



GET CONNECTED. GO EXPLORE...

QC Trails is a free online trails portal that allows users to search and display information and maps for more than 500 miles of non-motorized trails across the Quad Cities, Illinois/Iowa.



www.QCTrails.org

DISCOVER NEW TRAILS

Finding opportunities to move more and be active outdoors in the Quad Cities just got a whole lot easier!

Whether you are looking for a weekend hike, an afternoon stroll, a new trail to run, a great place for a family bicycle ride, or want to try a new adventure like paddling a water trail, use QC Trails to search a growing collection of four-season trails in the Quad Cities.

Postings for QC Trails feature:

- An interactive map showing the trail system and important points of interest like parking areas, natural attractions, and parks.
- Trailhead directions to the primary access points.
- A description of the trail system and experience.
- Information and links to trail managers.
- Photographs and video links.
- Comments submitted by trail managers and account holders.



Great River Trail, Rock Island, Illinois

GET STARTED TODAY

- Visit the website: www.qctrails.org.
- Create a free QC Trails account.
- Search and discover trails that you want to explore.
- Go for a hike, bike, trail run, or paddle. Move more!
- Save your trail experience using "My Trails."
- Help QC Trails get the word out. Share the website with others!

Find us on facebook



FOR MORE INFORMATION:



QUAD CITY
Health Initiative

Quad City Health Initiative
Central Park Medical Pavilion 2
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1227 East Rusholme Street
Davenport, IA 52803
qctrails.org@gmail.com
563.421.2826
www.behealthyqc.org
www.qchealthinitiative.org

LOG TRAILS & EARN BADGES

When you create a free QC Trails account, you can keep track of all your trail adventures in one convenient place called "My Trails."

- Mark trails that you have completed and indicate which ones are your favorites.
- Create a wishlist of trails that you absolutely must get to soon.
- Add a trail log to save notes about your experience, keep track of how far you hiked, biked, ran, snowshoed, skied, or paddled.
- Earn badges when you complete different trail challenges and showcase your accomplishments.



POWERED BY QUAD CITY HEALTH INITIATIVE

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