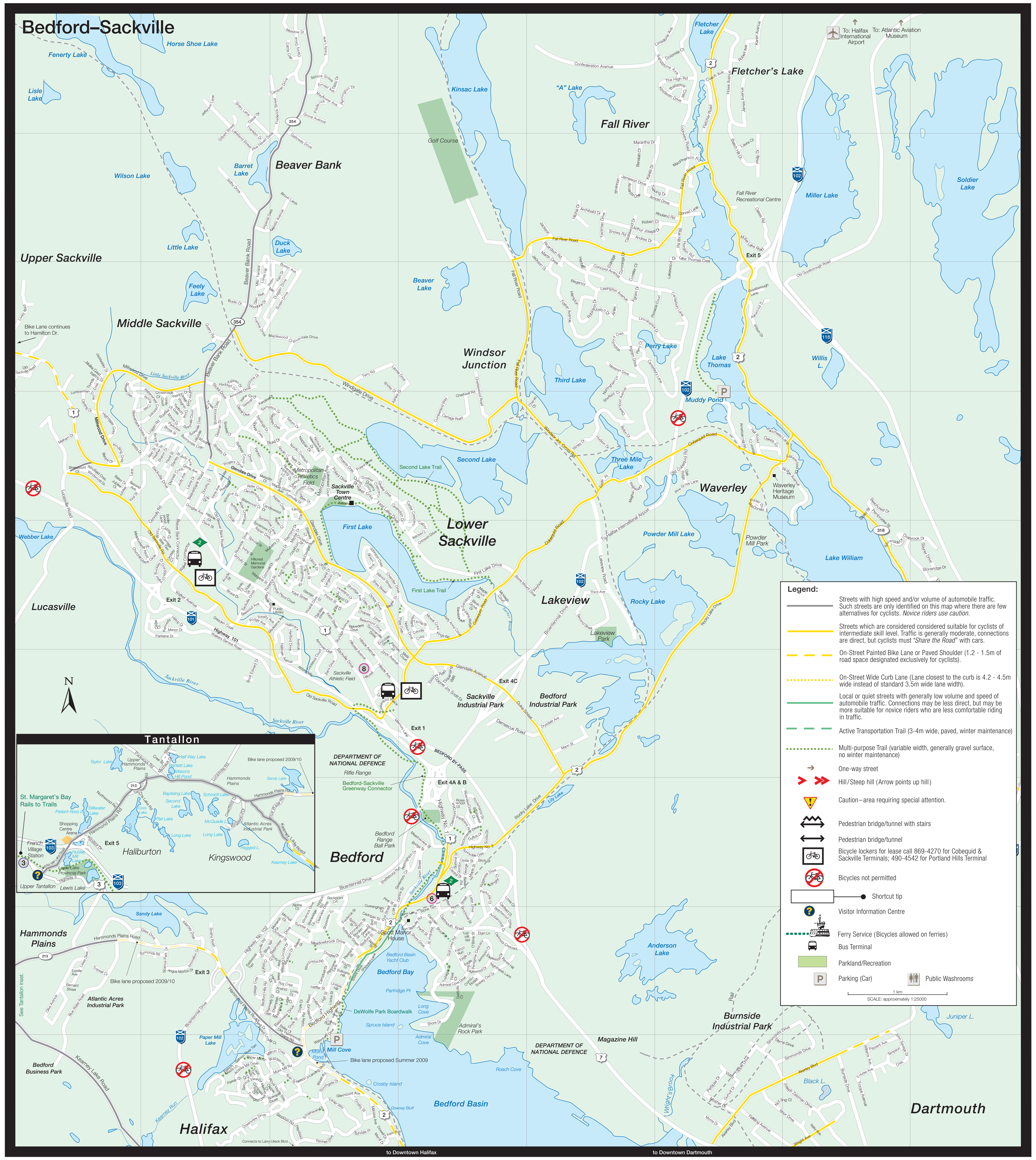
