

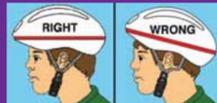
**BICYCLIST'S  
PEDESTRIAN'S  
MOTORIST'S  
EVERYONE'S  
SAFETY TIPS**

Our street and road network is for all users – unless specifically prohibited.

Pedestrians, bicyclists, and motorists must follow all applicable Department of Motor Vehicle laws.

Avoid distractions – travel requires concentration whether walking, bicycling, or driving.

Bicyclists should ALWAYS wear a helmet – properly.



Be visible – bicyclists and pedestrians should wear bright, reflective clothing.

Be especially vigilant at night or during inclement weather.

New York State laws require front and rear lights for bikes at night.

Be predictable and make eye contact.

Always bike with and walk against traffic – it's the law.

Use pedestrian signals where available.



For more safety tips, go to the Governor's Traffic Safety Committee: [www.nysgtscc.state.ny.us](http://www.nysgtscc.state.ny.us)

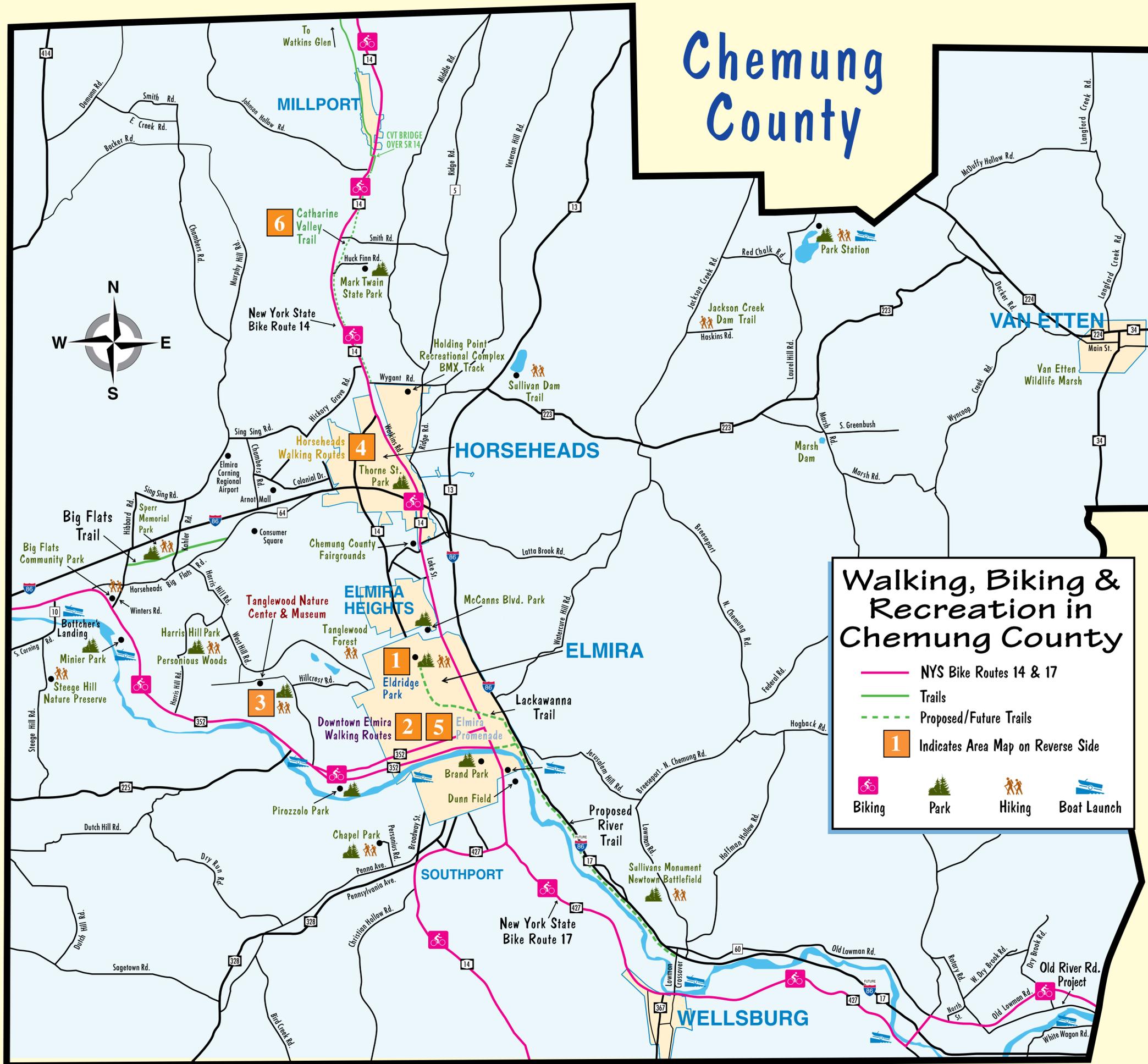


**Friends of the  
CHEMUNG RIVER  
WATERSHED**

An Elmira-based nonprofit organization dedicated to protecting and promoting the 45-mile-long Chemung River and its tributaries, and encouraging people to better use, enjoy and respect our waterways. We are part of the Chesapeake Bay Gateway Network. We build river trails and boat launches and lead guided paddles, hikes, bike treks and cross-country skiing. We do river cleanups and promote river safety, river education and environmental conservation.

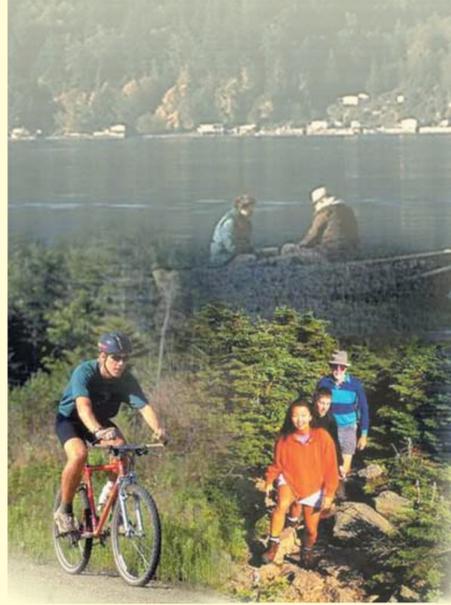
[www.chemungriverfriends.org](http://www.chemungriverfriends.org)

