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Vermilion County Health Department



Public Health
Prevent. Promote. Protect.

www.vchd.org

UIC COLLEGE OF NURSING
UNIVERSITY OF ILLINOIS AT CHICAGO
Urbana Regional Program
<http://www.uic.edu>

 **Presence™**
United Samaritans
Medical Center HALO Project
presencehealth.org/unitedsamaritans



www.vermilionadvantage.com/



Let's Walk Vermilion County

Community Websites

Danville

<http://www.cityofdanville.org/>

Georgetown

<http://georgetownil.com>

Hoopeston

<http://www.hoopeston-il.gov/>

Tilton

<http://www.tiltonil.com/>

Westville

<http://www.villageofwestville.com>

Agency Information

USDA – Center for Nutrition

<http://www.choosemyplate.gov>

Danville Let's Move Initiative for Childhood Obesity Coalition

www.presencehealth.org/halo

Vermilion County Health Department

www.vchd.org

Center for Disease Control

<http://www.cdc.gov/>

Illinois Department of Public Health

<http://www.idph.state.il.us/>

Welcome to the Let's Walk Vermilion County Brochure

This brochure identifies walking paths, of approximately 1 mile each, in 15 communities within our county. We encourage you to take the opportunity to take a walk in your community with a “walking buddy”, with your family, or with a group and to explore other walking paths throughout our county.

We would like to thank the cities, towns and villages that graciously collaborated with us on this project!

Vermilion County We Choose Health Coalition

Walking Benefits

- Walking is an easy way to increase physical activity with no extra equipment except for you!
- Walking has many benefits to your body. It helps reduce your risk of heart disease, diabetes, stroke and osteoporosis.
- Thirty minutes of walking most days of the week will help improve and maintain your health. The 30 minutes can be divided into 10 minute increments throughout the day.
- Walking is an opportunity for social bonding with a friend, a date, a spouse, or your child. In addition, walking while talking boosts brain activity and helps maintain mental sharpness.
- In as little as 1 hour of walking, your body can burn up to 422 calories. This is compared to the 76 that you may burn sitting at the computer or watching TV.

Our Fight Against Obesity

Prevention is the best strategy for fighting obesity. This can be accomplished by:

- Decreasing “empty calorie foods” (cookies, cake, candy, potato chips)
- Increasing your amount of physical activity
- Monitoring portion sizes during meals
- Replacing sugary beverages with water
- Limiting “screen time” to 1 hour daily
- Being a good role model for your children by eating healthy and participating in physical activity

Vermilion County Obesity Statistics

The fundamental cause of obesity is an imbalance between calories consumed and calories expended.

Overweight means body mass index (BMI) is at or above the 85th percentile and Obesity means body mass index (BMI) is at or above the 95th percentile for children of the same age and sex

For adults of the same age and sex, Overweight means body mass index (BMI) is between 25.0 - 29.9 and Obesity means body mass index (BMI) is 30 or above

- 30% of Vermilion County Residents fit the criteria For Obesity, a higher percentage than the state average of 27.7%
- 60% of Residents in Vermilion County feel they do not get enough exercise

County Parks

Forest Glen Preserve

Location:

20301 E. 900 North Road
Westville, IL 61883
217.662.2142

www.vccd.org/giforestglen.html

Facts: The park features 25 miles of trails through woods and along the Big Vermilion river, including the paved Beach Grove handicapped trail.

Kennekuk Cove

Location:

22296-A Henning Road
Danville, IL 61834
217.442.1691

www.vccd.org/gikennekuk.html

Facts: 3000 acre park features forested and prairie habitat.

Lake Vermilion County Park

Location:

2607 Denmark Road
Danville, IL 61834
217.442.1691

www.vccd.org/gilakeverm.html

Facts: This 1000-acre lake is one of Illinois' most heavily stocked lakes for fishing.

State Parks

Harry "Babe" Woodyard State Natural Area

Location:

19268 E. 670 North,
Georgetown, IL 61846
217.442.4915

Facts: This area encompasses 2.2 miles of the Little Vermilion River, supports 12 state endangered or threatened species and provides homes for 23 forest interior species.

