

Grand Region

Road and Trail Bicycling Guide

\$5.00 VALUE



Counties of:
Ionia, Kent, Mecosta, Montcalm,
Muskegon, Newaygo, Oceana, Ottawa



Tourism Resources

Vacation and accommodation information can be obtained from the following organizations. The same information can be obtained at Michigan's 13 Welcome Centers, located on major highways throughout Michigan.

Travel Michigan
Lansing, MI 48909
<http://www.michigan.org>
888-78-GREAT (TDD: 800-722-8191)

West Michigan Tourist Association
3665 28th St. SE Suite B
Grand Rapids, MI 49512
<http://www.wmta.org>
800-442-2084

The Huron - Manistee National Forest
www.fs.fed.us/r9/hmfnf
800-821-6263 (TDD: 231-775-3183)

Holland Convention & Visitors Bureau
www.holland.org
800-506-1299

Grand Haven Chamber of Commerce
www.grandhavenchamber.org
616-842-4910

Grand Rapids Convention & Visitors Bureau
www.visitgrandrapids.org
800-678-9859

Muskegon Area Chamber of Commerce
www.visitmuskegon.org
800-250-8283

Pentwater Chamber of Commerce
www.pentwater.org
231-869-4150

Whitehall & Montague Chamber of Commerce
www.whitehallmontague.org
231-893-4585

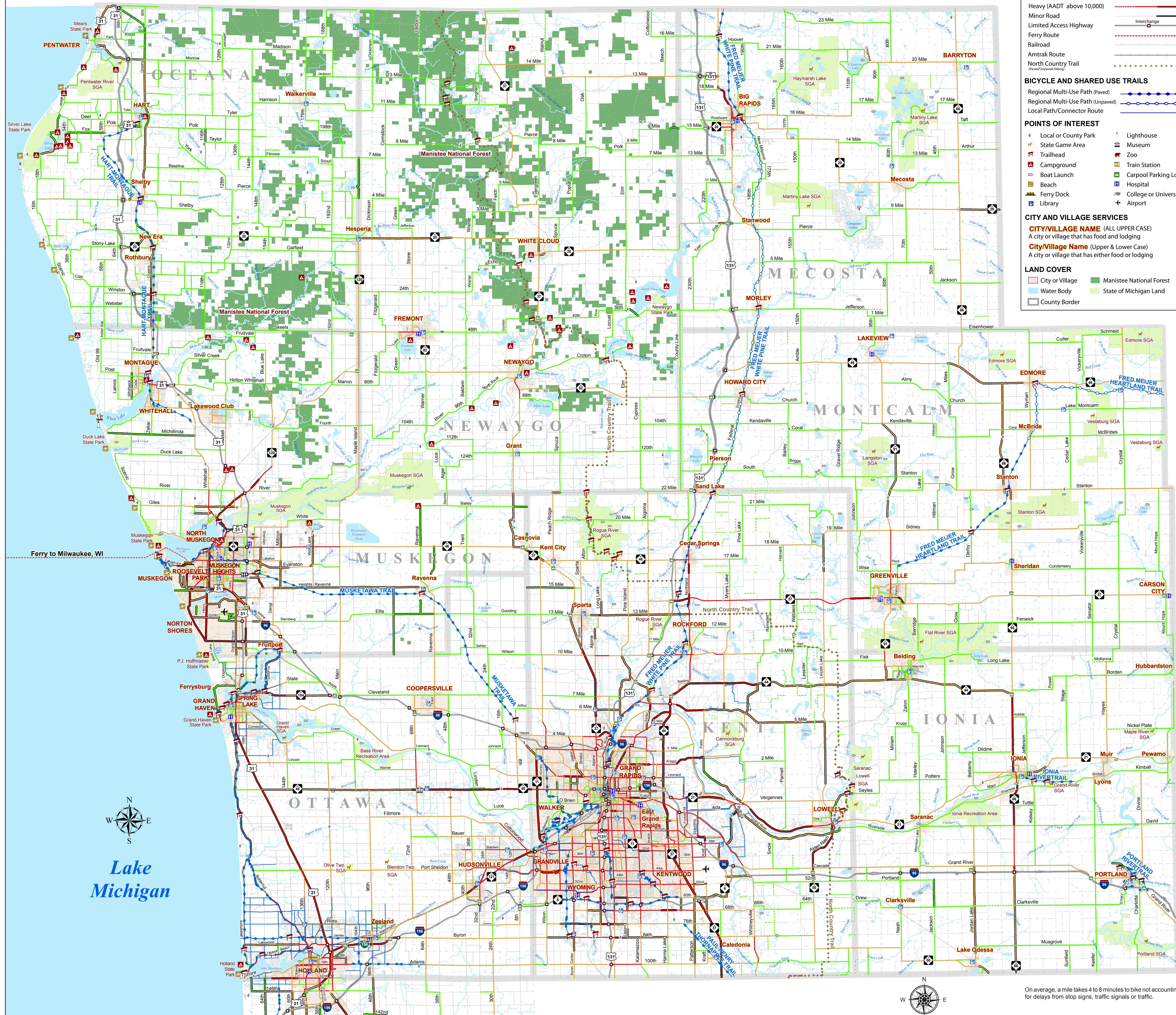
Ferry Information

Passengers aboard the Lake Express traveling between Muskegon, Michigan and Milwaukee, Wisconsin have the option to travel with their bicycle for an additional fee. For more information regarding schedules and rates please call the Lake Express at 866-914-1010.

Use of This Map



This guide is published by the Michigan Department of Transportation (MDOT) as an aid to bicyclists and is not intended to be a substitute for a person's use of reasonable care. MDOT makes no express or implied warranty as to the safety or condition of the roads indicated; the user of this map bears full responsibility for his or her safety. Conditions indicated on the map are subject to change, be prepared to make your own evaluation of traffic and road and plan routes appropriate to your riding skills. All public and private entities and persons involved in the creation of this map disclaim responsibility and shall not be answerable or held accountable in any manner for loss, damage or injury that may be suffered as the result of the use of this map.



