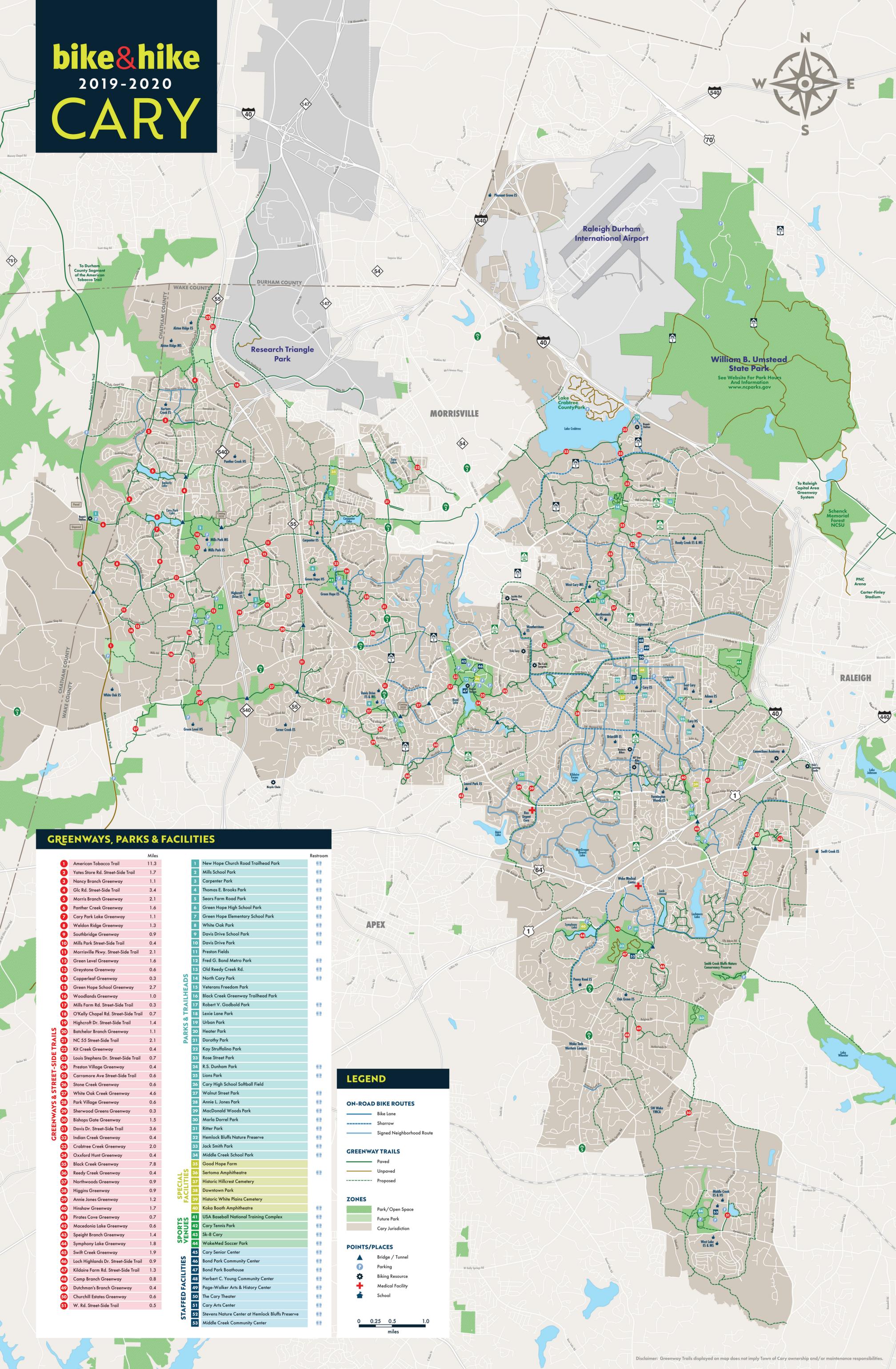


bike&hike

2019-2020

CARY

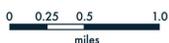


GREENWAYS, PARKS & FACILITIES

Greenway/Trail	Miles	Restroom
1 American Tobacco Trail	11.3	Restroom
2 Yates Store Rd. Street-Side Trail	1.7	Restroom
3 Nancy Branch Greenway	1.1	Restroom
4 Gic Rd. Street-Side Trail	3.4	Restroom
5 Morris Branch Greenway	2.1	Restroom
6 Panther Creek Greenway	1.6	Restroom
7 Cary Park Lake Greenway	1.1	Restroom
8 Weldon Ridge Greenway	1.3	Restroom
9 Southbridge Greenway	0.9	Restroom
10 Mills Park Street-Side Trail	0.4	Restroom
11 Morrisville Pkwy. Street-Side Trail	2.1	Restroom
12 Green Level Greenway	1.6	Restroom
13 Greystone Greenway	0.6	Restroom
14 Copperleaf Greenway	0.3	Restroom
15 Green Hope School Greenway	2.7	Restroom
16 Woodlands Greenway	1.0	Restroom
17 Mills Farm Rd. Street-Side Trail	0.3	Restroom
18 O'Kelly Chapel Rd. Street-Side Trail	0.7	Restroom
19 Highcroft Dr. Street-Side Trail	1.4	Restroom
20 Batchelor Branch Greenway	1.1	Restroom
21 NC 55 Street-Side Trail	2.1	Restroom
22 Kit Creek Greenway	0.4	Restroom
23 Louis Stephens Dr. Street-Side Trail	0.7	Restroom
24 Preston Village Greenway	0.4	Restroom
25 Carramore Ave Street-Side Trail	0.6	Restroom
26 Stone Creek Greenway	0.6	Restroom
27 White Oak Creek Greenway	4.6	Restroom
28 Park Village Greenway	0.6	Restroom
29 Sherwood Greens Greenway	0.3	Restroom
30 Bishops Gate Greenway	1.5	Restroom
31 Davis Dr. Street-Side Trail	3.6	Restroom
32 Indian Creek Greenway	0.4	Restroom
33 Crabtree Creek Greenway	2.0	Restroom
34 Oxford Hunt Greenway	0.4	Restroom
35 Black Creek Greenway	7.8	Restroom
36 Reedy Creek Greenway	0.4	Restroom
37 Northwoods Greenway	0.9	Restroom
38 Higgins Greenway	0.9	Restroom
39 Annie Jones Greenway	1.2	Restroom
40 Hinshaw Greenway	1.7	Restroom
41 Pirates Cove Greenway	0.7	Restroom
42 Macedonia Lake Greenway	0.6	Restroom
43 Speight Branch Greenway	1.4	Restroom
44 Symphony Lake Greenway	1.8	Restroom
45 Swift Creek Greenway	1.9	Restroom
46 Lach Highlands Dr. Street-Side Trail	0.9	Restroom
