Walking, Biking & Recreation in Chemung County

NYS Bike Routes 14 & 17
- Trails
- Proposed/Future Trails

1. Indicates Area Map on Reverse Side

Indicators
- 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.

Principles of the ECTC include 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 is a long-time supporter of the Southern Tier Bicycle League (STBL) to educate the public about rules of the road for all users.

For information about transportation planning in Chemung County contact:

ECTC

(607) 737-5510
ectc@stny.rr.com
www.elmirampo.org

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FRIENDS OF THE CHEMUNG RIVER

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

Get Active in Chemung County

SAFETY TIPS

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

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.

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

Use pedestrian signals where available.

Governor’s Traffic Safety Committee:

For more safety tips, go to the

Bicyclists should wear bright, reflective clothing.

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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.