

Where to Ride

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.

State Parks:
Bikes are allowed on all paved and non-paved roads in state parks and recreation areas. Bikes may also be ridden on designated bike paths. Mountain bikes are allowed on trails only if they have been designated for bicycle use. For more information, call the individual park or the Michigan Department of Natural Resources Parks Division at (517) 373-9900.

State Forests:
Bicycles are allowed on most State Forest trails. Contact the Michigan Department of Natural Resources Forest Management Division at (517) 373-1276 for further information.

State Game Areas:
Bicycles are allowed on designated trails and areas in State Game Areas. Contact the Michigan Department of Natural Resources Wildlife Division at (517) 373-6705 for further information.

Local Trail Systems:
Rules and regulations vary by each individual trail and community. Contact the appropriate jurisdiction for more information.

Wilderness Areas:
Bicycles are considered to be mechanical devices and are therefore prohibited in National Wilderness Areas.

Shiawassee National Wildlife Refuge:
The Woodland Trail located on the north side of the refuge offers 4.5 miles of trails. Mountain bikes are allowed on the trails, but use may be limited due to seasonal flooding. The Ferguson Bayou Trail on the south side of the refuge offers 4.5 miles of trails. The trail is gravelled on top of dikes and bicycles are allowed on the trail. Green Point Learning Center Trails located in southern City of Saginaw prohibits the use of bicycles.

Midland to Mackinac Trail:
This hiking trail is about 210 miles in length. Much of the trail is primitive in nature and mainly suitable for hiking or for foot snow equipment.

Bicycle Resources

League of Michigan Bicyclists
410 S. Cedar St. Suite G
Lansing, MI 48912
www.lmb.org
(517) 334-9100

Michigan Mountain Biking Association
www.mmba.org
(248) 288-3753

Tri-City Cyclists
www.tricitycyclists.org
(989) 839-5788

Michigan Trails & Greenways Alliance
410 S. Cedar St. Suite A
Lansing, MI 48912
www.michigantrails.org
(517) 485-6022

Friends of the Pere-Marquette Rail-Trail
www.fpmtr.org
www.saginawvalleyrailtrailfriends.com

Friends of the Saginaw Valley Rail Trail
www.saginawvalleyrailtrailfriends.com

Friends of the Flint River Trail
http://www.flintrivertrail.org/

Friends of the Fred Meijer Heartland Trail
http://www.montcalm.org/trail/

US-23 Sunrise Side Coastal Highway
http://harteroute.com/

M-15 Recreational Heritage Route
http://www.m15heritagroute.org/



Bicycle Safety

Be predictable and act like a vehicle:
Bicyclists on public roads have the same rights and responsibilities as automobile drivers, and are subject to the same state laws and ordinances.

Always wear an approved helmet:
Always have your helmet fitted and adjusted properly. Helmets should fit snugly so that they do not move around while riding.

Ride with traffic:
Motorists are not looking for bicyclists riding on the wrong side of the road. State law requires that cyclists ride with the flow of traffic.

Use hand signals:
Hand signals tell pedestrians and motorists what you intend to do. It is state law that you use signals.

Watch for cars pulling out:
Always assume that motorists do not see you. Make eye contact with the driver to assess your safety before proceeding in front of the vehicle.

Wear appropriate clothing:
Wear light, bright and/or reflective clothing at all times to improve your visibility. Dress in layers and bring gear for unforeseen changes in weather.

Use lights at night:
State law requires a front white light visible for 500 feet and a red reflector visible for 600 feet at night. More reflectors and stronger lights make you more visible.

Be courteous and respectful on trails:
Show courtesy to all trail users. Adhere to trail hours and restrictions. Respect the rights of property owners.

Always yield to other, slower trail users:
Slow down and use caution when approaching other trail users. When overtaking, announce your intentions by saying "passing on your left" or ringing your bell.

Ride as far to the right as practical:
Form a single file line when other users are present. Slower trail users should stay to the right.

MDOT Bay Region Map Extent

The Michigan Department of Transportation's Bay Region is located in East Central portion of the Lower Peninsula. The region encompasses thirteen counties that surround the Saginaw Bay. The counties that are in the region are: Arenac, Bay, Clare, Genesee, Gladwin, Huron, Isabella, Lapeer, Midland, Saginaw, Sanilac, and Tuscola.

MDOT's main office for the Bay Region is located in Saginaw. There are also four transportation service centers located in Bay City, Cass City, Davison, and Mt. Pleasant.

The MDOT Bay Region is split into two sub-regions to properly fit the scale specified for this map. This side is the Thumb Sub-Region, which contains the counties of Genesee, Huron, Lapeer, Sanilac, and Tuscola. The extent of the Thumb Sub-Region is shown on the left, and the area is indicated by the orange outline. The Bay City Area, Midland Area, and Saginaw Area insets are also on the other side of the map, and are indicated by the red-shaded boxes.