Middle Fork State Fish & Wildlife Area

Location:

10906 Kickapoo Park Road,
Oakwood, IL 61858
217.442.4915

Facts: The Middle Fork River is the first Illinois Waterway to be included in the National Wild and Scenic Rivers System.

Kickapoo State Park

Location:

10906 Kickapoo Park Road
Oakwood, IL 61858
217.442.4915

Facts: This Park was the first in the country to be built on surface-mined land.

For more Information about trail routes, visit the official website:
<http://dnr.state.il.us/lands/landmgt/PARKS/R3/hbw.htm>

Belgium, IL

Description of Route

This route takes you through the community

Route Specifics

Directions:

- Begin at N State St and Center St, walk West on Center St until Champaign St
- Turn Right (North) and walk on Champaign St until Lyons Rd
- Turn Right (East) and walk on Lyons Rd/Smith Ave until you reach Brooks St
- Turn around and walk back to State St on Smith Ave/ Lyons Rd
- Turn Left (South) and walk on State St until you reach the starting point

Distance: Approximately 1.2 miles

Terrain: Concrete Sidewalks (some areas may be deteriorated)

Difficulty: Easy



Difficulty: Difficulty: Bismarck, IL

Bismarck, Illinois is 10 miles North of Danville. The village has a population of 542.

Description of Route

A walk through the neighborhood

Route Specifics

Directions:

- Start on the sidewalk in front of Bismarck Jr High. Head East and walk to the train tracks.
- Once you have reached the train tracks, turn around and walk back to the starting point.



Distance: 1 Mile

Terrain: Concrete Sidewalks (some areas may be deteriorated)

Difficulty: Easy

Westville, IL

Description of Route #2

The "Main Street" 1-mile route takes you down Westville's main street, named "State Street". You can walk this route or start at the beginning of this route and continue up State Street, connecting it to the "Around the Park" route for a 2-mile route.

Route Specifics

Directions:

- Starting on the sidewalks at S. State St and Virginia St., head north to the Westville Public Library
- Turn around and walk back to the starting point

Distance: 1 Mile

Terrain: Paved Sidewalks

Difficulty: Easy



Westville, IL

Located along State Route 1, Westville is the home of the first night time football game in the U.S. in 1928

Description of Route #1

The “Around the Park” 1-mile route takes you around Zamberletti Park on mostly paved sidewalks and some streets, past the Westville Public Library.

Route Specifics

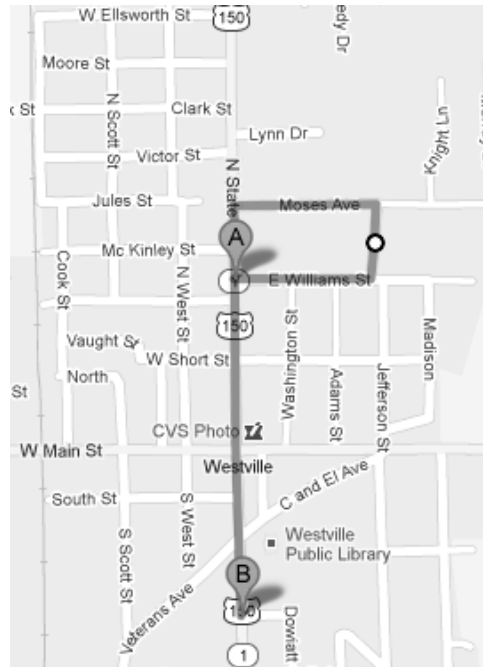
Directions:

- Starting at the southwest corner of Zamberletti Park, walk east on East Williams St to Jefferson St
- Turn left (north) on Weese Parkway to Moses Ave.
- Turn left (west) on Moses Ave to N. State Street
- Turn left and walk south on the sidewalk on N. State Street down to Iowa St, where your route will end

Distance: 1 Mile

Terrain: Paved Sidewalks and Streets

Difficulty: Easy



Danville, IL

Danville is located approximately 120 miles south of Chicago, 35 miles east of Champaign-Urbana. From 1841 to 1859, Abraham Lincoln practiced law in Danville.