Designed & Produced by Metrodesign Associates, Homer, NY  
[www.metrodesignassociates.com](http://www.metrodesignassociates.com)



# Chemung County

# Get Active in Chemung County



## Walking, Biking & Recreation in Chemung County

- NYS Bike Routes 14 & 17
  - Trails
  - Proposed/Future Trails
  - 1 Indicates Area Map on Reverse Side
- Biking   
 Park   
 Hiking   
 Boat Launch

### A Balanced Approach to Transportation

The Elmira-Chemung Transportation Council (ECTC) is the Metropolitan Planning Organization (MPO) for Chemung County. The ECTC is responsible for planning and implementing federally funded transportation projects in a balanced manner, including roads such as I-86, bridges, transit facilities and service, and bicycle and pedestrian amenities.

The Council has been a long-time supporter of providing the community alternatives to car travel. With policy and monetary support from the federal and state governments, the ECTC has worked with the community to plan and implement projects including Catharine Valley Trail, Big Flats Trail, Elmira Promenade, and urban walking trails.

The Council coordinates the tri-county Bicycle Advisory Committee and Pedestrian Advisory Committee (BACPAC). BACPAC guides planning and implementation of bicycle and pedestrian improvements in Chemung, Schuyler, and Steuben counties.

The Council works to improve safety for bicyclists and pedestrians by working with the Chemung County Traffic Safety Board and the Southern Tier Bicycle League (STBL) to educate the public about rules of road for all users.

