



### Recommended Road Bike Routes

- Excellent
- Good
- Fair, Use Caution
- National Bike Route
- Bike Lane

### Trails

- Paved Trail
- Unpaved Trail
- Dirt Trail
- Walking Trail
- Planned Trail
- - - Water Trail

### About Our Bicycle Route Rating System

**CAR-FREE ROUTES (TRAILS)**  
Suitable for bicyclists of all levels and ages. Separated and protected from motor vehicle traffic.

**EXCELLENT**  
Suitable for bicyclists of all levels. Smooth riding surface with a marked bikeway, a designated bike route, or preferable conditions for shared lane riding.

**GOOD**  
Suitable for advanced and some intermediate bicyclists. Smooth riding surface and good connection. Requires moderate traffic tolerance and riding skills.

**FAIR**  
Best available route in the vicinity. Suitable for advanced cyclists. Use caution.

### Places

- Beaches & Beyond Site
- Mountain Bike Trail Site
- Bike Shop
- Boat Launch
- Trail Parking
- South Shore Line Station (Bike Access Allowed)
- South Shore Line Station
- Amtrak Station
- Metra/CTA Station
- Railroad
- Waterbodies
- Airport
- Parks and Recreational Areas
- County Boundaries

### Map Sponsors

[www.trekbicyclestore.com](http://www.trekbicyclestore.com)

[www.ridgecycle.com](http://www.ridgecycle.com)

[www.greenwayfoundation.org](http://www.greenwayfoundation.org)

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[www.bikestop.com](http://www.bikestop.com)

[www.nictd.com](http://www.nictd.com)

The NW Regional Greenways & Blueways Map has been funded through federal Congestion Mitigation and Air Quality (CMAQ) program funds, plus locally generated monies. NIPSCO receives from its member counties. NIPSCO genuinely thanks all sponsors for their local match financial assistance in making this mapping document free of charge to the public.

- #### Trail & Route Symbol Guide
- American Discovery Trail
  - Calumet Trail
  - C&O Greenway
  - Dunes Kankakee Trail
  - Erie Lackawanna Trail
  - Grand Illinois Trail
  - Lincoln Memorial Trail
  - Little Calumet River Levee Trail
  - Marquette Greenway
  - Monon Trail
  - Oak Savannah Trail
  - Pennys Greenway
  - Prairie Duneland Trail
  - Veterans Memorial Trail
  - US Bike Route

### Sharing the Trail

**Keep to the right.**  
Yield to people walking and slower moving traffic except when passing. Slow down when there are lots of users on the trail.

**Use your path.**  
Don't bike on designated walking or running paths.

**Be careful at crossings.**  
Look both ways. People biking: yield to through traffic at intersections. Remember, people walking have the right of way. People walking: exercise caution. Be aware that people biking and skating require lots of room to stop.

**Advise others when passing.**  
Sound your bell or horn or call out when approaching people walking or people biking more slowly. Then pass safely on the left.

**NO**

**YES**

Your Indiana Dunes hiking, biking, fishing, birding or paddling adventure awaits. Locate the orange Beaches and Beyond Outdoor Adventures hotspots of all types. For more details get your Beaches and Beyond Outdoor Adventures guide at [www.IndianaDunes.com](http://www.IndianaDunes.com)

Visit Indiana Dunes National Lakeshore [www.nps.gov/indu](http://www.nps.gov/indu)

Keep up on the latest Greenways and Blueways information  
 Facebook: NW Indiana Greenways & Blueways  
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### Get Involved