The other side of the map is the Mid-Michigan Sub-Region, and it contains the counties of Arenac, Bay, Clare, Gladwin, Gratiot, Isabella, Midland, and Saginaw. The extent of the Mid-Michigan Sub-Region is shown on the left, and the area is indicated by the red outline. The Bay City Area, Midland Area, and Saginaw Area insets are also on the other side of the map, and are indicated by the red-shaded boxes.

State and Area Parks

	Bay City	House Lake	Metamora	Mud Lake	Ontonville	Port Crescent	Albert E. Sleeper	Trout Lake	Wilson
Bay City Recreation Area	X	X	X	X	X	X	X	X	X
House Lake State Forest Campground		X	X	X	X	X	X	X	X
Metamora - Hadley Recreation Area			X	X	X	X	X	X	X
Mud Lake State Forest Campground				X	X	X	X	X	X
Ontonville Recreation Area				X	X	X	X	X	X
Port Crescent State Park	X	X	X	X	X	X	X	X	X
Albert E. Sleeper State Park	X	X	X	X	X	X	X	X	X
Trout Lake State Forest Campground				X	X	X	X	X	X
Wilson State Park	X	X	X	X	X	X	X	X	X

Road Network

Vehicle Traffic Volume - Vehicles per day

- Light (below 2,500)
- Medium (2,500 - 10,000)
- Heavy (above 10,000)
- Limited Access Highway
- Gravel Roads/No Data
- Paved Roads/No Data

Trails

- Paved Multi-Use Trail
- Unpaved Multi-Use Trail
- Unpaved Hiking Trail
- Park Path

Parks/Public Recreation Areas

- Local Park
- Park w/Restrooms
- Park w/Restrooms and Drinking Water
- Park w/Restrooms, Drinking Water and Showers
- Campground

Land Cover

- Rivers
- Lakes
- City or Village
- National Wildlife Refuge
- State or Federal Lands