Legend

TRANSPORTATION NETWORK

Vehicle Traffic Volume (Vehicles per day)

- Light (AADT under 2,500)
- Medium (AADT 2,500 - 10,000)
- Heavy (AADT above 10,000)
- Minor Road
- Limited Access Highway
- Ferry Route
- Railroad
- Amtrak Route
- North Country Trail (Powered Unpaved Hiking)

BICYCLE AND SHARED USE TRAILS

- Regional Multi-Use Path (Paved)
- Regional Multi-Use Path (Unpaved)
- Local Path/Connector Route

POINTS OF INTEREST

- Local or County Park
- State Game Area
- Trailhead
- Campground
- Boat Launch
- Beach
- Ferry Dock
- Library
- Lighthouse
- Museum
- Zoo
- Train Station
- Carpool Parking Lot
- Hospital
- College or University
- Airport

CITY AND VILLAGE SERVICES

CITY/VILLAGE NAME (ALL UPPER CASE)
A city or village that has food and lodging

CITY/VILLAGE NAME (Upper & Lower Case)
A city or village that has either food or lodging

LAND COVER

- City or Village
- Water Body
- County Border
- Manistee National Forest
- State of Michigan Land

Where to Bike

Bicycles are permitted on all Michigan highways and roads, EXCEPT limited access freeways or unless otherwise posted. Bicycles are allowed on all road systems including those in State Forests, State Parks, National Forests and National Parks. This map uses Annual Average Daily Traffic (AADT) as a measure of traffic volumes. These measurements are estimated on an average 24-hour period and may vary by season or day of the week.

State Park Trails
Bicycles are currently allowed on trails in 31 State Parks and Recreation Areas. This includes 6 State Park Trails which were developed with bicyclists in mind. Mountain bikes are allowed on trails only if they have been designated for bicycle use. Call the individual park or the Michigan Department of Natural Resources and Environment, Recreation Division, 517-373-9900 for maps of trails and further information.