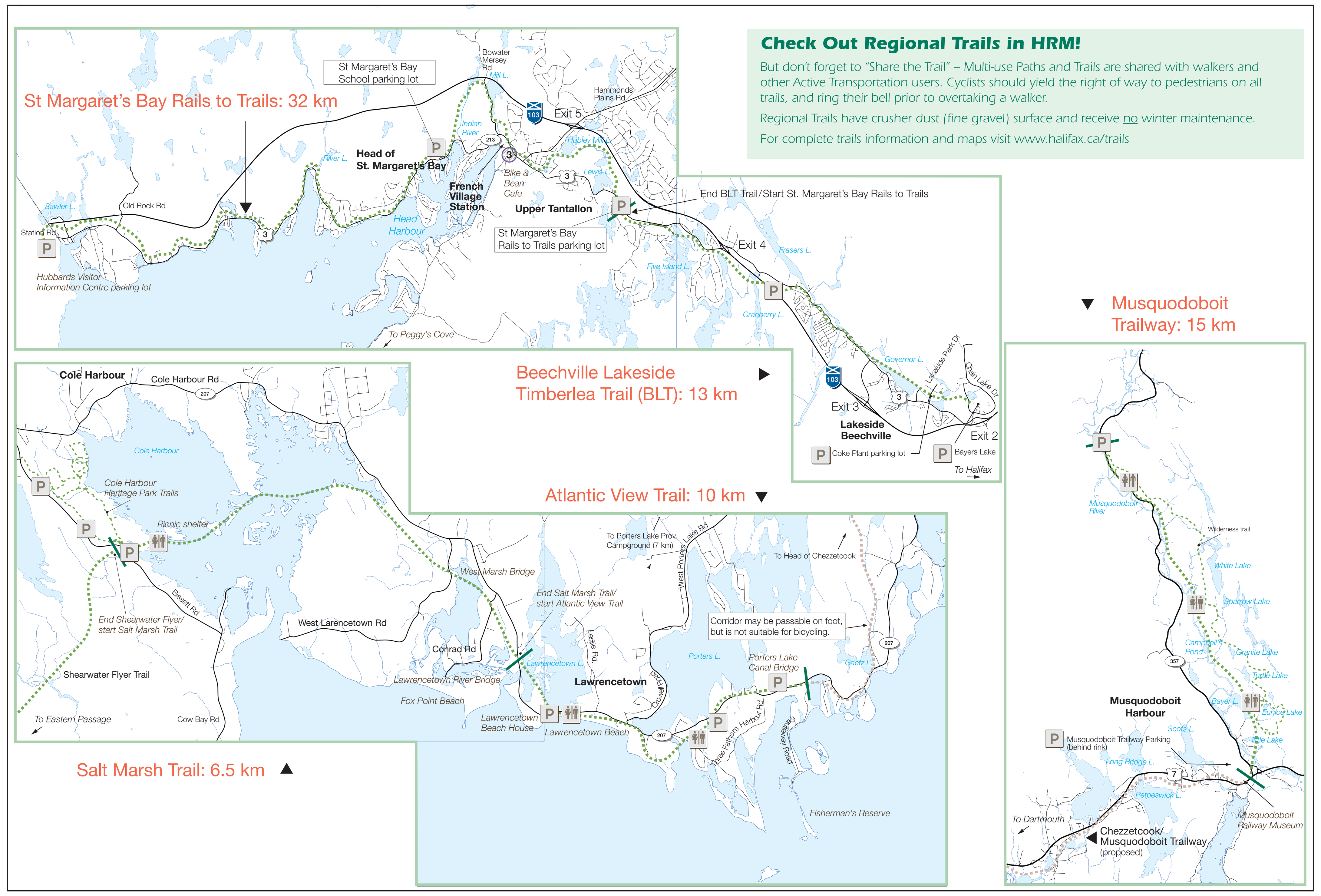


