

# Mississippi River Connections **WALKING GUIDE**



  
**RiverWay**  
Quad Cities

## Take the Official **Walking Guide Quiz!**















- 1. How far do you need to walk to burn off the calories in one piece of M&M candy?*  
A. 50 feet B. The length of a football field C. One-half mile D. One mile
- 2. Brisk walking (faster than 3.5 miles per hour) has been shown to:*  
A. Reduce body fat B. Lower blood pressure C. Increase high-density lipoprotein  
D. Reduce risks of bone fractures E. All of the above
- 3. A 150-pound person walking just one mile can exert a force of ?? on a single foot:*  
A. 64 tons B. 64 pounds C. 6.4 tons D. 6.4 pounds
- 4. What percentage of American workers walk to work:*  
A. 1.24% B. 2.47% C. 10.62% D. 15.86%
- 5. An average person takes how many step each day?*  
A. 2,000 to 3,000 B. 3,000 to 5,000  
C. 5,000 to 8,000 D. 8,000 to 10,000

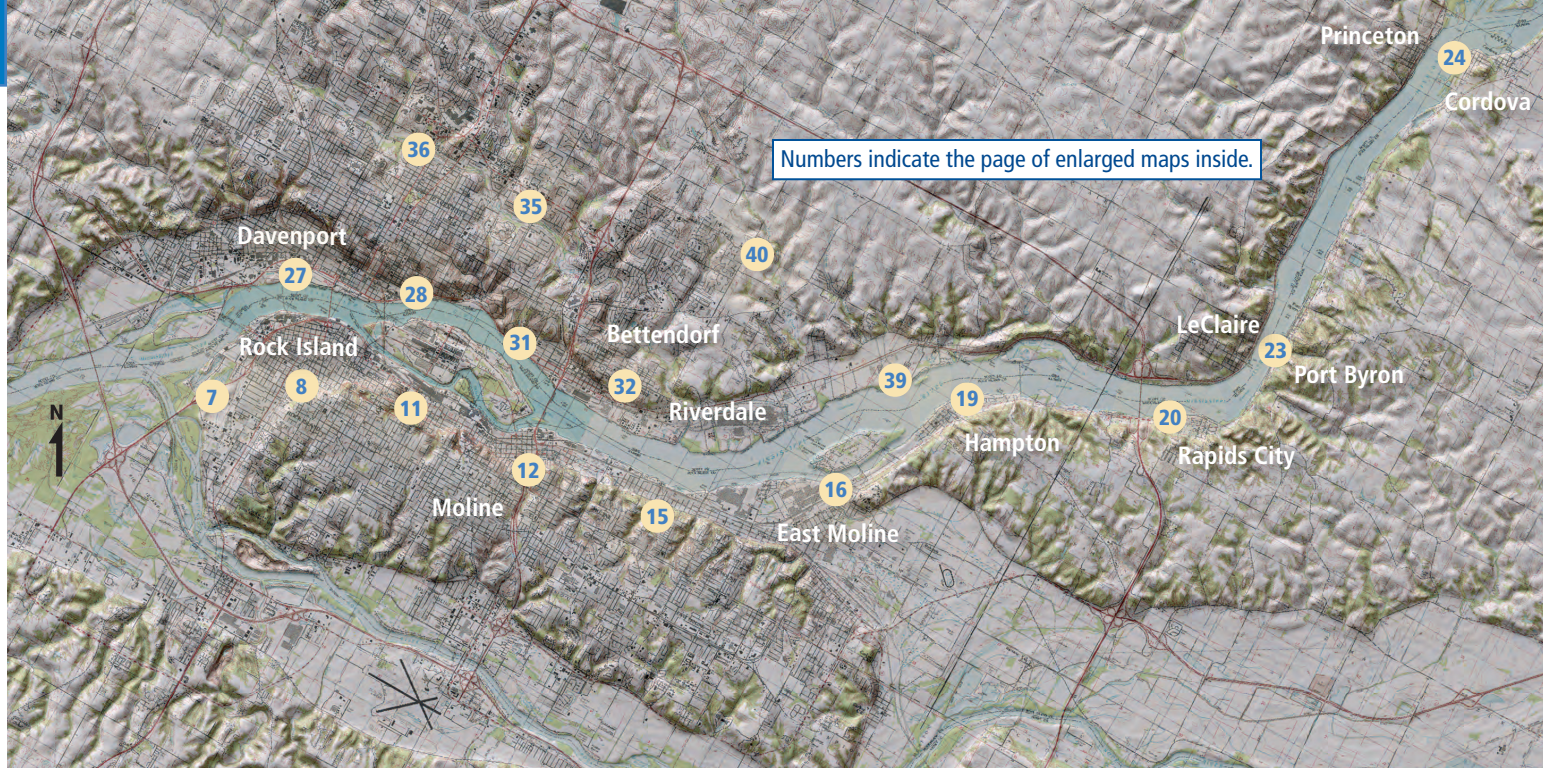
**Answers on back page!**

Brought to you by



# Legend

-  Trail
-  On-street with bike lane
-  Shopping
-  Parks
-  Canoe/kayak rental
-  Bicycle rental
-  Restrooms
-  Water
-  Parking
-  Playground
-  RiverWay art
-  Boat launch
-  Marina
-  River mile marker