For information about transportation planning in Chemung County contact:

**ELMIRA-CHEMUNG  
TRANSPORTATION COUNCIL**  
(607) 737-5510  
ectc@stny.rr.com  
[www.elmirampo.org](http://www.elmirampo.org)

This brochure was funded by the Federal Highway Administration.  
March 2011

# 1 ELDRIDGE PARK Elmira, NY

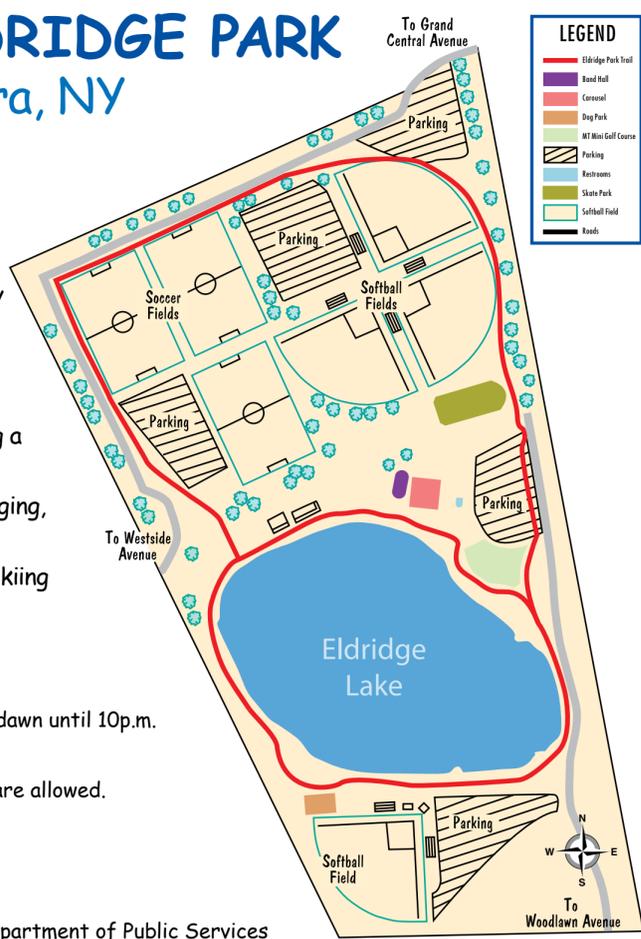
The newly renovated Eldridge Park offers a variety of recreational facilities for the whole family, including a 1.4 mile trail for walking, jogging, rollerblading, cross-country skiing and bicycling.

**Hours:**  
Open daily from dawn until 10p.m.

**Pet Policy:**  
Dogs on leashes are allowed.

**Information:**  
(607) 737-5750

**Operated by:**  
City of Elmira Department of Public Services



# 2 DOWNTOWN ELMIRA WALKING ROUTES



## WHY BE ACTIVE?

Get Physically Active

- Improve your overall health.
- Prevent high blood pressure, overweight and obesity problems, heart disease, diabetes, and some cancers.
- Improve your energy, mood, productivity, brain power, and concentration.
- Improve your sleep.
- Increase your sense of well-being.

It's Easy!

- Choose activities that are fun and enjoyable.
- Start slowly and ease into it; raise the level gradually.
- If you can carry on a conversation while being active, you are at your "comfort zone" for exercise.
- Your goal should be to work up to 30 minutes a day, most days of the week.
- Don't overexert yourself, especially on hot, sunny days.

Safety Precautions

- Drink plenty of water before, during, and after exercise.
- To prevent injury, do 3 to 10 minutes of warm-up and cool-down exercises before and after physical activity.
- Wear loose-fitting, layered clothing and comfortable shoes that give your feet and legs support.
- If you wear headphones, take caution to be able to hear what is going on around you.
- Wear reflective or bright-colored clothing if you are outdoors at night.
- Wear sunscreen with an SPF of at least 30.