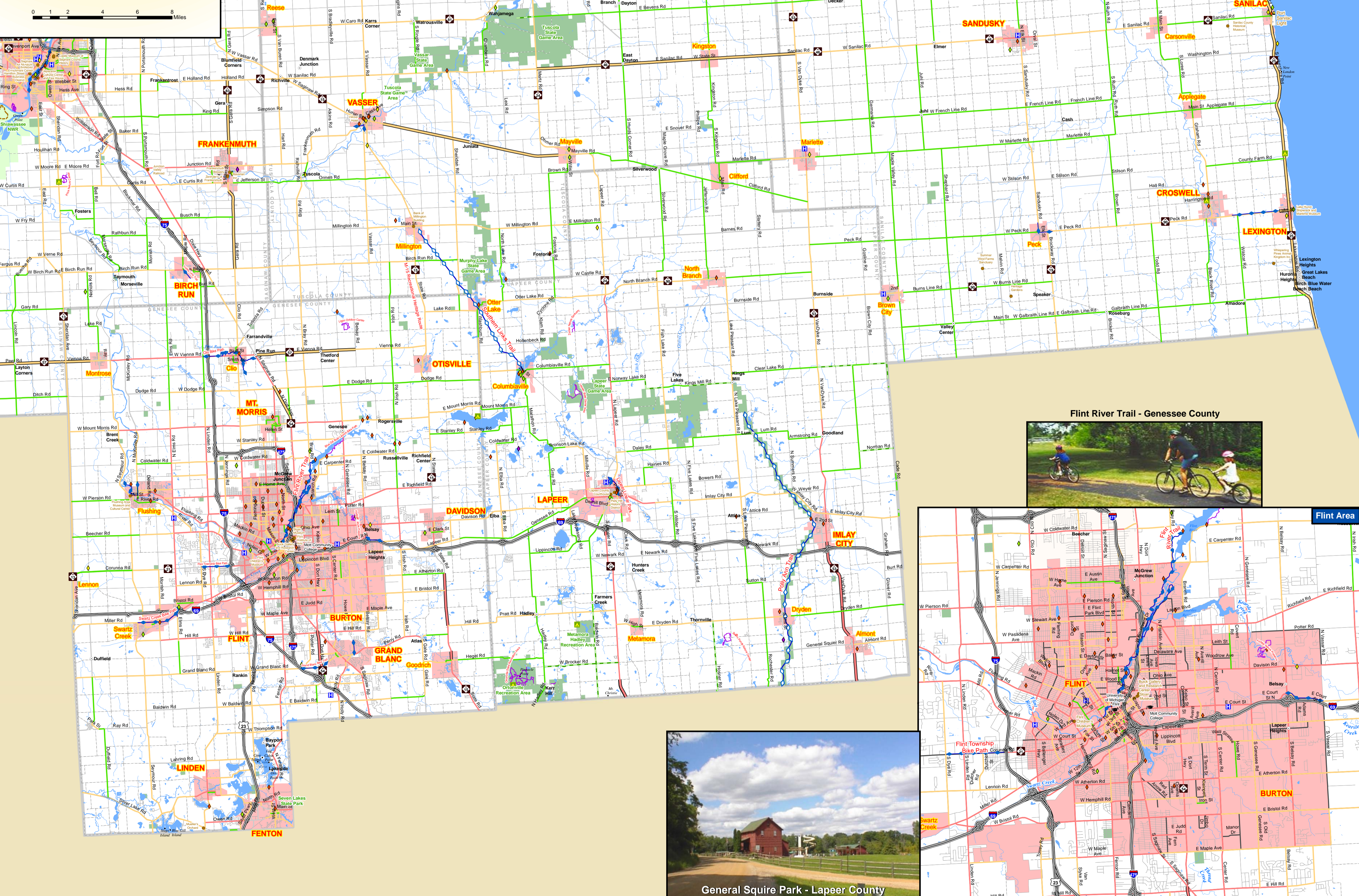
Points of Interest

Services

- Hospital
- Populated Place
- Trail Head
- University
- Lighthouse
- Other Points of Interest

CITY/VILLAGE NAME
Full Service (food, restrooms and lodging)

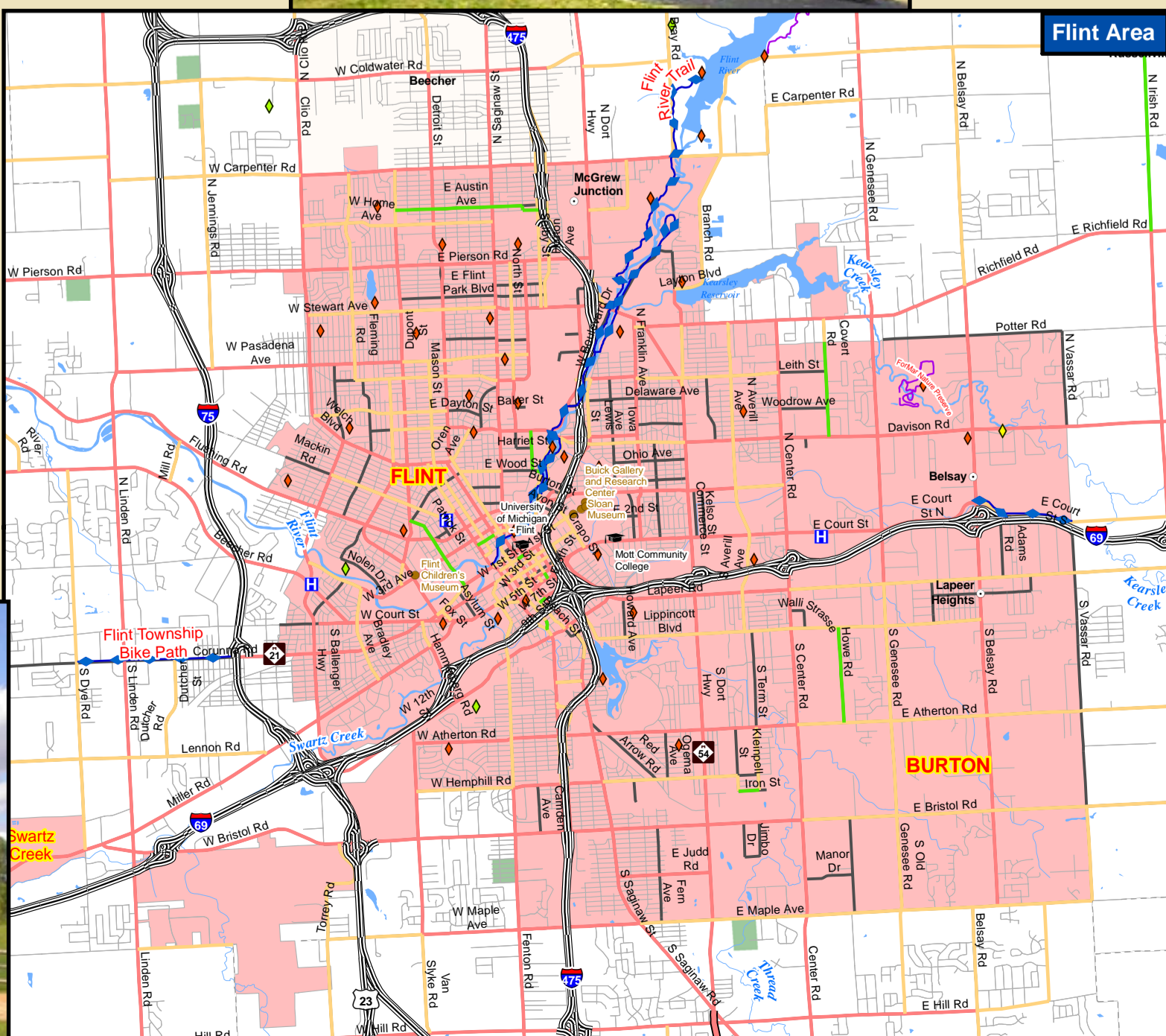
Sub Region Map Scale: 1" = 3 miles
Inset Map Scale: 1" = 1.5 miles



Flint River Trail - Genesee County



Flint Area



General Squire Park - Lapeer County