

**Where to Bike**

**On the Road**  
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.

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

**State Park Trails**  
Bicycles are currently allowed on trails in 31 State Parks and Recreation Areas. This includes six State Park Trails, which were developed with bicyclists in mind. Call the individual park or the Michigan Department of Natural Resources, Parks Division, 517-373-1270, for maps of trails and further information.

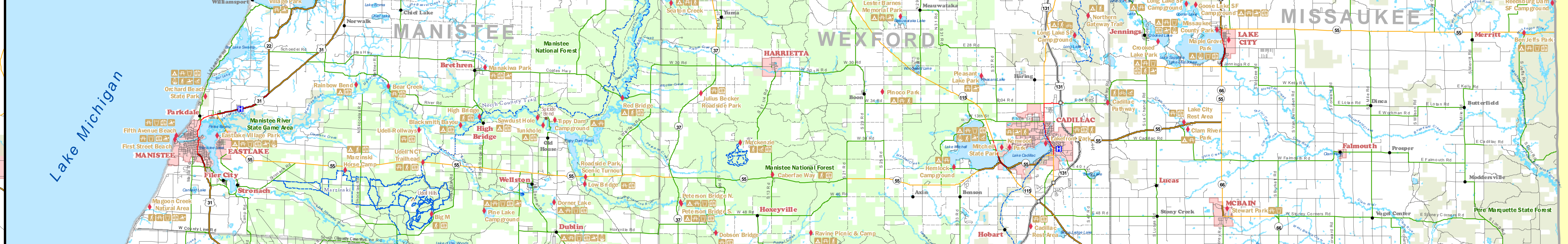
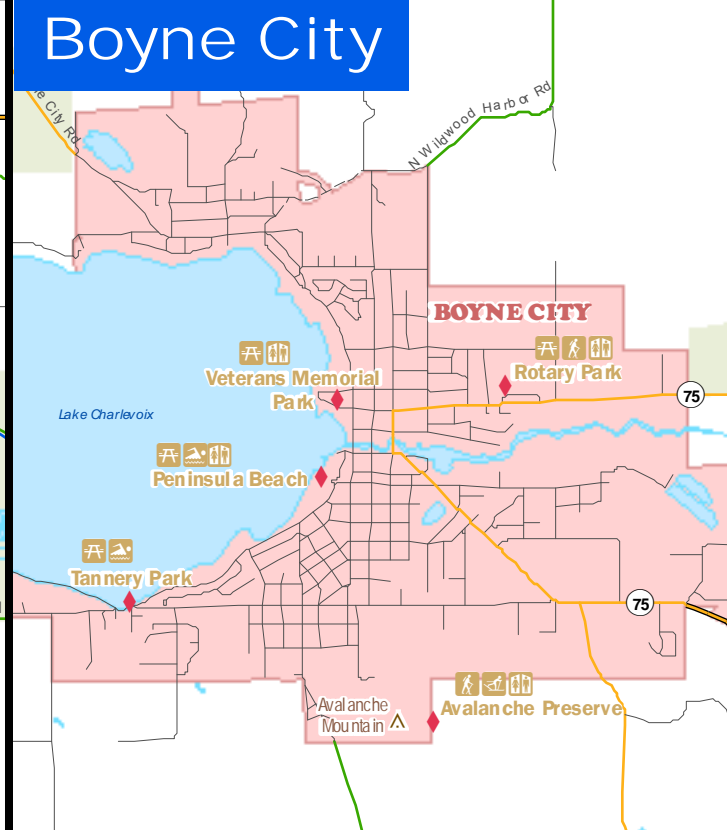
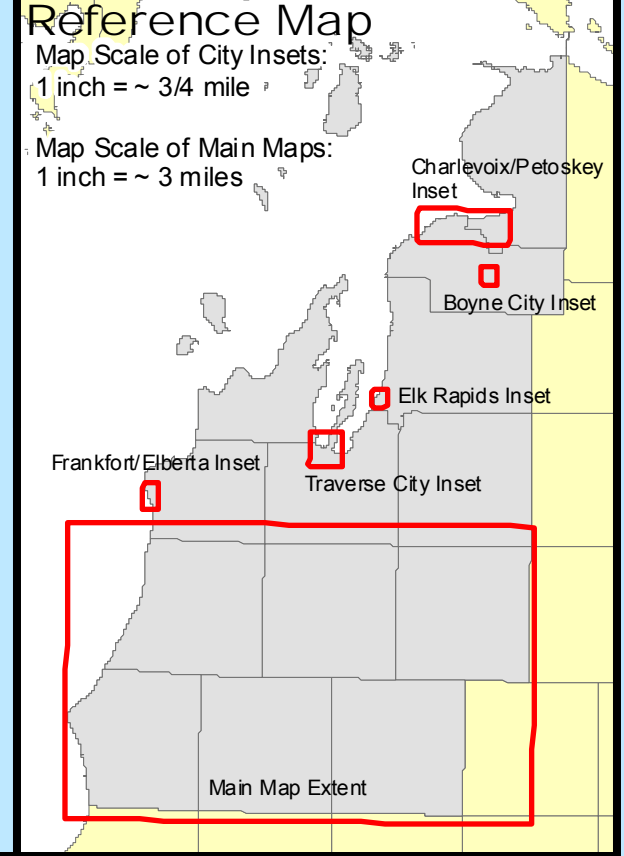
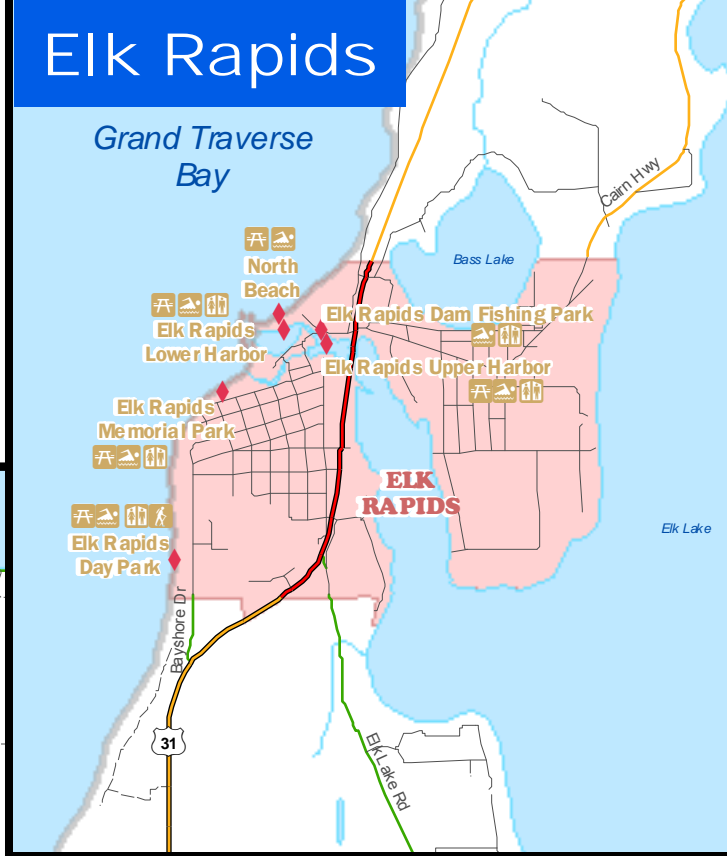
