Outdoor Activity Group

Purpose is to promote outdoor activity and socialization through hiking, cycling, trail running etc. Everyone is welcome. Meet at the SportsBlast parking area in Carbondale at 1 PM on scheduled Sundays.

Contact: Kelly Hoffmann,

Email: bufohof@gmail.com.

<https://www.facebook.com/groups/SIHikers/>

Waiting for feedback—emailed on 11-10-20

River To River Runners

The River to River Runners Club was established in 1984 promote running and fitness in Southern Illinois.

<http://rivertoriver.net>

Salukis Masters Swim Club

The Saluki Masters Swim Club is a swim fitness program for adults interested in swimming for exercise. Offers structured workouts along with coaching and camaraderie to help improve your stroke and develop strength, speed and endurance. You determine your level of participation.

<http://www.swimslam.org/SMSC/>



Saluki Kickoff 5K Walk/ Run
September/ Southern Illinois University Stadium
<https://siusalukis.com/sports/2020/10/15/saluki-5k>

American Heart Association Heart Walk
Check link for local events
https://www2.heart.org/site/TR/HeartWalk/MWA-MidWestAffiliate?pg=entry&fr_id=5212

For more information and to find more races visit:

[http://www.runningintheusa.com/Race/ListByCityRadius.aspx?](http://www.runningintheusa.com/Race/ListByCityRadius.aspx?Rank=All&State=IL&City=Carbondale&Radius=25)

[Rank=All&State=IL&City=Carbondale&Radius=25](http://www.runningintheusa.com/Race/ListByCityRadius.aspx?Rank=All&State=IL&City=Carbondale&Radius=25)

[Orhttp://www.runningintheusa.com/Race/ListByCityRadius.aspx?](http://www.runningintheusa.com/Race/ListByCityRadius.aspx?City=Carbondale&State=IL&Radius=25&Rank=All&Page=1)

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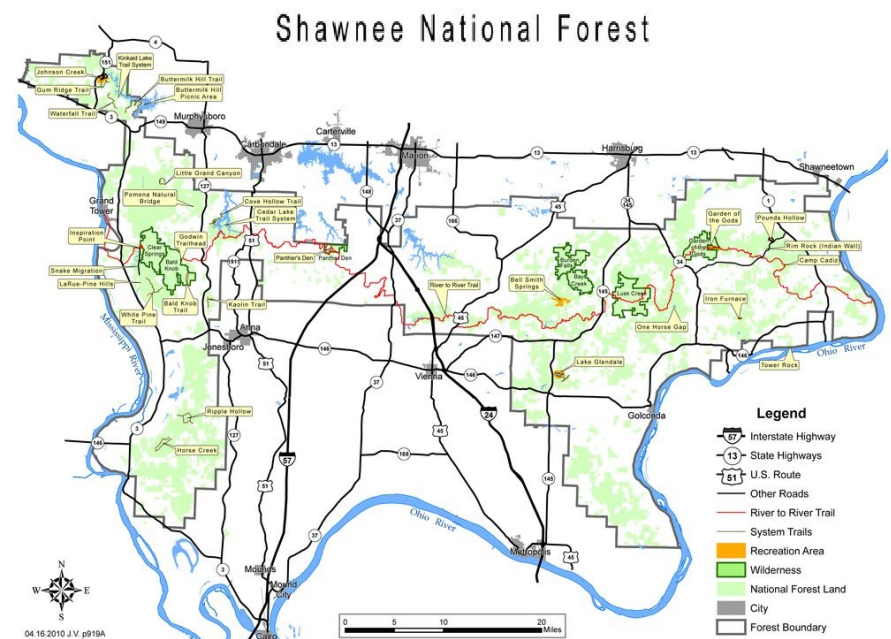
Check links for local events/races/walks cancelations due to COVID-19 for 2020.