47 Kildaire Farm Rd. Street-Side Trail	1.3	Restroom
48 Camp Branch Greenway	0.8	Restroom
49 Dutchman's Branch Greenway	0.4	Restroom
50 Churchill Estates Greenway	0.6	Restroom
51 W. Rd. Street-Side Trail	0.5	Restroom
1 New Hope Church Road Trailhead Park	Restroom	
2 Mills School Park	Restroom	
3 Carpenter Park	Restroom	
4 Thomas E. Brooks Park	Restroom	
5 Sears Farm Road Park	Restroom	
6 Green Hope High School Park	Restroom	
7 Green Hope Elementary School Park	Restroom	
8 White Oak Park	Restroom	
9 Davis Drive School Park	Restroom	
10 Davis Drive Park	Restroom	
11 Preston Fields	Restroom	
12 Fred G. Bond Metro Park	Restroom	
13 Old Reedy Creek Rd.	Restroom	
14 North Cary Park	Restroom	
15 Veterans Freedom Park	Restroom	
16 Black Creek Greenway Trailhead Park	Restroom	
17 Robert V. Godbold Park	Restroom	
18 Lexie Lane Park	Restroom	
19 Urban Park	Restroom	
20 Heater Park	Restroom	
21 Dorothy Park	Restroom	
22 Kay Struffolino Park	Restroom	
23 Rose Street Park	Restroom	
24 R.S. Dunham Park	Restroom	
25 Lions Park	Restroom	
26 Cary High School Softball Field	Restroom	
27 Walnut Street Park	Restroom	
28 Annie L. Jones Park	Restroom	
29 MacDonald Woods Park	Restroom	
30 Maria Darrel Park	Restroom	
31 Ritter Park	Restroom	
32 Hemlock Bluffs Nature Preserve	Restroom	
33 Jack Smith Park	Restroom	
34 Middle Creek School Park	Restroom	
35 Good Hope Farm	Restroom	
36 Sertoma Amphitheatre	Restroom	
37 Historic Hillcrest Cemetery	Restroom	
38 Downtown Park	Restroom	
39 Historic White Plains Cemetery	Restroom	
40 Koka Booth Amphitheatre	Restroom	
41 USA Baseball National Training Complex	Restroom	
42 Cary Tennis Park	Restroom	
43 SK-8 Cary	Restroom	
44 WakeMed Soccer Park	Restroom	
45 Cary Senior Center	Restroom	
46 Bond Park Community Center	Restroom	
47 Bond Park Boathouse	Restroom	
48 Herbert C. Young Community Center	Restroom	
49 Page-Walker Arts & History Center	Restroom	
50 The Cary Theater	Restroom	
51 Cary Arts Center	Restroom	
52 Stevens Nature Center at Hemlock Bluffs Preserve	Restroom	
53 Middle Creek Community Center	Restroom	