Description of Route

Ellsworth Park

Directions: Located at the east end of Oakwood Avenue on the south side of the U.S. Rt. 150 Bridge. The walking route is approximately a half mile oval loop at Danville's oldest Park. The area is open and sunny. Part of the walk runs parallel to the North Fork of the Vermilion River.

Distance: 1 Mile

Terrain: Gravel park road.

Difficulty: Moderate



Danville, IL

Espenscheid Park

Directions: Located at 1680 N. Kimball Street. Turn north on Kimball from E. Voorhees Street and follow signs to Fetch Dog Park.

Espenscheid Park contains approximately 1 mile of mowed trails through a rolling meadow which was formerly a pasture. This is a very rural setting near the geographic center of town. Trails start at the blue barn. Fetch Dog Park is located within Espenscheid Park. Dogs are welcome on the trails, but must remain on a leash. This is an excellent place to walk your dog in a natural environment.



Distance: About 1 mile
Terrain: Mowed Trails
Difficulty: Easy

Sunset Funeral Home and Memorial Park

Located inside beautifully landscaped Sunset Memorial Cemetery, is a beautiful swan pond with a paved brick walkway

Distance: 13 laps around the pond is about 1 mile.
Terrain: Paved Brick
Difficulty: Easy



Tilton, IL

Description of Route # 2

This 2 Mile route takes you through Tilton. There are a few hills on this route and you get to experience Tilton's new pedestrian walkway which takes you up and over the Railroad Tracks.

Route Specifics

Directions:

- Start at 5th St and G Street and walk south down G Street. It will turn into Glendale Ave
- Turn Left (East) on Emerson Street. Emerson will turn into Myers St
- Turn left (North) on Atwood St and walk to 5th St
- Turn Left (West) and walk up the Pedestrian walkway and back to your starting point

Distance: 2 Mile

Terrain: Mainly Paved sidewalks with some street-side walking.

Difficulty: Moderate



Tilton, IL

Located just outside Danville, Tilton is where Abraham Lincoln is rumored to have spent some of his Thanksgivings with friends.

Description of Route # 1

This 1 Mile Route has a hill you walk over twice.

Route Specifics

Directions:

- Starting at the 5th Street and G Street, you will walk down G Street
- Continue on Glendale Avenue until you reach Emerson St
- You will then turn around and walk back to the start for a one mile route.

Distance: 1 Mile

Terrain: Paved Sidewalks

Difficulty: Moderate



Danville, IL

Lincoln Park

Directions: Located at 900 W English Street.

This is a very popular place for walkers drawn to the large mature oak and hickory trees. It is located in the Lincoln Park Historic Neighborhood District

Distance: A perimeter sidewalk surrounding the park is .75 miles in length.

Terrain: Sidewalk

Difficulty: Easy



Southgate Habitat Area Trail –Coming soon!

Directions: Located in the Southgate Industrial Park at the intersection of Southgate Drive and Borgen Drive. Construction of this trail will begin in 2013. It will be a .75 mile ADA-compliant paved trail. The trail will be mostly flat and will loop around a 4.5 acre pond. The surrounding area will feature native trees, shrubs, and grasses. A variety of wildlife including ducks, herons, and other waterfowl are present. Paved parking and a small shelter will be constructed.

Danville, IL

Art Fleming Trail

Directions: Located at Winterview Park, 1300 East Winter Avenue. Trail entrances are along the east side of the parking lot.

The Fleming Trail is a dirt path through a densely wooded area. The terrain is gently rolling.