“Nature itself is the best physician” -Hippocrates

Purpose

Jackson County is located in the beautiful Shawnee National Forest and is home to many outdoor recreation sites, nature preserves, walking paths and parks for all to enjoy. This booklet was created as a guide for residence of Jackson County to find places close to home to get outside and get active!



Parks

Attucks

400-800 N Wall St. Carbondale, IL

Attucks offers playground equipment, basketball courts, soccer fields, football fields, tennis, and multi-use shelters. Also has three paved walking paths that are .35, .40 and .61 miles in length.

Bower Park

400 S. 3rd St & Ava Rd. Ava, IL

Offers baseball fields, playground equipment, and walking paths.

Boo Rochman Memorial Park (Castle Park)

Giant City Rd. Carbondale, IL

Castle park is a gated playground made up of a wooden castle and a showcase of trees, flowers and handmade sculptures of gremlin, gnomes and other fantasy creatures. The park is open 8AM till dusk and has no admittance fee.



Boo Rochman Memorial Park

Doug Lee Park/Superblock

601 S. Lewis Ln. Carbondale, IL

Offers eight soccer fields and four baseball/softball fields, playground equipment, and walking paths.

Dowell Community Park

Dowell, IL

Offers baseball fields and playground equipment

“Time spent amongst trees is never wasted time.”

–Katrina Mayer

River to River Races

Fly With the Eagles Half Marathon

February/ Carb Orchard Wildlife Refuge Marion, IL

<https://runsignup.com/Race/IL/Marion/FlywiththeEaglesHalfMarathon>

“Rec” Your Body Indoor Triathlon

February/ Southern Illinois University Rec Center Carbondale, IL

<https://rec.siu.edu/classes-and-events/recyourbody.php>

Polar Donut Dash 5K/Carbondale Polar Plunge

February/SIU Campus

<https://police.siu.edu/watch-dawg/201602/special.php>

Santa Speedo & Mrs. Claus in Bras 5K Run/Walk

Southern Illinois World AIDS Day 5K Run/Walk - December, Carbondale, IL

<https://runsignup.com/Race/IL/Carbondale/>

[SouthernIllinoisWADSantaSpeedoandMrsClauseinBras5kWalkRun](https://runsignup.com/Race/IL/Carbondale/SouthernIllinoisWADSantaSpeedoandMrsClauseinBras5kWalkRun)

Rocky Ledges 5K

Touch of Nature Environmental Center. Makanda, IL

<http://rockyledges5k.siu.edu/>

Relay for Life - Jackson County - Murphysboro

Murphysboro, IL

https://secure.acsevents.org/site/STR?pg=entry&fr_id=99758

River to River Relay

Teams of 8 compete in a relay race from the Mississippi to the Ohio river

April/ Starts near Wolf Lake and ends in Golconda, IL.

<http://rrr.olm.net/>

Apple Time 5K Walk/Run

September/ The Old Depot. Murphysboro, IL

<https://murphysboroapplefestival.org/event/appletime-5k-and-fun-run/>

“It does not matter how slow you go, as long as you do not stop.”-Confucius

SIU Campus Lake Path

Southside of Southern Illinois University Campus, Carbondale, IL
2 mile paved trail with exercise challenge stations

St. Joseph Memorial Hospital Path

2 S. Hospital Dr. Murphysboro, IL
1/4 mile trail with slight inclines

The David Kenney Trail

N. Chautauqua Rd. Carbondale, IL
Chautauqua Bottoms Nature Preserve
1 mile trail

The Maurice Webb Trail

N. Chautauqua Rd. Carbondale, IL
Chautauqua Bottoms Nature Preserve
1.3 mile

The Stan Harris Trail

Oakland Nature Preserve
1 mile trail through woodland a prairie habitats

The Woodland Spur Trail

Chautauqua Bottoms Nature Preserve
N. Chautauqua Rd. Carbondale, IL
.75 mile trail

The Woodland Trail

Oakland Nature Preserve
Oakwood Bottoms Rd. Grand Tower, IL
1 mile trail

U of I Extension Path

402 Ava Rd. Murphysboro, IL. 1/4
mile trail

Green Earth

Greeneearthinc.org
6 different locations



Evergreen Park

1205 W. Pleasant Hill Rd. Carbondale, IL
Offers playground equipment, natural areas, walking paths, (1/3 of a mile)
fishing and baseball and softball fields.