## LYME DISEASE PREVENTION

- Wear appropriate clothing. Light-colored clothing to spot ticks easily. Long-sleeved shirts buttoned at the wrist. Long pants tucked into socks or boots. A hat.
- Consider insect repellent. Deet on skin, or Permethrin on clothing.
- Stay in the middle of the trail and avoid brushing against vegetation.
- Check for ticks every few hours, with a full body tick-check at the end of the day.
- Remove any tick as soon as you find it. Use tweezers to grasp the tick near its mouthparts, as close to the skin as possible. Pull steadily and firmly until the tick lets go. Apply rubbing alcohol or peroxide to the bite site.

# 3 TANGLEWOOD NATURE CENTER & MUSEUM

Tanglewood's mission is to lead and support education and preservation efforts to achieve a heightened awareness, understanding, and caring for our natural environment.

Trails Open Every Day

**Hours:**  
May 1st - October 31st  
Tuesday-Saturday: 8:30am-4:30pm  
Closed Sunday & Monday

November 1st - April 30th  
Tuesday-Saturday: 9:00am-4:00pm  
Closed Sunday & Monday

**Pet Policy:**  
Dogs, even those on leashes, ARE NOT allowed.

**Other Policies:**  
For your safety stay on mowed and designated trails and do NOT enter any areas designated as restricted.

No collecting of plants, animals, or other natural materials is allowed.

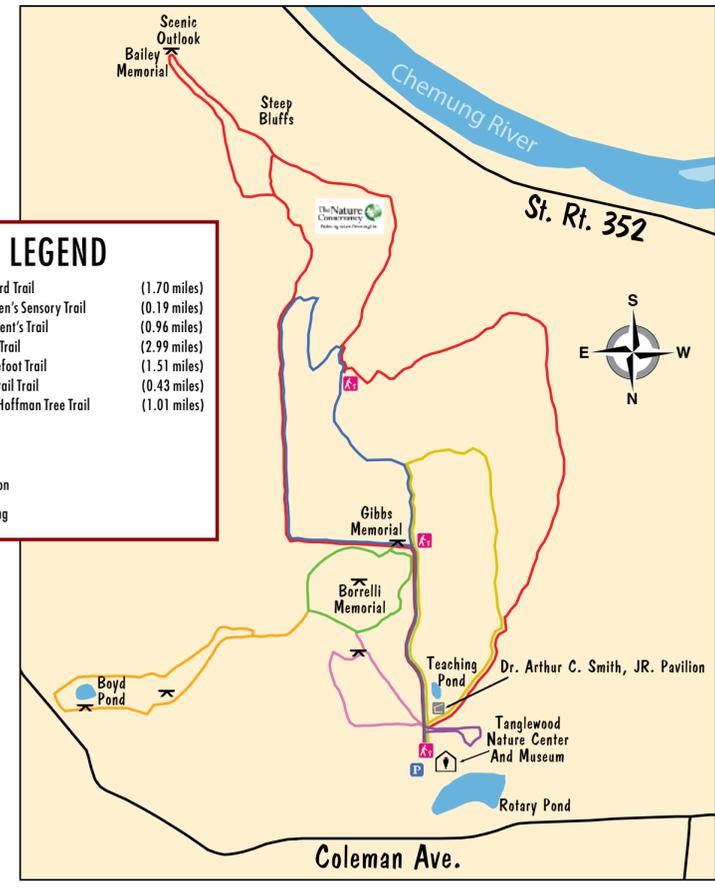
No bicycles or motorized vehicles.

No loud noises/radios.

