Regional Bicycle Map

Bike Facilities:
- Separated right of way (paved, asphalt)
- Separated right of way (other surface)
- Unpaved separated right of way (not paved)
- Designated on-street bike routes
- Proposed designated on-street connector

Other Symbols:
- Locales
- Location
- Park
- School
- Grocery Area
- Recreation Area
- Smart Station
- TOT: Transportation Option Tours
- Museum: Libraries
- County Connector
- Other roads

RIDE RESPONSIBLY!

- Obey all traffic regulations
- Use lights when riding at night
- Follow all posted speed limits
- Use helmets

Basic safety and courtesy guidelines for users of Multi-use Trails:

1. Cyclists, inline skaters, and pedestrians should never travel more than two abreast. When the trail is busy, cyclists and skaters should travel single file.
2. All trail users should keep to the right side of the trail, with slow moving traffic keeping as far right as possible. Do not impair the ability of others to pace you.
3. Travel at a speed that allows you to be in control at all times. Always be prepared to react to other users or obstacles.
4. When passing slower traffic, pass on the left. Alert those being passed of your approach. Do not overtake other users rapidly without warning.
5. Be alert and use extra caution when crossing roadways and when climbing or descending hills.
6. If you must stop, move yourself and any equipment completely off the trail. All users should always check to see that it is clear behind them before making any sudden stops or changes in direction.
7. All cyclists and inline skaters are strongly encouraged to wear helmets and other appropriate protective gear at all times.
8. Before your trip, make sure that your bicycle, skates, and/or other equipment is in safe and proper working condition.
9. Dogs ARE NOT ALLOWED on or along the Warren County Bikeway.
10. Respect the trails and the private properties that border them. Carry out anything that you carry in.

There is a risk of personal injury inherent to any form of physical activity. Although multi-use trails do separate users and pedestrians from moving traffic, a danger of motor vehicle-related injuries is impossible to remove.

Calories burned per mile: (figures provided by Glens Falls Hospital Wellness Program)

<table>
<thead>
<tr>
<th>Mode</th>
<th>Miles Per Hour</th>
<th>Time 120 HP</th>
<th>Time 150 HP</th>
<th>Time 180 HP</th>
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<tbody>
<tr>
<td>Cycling</td>
<td>4.0</td>
<td>62</td>
<td>56</td>
<td>50</td>
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</tbody>
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Distance Chart - Approximate Mileage (distance will vary by route taken)

<table>
<thead>
<tr>
<th>Route</th>
<th>Location</th>
<th>Distance (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lake George</td>
<td>1.6</td>
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<tr>
<td></td>
<td>NYS Route 102 Bridge</td>
<td>1.0</td>
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<tr>
<td></td>
<td>FDR Bridge</td>
<td>1.4</td>
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<td></td>
<td>Bassett Hospital</td>
<td>0.3</td>
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<td></td>
<td>College Park</td>
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<td>FDR Bridge</td>
<td>1.2</td>
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<td></td>
<td>Kingsbury</td>
<td>1.8</td>
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<tr>
<td></td>
<td>FDR Bridge</td>
<td>2.0</td>
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<tr>
<td></td>
<td>US 12 Highway</td>
<td>1.5</td>
</tr>
<tr>
<td></td>
<td>North Warren Trail</td>
<td>1.4</td>
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<tr>
<td></td>
<td>Glens Falls</td>
<td>2.0</td>
</tr>
<tr>
<td></td>
<td>FDR Bridge</td>
<td>2.5</td>
</tr>
</tbody>
</table>

This map was made possible by funding from the Federal Highway Administration and the Federal Transit Administration.

Adirondack / Glens Falls Transportation Council     March 2001