Lenus Turley Park

109 N. Glenview Dr. Carbondale, IL
Playground equipment

Longfellow Park

N 20th St. Murphysboro, IL
Tennis courts, baseball and softball
fields, basketball courts and
playground equipment.

Oakdale Park

940 N. Oakland Ave. Carbondale, IL
Soccer fields, playground equipment,
natural areas, walking paths and
multi-use fields.

Parkview Park (9th St. Park)

N. 9th St. Murphysboro, IL
Playground equipment and basketball courts

Parrish Park/ Life Community Center

2500 W. Sunset Dr. Carbondale, IL
Basketball courts, walking paths, soccer fields, indoor pool and multi-use
fields.

Riverside Park

2610 W. Riverside Park Rd. Murphysboro, IL
Walking paths, dog walking path and playground equipment.

Super Splash Park

625 S Lewis Ln. Carbondale, IL
Lap pool with diving boards, water slide, lazy river,
leisure pool, play area, pavilion areas, locker rooms,
showers and family dressing area.

Tatum Heights

Cedar view & E. Cindy St. Carbondale, IL
Basketball courts, playground equipment, multi-use fields, natural areas and
softball fields.



Lenus Turley Park



Nature Preserves and Outdoor

Recreation Areas

Brush Hill Nature Preserve

<https://www.greenearthinc.org/brush-hill>
1170 E Park St. Carbondale, IL
Herbie Bleyer Walking Trail is approximately 1.0 mile in length and is moderately difficult.



Cedar Lake

Cedar Creek Rd. Carbondale, IL
<https://explorecarbondale.com/166/Cedar-Lake>
Cedar Lake is a 1,750-acre reservoir located Southwest of Carbondale. It offers visitors fishing, swimming, boating and 4 hiking trails totaling at 14 miles.

Chautauqua Bottoms Nature Preserve

<http://https://greenearthinc.org/chautauqua-bottoms-nature-preserve>
S. Emerald Ln. Carbondale, IL
Part of the Green Earth paths, Chautauqua Bottoms has three walking/hiking trails: The Maurice Webb Trail is a 1.3 mile trail through tall grass prairie and woodland area, The David Kenney Trail is a 1 mile trail through creeks and cliff banks, and The Woodland Spur Trail is a .75 mile trail to Little Crab Orchard creek or onto The David Kenney Trail..

Crab Orchard National Wildlife Refuge

Route 148 Marion, IL
http://www.fws.gov/refuge/Crab_Orchard/visit/visitor_activities.html
This wildlife refuge rests on 44,000 acres of land and water where visitors can enjoy fishing, hiking, wildlife viewing and camping.

Devil's Backbone Park

1 Brunkhorst Ave. Grand Tower, IL
Facebook: Devils Backbone Park and Campground
Activities offered at Devil's Backbone include: hiking and biking trails, fishing, basketball courts, batting cages and camping.

Fernlands Nature Preserve

<http://https://greenearthinc.org/fernlands-nature-preserve>
Kennedy Rd. Carbondale, IL
This 21 acre nature preserve is a forested area with a 2 mile hiking and walking trail. The Arnold Family Trail is moderate intensity.

Walking Paths

Attucks Park Path

400-800 N Wall St. Carbondale, IL
Trail 1: 0.6 miles Trail 2: 0.35 miles Trail 3: 0.4 miles

Downtown Bike Path

Carbondale, IL
Runs North/South from Main St. to SIU
Campus, 1.4 miles.



Evergreen Park Path

1205 W. Pleasant Hill Rd. Carbondale, IL
1/3 mile trail

Greenway Bikeway Path

Carbondale, IL
Connects Walnut St., Wall St. & Grand Ave.

