Funding for this healthy community project was provided in part by the We Choose Health grant awarded to Presence United Samaritans Medical Center by the Illinois Department of Public Health and implemented by the following community partners:

- www.vchd.org
- http://www.uic.edu
- presencehealth.org/unitedsamaritans
- www.vermillionadvantage.com/
**We Choose Health Vermilion County**

is a group of local citizens partnered with various community agencies who are committed to

**obesity and tobacco prevention**

Our Goal is to reduce chronic disease through policy change strategies throughout Vermilion County that fall under the following three categories:

- Healthy Eating and Active Living
- Smoke Free Living
- Healthy and Safe Built Environment

Funding for these health programs is made possible by the “We Choose Health” grant awarded to Presence United Samaritans Medical Center by the Illinois Department of Public Health

**Vision**

Promoting safe and healthy communities for families in Vermilion County, Illinois

**Mission**

We Choose Health Vermilion County is dedicated to obesity and tobacco prevention through collaborative community action

by raising awareness of obesity and tobacco use as major public health epidemics;

by promoting healthy lifestyle choices through policy change and development of programs; and

by creating safe and healthy communities in which we live, learn, work, and play

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**My Walking Log**

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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
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

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**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 Perrysville 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