Distance: 0.7 mile

Terrain: Dirt Path

Difficulty: Moderate

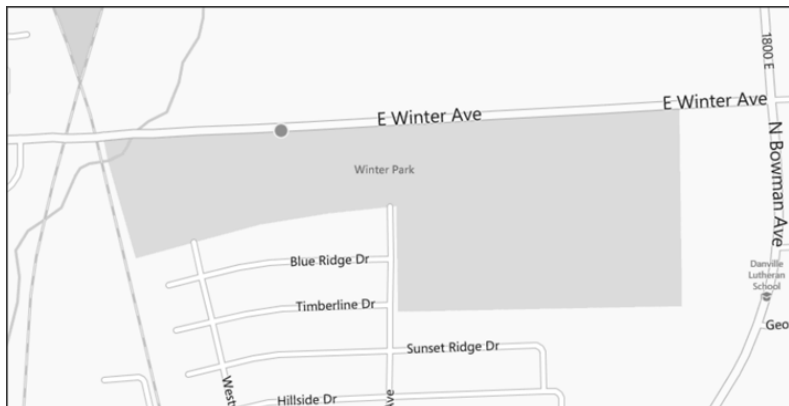
Winter Park Cross Country Course

Directions: Located around the Danville Area Soccer Complex within both Winter and Winterview Parks at 900 – 1300 East Winter Avenue. The courses begin near the entrance to Winterview Park.

Distance: There is a choice of 1, 1.5, 2, 2.5, 3, and 3.1 mile cross country courses to run or walk.

Terrain: Grass and dirt paths through gently rolling open and forested areas.

Difficulty: Moderate



Sidell, IL

Sidell a town in Southwest Vermilion County has a beautiful brick paved main street

Description of Route

This route takes you around town letting you see the brick paved main street, post office and the Library

Route Specifics

Directions:

- Starting on the North Side of town walk South on Chicago St to Lyons St.
- Turn left and walk to Gray St. Walk down Gray St, past the downtown area up to Stark St.
- Turn left and you will be back at the start.

Distance: 1 Mile

Terrain: Paved Sidewalks. Some may be deteriorated.

Difficulty: Easy



Rossville, IL

Located along the old Hubbard Trail, later called the Dixie Highway, in the 1970s Rossville was known as the Antique Capital of Illinois.

Description of Route

This 1 Mile route takes you through Rossville on the main street. On all paved sidewalks, you will be walking past the Veterans Memorial, Hubbard Trail Memorial and the downtown business district.

Route Specifics

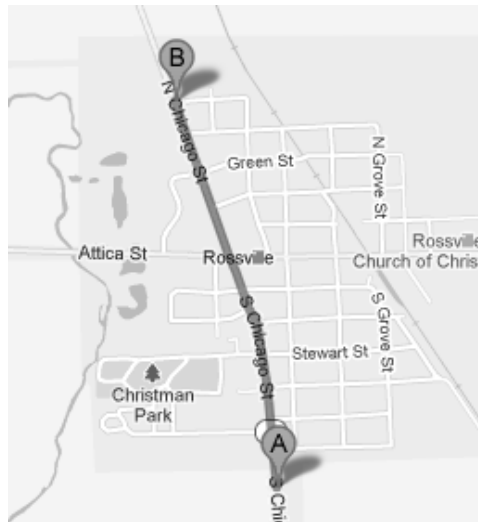
Directions:

- Begin at the Dollar General and head North on Chicago Street (Rt. 1) walking towards York Street.
- Once you reach York Street the Route is complete
- You may walk back to Dollar General as a 2 mile route.

Distance: 1 Mile

Terrain: Paved Sidewalks

Difficulty: Easy



Fairmount, IL

As of the 2010 census, the village had a total population of 642 and total housing units of 280.

Description of Route

This route will take you through Fairmount on the main street. You will be walking past the city hall, library, post office and churches.

Route Specifics

Directions:

- Begin at the corner of Vance St and Main St. Walk North on Main St
- Turn right (East) on North St. Continue North on to Chandler St
- Turn right (South) on Lincoln St and walk to State St
- Turn right (West) on State St and walk until you reach Main St again

Distance: Approximately 1.2 Miles

Terrain: Concrete Sidewalks

Difficulty: Easy



Fithian, IL

The town was named after Dr. William Fithian, who donated some of the land for the community. Dr. Fithian was a friend and supporter of Abraham Lincoln. Lincoln is rumored to have stayed at the Fithian farm just west of the town.