Check Out Regional Trails in HRM!

But don't forget to "Share the Trail" – Multi-use Paths and Trails are shared with walkers and other Active Transportation users. Cyclists should yield the right of way to pedestrians on all trails, and ring their bell prior to overtaking a walker.

Regional Trails have crusher dust (fine gravel) surface and receive <u>no</u> winter maintenance.

For complete trails information and maps visit www.halifax.ca/trails



Quick Reference:

Parks/Recreation/CivicCentres

1. Abenaki Boat Club N4
2. Albro Lake Beach....I3
3. Banook Canoe Club....J4
4. Beazley Fields....L3
5. Birch Cove Park....J4
6. Bowles Arena....K6
7. Centennial Arena....E5
8. Centennial Pool....I7
9. Chocolate Lake Beach....F8
10. Dalplex....H8
11. Dartmouth Sportsplex....I5
12. Leighton Dillman Scenic Gdn ..J5
13. Dartmouth Common....J5
14. Devonshire Arena....G5
15. Fort Needham Memorial Park..H5
16. Ferry Terminal Park....J5
17. Grahams Grove Park....K4
18. Gray Arena....I3
19. Halifax Forum....G6
20. Halifax Common....H7
21. World Trade & Convention Ctr...I7
22. Halifax Metro Centre....I7
23. Hemlock Ravine Park....C3
24.
25. Kearney Lake Beach....B3
26. Maybank Fields....J3
27. Maynard Lake Beach....K5
28. McNabs Island....M10
29. Mic Mac Aquatic Club....J4
30. Needham Pool & Rec. Centre .H5
31. Northcliffe Centre....D5
32. Penhorn Lake Beach....L4
33. Point Pleasant Park....J9
34. Public Gardens....I7
35. Seaview Memorial Park....F4
36. Senobe Aquatic Club....J4
37. Shubie Beach....K1
38. Shubie Park....K1
39. Spryfield Lions Rink....G11
40. Capt. Wm. Spry Rec. Centre.F11
41. St. Mary's Boat Club....G8
42. Sullivans Pond Park....J4
43. The Tower St.Mary's....I8
44. Waegwoltic Boat Club....G8
45. Williams Lake Beach....G10
46.
47. YMCA- Halifax....I7
48. Halifax Mainland Common....C6
49. Graves-Oakley Mem. Park....E12
50. George Dixon Centre....H6
51. Crichton Ave. Community Ctr...J4
52. Findley Community Centre....J4
53. Mic Mac Native Friendship Ctr..I6
54. Northbrook Community Ctr....I4
55. Cole Harbour-Lawrencetown Coastal Heritage Park....P5
56. Cornwallis Park....J8
57. Flynn Park....G8
58. Horseshoe Island Park....G8
59. Sir Sandford Flemming Park....G8
60. Long Lake Regional Park....E9
61. Birch Cove Marine Park....D4
62. Tremont Plateau Park....D4
63. Wedgewood Playinfg Field....B3
64. Blackrock Beach....J9
65. Merv Sullivan Park....G4
66. Cole Harbour Place....O3
67. Adventure Earth Centre....H9
68. Beechville/Lakeside/Timberlea.A7
69. St. Andrews Centre....F6
70. Chocolate Lake Centre....F8
71. Salt Marsh Trail....inset O7
72. Rainbow Haven Beach ...inset O7
73. Tallahassee Community Ctr ...P11
74. Dartmouth North Centre....I3
75. Carl Morash Field Park....K6

Points of Interest

100. Armouries....I6
102. Army Museum....I7
103. Art Gallery of N.S. J7
104. Alderney Landing....J5
105. Brewery Market....J7
106. Canadian Coast Guard Base...K6
107. Christ Church....J5
108. Hfx Citadel National Historic Site I7
109. Fisherman's Cove....O11
110. First Baptist Church....J5
112. Dingle Tower....H9
113. Evergreen Historic House....J5
114. Geary Street Cemetary....I5
115. Grace United Church....J5
116. Halifax City Hall....I7
117. Little Dutch Church....I6
118. Maritime Museum of the AtlanticJ7
119. Public Archives of Nova Scotia..I8
120. Museum of Natural History....I7
121. Old Burying Ground....I7
122. Holy Cross Cem....I8
123. Martello Tower....J10
124. Princes Lodge....C2
125. Quaker Whalers House....J5
126. Rebecca Cohn Auditorium....H8
127. Shubie Canal - Info Centre....J5
128. Fairbanks Centre....K2
129. St. Pauls Anglican Church....I7
130. St. George's Round Church....I6
131. St. Mary's Basilica....J7
132. St. Matthews United Church....J7
133. St. James United Church....J5
134. York Redoubt (Herring Cove Inset)
135. Old Town Clock....I7
136. Fairview Cemetery....F6
137. Africville National Historic Site ..F4
138. Cole Harbour Heritage Farm ...O4
139. Black Cultural Centre....Q1
140. Deadman's Island Memorial ...G8
141. Shearwater Aviation Museum ..N9
142. Cruise Ship Pavilion....J8
143. Pier 21....J8
145. Tall Ships Quay....J7
146. Casino Nova Scotia....I6
147. Maritime Command Museum ..H6
148. St. Peters Catholic Church....J5
149. World Peace Pavilion....J5
150. HRM Library Peninsula North....I6
151. HRM Library Dartmouth BranchJ5
152. Spring Garden Road Library....I7
153. HRM Library Woodlawn BranchL4
154. HRM Library Mainland South .F11
155.
156. Bloomfield Community Centre.H6
157. Mount Olivet Cemetery....F7
158.
159. Thomas McCulloch Museum...H8
160. Keshen Goodman Library....C6
161. Scott Manor House....Bedford
162.