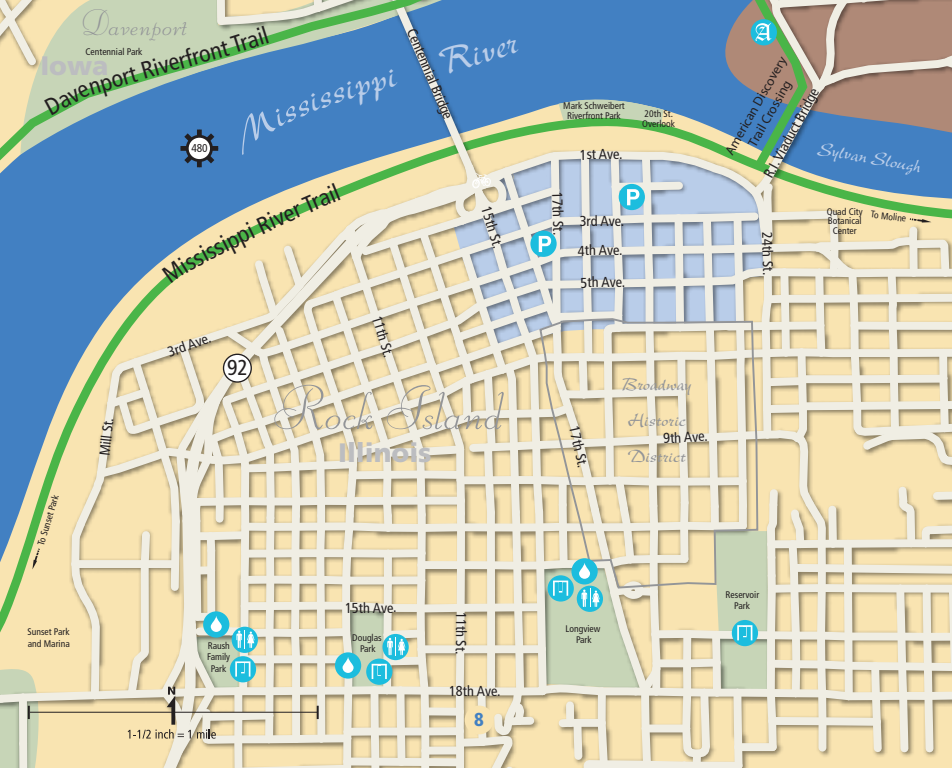


# ROCK ISLAND

Sunset Park and Marina is located on the banks of the Mississippi River at its confluence with the Rock River. This park, between 18th and 31st Avenue, is the southwest terminus of the Mississippi River Trail, which is part of the larger Great River Trail. Walkers can choose between two routes around Lake Potter – each are approximately one mile in length. Walkers and bikers also can use the trail to connect to downtown Rock Island, the Quad City Botanical

Center, Sylvan Island, and the east-west American Discovery Trail crossing of the Mississippi River from Rock Island to Davenport. Amenities at Sunset Park include a picnic area, playground, benches, and parking for cars and boat trailers. Enjoy fishing from the banks of Lake Potter. Toilets and drinking fountains are available during summer months.