Description of Route

This route will take you around Fithian

Route Specifics

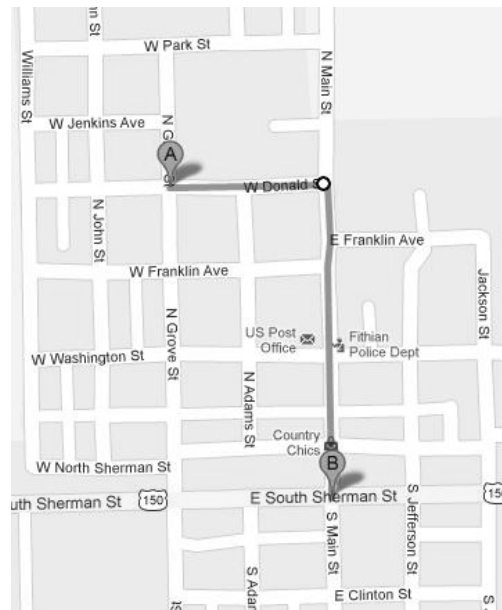
Directions:

- Begin at the corner of S. Sherman and Main St. Then walk North on Main St
- Turn left (West) on W. Donald. Walk until N. Grove St
- Turn around and follow the path back to your starting point

Distance: 0.8 Miles

Terrain: Paved Sidewalks

Difficulty: Easy



Ridge Farm, IL

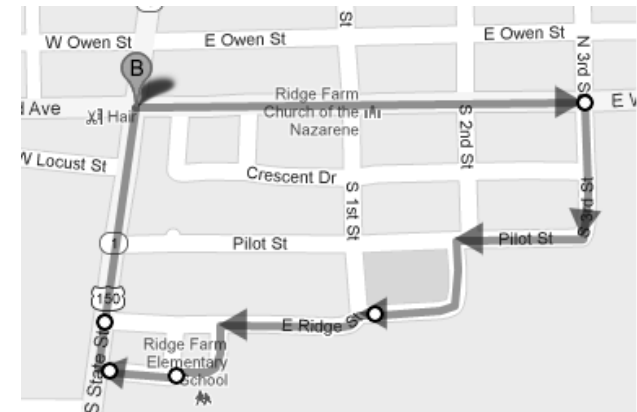
Description of Route

This route takes you down the main street and around town.

Route Specifics

Directions:

- Starting at City Hall at Woodyard and State St, walk East on Woodyard to 3rd St.
- Turn Right (South) on 3rd St to Pilot St.
- Turn Right (West) on Pilot St and walk to the street outside the park.
- Follow the outside of the park to E. Ridge St.
- Take the first left and walk past the Elementary School to S. State Street.
- Turn Right (South) on S. State Street and walk back to the City Hall.



Distance: 1 Mile

Terrain: Mostly paved sidewalks. Some street shoulder walking

Difficulty: Easy

Ridge Farm, IL

Ridge Farm was once known as the Tomato Capital of Illinois. They are the smallest town with a Carnegie Library.

Description of Route

This route takes you down the main street past the Carnegie Library, Museum, and City Hall.

Route Specifics

Directions:

- Starting at Woodyard and N State Street, at the City Hall, walk North on the west sidewalks on N. State St
- When you get to where the sidewalk ends at Garfield, Turn around and walk South on N. State Street
- Continue on N. State St until you reach the Elementary School.
- Turn around and walk back to the City Hall.

Distance: 1 Mile

Terrain: Paved Sidewalks

Difficulty: Easy



Georgetown, IL

Known for its Fair, Georgetown is located 10 miles south of Danville, Illinois. It was established in 1826.

Description of Route 1

This route takes you around Interurban Park.