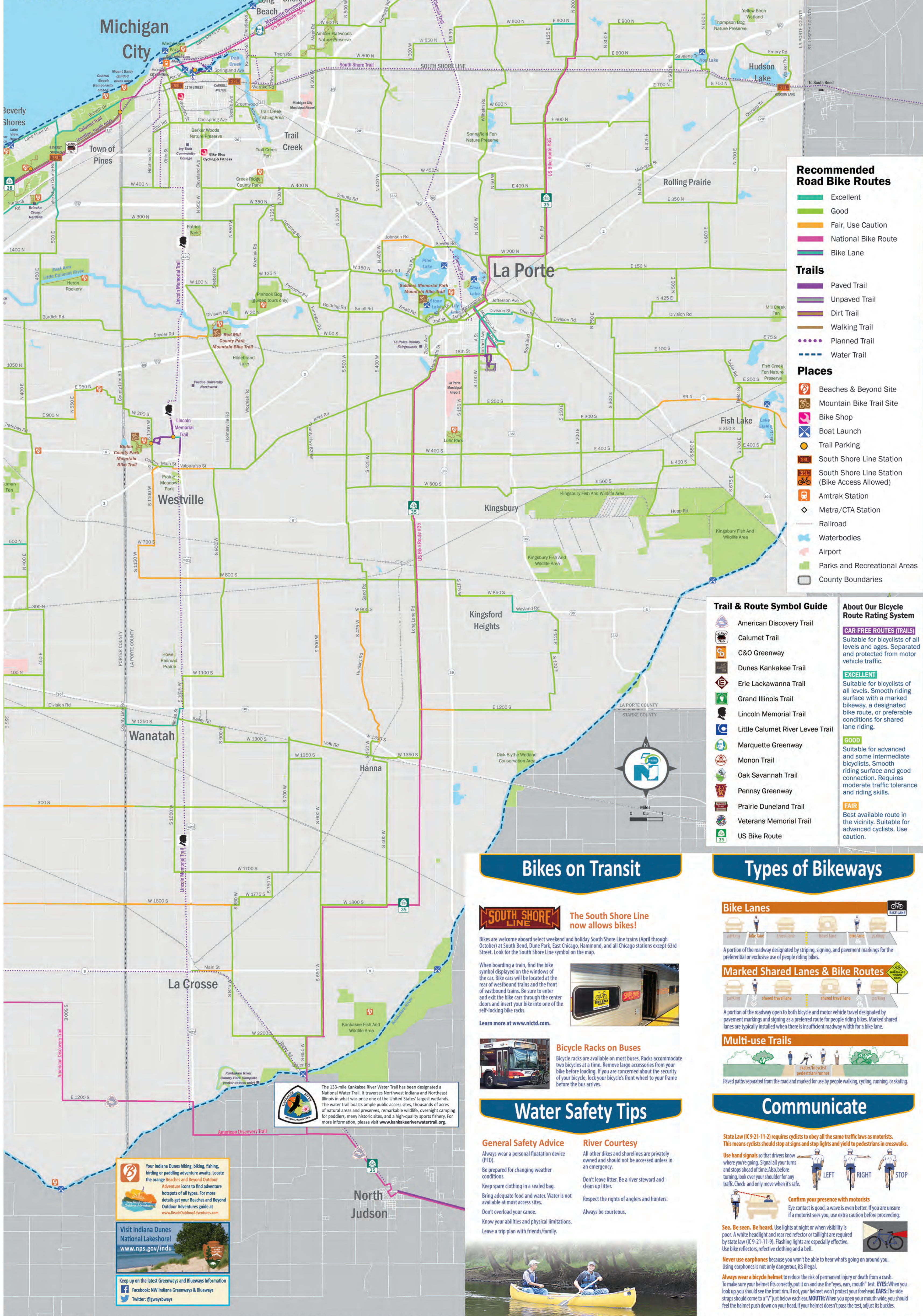
- South Shore Trails  
NW Indiana's premiere advocacy group for bicycling and walking routes. Please visit them at [www.southshoretrails.org](http://www.southshoretrails.org).
- Active Transportation Alliance  
Chicagoland's voice for better walking, biking and transit. Please visit them at [www.activetrans.org](http://www.activetrans.org).
- NW Indiana Paddling Association  
Advocates for paddling opportunities, environmental stewardship and education. Please visit them at [www.nwipa.org](http://www.nwipa.org).
- NW Indiana Regional Greenways & Blueways Map represents a major planning element of the 2040 Comprehensive Plan. For more information on the contents of this plan, please visit [www.nirpc.org](http://www.nirpc.org).