# ROCK ISLAND

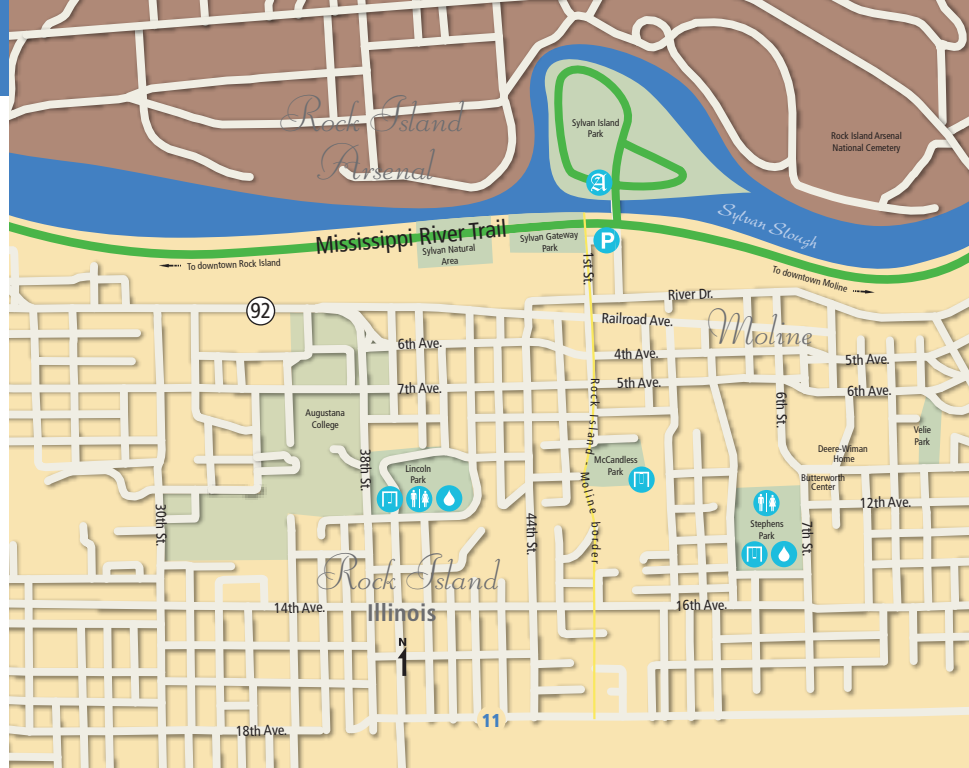
Mississippi River Trail, adjacent to the riverfront, showcases a wide variety of culture, wildlife and local history. With ample street parking and a public parking lot at the southwest corner of 20th Street and Illinois 92, you can tailor your walk from as little as a few hundred feet to several miles. The trail, part of Illinois' Great River Trail, extends 60 miles along the Mississippi River between Rock Island (Sunset Park) and Savanna. The trail along the downtown Rock Island riverfront is within minutes of "The District," the city's downtown dining and entertainment area. The Mark Schweibert Riverfront Park includes a popular water spray area and playground for children, restrooms, picnic areas and a beautiful river promenade. The park and nearby 20th Street Overlook provide excellent eagle-viewing during the winter months and a scenic panorama of the river and Davenport skyline year round. Look for the River Action kiosk for more trail and historical information. Upstream from downtown is the Quad City Botanical Center, Quad City Expo Center and Sylvan Island Park.



# ROCK ISLAND

Augustana College was founded in Chicago in 1860 as Augustana College and Theological Seminary, and moved to Rock Island, where the first college building was dedicated in 1875. The school was the flagship educational institution of the Augustana Lutheran Synod, a national church body made up mostly of Swedish immigrants and their descendants. Augustana's campus contains a variety of scenic walking paths, which pass some of the most historic structures in Rock Island.

Sylvan Island Park lies just northeast of Augustana College along the Great River Trail. The small island, once home to a steel-rolling mill, is now a quiet natural area with an interpretive center, a river overlook, and hiking and biking trails. Wintering bald eagles, great blue herons and other water birds often can be seen along the Mississippi River channel known as Sylvan Slough. For additional mileage, continue west along the riverfront from Sylvan Island about 1.5 miles to downtown Rock Island (The District) or head east to downtown Moline (John Deere Commons).



# MOLINE



John Deere Commons along 3rd Avenue between 17th and 15th Street has been restored to its 1869-1889 era grandeur. John Deere Pavilion tells the story of John Deere and agriculture through displays and interactive exhibits. Nearby are a variety of retail shops, restaurants and the MetroLINK Centre Station bus terminal. Two blocks south is downtown Moline with additional shops and restaurants. The QC Convention and Visitors' Bureau office at 1601 River Drive rents bicycles during the summer months. A Channel Cat Water Taxi stop on the riverfront provides a water link to Bettendorf and Davenport. Steps away is the i wireless Center, a 10,000-seat entertainment and professional sports center. The 'Spirit of Place' sculpture, just west of the Radisson Hotel/TGI Friday's Restaurant, marks the location of one of the first John Deere factories.