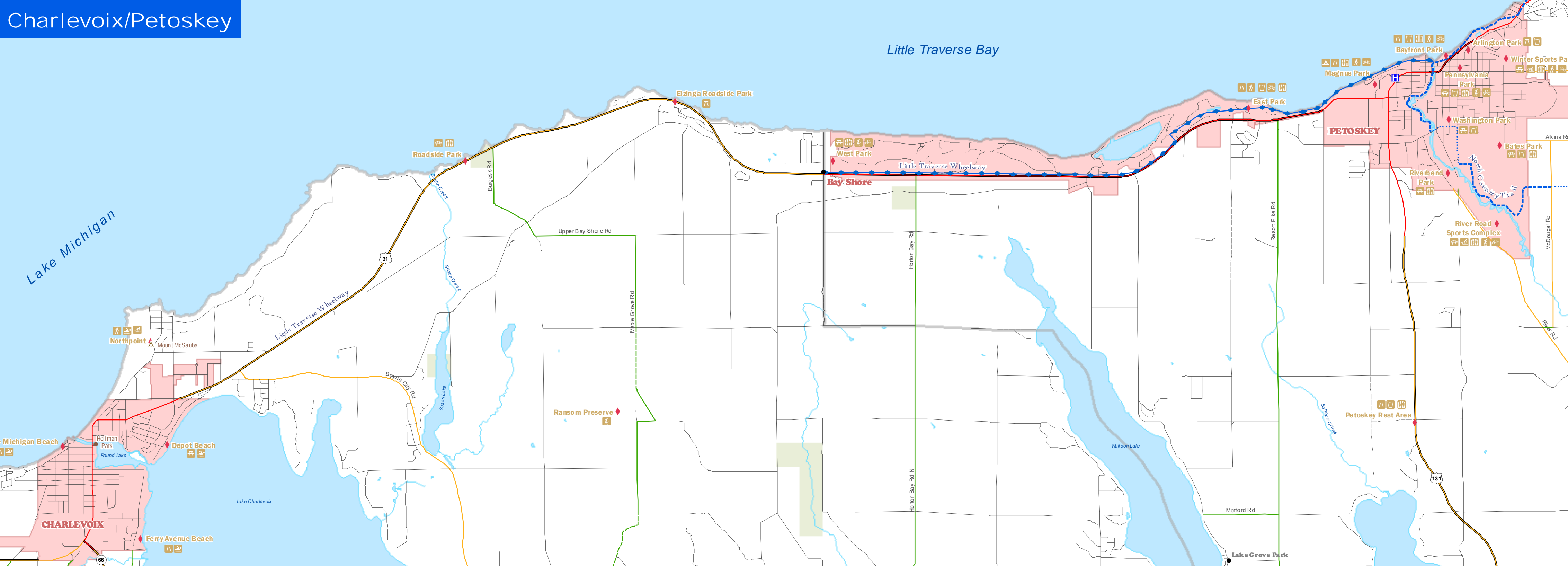
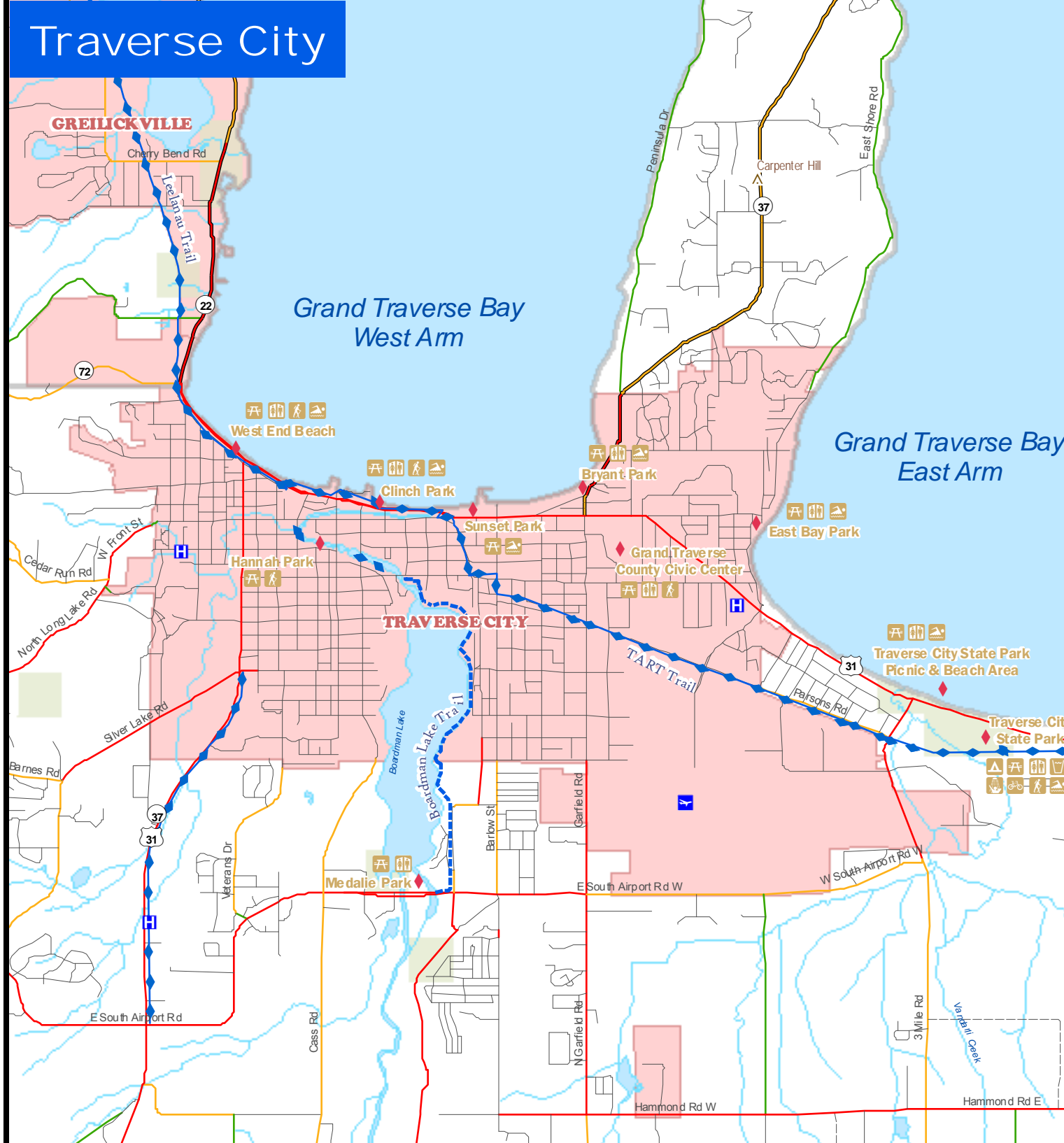
**State Forest Trails**  
Bicycles are allowed on most State Forest Trails. For more information and a map contact the Michigan Department of Natural Resources, Forest Management Division, P.O. Box 30452, Lansing, MI 48909-7952, 517-373-1275.

