



## QCHI E-Newsletter

### Additions to QCTrails.org!

The QCTrails.org map has been expanded to include trails in Henry County, Illinois. Nearly 112 miles of land and water trails have been added, including the Hennepin Canal Parkway Trail (hiking, biking, equestrian, and paddling), the Rock River National Water Trail, Johnson-Sauk State Recreation Area Trail, and two trails in Geneseo.

These additions bring the total miles of trails represented on the QCTrails.org map to 416 miles from 93 different trails!



### QC Trail of the Month

Each month, we highlight a trail in the QCA to help you plan your next trail adventure.

#### Hennepin Canal Parkway Trail, Illinois

The [Hennepin Canal Parkway Trail](#) follows an old tow path along this historic canal, which opened in 1907 as a link between the Mississippi and Illinois Rivers. A National Historic Place, the canal was abandoned when railroads made carrying goods by canal obsolete. The entire parkway spans across five counties in Illinois with its western terminus at the mouth of the Rock River in Rock Island County. Numerous trail heads and access points exist in the Quad Cities Region, including at Milan, Colona, and Geneseo. The Hennepin Canal provides a wide variety of recreational activities including fishing, boating, picnicking, canoeing, walking, horseback riding, bicycling, camping, and snowmobiling.



[Visit QCTrails.org](http://www.QCTrails.org)

### Workplace Wellness Resources

The Be Healthy QC Workplace Wellness Workgroup is excited to share their new [resource list](#). The list features local resources from workgroup members as well as national web-based resources related to elements of employee wellness. Check it out to help start or strengthen a wellness program at your workplace!

[Be Healthy QC Healthy Workplaces](#)



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