LEGEND

- ON-ROAD BIKE ROUTES**
 - Bike Lane
 - Sharrow
 - Signed Neighborhood Route
- GREENWAY TRAILS**
 - Paved
 - Unpaved
 - Proposed
- ZONES**
 - Park/Open Space
 - Future Park
 - Cary Jurisdiction
- POINTS/PLACES**
 - Bridge/Tunnel
 - Parking
 - Biking Resource
 - Medical Facility
 - School



Learn how you can safely enjoy all that Cary has to offer.

Every day all across Cary, drivers, cyclists, runners, and walkers traverse greenways, roads, and trails winding through beautiful neighborhoods under shady tree cover, up challenging hills and around curves, and across boardwalks over lakes. They're making their way to work, enjoying the beautiful scenery, and exploring new routes around town. With all that Cary has to offer, it's important that everyone is aware of the roles they play while enjoying the roads and greenways. Be a considerate and safe user of these routes by following the laws, rules, and guidelines outlined here.



Did you know? Every May is National Bike Month in Cary! Find a list of local and regional events and activities at www.townofcary.org/bikecary

WALKING AND RIDING AROUND CARY

Cary's greenways and streets offer options for every mode of travel.



GREENWAYS

These meandering, off-road, paved paths are usually 10 ft. wide and are great for all ages and abilities to walk or ride. Greenways also include a system of connectors that run parallel to roadways referred to as street-side trails.



BIKE LANES

Best for novice or casual bicyclists, these are for the exclusive use of bicyclists. Bike lanes are typically at least 4 ft. wide and designated by striping and pavement markings.



SHARROWS

"Shared Use Arrows" are pavement markings that signal a shared lane environment for bicyclists and automobiles. These indicate where cyclists should ride within a travel lane, discourage wrong-way cycling, and tell drivers to expect cyclists.



NEIGHBORHOOD BIKE ROUTES

These routes can be found along local streets with lower speed limits and lower traffic volumes, and are identified with signs and sometimes pavement markings.



SIGNED ROUTES

These routes include Cary Commuter Routes, NC Routes, and US Routes. Signs provide wayfinding to help bicyclists remain on the designated route. Signed routes may overlap with other bicycle facility types like sharrows and wide outside lanes.



WIDE OUTSIDE LANES

Travel lanes wider than the standard 12 ft. that allow motorists to safely pass a cyclist while remaining in the same lane. The lanes have no markings for bicycles but you may see signs on the roadside, indicating they are part of a bicycle route.

"Life is a journey, not a destination."

—RALPH WALDO EMERSON

GREENWAY GUIDELINES

Know the greenway etiquette and rules before you go.

Cary has more than 80 miles of greenway trails across town connecting to other municipal trail systems to create a network of more than 320 miles in the Triangle—one of the largest in the country. With millions of users annually in Cary, it's important everyone know the guidelines for use.