Retail Centres

161. Bayers Road Shopping Cntr. ..F6
162. Burnside Industrial Park....H2
163. City Centre Atlantic....I7
164. Clayton Park Shopping Cntr....D5
165. Dartmouth Shopping Cntr....I4
166. Gallery Mall....I3
167. Granville Promenade....I7
168. Halifax Shopping Centre....F7
169. Historic Properties....J7
170. Tacoma Centre....L4
171. Maritime Centre....J7
172. Mic Mac Mall....K3
173. Park Lane Mall....I7
174. Park West Plaza....C5
175. Penhorn Mall....L4
177. Quinpool Place....H7
178. Rockingham Ridge Plaza....C4

Retail Centres... continued

179. Scotia Square....I7
180. Shannon Plaza....H3
181. South Centre Mall....F10
182. Spring Garden Place....I8
183. Super Store Dartmouth....M5
184. West End Mall....F7
185. Woodlawn Mall....L4
186. Cole Harbour Shopping Ctre...O5
187. Forest Hills Shopping Centre ..O4
188. Hydrostone Market....H5
189. Bayers Lake Business Park....C7
190. Dartmouth Crossing....J1
191. Sunnyside Mall....Bedford
192. Bedford Place Mall....Bedford
193. Downsview Mall....Sackville

Schools

201. CNIB....H6
202. Cole Harbour High School....O3
203. Dalhousie University....H8
204. Dartmouth High School....J5
205. Halifax West High School....E6
206. J.L. Ilsley High School....G11
207. University of Kings College....H8
208. Maritime School of Soc. Work.H8
209. Mount Saint Vincent Univ....D5
210. N.S. College of Art and Design .I7
212. N.S Institute of Technology....G5
213. NSCAD Port Campus....J8
214. Citadel High School....I7
215. NSCC - I.W. Akerley Campus .M3
216. Prince Andrew High School M3
217. Eastern Passage Junior High Q10
218. St.Mary's University....I8
220. DalTech....J7
221. Atlantic School of Theology....I9
222. NSCC Waterfront Campus....K6

Dept. of National Defence

251. CFB Halifax....H5
252. CFB Shearwater....O8
253. CFB Windsor Park....G6
254. CFB Stadaconna....H6
255. CFB Willow Park....G6
256. CFB Shannon Park....G4
257. Defence Research Est. H4
258. Magazine Hill....F1

Hospitals

301. QEII-Abbie J. Lane Memorial ...H7
-Camp Hill Veterans Mem.H7
-New Halifax Infirmary....H7
302. QEII-N.S. Rehab Centre....I8
303. QEII-Victoria General....I8
-Bethune/Dickson Bldgs ...I8
-Mackenzie Bldg....I8
304. Dartmouth General Hospital K6
305. IWK-Grace Health Centre....I8
308. Nova Scotia Hospital....K6
309. Halifax County Rehab Ctr. P5