**National Forest Trails**  
Bicyclists are allowed on National Forest Trails except where posted. Prohibited trails include the following: Nine Mile Creek- Manistee National Forest, Hoist Foot Trail and Reed Lake Trail- Huron National Forest, and portions of the North Country National Scenic Trail, Ottawa and Hiawatha National Forest. Bicycles are also prohibited in congressionally designated wilderness areas. National Forest maps are available at each Forest Service office. For further information call the respective Forest Service: Huron-Manistee National Forest, 800-999-7677; Ottawa National Forest, 800-552-1201; Hiawatha National Forest, 906-786-4062.

**Before You Use This Map**

This map has been developed by the Northwest Michigan Council of Governments (NWMCOG) Regional Planning and Community Development Department as an aid to bicyclists and is not intended to be a substitute for a person's use of reasonable care. The user of this map bears full responsibility for his or her own safety. NWMCOG makes no express or implied guarantee as to the safety or condition of the roads and paths shown and has no responsibility for maintaining them. Conditions indicated on the map are subject to change. Be prepared to make your own assessment of traffic, roads, and trails 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 a result of the use of this map.



**Road Network**

- Vehicle Traffic Volume\* (Vehicles per day)
  - Low (Under 2,500)
  - Medium (2,500 to 10,000)
  - Heavy (Above 10,000)
  - Minor Roads (No Data)
  - Limited Access Roads

**Trails**

- Multi-Use Trail
- Foot Trail
- North Country Trail
- Temporary Connectors

**Recreational Facilities & Amenities**

- Park/Public Recreation Area
- Camping
- Picnic Facilities
- Drinking Water
- Restrooms/Port-A-Johns
- Swimming
- Showers
- Hiking/Trailhead
- Biking
- Nordic Skiing

**Points of Interest**

- Hospitals
- Summits
- Other Points of Interest
- Places

**Services**

**PLACE NAME**  
Full Service (food, restrooms, and lodging)  
Place Name  
Some Services (food, restrooms)  
Place Name  
No Services

**Land Use**

- Lakes & Ponds
- Rivers & Streams
- County Boundaries
- Cities & Villages
- Federal Lands
- State of Michigan Lands
- State Military Land