General Use

- Greenways are for use during the daylight hours.
- Keep right and pass on the left.
- Announce yourself before passing. Politely warn greenways users as you approach from behind, "Passing on your left."
- If you stop, move to the side of the greenway.
- Keep the greenways clean by using trash and recycling bins or taking waste out with you.
- If wearing headphones, be sure you can hear others on the trail.
- Take a friend. Greenway users are encouraged to bike, walk, or jog with a companion.
- Wood boardwalks may be slick—go slowly!
- The possession or consumption of alcoholic beverages on greenways is prohibited.
- Report any suspicious incidents to 911.



TOWN OF CARY

GREENWAYS & BIKE ROUTES

On the cover: Black Creek Greenway, overlooking Lake Crabtree, is a great place to enjoy a walk with your best friend.

About the Map

The Town of Cary produces this map to assist those who want to bike, jog, or walk to Cary destinations. Included on the map are bike routes, and greenways.

Copies are available at Town staffed facilities including community centers and Town Hall.

Users of the map must rely on their individual levels of experience, skill, and tolerance for cycling in traffic, weather, time of day, obstacles, road condition, and other factors when evaluating or selecting a route. This map is no guarantee of personal safety and the Town is not responsible for any acts committed by third parties which may pose a hazard to cyclists.

Visit Us Online

Additional safety, education resources, and recommended routes are available online at www.townofcary.org.

Get in Touch

Cary Town Hall is located at 316 N. Academy St. and is open from 8 a.m. to 5 p.m. Monday through Friday, except on Town holidays.

Emergencies: 911
Police Non-Emergency: (919) 469-4012

Questions, concerns, and suggestions may be sent to feedback@townofcary.org or call (919) 469-4000.

TOWN OF CARY

WWW.TOWNOFCARY.ORG

"It is by riding a bicycle that you learn the contours of a country best."

—ERNEST HEMINGWAY



GETTING THE RIGHT FIT

Use the Eyes, Ears, Mouth Check to ensure your helmet fits.

EYES. When you look up you should see the front rim of the helmet, sitting one-two finger widths above your eyebrows.

EARS. The side straps should come to a "V" just below each ear.

MOUTH. When you open your mouth wide, you should feel the helmet push down on your head.

It's The Law! Every person 15 years of age or under riding a bicycle, skates, skateboard, scooter, or other similar vehicle on a street, sidewalk or greenway, must wear a protective helmet with the chin strap securely fastened under the chin.

If your helmet doesn't pass the test, adjust the buckles. The helmet should meet or exceed the standards for bicycle helmet use and wear as set by American National Standards Institute (ansi.org) or the Snell Memorial Foundation (smf.org). If you see any cracks in the shell, dents in the foam, or fraying on the straps, it's time for a new helmet.

LOVE YOUR BIKE? LOCK IT UP!



Following these tips will keep your bike safe and sound.

- Lock your bike in a well-lit and visible location (try out the lockers at the Train Depot—see details to the left).
- Make sure your bike doesn't block sidewalks, paths, doorways, or other vehicles.
- Lock your wheel and bike frame to a sturdy bike rack or post.
- U-locks are best, followed by heavy duty cable locks.
- Write down your bike's serial number here and take a picture so you can share it with the police if it's stolen.

BIKE SERIAL NUMBER:

RULES OF THE ROAD

Bikes on the road are legally considered vehicles.

In North Carolina, bicycles are legally considered vehicles, so bicyclists have full rights to use the road. Just remember—you're also subject to the regulations governing the operation of a vehicle and must obey all traffic laws.



Did you know? Cary is a Bronze Bicycle Friendly Community (BFC) for our efforts to plan, design, and encourage a bike-friendly community.

How to Ride

- Be a defensive and predictable rider.
- Ride on the right—the same direction as other traffic.
- Obey all traffic signs and signals.
- Ride no more than two abreast.
- Cross railroad tracks at right angles.

When to Yield

- Yield the right-of-way when you enter the road or change lanes.
- If you're riding your bike on any sidewalk within Cary, use caution and yield the right-of-way to pedestrians.

How to Pass

- When passing another bike, give them plenty of space—a minimum of 2 ft., or 4 ft. in a no-passing zone is the law.
- Allow some space when riding past parked cars—you never know when a door might open.