Route Specifics

Directions:

- Enter Interurban Park, located between Seminary St and Perryville Ave.
- Walk around the park in any direction on the sidewalk path inside the park.

Distance: 4 rounds approximately 1 mile.

Terrain: Gravel Sidewalks

Difficulty: Easy



Georgetown, IL

Description of Route

This route is commonly referred to as the “Horseshoe”

Route Specifics

Directions:

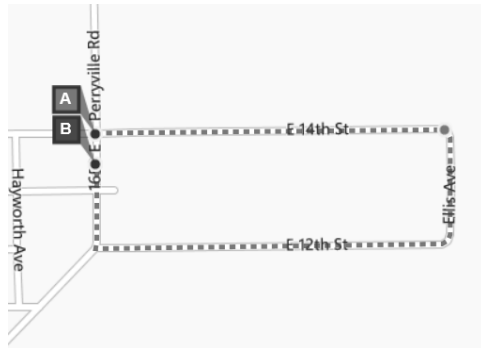
- Start at the corner of Perrysville Ave and E 14th St walk East on 14th St
- Turn right (South) on Ellis Ave
- Turn right (West) on E 12th St. Continue on E 12th St until Perrysville Ave
- Turn right (North) and walk on Perrysville Ave and walk until you are back to the beginning at the corner of 14th St and Perrysville Ave.

Distance: Approximately 1 mile.

Terrain:

Concrete sidewalk with some deterioration and shoulder walking.

Difficulty: Easy



Potomac, IL

Located along US Route 136, Potomac is in Northwest Vermilion County. Known for its Artesian Wells, you will find two of them in the city park.

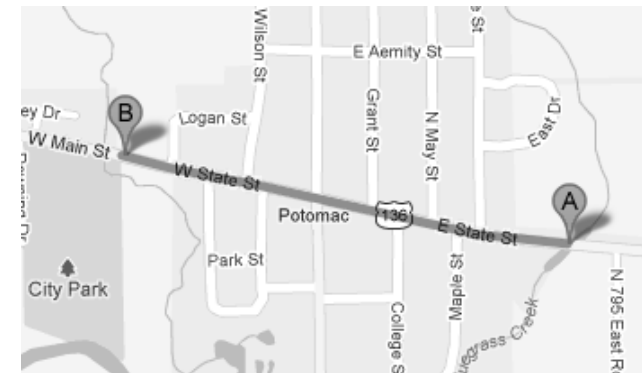
Description of Route

This route takes you from the edge of town to City Park. Once in City Park you can walk around the Park for extra walking area.

Route Specifics

Directions:

- On US 136, walk on the paved sidewalk on the South side of the highway.
- Walking West, follow this until you reach the bike trail and continue to the park. This is 0.5 miles
- You may turn around and return to the start for a 1 mile route.
- Walking around City Park will give you extra distance.



Distance: 1 Mile

Terrain: Paved sidewalks

Difficulty: Easy

Oakwood, IL

Description of Route

This South Route takes you down Oakwood Street, past the intersection of US 150 and back for a 2 mile Route.

Route Specifics

Directions:

- Starting at the park walk East towards Oakwood Street.
- Turn Right staying on the West side of the street and walk South. You will pass US 150 and walk until the sidewalk ends.
- You will turn around and walk back to Longstreth and to the Park for 2 miles.

Distance: 2 Mile

Terrain: Paved Sidewalks once you reach Oakwood St from the Park.

Difficulty: Easy



Hoopeston, IL

As the second largest city in Vermilion County, Hoopeston is known as the "Sweetcorn Capital of the World"

Description of Route #1

This route is along Illinois 9 and is from the hospital to 6th.

Directions:

Starting at the hospital, walk west to 6th Ave. That is one mile. You can walk back to the start for a 2 mile route.

