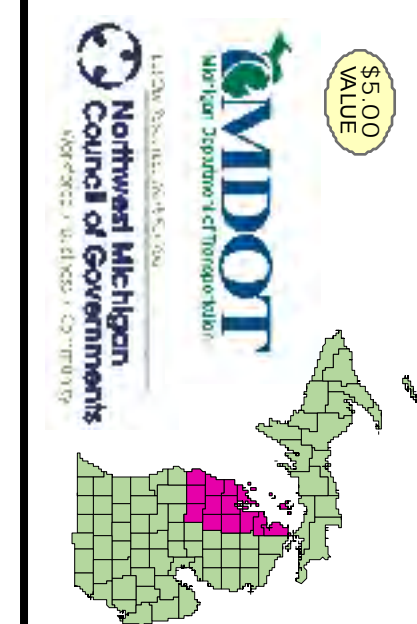




2nd Edition
 Antrim - Benzie - Charlevoix
 Emmet - Grand Traverse
 Kalkaska - Lake - Leelanau
 Manistee - Mason - Missaukee
 Oshtemo - Westford Counties



Map Information
 Map produced by:
 Northwest Michigan
 Council of Governments

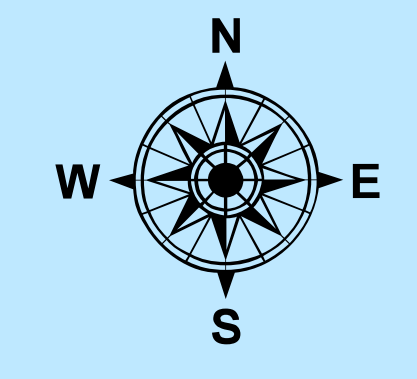
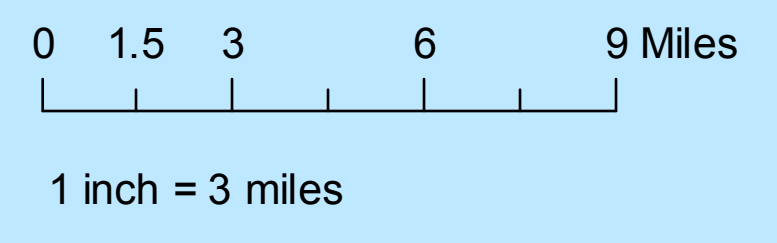
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 To order extra maps, please visit the Michigan Department of Transportation website at:
www.michigan.gov/mdot

MDOT
 Michigan Department of Transportation
 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,
 500 West Washington, Lansing, MI 48909
 P: 517-353-5263 or 517-375-3948
 MDOT North Region Office
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 Caydon, MI 49735
 888-304-MDOT (6368)

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Tourist Resources
 Vacation and accommodation information can be obtained from the following organizations. The same information can be obtained at any of Michigan's 13 throughout Michigan.
 Cadillac Chamber of Commerce
 224 North Main Street
 Cadillac, MI 49801
 231-775-9776
 Cadillac Area Visitors Bureau
 Cadillac, MI 49801
 800-222-LAKES (62837)
 Manistee Area Chamber of Commerce
 Manistee, MI 49866
 800-289-2285
 Manistee County Convention & Visitors Bureau
 Manistee, MI 49866
 877-624-783
 Petoskey Regional Chamber of Commerce
 Petoskey, MI 49770
 231-347-1150
 Petoskey Visitors Straps-Boys
 401 East Mitchell Street
 Petoskey, MI 49770
 231-347-5075
 Traverse City Area Chamber of Commerce
 202 E. Grandview Parkway
 Traverse City, MI 49785
 231-947-5075
 Traverse City Convention & Visitors Bureau
 101 W. Grandview Parkway
 Traverse City, MI 49784
 800-TRAVERS (872-8377)



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

- Multi-Use Trail
- Foot 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

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
 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.

Points of Interest

- Hospitals
- Summits
- Other Points of Interest
- Places

Services

PLACE NAME
 Full Service (food, restrooms, and lodging)
 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

