



Stay Safe and Explore the Scenic Routes

UToledo – Employee Wellness

Healthy Activity

- ☐ Bicycling is great for fitness
- ☐ Cycling boosts mental health and brain power
- ☐ Cycling improves balance, posture, and coordination
- ☐ It's low impact cardiovascular
- ☐ Build strength in your legs without over stressing your joints

Why Bicycle Safety Matters

- ❑ Most crashes are preventable with proper safety measures
 - ❑ A high % of crashes happen between 4-10pm when visibility is reduced
- ❑ Safety ensures enjoyable and injury-free riding



Top Bicycle Tips



- ☐ **Wear a helmet:** A well-fitting helmet reduces head injury risk by up to 88%.
- ☐ **Be visible:** Use bright clothing and reflectors
 - ☐ Use bright white headlights and a rear red light
- ☐ **Ride predictably:** Follow traffic rules and signal turns
- ☐ **Stay alert:** Avoid distractions like phones or headphones
- ☐ **Stay Hydrated:** Bring water and a snack for long rides
- ☐ **Bring a Friend:** Ride with a buddy when possible

Rules on the Road

- ☐ Ride in the same direction as traffic
- ☐ Obey all traffic signs and signals
- ☐ Use hand signals for turns and stops
- ☐ Yield to pedestrians and be courteous
 - ☐ When passing pedestrians, announce 'on your left'



Popular Bicycling Trails in Toledo

Trail Name	Features	Location
University Parks Trail	Paved, scenic, connects parks	On campus to Silica Rd.
Glass City Riverwalk	River views, paved, some gravel	Downtown Toledo
Oak Openings Preserve	Long trails, nature views	Girdham Rd.
Chessie Circle Trail	11-mile paved route	West Toledo
Wildwood Preserve Metropark	Wide trails, clean facilities	Central Ave.
Towpath Trail Metroparks	8 miles, connects 3 parks	Farnsworth to Providence

Resources Recommended by Toledo Bikes!

<https://toledobikemap.wordpress.com/>

<https://www.thecommuterprojecttoledo.com/>

<https://www.mvadventurers.org/>

<https://metroparkstoledo.com/park-map>

<https://tmacog.org/>

<https://cyclingsavvy.org/>

<https://www.toledobikes.org/>

Trail Resources

[Bike Toledo Trail Directory](#) interactive maps and fix-it stations

[Trailink Toledo Map](#) – 40+ trails with reviews

[MetroParks](#) – Trail Info, events and updates

Local Bike shops have web pages with trails and events.

[MapMyRide](#) mobile app





Explore, Stay Safe, and Ride On!

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