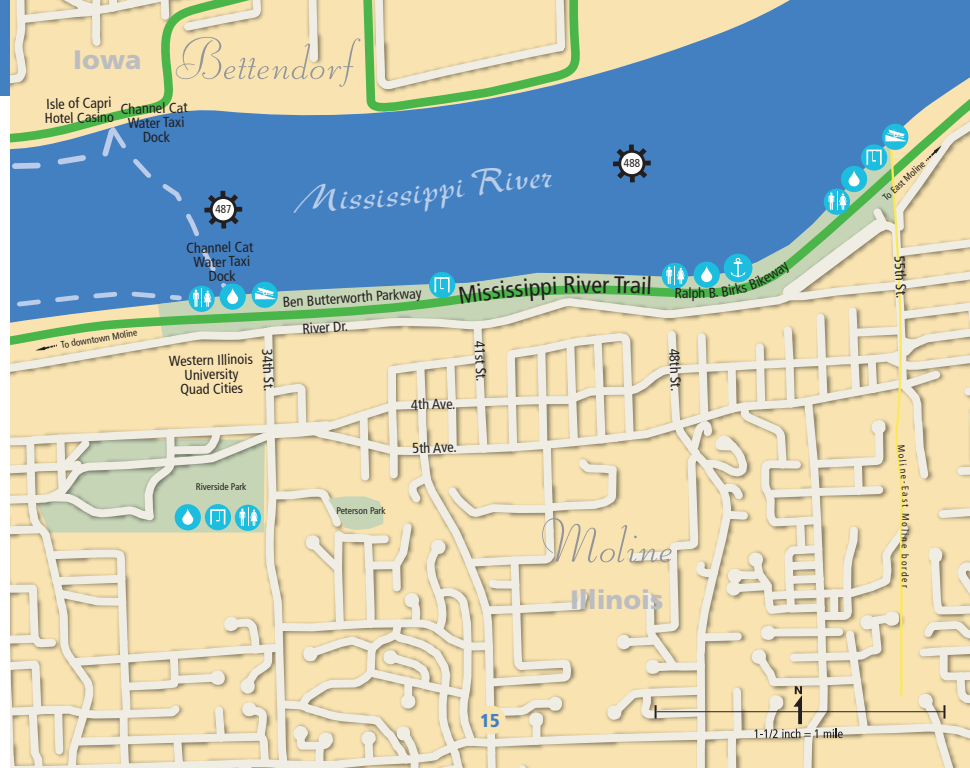


# MOLINE

Ben Butterworth Parkway along Moline's Mississippi Riverfront is among the most popular walking paths in the region. Begin your trip east of the **Celebration Belle** riverboat parking lot in the 2500 block of River Drive. From here to the East Moline border is slightly more than two miles on a paved trail. Along the trail are an abundance of benches and picnic shelters, as well as playgrounds and restrooms.

Look for River Action's RiverWay locator signs and interpretive historical markers about the city's early Belgian and Swedish immigrants and the historic Rock Island rapids that made river navigation difficult and dangerous before the lock and dam system.

At the eastern end of the parkway on the East Moline border is a large picnic area and boat launch. Conveniently located near the **Celebration Belle** is the **Channel Cat Water Taxi**, which plies the Mississippi River between Davenport, Bettendorf and Moline during the summer months. Try this fun mode of transit for a unique "water leg" of your return trip. Bicycles are welcome.





## EAST MOLINE

The Quarter in East Moline includes multi-family housing with recreational access to the Mississippi River, and a river overlook with restrooms. The development provides pedestrian- and bike-friendly paths between the river and downtown East Moline via a natural riparian area. The Metro East Pointe Station at 1201 14th Avenue provides easy access between the downtown and the riverfront recreation trail. Improvements along 7th Street between 12th and 15th Avenues have created a safer and more attractive crossing over the railroad tracks. When complete, The Quarter will include private docks, residential housing and a proposed sports complex. The River Connection also includes a Mississippi River Interpretive Center, interpretive trail and wetlands area.



# HAMPTON and SMITH'S ISLAND

Hampton was an early wood supply stop for passing steamboats. Black's Store, now an historical museum, was built in 1849, and still stands at 601 First Avenue – reached easily by foot from the river trail. Heritage Park includes a heritage center, picnic pavilions and family entertainment. Also on-site is a bioswale funded in part by River Action. This native planting technique is used to capture storm water and prevent flooding of adjacent areas. Illiniwek Forest Preserve is a mile upriver, and offers panoramic views of the Mississippi River.

Smith Island's – just upstream from Lock and Dam 14 between Bettendorf and LeClaire, Iowa – offers a refreshing nature walk. Hikers can spot numerous species of wildlife and plants while traversing the 1.5-mile trail through upland and river bottom land. Visitors in the spring enjoy numerous wildflowers. Frequent sighting of turtles and ducks will treat everyone that walks the marsh side of the trail. A fishing pier is conveniently located next to the parking lot off Canal Shore Drive.





# RAPIDS CITY

Rapids City is located at the upper end of the “Rock Island rapids” which made river navigation difficult and dangerous before the lock and dam system. The original town site was settled around a grist mill and a saw mill. Neighboring coal mines employed a number of residents and helped the community thrive in the 1870’s and 1880’s. Shuler’s Shady Grove, a riverfront park with a boat ramp, trail and restrooms, is named after the owner of one of the area’s first coal mines. Here you can enjoy a short network of trails around a restored stream and woodland.



# LeCLAIRE and PORT BYRON

LeClaire's location – where the Mississippi River makes a sharp bend to the southwest – contributed to its early history as the home of many riverboat pilots. All of the homes and buildings included in the city's historic district were built in the mid-19th century (mostly between 1850-1870) and many with historical landmark designation are along Cody Road and Second Street with a few between Wisconsin and Dodge Streets. Local shopkeepers can provide you with a brochure for a self-guided walking tour. Visit the Buffalo Bill Cody Museum (he was born in LeClaire), housed next to an original paddlerwheeler, the LoneStar, now enclosed in its own building for viewing and preservation. This small community has become a focal point for antique shops, art galleries and restaurants, and now includes a craft whiskey distillery.

