

Frontier-Cantigny 34.5 Miles

At Mile	Go For	Then	At Mile	Go For	Then
0.07	0.33	L onto N Kennicott Dr	20.54	0.57	L onto N Villa Ave
0.40	0.13	L onto W Maude Ave	21.11	0.20	L onto Thomas St
0.53	0.34	R onto N Ridge Ave	21.31	0.63	Continue onto Salt Creek Greenway Trail
0.87	0.06	L onto W Thomas St	21.94	0.12	Salt Creek Greenway Trail becomes E Wildwood Ave
0.93	1.22	R onto N Walnut Ave	22.06	0.16	L onto S Monterey Ave
2.15	1.13	Cross tracks and continue onto N Ridge Ave	22.22	1.28	R onto E Park Blvd
3.28	0.14	Continue through NW Community Hospital parking lot	23.50	0.06	W Park Blvd turns L and becomes S Addison Ave
3.42	0.52	Cross Central and continue South on Fernandez Ave	23.56	0.26	R onto E Division St
3.94	0.68	R onto W White Oak St	23.82	0.00	Jog R and L onto S Westmore Ave
4.62	0.65	L onto S New Wilke Rd	23.82	0.30	L onto Division St
5.27	2.17	Cross Golf and enter bike trail West	24.12	0.05	R onto S Chase Ave
7.44	0.10	R to stay on Busse Woods Bicycle Trail	24.17	0.47	L onto E South Broadway Ave
7.54	1.70	Cross Higgins Rd	24.64	0.08	L onto S Grace St
9.24	1.16	L to stay on Busse Woods Bicycle Trail	24.72	0.51	R onto E Hickory St
10.40	0.05	L onto Cosman Rd	25.23	0.05	R onto S Main St
10.45	0.55	R onto Chelmsford Ln	25.28	0.29	L onto W Willow St
11.00	0.66	L onto Wellington Ave	25.57	0.04	R onto S Elizabeth St
11.66	0.46	L onto Somerset Ln	25.61	0.89	L onto Illinois Prairie Path - Main Stem
12.12	0.14	L onto Devon Ave	26.50	2.22	Slight L onto Hill Ave
12.26	0.38	R onto N Arlington Heights Rd	28.72	0.50	L onto Lorraine Rd
12.64	0.86	Continue onto N Prospect Ave	29.22	1.25	R onto E Illinois St
13.50	2.08	L onto Salt Creek Greenway Trail (at RR tracks)	30.47	0.28	R onto S Main St; Lunch Stop
15.58	0.06	Continue onto Brookwood Dr	30.75	0.55	L onto W Wesley St
15.64	0.34	L onto Forest Preserve Dr	31.30	0.06	Cross tracks and continue onto Bridge St
15.98	2.22	Cross Addison Rd and R onto Salt Creek Greenway Trail	31.36	2.28	R onto Manchester Rd
18.20	2.27	Cross Lake St and Villa Ave; train resumes on SE corner	33.64	0.84	L onto Winfield Rd/Co 13
20.47	0.07	Trail ends; continue onto 3rd St	34.48		L at entrance

Cantigny-Frontier: 26.8 Miles

At Mile	Go For	Then	At Mile	Go For	Then
0.00	0.32	Parking Lot - Cantigny	9.61	0.26	R at fork (unnamed road)
0.32	2.40	R onto Co Rd 13/S Winfield Rd	9.87	0.02	R toward Gary Rd (unmarked?)
2.72	0.31	R onto Sidewalk S. Side of Geneva Rd.	9.89	0.30	L onto Gary Ave
3.03	0.04	L and cross Geneva Rd West of County Farm Rd.	10.19	0.25	R onto Lawrence Ave
3.07	1.03	R onto Timber Ridge Trail	10.44	0.65	L onto Keeney Rd
4.10	0.32	R onto Great Western Trail	11.09	0.06	R onto W Lake St - Caution
4.42	0.34	L onto Steven M. Ravanesi Trail (Paved)	11.15	0.22	First L onto W Bryn Mawr Ave
4.76	0.07	L to stay on Steven M. Ravanesi Trail	11.37	1.67	L onto Rodenburg Rd
4.83	0.40	R to stay on Steven M. Ravanesi Trail	13.04	0.32	Slight R to stay on Rodenburg Rd; overpass over x-way
5.23	0.79	Continue on Kuhn Road Trail (Alt Kuhn Rd.)	13.36	0.92	R onto Morse Ave
6.02	0.28	R onto Mohican Rd	14.28	0.30	L onto Mitchell Blvd
6.30	0.35	Enter unnamed trail and turn L	14.58	0.38	Cross Wise and Continue onto S Cedarcrest Dr
6.65	0.27	Continue straight onto Idaho St	14.96	0.56	R onto Sienna Dr
6.92	0.20	R onto Dearborn Cir	15.52	0.80	R onto W Weathersfield Way
7.12	0.14	R on sidewalk or unnamed path	16.32	0.45	L onto Summit Dr
7.26	0.02	R and cross bridge	16.77	0.54	R at path past Stock Port
7.28	0.14	L at "T"	17.31	1.28	L onto Path parallel to Plum Grove Rd; cross Higgins Rd
7.42	0.55	Cross Lies Rd & continue on Fountain View	18.59	1.17	R onto path on south side of Woodfield Rd
7.50		Turn Right at Goldenhill	19.76	0.44	L onto Busse Woods Bicycle Trail
7.70		Turn Left on Old Gary Rd	20.20	1.14	Cross 53 and L to stay on Busse Woods Bicycle Trail
7.97	0.09	R onto Stark Dr	21.34	0.64	Head northeast toward S New Wilke Rd
8.06	0.50	L onto N Gary Ave	21.98	3.61	L onto S New Wilke Rd
8.56	0.28	L onto Scott Dr	25.59	0.50	R onto W Thomas St
8.84	0.64	R onto Covington Dr	26.09	0.61	L onto N Kennicott Blvd
9.48	0.08	R onto W Schick Rd	26.70		R at parking lot