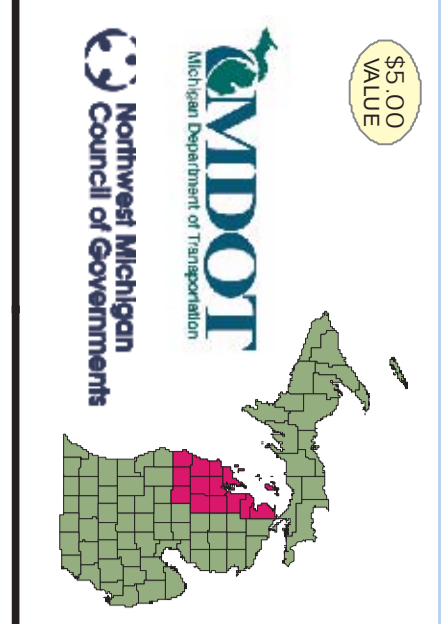


Antrim - Benzie - Charlevoix  
 Emmet - Grand Traverse  
 Kalkaska - Lake - Leelanau  
 Manistee - Mason - Missaukee  
 Oshtemo - Wexford Counties



Map Information  
 Map produced by:  
**Northwest Michigan Council of Governments**

NWMCOC  
 2194 Dendinos Dr., PO Box 506  
 Traverse City, MI 49784  
 231-929-5000, Fax 231-929-5012  
 www.nwmcoc.org

To order additional maps, please visit the Michigan Department of Transportation website at:  
[www.michigan.gov/mdot](http://www.michigan.gov/mdot)

MDOT  
 Providing the highest quality of integrated transportation services for economic benefit and improved quality of life.  
 The Michigan Department of Transportation provides information and planning assistance for nonmotorized transportation facilities.

Michigan Department of Transportation  
 Transportation Planning Services Division  
 510 East Michigan Street, Lansing, MI 48909  
 517-335-5252 or 517-335-5949

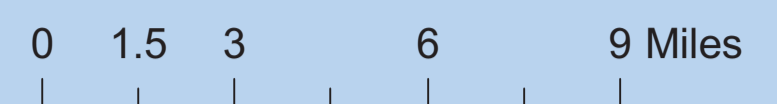
MDOT North Region Office  
 2827 D&M Dr.  
 Gaylord, MI 49735  
 888-304-MDOT (3688)

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Tourist Resources

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

- Manistee County Convention & Visitors Bureau  
 310 First St.  
 Manistee, MI 49680  
 877-528-4783
- Manistee Area Chamber of Commerce  
 11 Cypress St.  
 Manistee, MI 49680  
 800-288-2288
- Central Area Visitors Bureau  
 22 Cadillac St.  
 Cadillac, MI 49601  
 231-775-9776
- Central Chamber of Commerce  
 22 Cadillac St.  
 Cadillac, Michigan 49601
- Country Visitors Bureau  
 401 East Michigan St.  
 Petoskey, MI 49770  
 231-347-4150
- Country Visitors Bureau  
 401 East Michigan St.  
 Petoskey, MI 49770  
 800-545-2828
- Tavara City Area Chamber of Commerce  
 202 E. Grandview Parkway  
 Tavara City, MI 49885  
 231-947-5075
- Tavara City Convention & Visitors Bureau  
 101 W. Grandview Parkway  
 Tavara City, MI 49884  
 800-740-6833



1 inch equals 3 miles

**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**

- Unpaved Multi-Use Trail
- Paved Multi-Use 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**

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

**Ride Prepared**

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

**Helmet**  
 Most fatalities and serious injuries to cyclists are the result of head injuries. A Snell or ANSI approved helmet can reduce the severity of many head injuries. Some areas require the use of helmets, check with local authorities.

**Bells and Horns**  
 A bicycle must be equipped with a bell or other device capable of giving a signal audible from a distance of at least 100 feet.

**Lights and Reflectors**  
 When operating a bicycle at night it must be equipped with a lamp on the front which shall emit a white light visible from a distance of at least 500 feet and with a red reflector on the rear which shall be visible from up to 600 feet in the headlights of an automobile.

**Clothing and Reflectors**  
 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.

**Safety Accessories**  
 Water bottles, tire repair kits, mirrors, locks, and first aid kits help make each trip safer and the cyclist more self-sufficient.