Port Byron – named for the English poet Lord Byron – has a history of quarrying, coopers (barrel-makers), merchants, blacksmiths, grain dealers and manufacturing of construction lime. Established in 1881, the Port Byron Academy was affiliated with the Congregational Church before becoming a college prep school for Beloit (Wisconsin) College. Enjoy a pleasant walk to the riverfront park, boat ramp, restaurants, shops and a bed-and-breakfast.

22





# PRINCETON and CORDOVA

Cordova was first settled in 1837 by farmers and is located on a wide floodplain. In 1871, the Chicago, Milwaukee, St. Paul and Pacific Railroad was built through the area and bypassed most of the town, giving Cordova a quieter riverfront than most river communities. Cordova's downtown includes a marina and a bed-and-breakfast with a guest dock.

Across the river is Princeton, a mecca for boaters with its riverfront restaurant and gas pumps. The town was founded around 1835 and grew rapidly. It was incorporated in 1857. The decline in steamboat traffic and lack of a local railroad line until 1899 made the town less attractive for industries and employment. Today, Princeton is a popular destination for boaters and canoe/kayak enthusiasts with its riverfront park, boat ramps and docks, canoe/kayak rentals as well as an ATM accessible by land or water.



# DAVENPORT

To enjoy Davenport's Riverfront Trail, begin at LeClaire Park/Union Station (on the corner of River Dr. and Harrison St.) and head west. Bicycles are available to rent at the QC Convention and Visitors' Center in Union Station during the summer months. From Union Station, it's about two miles to Credit Island. On the way, you'll pass the renovated Modern Woodmen Park baseball stadium – home of the professional baseball **QC River Bandits**. Just past Centennial Bridge is Centennial Park with its river-themed children's playground, water spray park, basketball courts, dog park and skatepark. Continuing downstream, the trail winds along the Mississippi River to Credit Island. A new bridge links the island to southwest Davenport and future trails to Buffalo and north Davenport. Canoes, kayaks and bikes are available to rent from an outfitter on the island. Look for the life-like sculptures which recreate Georges Seurat's "**Sunday Afternoon on the Island of La Grande Jatte**" painting. The art is one of many installations and conservation projects funded by River Action.

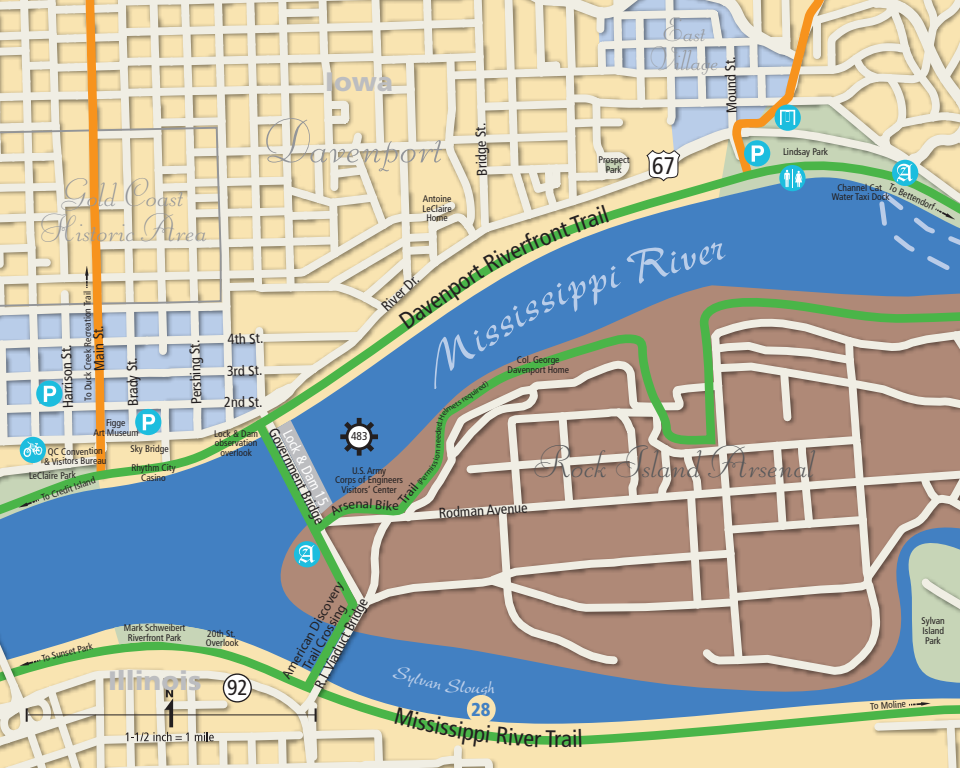


Buffalo, less than 10 miles downstream from Davenport, was home to the pearl button industry in the late 1800's. Mussels were harvested locally and elsewhere, shipped to Buffalo, where button blanks were punched out. The town boasted eight button factories, the largest of which was the Hawkeye Button Factory, located on Second Street.