Herbie Bleyer Trail

Park St. Carbondale, IL
Brush Hill Nature Preserve
1 miles trail of moderate difficulty



Marberry Arboretum

S. Wall St. & Pleasant Hill Rd. Carbondale, IL
2/3 mile trail of moderate difficulty

Memorial Hospital of Carbondale

405 W. Jackson St. Carbondale, IL
0.7 mile flat and paved trail

Riverside Park Path

2610 W. Riverside Park Rd. Murphysboro, IL
1 mile paved path with benches and restrooms.

Touch of Nature Multi-Use Mountain Bike Trails

Due to open soon! About 10 miles of trail so far.

“All truly great thoughts are conceived while walking.”

-Friedrich Wilhelm Nietzsche

Little Grand Canyon

Hickory Ridge Rd. Murphysboro, IL
<http://www.fs.usda.gov/recarea/shawnee/recreation/hiking/recarea/?recid=27713&actid=50>

A 3.6 mile hiking loop that goes through rugged landscape with extreme changes in elevation. The trail takes visitors through rocky creek beds, and bluffs. From the higher elevations there are panoramic views of the canyon, the Big Muddy River bottoms and Fountain Bluff.



Oakland Nature Preserve

North Oakland Ave. Carbondale IL

<https://www.greenearthinc.org/oakland-nature-preserve>

Part of the Green Earth Paths, Oakland Nature has two walking/hiking trails. The Stan Harris Trail is 1.0 mile and winds through woodland and prairie habitats. The Woodland Trail is also approximately 1.0 mile and is entirely wooded

Oakwood Bottoms Greentree Reservoir

Oakwood Bottoms Rd. Grand Tower, IL

<http://https://www.alltrails.com/parks/us/illinois/oakwood-bottoms-greentree-reservoir-interpretive-site>

The reservoir has 2 nature trails. The Walk of Life Trail is a .25-mile loop on a boardwalk with interpretive signage that goes through one of the flooded timber impoundments. The .5 mile Lake Trail loops around a small pond on a mowed grass path and features rest benches and a fishing pier.

Pyles Fork Nature Preserve

Northwest Carbondale, East of Attucks Park on N. Wall St. Carbondale, IL

<https://www.greenearthinc.org/pyles-fork-preserve>

124 acres of hardwood bottom land and wetlands, Pyles Fork offers a 1 mile hiking trail.

Pomona Natural Bridge

Natural Bridge Rd. Pomona, IL

<http://www.shawneeforest.com/Hiking/PomonaNaturalBridge.aspx>

An easy 1/2-mile trail features a natural bridge made of sandstone after millions of years of erosion.

Giant City State Park

235 Giant City Rd. Makanda, IL,

<http://https://www2.illinois.gov/dnr/Parks/Pages/GiantCity.aspx>

Giant City is a 4,000 acre state park that offers visitors a variety of hiking trails ranging from .3 to 12 miles. Also offered is fishing, camping rock climbing and horse back riding.

Johnson Creek Recreational Area

Johnson Creek Rd. Ava, IL.

<http://https://www.fs.usda.gov/recarea/shawnee/recarea/?recid=10672>

Johnson Creek sits on the northwest finger of Kinkaid Lake and offers a variety of activities including hiking/biking trails, fishing, swimming, camping and horse-back riding.



Kinkaid Lake

52 Cinder Hill Dr., Murphysboro IL.

<http://https://www2.illinois.gov/dnr/Parks/Pages/KinkaidLake.aspx>

Kinkaid Lake offers fishing, hiking/walking trails, swimming, boating and horseback riding.

Lake Murphysboro State Park

52 Cinder Hill Dr. Murphysboro, IL

<http://https://www2.illinois.gov/dnr/Parks/Pages/LakeMurphysboro.aspx>

Located next to Kinkaid Lake, the park offers visitors fishing, swimming, hiking and walking trails, camping and an archery range.