Other

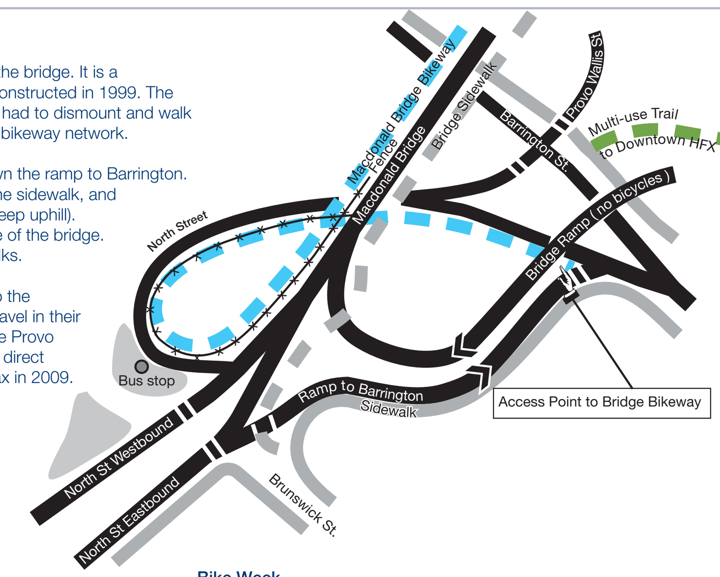
401. Acadian Lines Bus Depot....J 8
402. Autoport....N10
403.
404. Bedford Inst. of OceanographyG3
405. Dartmouth Yacht Club....G2
406. Fairview Cove Container Ter. F5
407. Halifax Container Terminal....J9
408. Halifax Heliport....J7
409. Imperial Oil Refinery....L8
410. Lakeside Industrial Park....B7
411. Recycling Plant....B7
412. Via Rail Train Station....J8
413. Gordon Bell Building....O3

How to Access the Macdonald Bridge Bikeway

The Macdonald Bridge Bikeway is on the north side of the bridge. It is a separated facility for bi-directional, bicycle-only travel, constructed in 1999. The Bikeway replaced a narrow sidewalk where riders once had to dismount and walk their bikes, and created a critical link in HRM's growing bikeway network.

Coming from North Street, cyclists should proceed down the ramp to Barrington. At the bottom of the ramp, make a hard left turn onto the sidewalk, and proceed up the curved route back up to bridge level (steep uphill). Pedestrian-only sidewalks are located on the south side of the bridge. Cyclists are not permitted to use the south-side sidewalks.

Coming back to Halifax, cyclists must descend down to the Barrington level prior to rejoining the road network for travel in their chosen direction. A new multi-use trail, accessed beside Provo Wallis Street, will provide cyclists with a convenient and direct connection to Upper Water Street and downtown Halifax in 2009.



How to Ride the Armdale Roundabout

The recent redesign of the Armdale Rotary into a modern roundabout made it easier to navigate by bicycle in two ways:

Using the travel lanes: Select the correct lane to be in (depending on your destination) and position yourself in the middle of the lane. You are most visible in the centre of the lane and you won't be slowing anyone down much because the design of the roundabout already does that. Yield to vehicles already in the roundabout and enter the circle when there is a suitable gap. Head back to the right side of the road upon exiting.

Using the sidewalks and crosswalks: The sidewalks around the roundabout are designated as multi-use trails to be shared by bicycles and pedestrians. Be courteous and yield to pedestrians. While vehicles are required to yield at crosswalks, you must give them time to stop safely, and wait for them to stop before entering the crosswalk.

CAN-BIKE

Developed by the Canadian Cycling Association, CAN-BIKE is a series of courses on all aspects of cycling safely and enjoyably on the road. It is oriented toward recreational and utilitarian cyclists of all abilities. Courses include:

- Adult Learn to Ride: teaches adults the basics of stopping, starting and balancing;
- Kids CAN-BIKE introduces children (9 -13) to key bicycle handling skills necessary for safe riding;
- CAN-BIKE 2 provides advanced skill development in defensive cycling to equip you to ride in all traffic conditions.

These courses and more are regularly offered at the Chocolate Lake Recreation Centre on Purcell's Cove Road. For more information, refer to the HRM Recreation Program Calendar (for Halifax) *www.halifax.ca/recreation*. Custom courses in any location can be pre-arranged for groups of six or more by contacting Wayne Jay at 490-4589.

Bike Week

Bicycling is part of an active and healthy lifestyle, is a sustainable mode of transportation, reduces congestion, and helps make HRM a great place to live, work, and play. HRM celebrates cycling and those who do it by hosting an annual Bike Week which includes a number of events hosted by the Municipality and its partners. Events include organized rides, skill building workshops, parties, movies, pancake breakfasts and more. The annual police bicycle auction is normally held during Bike Week, and so is the HRM 'Bike to School/ Bike to Work Day' and more. Groups are invited to participate by hosting events which will be publicized by the HRM through our website, poster, brochure, and print advertising. For more information about Bike Week or to host an event, check out *www.halifax.ca/bikeweek* or call 490-8474.