# DAVENPORT

Take the Davenport Riverfront Trail east (upstream) from downtown to Bettendorf's Leach Park. Begin your trip at LeClaire Park/Union Station, on the corner of River Dr. and Harrison St., in Davenport. From here, it's about 1.5 miles upstream to the Village of East Davenport where there's a **Channel Cat Water Taxi** stop just upstream from the Lindsay Park Boat Club. The water taxi operates on the half hour from Memorial Day through Labor Day, and plies the Mississippi River between Davenport, Bettendorf and Moline. Segway tours also are available from Union Station. On your way upstream, stop to view the roller dam used to maintain a 10-foot channel for navigation in Pool 15 of the river. An overlook and steps down to the river next to the dam offers a close-up view of the river's force. For an interesting side trip, cross the Government Bridge – by foot or by bike – to the Rock Island Arsenal. Although access to the military facility currently is restricted, the U.S. Army Corps of Engineers Visitors' Center is open to the public and provides a great view of tow boats locking barges through Lock & Dam 15.



# DAVENPORT and BETTENDORF

The Village of East Davenport was established in 1851 as a hub for sawmills fed by logging of northern forests. The first bridge to span the Mississippi River was built a short distance downstream in 1856 with the assistance from railroad lawyer Abraham Lincoln. A log trestle from the original bridge, dating back to the 1800's, still stands in the village. At the start of the Civil War, a Union training camp – Camp McClellan – was built in the village. The area contains architectural styles from “frontier” to “Colonial Revival.” The former Camp McClellan site is now a beautiful tree-shaded area – Lindsay Park – with magnificent views of the river. Just upstream of the Lindsay Park Boat Club is a **Channel Cat Water Taxi** stop.

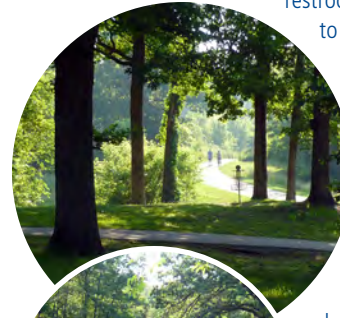
From the Village of East Davenport, the trail connects to Bettendorf's Leach Park (12th and State Streets), the Isle of Capri Hotel and Casino, and a **Channel Cat Water Taxi** dock at the marina next to the riverboat casino. The trail now extends through the village of Riverdale so trail users can connect with the Duck Creek Recreational Trail near State and S. Kensington Streets.



# BETTENDORF



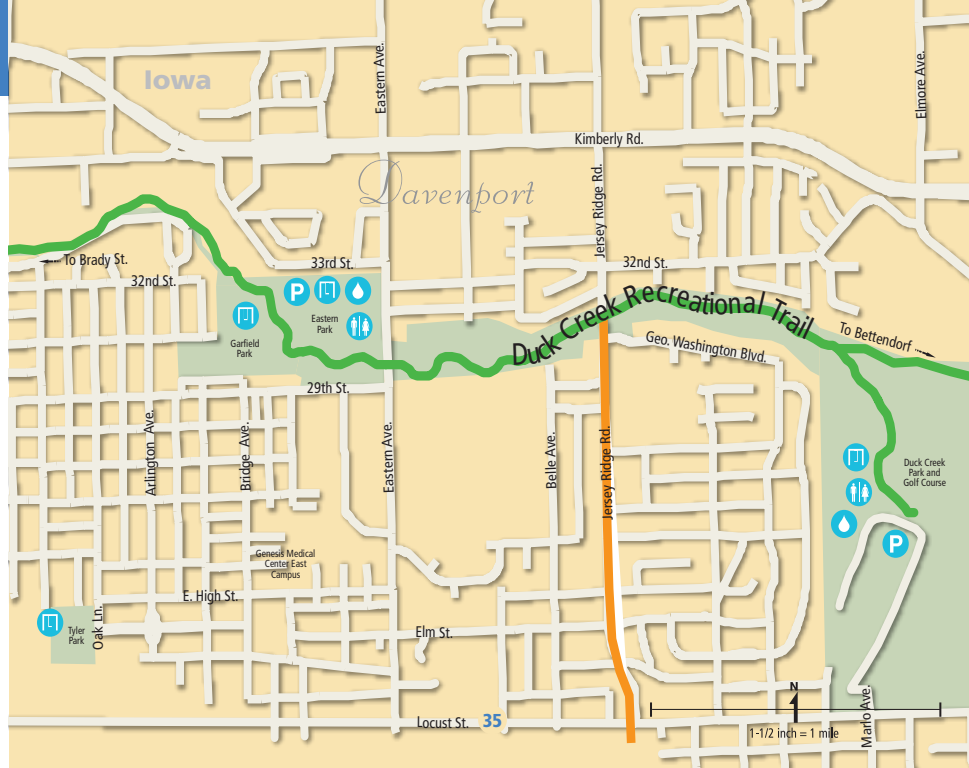
Duck Creek Recreation Trail in Bettendorf affords many enjoyable walking or biking routes. A convenient start is Middle Park Lagoon with ample parking and restroom facilities. Head upstream (westerly) about 2.25 miles to the Kimberly Road underpass. This is a relatively flat, easy route on asphalt and concrete that runs alongside Duck Creek the entire way.

