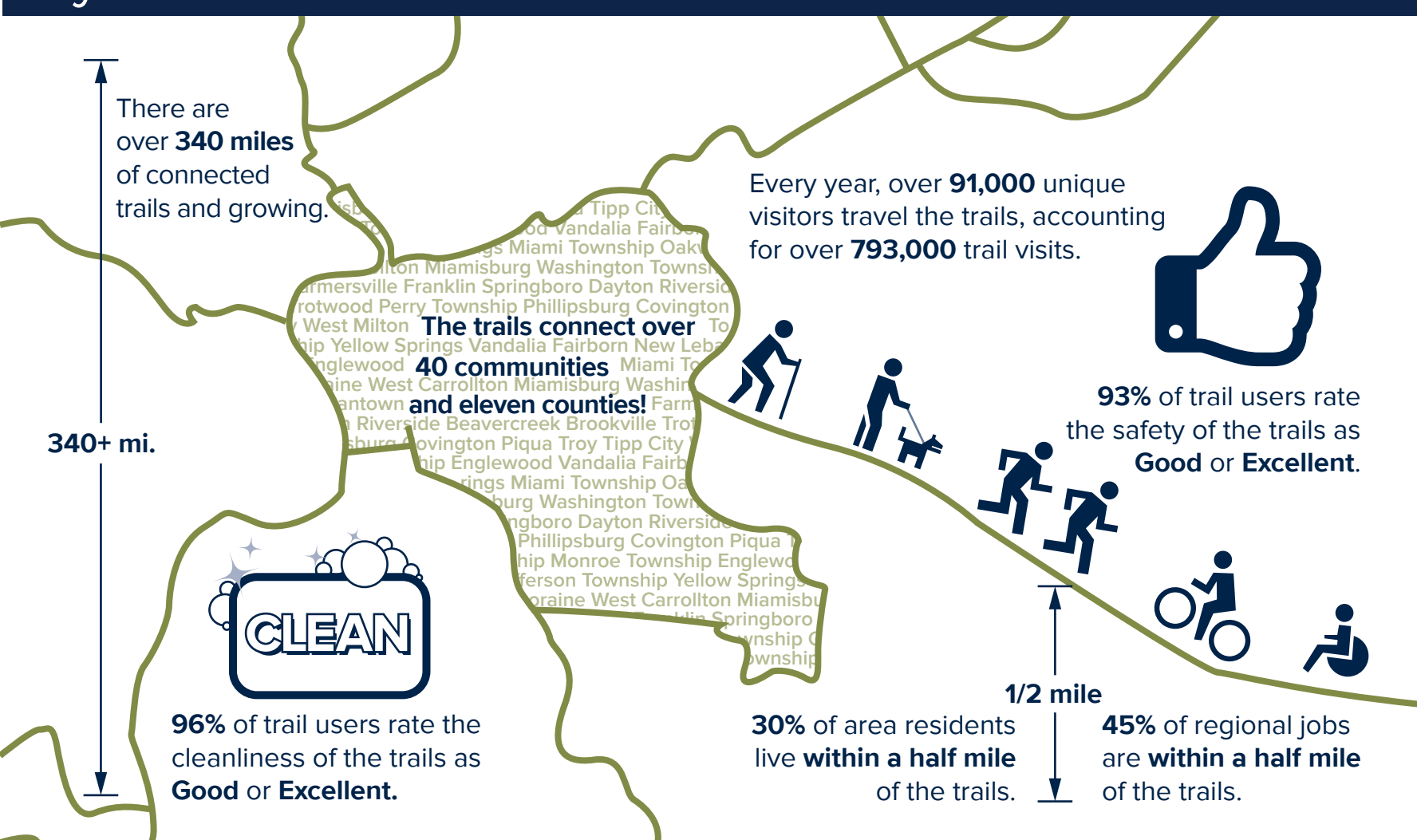


TALE of the TRAILS

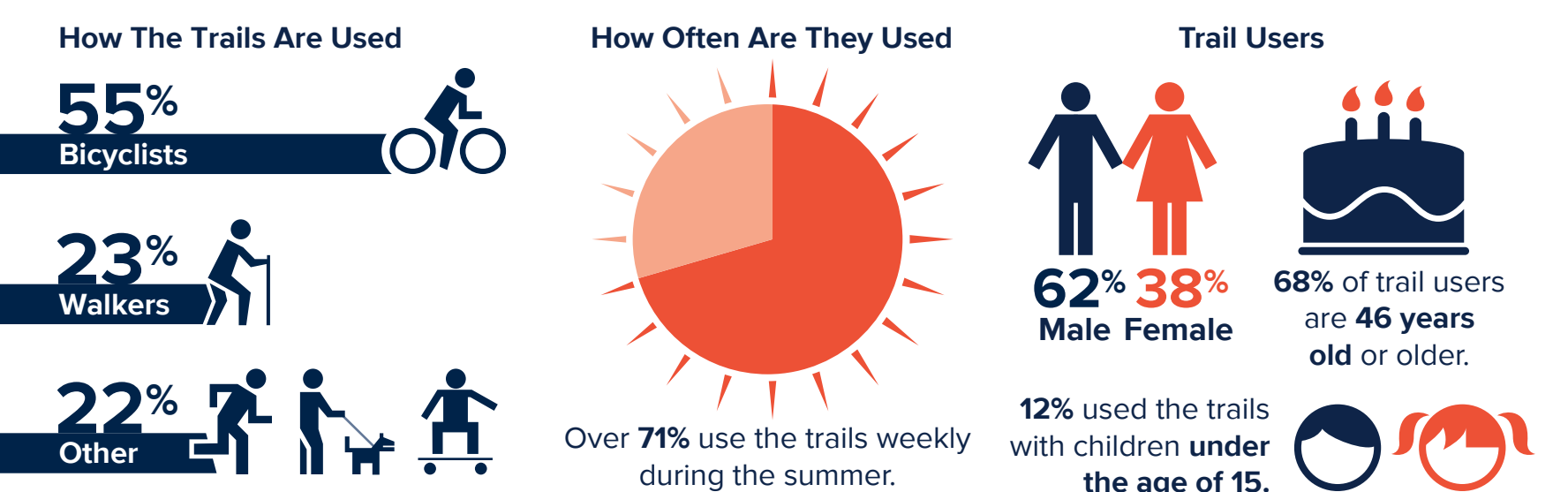
The Miami Valley Region boasts the Nation's Largest Paved Trail Network, offering many benefits to the people that utilize those trails.

For more information, visit MiamiValleyTrails.org.

By The NUMBERS

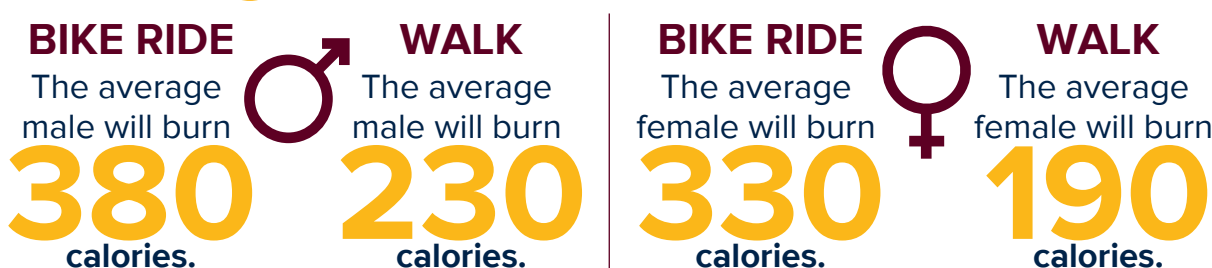


Who USES The Trails?

