

► get out guide to biking

fast facts and GREAT adventures

Why biking is better

- You burn almost 600 calories per hour, as opposed to other recreational activities.
- Mountain biking does not put stress on the bones and joints with the consistent pounding of running and aerobics.
- You get a complete body workout for both your upper and lower body.

Different ways to bike

- Mountain
- Free riding and leisure
- Road

Be prepared

- Always bring a tool kit.
- Bring a first aid kit.
- Stay hydrated.
- Pay attention to trail directions.
- Follow the rules of the road.

Attention: Beginning bikers

- Avoid steep and rocky inclines.
- Focus on developing a feel for breaking and changing gears.
- Warm up and cool down before and after each ride.

Biking in PA state parks and forests

- Bicycling continues to ride on a crest of popularity that makes it one of America's premiere family recreational activities. But as more and more people take to riding bikes, safe areas to ride and enjoy bikes become more scarce.
- That's not the case in Pennsylvania state parks. Through the past several years, the Pennsylvania Bureau of State Parks has actively developed safe bike trails in state parks. The bike trails found in state parks feature a variety of sizes, terrain and scenic views. An added bonus is that you can take advantage of the many resources, facilities and activities found within each park.
- Eleven state forests maintain 447 miles of designated mountain biking trails. Public use maps are available in each forest district office to help you enjoy your ride.

Rails-to-trails biking

- There are over 800 miles of bike trails in PA.
- The premier place is the Pine Creek rail trail. It stretches for 64 miles, from Tioga County to Lycoming County, and has developed trailheads and camping facilities.

Know the law

- PA Act 72 requires bicyclists under the age of 12 to wear an ANSI, SNELL, ASTM, or CPSC approved helmet when riding a bicycle. Helmets must be worn level and snug on top of the head with the chin strap securely fastened.