State Forest Trails
Bicycles are allowed on most State Forest Trails. For more information or maps contact the Michigan Department of Natural Resources and Environment, Forest Management Division, P.O. Box 30452, Lansing, MI 48909-7952, 517-373-1275.

National Forest Trails
Bicycles are allowed on National Forest Trails except where posted. Bicycles are also prohibited in congressionally designated wilderness areas. National Forest maps are available at each Forest Service office. For further information call the Huron-Manistee National Forest, 1-800-827-6263.

North Country Trail
The North Country Trail is a long-distance hiking trail stretching about 4,500 miles from New York to North Dakota. Not all portions of the trail shown on the map are open to mountain bike use. Please check with the appropriate management agency prior to riding and respect signs restricting bicycle traffic. For more information please contact the North Country Trail Association, 229 E. Main St. Lowell, MI, 49331, 1-866-hikeNCT.

Local Trails
Many local communities have developed their own trail systems. Rules and regulations vary by each community and trail.

Bicycle Resources

Michigan Department of Natural Resources and Environment
MDNRE promotes the development of trail systems throughout the state. They will work with local agencies in trail development, planning and design and administer a number of funding programs. Contact the Michigan Department of Natural Resources and Environment, Recreation & Camping Division, Trails and Pathways Branch, P.O. Box 30452, Lansing, MI 48909, <http://www.michigan.gov/dnre>

League of Michigan Bicyclists
LMB is a non-profit membership organization, which promotes bicycling for recreation and transportation in Michigan. The LMB organizes annual Shoreline Bicycle Tours, publishes an annual poster calendar of cycling events statewide, distributes general cycling information and educates children and adults on safe cycling. The LMB works with MDOT and other state and local agencies to improve conditions for bicycling in Michigan. For a free brochure listing membership benefits and services contact The League of Michigan Bicyclists, 416 S. Cedar Street Suite A, Lansing, MI 48912, <http://www.lmb.org>, 517-334-9100 or 888-MI-BIKES

Michigan Mountain Biking Association
MMBA promotes responsible mountain biking and works towards the goals of common land access and natural resource protection. For information write to Michigan Mountain Biking Association, 5119 Highland Rd. #268, Waterford, MI 48328-2165, 616-785-0120, <http://www.mmba.org>, FAX: 616-785-1940

West MI Trails and Greenways Coalition
WMT&G is a non-profit group dedicated to developing nonmotorized trails and greenways. Their mission is to help coordinate regional trails and greenways infrastructure in order to connect communities with each other and to the region's natural areas and civic destinations. For more information on specific trails of West Michigan write to WMT&G, P.O. Box 325, Comstock Park, MI 49321, info@wmttrail.com or www.wmtails.org, 616-647-9599

Michigan Department of Transportation
MDOT provides maps and other information on safe bicycling as well as guidance on how to transport bicycles on ferries and major bridges. www.michigan.gov/mdot-biking

Michigan Trails and Greenway Alliance
MTGA is a non-profit organization that fosters and facilitates the creation of an interconnected statewide system of trails and greenways for recreation, health, transportation, economic development and environmental and cultural preservation purposes. MTGA works at both the state and local levels by assisting public and private interest in trail and greenway planning, funding, development and maintenance. For more information please contact the Michigan Trails and Greenway Alliance, 1213 Center St. Lansing, MI 48906, 517-485-6022, www.michigantrails.org



Ride Prepared

Recommended Gear

Fitted and Adjusted Bike
Be sure your bicycle is adjusted to fit you properly. Check tires, chains, brakes and other moving parts. Your bicycle must be equipped with a brake which will enable you to skid on dry, level, clean pavement.

Clothing
Light and bright colored clothing and safety vests help to make a bicyclist more visible, especially at dusk or at night. Added reflective material on your clothing and bicycle is recommended when night riding is required.

Racks, Packs and Trailers
If you plan on carrying any packages, bundles or any articles you must be able to keep both hands on the handlebars. A variety of racks, packs and trailers can be fitted on your bicycle to transport goods.