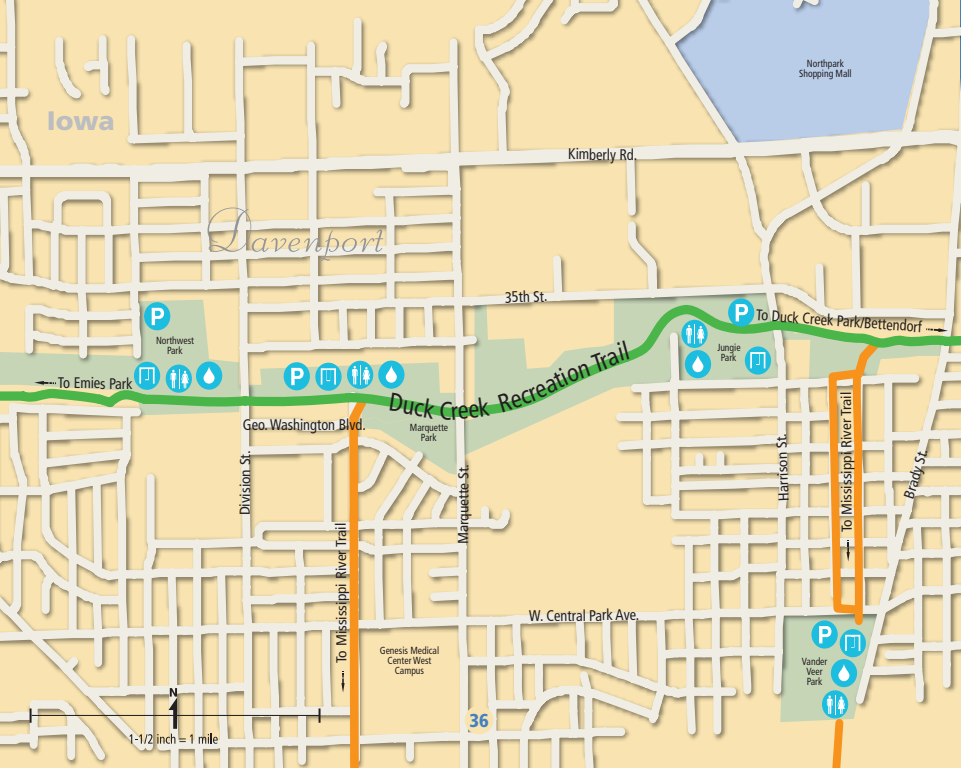


For a more challenging 8-mile round-trip, start at the eastern terminus of the trail at the Riverdale turnaround (just off State Street at S. Kensington Street). This route takes an even more scenic route by a small waterfall, through Devils Glen and Middle Parks and past numerous limestone bluffs and native areas. The trail winds past playgrounds and the city's Palmer Hills Golf Course. Along both routes, look for River Action's RiverWay interpretive signs. Another route option along Duck Creek is to head easterly from Middle Park Lagoon (downstream) to Devil's Glen Park, about 1.75 miles one way. From the Riverdale turnaround users can connect with the riverfront trail in Bettendorf to provide a route to Davenport and other points downstream.

# DAVENPORT

For a westerly 4-mile round-trip along Duck Creek, begin at Duck Creek Park and head upstream (west), passing through a variety of parks, open space and playgrounds along the way. For your convenience, there are pedestrian crossing lights at Eastern, Division and Marquette Streets. The trail ends at Emeis Park, an approximate 12-mile route out and back. As you head west from Duck Creek Park, a fork of the trail (on your right) will take you north and then east into Bettendorf.





# DAVENPORT

Duck Creek Recreation Trail's origin dates back to the 1930's when it was initially planned as a road to connect Davenport's city parks. During the 1970's, it was redesigned to be a bicycle and pedestrian trail. The trail through the heart of Davenport and now Bettendorf has become a very popular destination for walkers and cyclists. For a 2-mile route (4-mile round trip), begin at Brady Street and travel west/upstream. To cross busy Marquette and Division Streets, there's a pedestrian crossing light. Return to Brady Street to complete your round trip.

For additional mileage, keep heading west. Emies Park, approximately 3.5 miles west, is near the western terminus of the 12-mile trail.