What to Wear—You and Your Bike

- At night, bicycles must be equipped with a front light and red rear light or reflector both visible from 300 ft.
- Wear a protective helmet with a secure chin strap—see diagram to the right for the correct fit.
- Wear bright clothing so people can see you.

Use hand signals to communicate intended movements



Either one works!

BIKE PREP CHECKLIST For your safety and the safety of others, always check your bike before departing.



- TIRES** are sufficiently inflated; no tears or cuts



- BRAKES** are working and centered on rim



- CHAIN** is clean and runs smoothly



- QUICK RELEASE LEVERS** are closed



- CABLES** are taut with no cracks, crimps, rust, or dirt



- TOOLS** and supplies you'll need are packed



BIKE REPAIR STATIONS

Cary has three bike repair sites to get your ride ready. These stations include all the tools you'll need to perform basic bike repairs and maintenance.



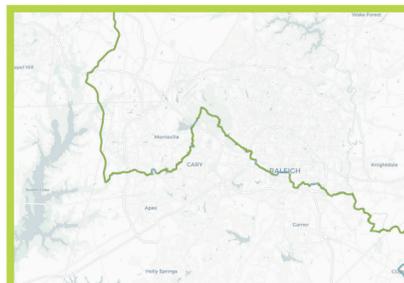
GOCARY BIKE TRANSPORT

The Rack-n-Roll program makes riding fixed routes more convenient for bicyclists. Bike racks accommodate two-wheeled, single-seat bicycles. Visit gotcary.org/rack-n-roll for details.



BIKE LOCKERS

Did you know Cary has bike lockers at the Train Depot where you can safely park your bike for the day? There are spaces for 4 bikes available on a first come, first served basis.



East Coast Greenway
The Town of Cary's Greenway system comprises a part of the over 3,000-mile East Coast Greenway (ECG). The ECG extends along the eastern seaboard from Maine to Key West, Florida. The American Tobacco Trail, White Oak Creek Greenway, and the Black Creek Greenway make up nearly 20 miles of the ECG in the Triangle Region. greenway.org



Did you know? Cary is celebrating its 40th year of greenways in 2019! The first Cary Greenway was completed in 1979 between Tarbert Drive and Gatehouse Drive near Annie Jones Park.

Join in the celebration throughout 2019! For events and activities, visit www.townofcary.org/greenways.

A NETWORK OF ACTIVITY

Cary's greenway system is much more than just a set of trails, it serves the entire community by linking schools, neighborhoods, and employment centers to an expansive network of over 2,600 acres of parks and open space. As a Gold Medal Award winner for Excellence in Park and Recreation Management, the Town of Cary provides numerous opportunities for recreation, exercise, art, and entertainment.



13 staffed facilities include nature parks, dog parks, a ropes course, and an outdoor skate park.



Arts and culture come to life with a multitude of events at the vibrant Cary Arts Center, The Cary Theater, and nationally-renowned Koka Booth Amphitheatre.



To support economic growth, Cary hosts numerous festivals, concerts, and events that attract thousands of visitors annually.



Between the USA Baseball National Training Complex, the 10,000-seat stadium at WakeMed Soccer Park, and the 33-court Cary Tennis Park, Cary has hosted over 50 collegiate championship games and matches.

A NOTE OF THANKS

Walking, biking, riding, running, and everything in between is simply fun. That's why millions of Americans participate in active mobility every day. It's also important to highlight that these activities are great for our mental and physical health, reduce our carbon footprint, connect our community, and improve our resiliency and sustainability. To everyone who participates, we say thank you!

Ways to Make a Difference

Join the Greenway Committee

The Greenway Committee is a citizen-based committee serving in an advisory capacity to the Cary Parks, Recreation & Cultural Resources Advisory Board. They are charged with assisting staff, providing input, educating the public about Cary's greenway program, and facilitating the implementation of Cary's greenway system.

Volunteer

Getting involved in the community can be enriching and fulfilling. Visit www.townofcary.org/volunteer to get started.

Cary It Green

Learn how you can make small changes to have a big impact on the environment and get tips on green living in Cary. www.facebook.com/caryitgreen