Bicycles and Metro Transit

At present, the only routes that have bicycle racks are #56, #72 & MetroLink routes #159, #165, and #185. The racks carry two bicycles each, and are very easy to use. Check *www.halifax.ca/metrotransit* for additional routes that may be added from time to time and for instructions on using the rack. Metro Transit intends to expand the number of routes with bike racks: all new buses added to the fleet are equipped with bike racks.

Riding to Halifax from the Stanfield International Airport

Reprinted from "Nova Scotia by Bicycle" published by Bicycle Nova Scotia:

"To bicycle from the airport to Halifax or Dartmouth, take the airport exit road to Hwy 102, following the signs to Halifax, Bedford, Sackville. About 10km (6mi) further on take Exit 5 (not 5a), near the bottom of a downhill (bicycles are prohibited on Hwy 102 beyond this exit), following signs to Waverley. From here take Hwy 2 (south) to Waverley and then continue straight on Hwy 318 to Dartmouth and then Halifax."

Note that Highway 102 is a major highway with a posted speed limit of 110km/hour. Bicycles and other slow moving vehicles are normally prohibited from 100-series highways, but there is an exception for this short stretch because there are no alternate routes at present. While there is a paved shoulder on the road, riding on a highway is not for the faint of heart!

HALIFAX
REGIONAL MUNICIPALITY

Bicycle Routes & Trails Map

© HRM 2009

Bikeways Advisory Committee
Halifax Regional Municipality
P.O. Box 1749
Halifax, Nova Scotia
Canada B3J 3A5

About this map

The Halifax Regional Municipality (HRM) has published this map to encourage cycling as a practical and healthy means of transportation and recreation. This map shows suggested routes that have been identified by experienced local cyclists and members of HRM's Bikeways Advisory Committee. It should not be construed as representing the absence of hazards for cyclists on any particular street, nor is it intended to suggest that cycling is only permitted on the identified streets. Cycling is allowed on *all* streets and roads except where expressly prohibited and the prohibition is indicated by signs.

You should use your own judgement, based on your level of experience and cycling ability in dealing with vehicular traffic, in deciding if you should take these suggested routes. Some of the routes shown may not be ideal for cyclists, but have been identified on this map where there are no reasonable alternative routes available. Refer to the legend for routes with "High Speed and/or High Volume Automobile Traffic". Extra caution is advised on these routes. The routes suggested on this map are not intended as a guide for children.

Users of this map bear full responsibility for their own safety as well as the results of their own negligence.

Feedback:
To comment on this map, or to report hazardous road conditions, potholes, parallel sewer grates, etc., call: **490–4000** or *contacthrm@halifax.ca*

EMERGENCY–CALL 911

2009 Edition

Bicycle Routes & Trails

Halifax Regional Municipality

Traffic & Transportation

HALIFAX
REGIONAL MUNICIPALITY

Bicycle Clubs / Organizations

- Bicycle Nova Scotia–Coordinating body for sport, recreation & transportation cycling in NS *www.bicycle.ns.ca*
- Halifax Cycling Coalition–Bicycle Advocacy in HRM *www.cyclehalifax.ca*
- Velo Halifax Club–Recreational & social touring club *www.velohalifax.ca*
- NS Ramblers–social, relaxed pace bicycle club *www.nsramblers.ca*
- Cyclesmith (Halifax & Dartmouth)–bicycle shop & riding club. *www.cyclesmith.ca* 425-1756
- Bicycles Plus (Bedford) Bicycle shop & riding club. *www.bicyclesplus.ca* 832-1700
- Randonneurs NS–Long distance, non-competitive cycling *www.bicycle.ns.ca*
- Sportwheels (Sackville)–Mountain bike/cross country riding club *www.sportwheels.ca* 864-2333
- Ecology Action Centre/TRAX Program–Transportation Education & Advocacy *www.ecologyaction.ca* 429-0924
- BikeAgain–Bicycle maintenance/repair: community repair nights, bike loans, maintenance courses, etc. *www.ecologyaction/bikeagain*
- Velo Cape Breton–Bicycle touring, promotion, advocacy. *www.velocapebreton.com*
- Atlantic Canada Cycling–Promotes bicycle tourism in Atlantic Canada. *www.atlanticcanadacycling.com*

Joining a club is a great way to get back into cycling!