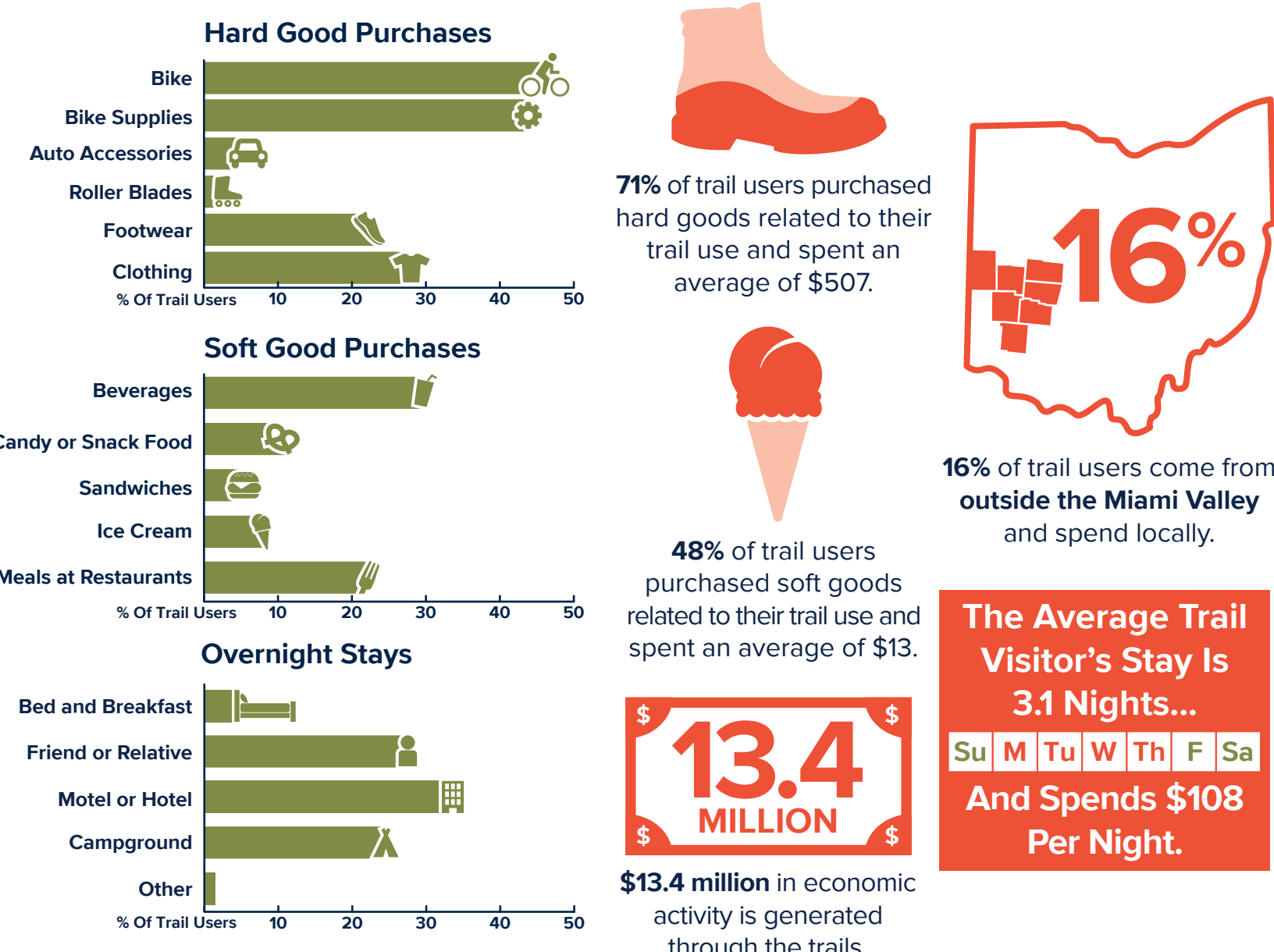


Health BENEFITS Of The Trails

During a 30 Minute...