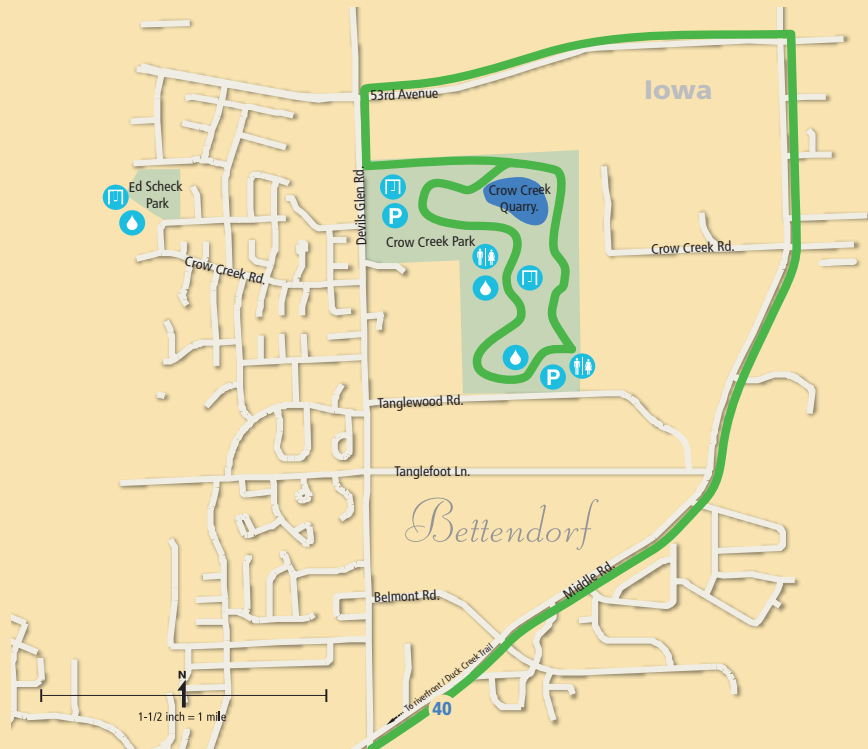
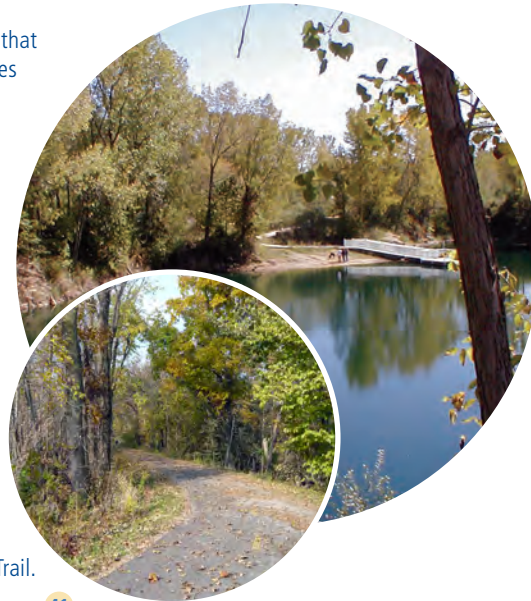
# BETTENDORF

The entrance to Pigeon Creek Park is off Highway 67, just east (upriver) from the Alcoa plant. There is ample parking and handicapped accessible restroom facilities at the trail head. The length of trail is approximately one-half mile and includes a variety of woodland, savanna and riparian habitat. About 150 yards east of the parking area is a gazebo overlooking a cattail marsh. Walking toward the river from the parking area, the trail cuts through a wetland that is mostly submerged during high water, particularly in the spring of the year. The trail bends left and proceeds about one-fourth mile to Pigeon Creek. Once across the bridge, turn right and proceed directly ahead for a scenic view of the Mississippi River.



# BETTENDORF

Crow Creek Park has a 3-mile route that winds through the park and includes several challenging hills. The course is primarily a well-maintained grass trail, and is popular with people of many ages and physical abilities. The route starts and finishes at the Crow Creek Park Soccer Field Complex. Along the path are athletic fields, picnic areas, playgrounds, natural areas and a scenic old stone quarry (now filled with water) with shaded overlooks and a dock for fishing. The trail now connects to a new recreational path north along Devils Glen Road, east on 53rd Avenue and south along Middle Road. A new trail south of Middle Road along Devils Glen Road connects with both the Duck Creek Recreation Trail and the Mississippi River Trail.



# Fitness record

| Date | Location | Miles | Notes |
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# Answers to the **Walking Guide Quiz!**

1. **B** – You need to walk the length of a football field to burn the calories of ONE M&M!
2. **E** – You will realize all of these health benefits from a brisk walk!
3. **A** – 150-pound person exerts a force of nearly 64 tons while walking one mile!
4. **B** – About 2.47%, or 3.2 million people, walk to work each day!
5. **D** – An average person takes approximately 8,000 to 10,000 steps each day!

**Now that you've answered our questions, feel free to call us with your insurance and wellness plan questions at (866) 927-2200!**

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Source street maps courtesy Bi-State Regional Commission

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