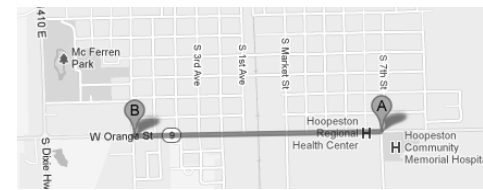
Distance:

1 Mile

Terrain:

Paved Sidewalks

Difficulty: Easy



Description of Route # 2

This route is within McFerren Park. By walking around the park on the paved street you will go 0.9 miles with each lap.

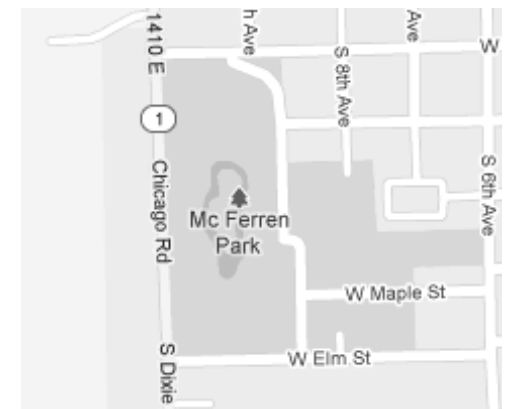
Directions:

Enter McFerren Park. Walk in any direction, completing a full circle.

Distance: About 1 Mile

Terrain: Paved Streets

Difficulty: Easy



Muncie, IL

Located along U.S. Route 150, Muncie is a small town in Oakwood Township.

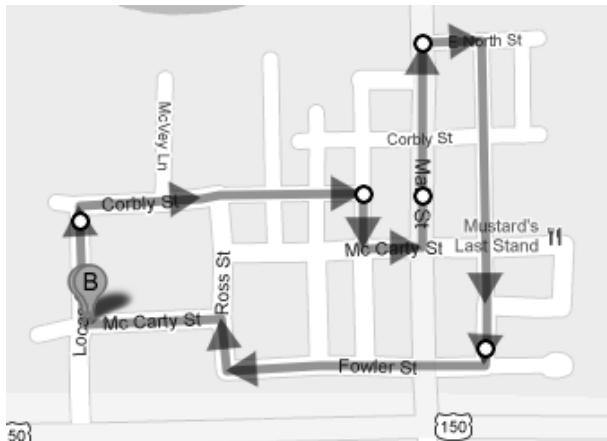
Description of Route

This 1 Mile route takes you around Muncie on a mixture of paved sidewalks and streets.

Route Specifics

Directions:

- Start at the Baseball Field. Walk North on Locust St.
- Turn Right (North) on Corbly St. Walk towards Main St
- Turn right and then quick left on McCarty St.
- Turn Left (North) on Main St, cross at North Street
- Continue to the unmarked alley and turn Right.
- Walk South down the alley until you reach Fowler St.
- Turn Right (West) and walk towards the Post Office on Fowler St.
- Continue down Fowler St to Ross St, turning Right and then Left onto McCarty St, back to the baseball fields.



Distance:
1 Mile

Terrain:
Paved Sidewalks
and Streets

Difficulty: Easy

Oakwood, IL

Originally named Oakwood Station, in June 1899 the Village of Oakwood held a bicycle meet with a 6 mile course laid out in and around Oakwood. There also was no church until 1854. Residents would walk to the far south end of town to the Finley Chapel.

Description of Route

This "Around Town" Route starts in the Park and takes you past the School, beautiful Public Library, Veterans Memorial and downtown main street.

Route Specifics

Directions:

- Start at the Park, walk East on Longstreth towards Oakwood St.
- Turn Right on Oakwood St and walk down to Park St.
- Cross over Oakwood Street and continue until Scott St.
- Turn Left (North) and walk to Sailor Street.
- Turn Right (East) on Sailor Street and walk to Olmstead.
- Turn Left (North) on Olmstead and walk until E. South Main Street.
- Turn Left (West) and walk on E South Main Street to Scott Street.
- Turn Left (South), walk down Scott Street and to Longstreth, back to the Park.



Distance: 1 Mile

Terrain: Mostly Paved
Sidewalks

Difficulty: Easy