Economic BENEFITS Of The Trails



TALE of the TRAILS

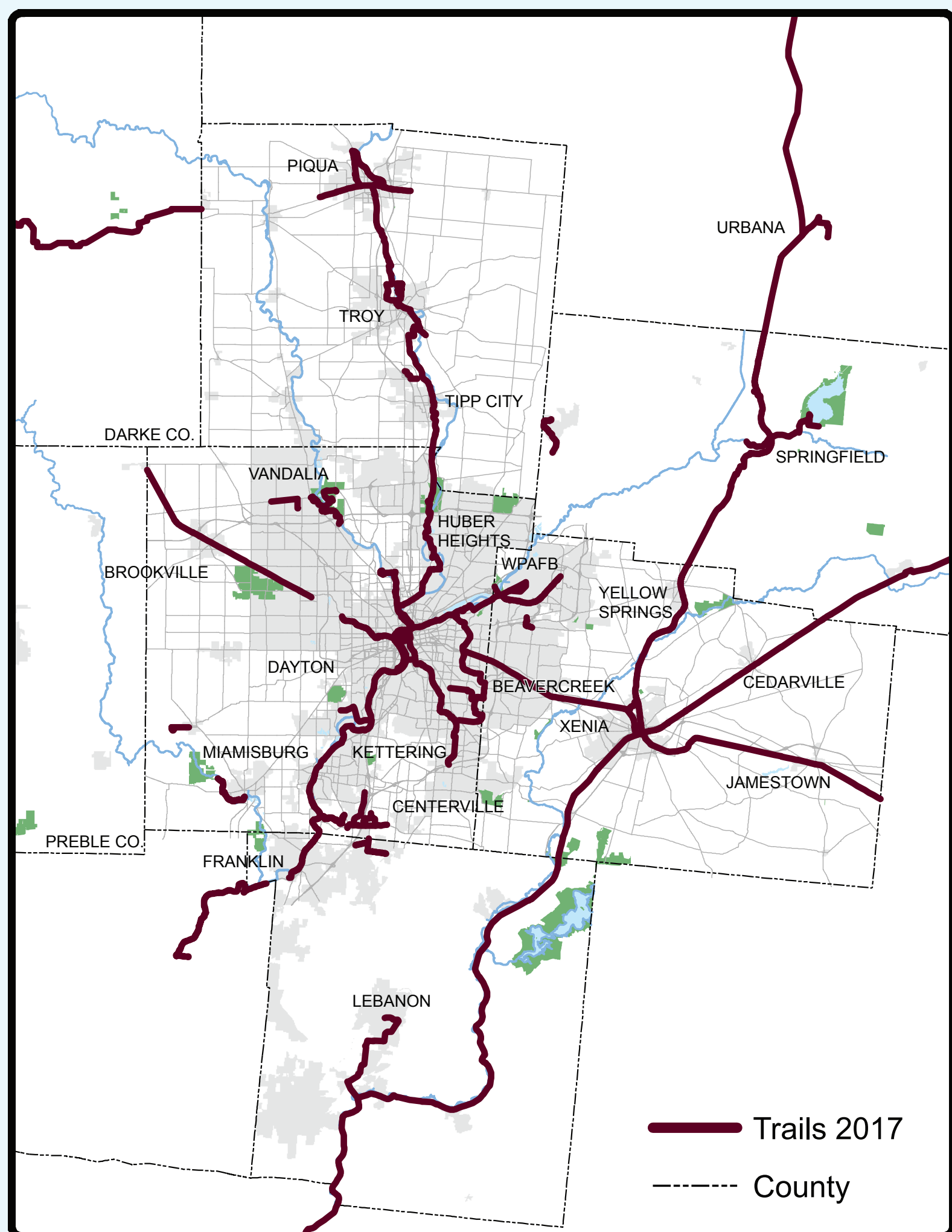
Ohio's Miami Valley Region provides over **340 miles** of paved, multi-use trails. Stretching across county lines, these trails connect schools, parks, historic landmarks, and area attractions. Path users travel through meadows, scenic countryside, forested areas, and city centers. Our great system of trails enhances both the wellness and quality of life of Miami Valley residents and visitors. All trails are free and open to the public every day of the year, from dawn till dusk.

For updates about trail conditions, visit miamivalleytrails.org.



MIAMI VALLEY
Regional Planning Commission

The Nation's **LARGEST PAVED** Trail Network



Trail **ETIQUETTE**

-  Show courtesy to all trail users – the trails are public space to be shared, so all trail users should be respected.
-  “Wheels Yield to Heels” – bikes and ‘blades must move at safe speeds when sharing the path with walkers; pedestrians have the right-of-way.
-  Pass on the left; signal intent with a bell or calling out, “Passing on your left”; the user wishing to pass is responsible for the safety of the passing maneuver, ensuring their own safety and the safety of those being passed.
-  High-speed training, especially in groups, should be confined to quiet stretches of the trails and/or quiet times of day; please use the roads if speed is not compatible with other trail users.
-  Pets must be under control on a leash at all times; pick up pet waste and don't litter.



Drive Your **BIKE**

-  In Ohio, a bicycle is considered a vehicle and a bicyclist is deemed a driver. Obey all traffic laws.
-  When riding a bicycle at night, it's required to use a good headlight, a rear red light, colorless (white) front reflector, rear red reflector, and either reflective rims or spoke reflectors.
-  Ride to the right whenever practicable; take the lane when there are hazards present or to change lanes.
-  Use hand signals to indicate turns, lane changes, and stops. Signal well ahead of your move and glance over your shoulder to let motorists know you want to move over.
-  *Always Ride With Traffic* – don't be a wrong-way driver.



Discover More At:

miamivalleytrails.org

mvrpc.org/bikeways

bikemiamivalley.org

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