The Lake Michigan Water Trail has been designated a National Recreation Trail. This is part of a planned 1,200-mile system that will become the largest water trail facility in the world! For more information, please visit [www.lmwt.org](http://www.lmwt.org).

# LAKE MICHIGAN



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## Bikes on Transit

**SOUTH SHORE LINE**  
The South Shore Line now allows bikes!

Bikes are welcome aboard select weekend and holiday South Shore Line trains (April through October) at South Bend, Dune Park, East Chicago, Hammond, and all Chicago stations except 63rd Street. Look for the South Shore Line symbol on the map.

When boarding a train, find the bike symbol displayed on the windows of the car. Bike cars will be located at the rear of westbound trains and the front of eastbound trains. Be sure to enter and exit the bike cars through the center doors and insert your bike into one of the self-locking bike racks.

Learn more at [www.nictd.com](http://www.nictd.com).

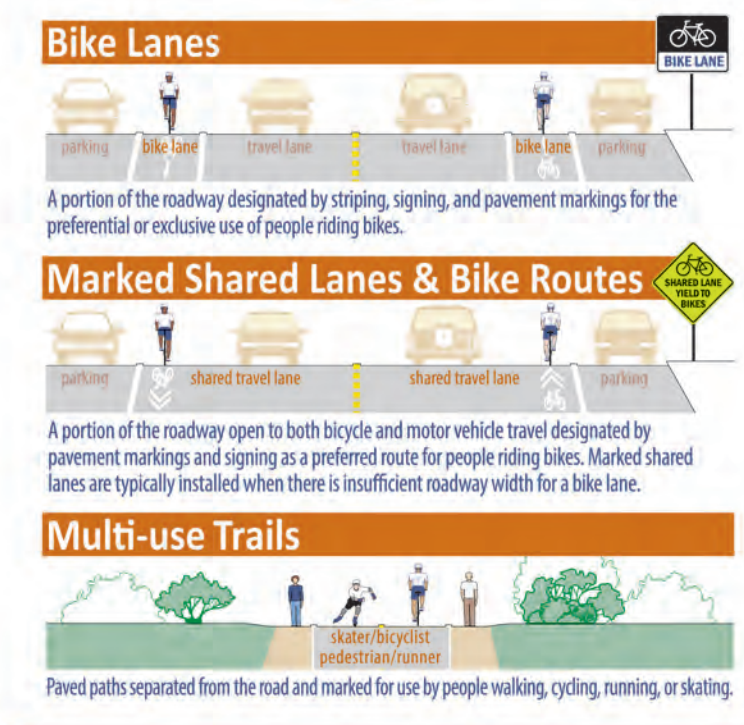
**Bicycle Racks on Buses**  
Bicycle racks are available on most buses. Racks accommodate two bicycles at a time. Remove large accessories from your bike before loading. If you are concerned about the security of your bicycle, lock your bicycle's front wheel to your frame before the bus arrives.