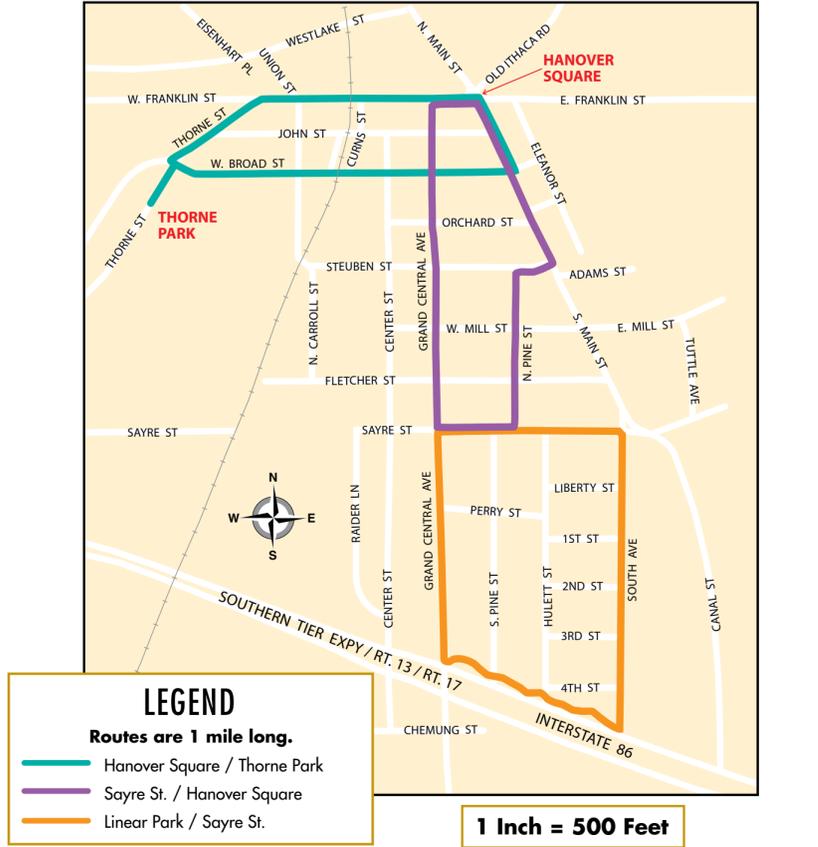
No swimming, boating, fishing, skating, sledding, camping, hunting, or firearms of any type.

Please take out any trash that you may bring in.

**Information:**  
(607) 732-6060

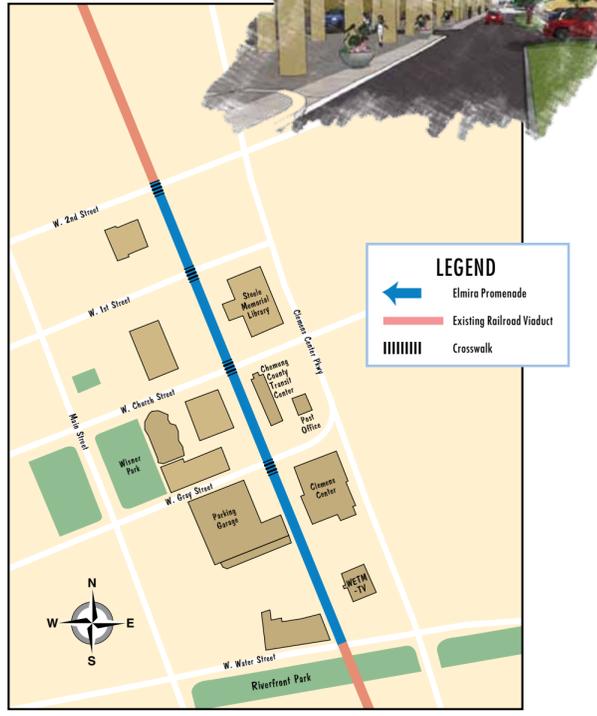


# 4 HORSEHEADS WALKING ROUTES



# 5 ELMIRA PROMENADE

Under Development  
[www.elmirapromenade.org](http://www.elmirapromenade.org)



# 6 CATHARINE VALLEY TRAIL

This trail will take you through the Catharine Valley where... Native Americans routinely walked... rail-road tracks were laid and a canal was dug... you can take a leisurely hike or bike ride.

**Hours:**  
Dawn to dusk.

**Pet Policy:**  
Dogs need to be on a leash. Please clean up after your dog.

**Other Policies:**  
Motorized vehicles of any kind ARE NOT allowed on the trail. Must stay on trail.

Please respect the rights of our neighbors.

**Information:**  
Finger Lakes State Parks Region  
(607) 387-7041 To report an incident on the trail.