Bicycle Routes & Trails Map

Halifax Regional Municipality

Nova Scotia

Bicycle Safety

The cyclist

According to the Nova Scotia Motor Vehicle Act cyclists have the same rights and responsibilities as motorists. When cyclists and motorists follow the same set of rules, the chance of a collision is greatly reduced.

Cycling Strategies: Be Visible, Be Predictable

Where to ride on the road - Ride on the right side of the road with the flow of traffic. Use as much of the lane as required to be safe from roadside hazards.

Signals - Cyclists should use these hand signals to indicate a turn or a stop.

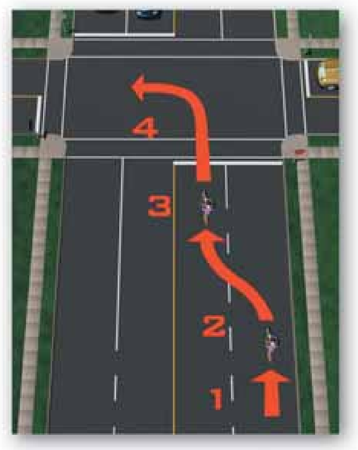
* Illustrations by Graham Tuck. Copyright Province of Nova Scotia. Used with permission.

Ride a straight course - Don't weave between parked cars. Otherwise, a motorist may lose sight of you and there could be a collision if you suddenly pop out in traffic again. Stay at least one metre from parked cars to avoid opening doors.

Look behind you - Learn to quickly scan the traffic behind you without swerving. A rear view mirror helps to view traffic, however a lane change requires a look behind, which also signals your intention to motorists.

Be careful at intersections - Intersections can be dangerous for cyclists. At a four-way stop, it is important for cyclists to remain in line with the flow of traffic and to wait their turn. Right-turn lanes are for traffic that is making a turn; don't go into a turn lane if you are going to travel straight ahead.

Vehicular left turn - Signal and look behind you. When there's an opening, move into the left lane and turn from near the centre line.



Pedestrian left turn - When traffic is heavy and it feels unsafe to change into the left lane, ride straight through, stop at the corner and walk your bike across the intersection.

Safety equipment

Lights - When riding at night you must have a white front light and a red rear reflector or light. A flashing red rear light increases visibility.

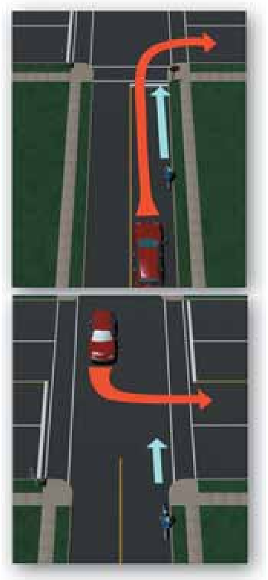
Clothing - In daylight wear brightly coloured and/or fluorescent clothing. At night wear light coloured and/or reflective clothing. Reflective material on shoes and helmets further increases visibility.

Bell or Horn - You must have a bell or horn to warn pedestrians and other vehicles that you are approaching.

Helmet - You must wear a bicycle helmet that complies with the regulations. A properly designed and fitted helmet greatly reduces the risk of brain injury, the leading type of fatal or disabling injury to cyclists. To ensure proper fit, consult with sales staff when you buy a helmet and follow the manufacturer's instructions. Generally speaking, the helmet should be snug, low on the forehead and with the chinstrap tight enough to only allow one finger between it and your chin.

Common bike-car collisions

"Right hook" - Motorists sometimes misjudge how fast bicycles can travel. This can result in the motorist passing and then turning directly in front of the bicycle. Bicyclists should always be aware of this possibility and be ready to brake or take other action to avoid a collision.

"Left cross" - Motorists making turns which cross oncoming traffic sometimes misjudge the speed of approaching bicycles and turn in front of the bicycle. Bicyclists should always be aware of this possibility and be ready to brake or take other action to avoid a collision.

Getting doored - Motorists exiting their vehicles do not always look for passing bicyclists. Bicyclists should ride far enough away from parked motor vehicles to avoid being hit by an opening door.