## Water Safety Tips

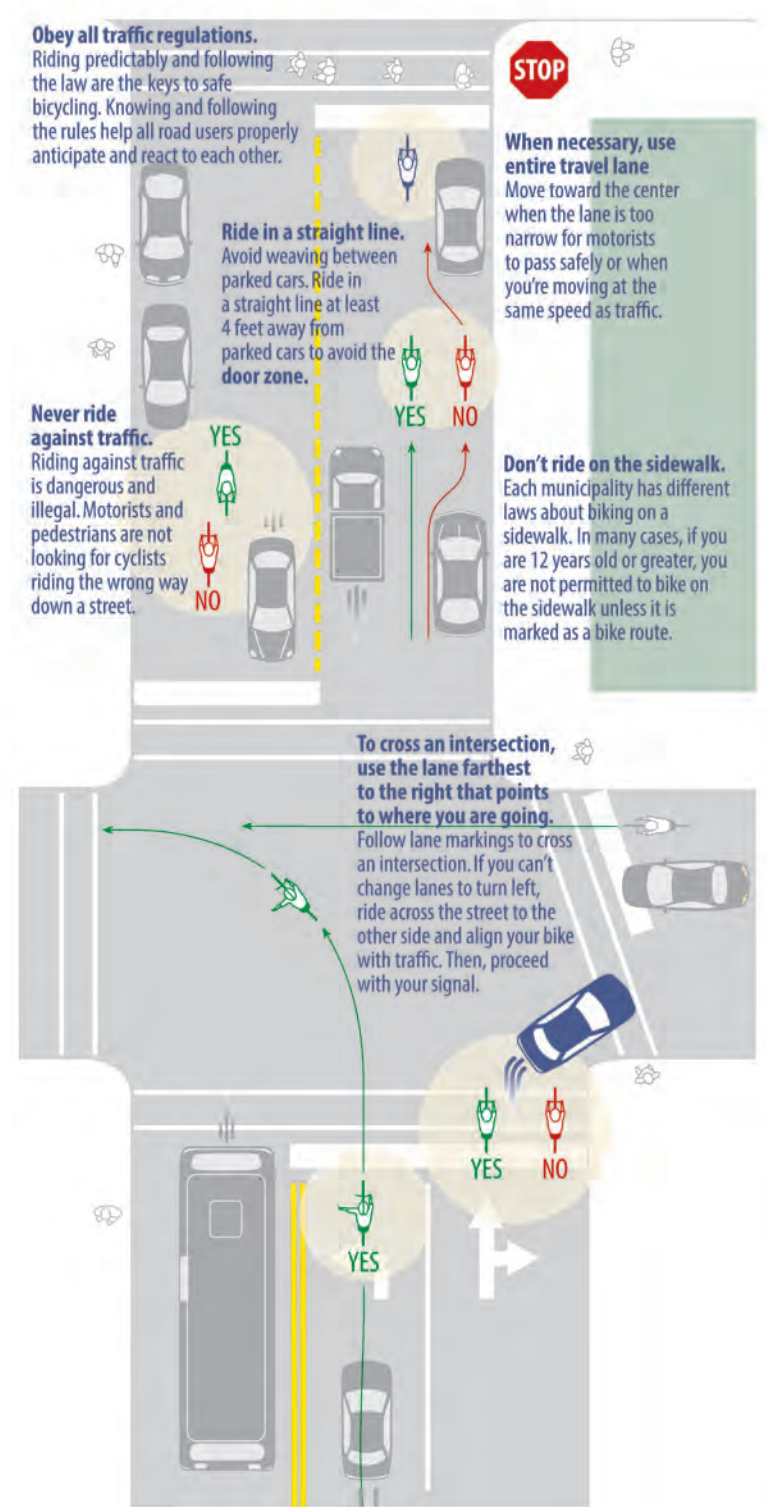
**General Safety Advice**  
Always wear a personal flotation device (PFD).  
Be prepared for changing weather conditions.  
Keep spare clothing in a sealed bag.  
Bring adequate food and water. Water is not available at most access sites.  
Don't overload your canoe.  
Know your abilities and physical limitations.  
Leave a trip plan with friends/family.

**River Courtesy**  
All other dikes and shorelines are privately owned and should not be accessed unless in an emergency.  
Don't leave litter. Be a river steward and clean up litter.  
Respect the rights of anglers and hunters.  
Always be courteous.

## Types of Bikeways



## Sharing the Road



## Communicate

State Law (IC 9-21-11-2) requires cyclists to obey all the same traffic laws as motorists. This means cyclists should stop at signs and stop lights and yield to pedestrians in crosswalks.

Use hand signals so that drivers know where you're going. Signal all your turns and stops ahead of time. Also, before turning, look over your shoulder for any traffic. Check and only move when it's safe.

**Confirm your presence with motorists**  
Eye contact is good, a wave is even better. If you are unsure if a motorist sees you, use extra caution before proceeding.

**See, Be seen, Be heard.** Use lights at night or when visibility is poor. A white headlight and rear red reflector or taillight are required by state law (IC 9-21-11-9). Flashing lights are especially effective. Use bike reflectors, reflective clothing and a bell.

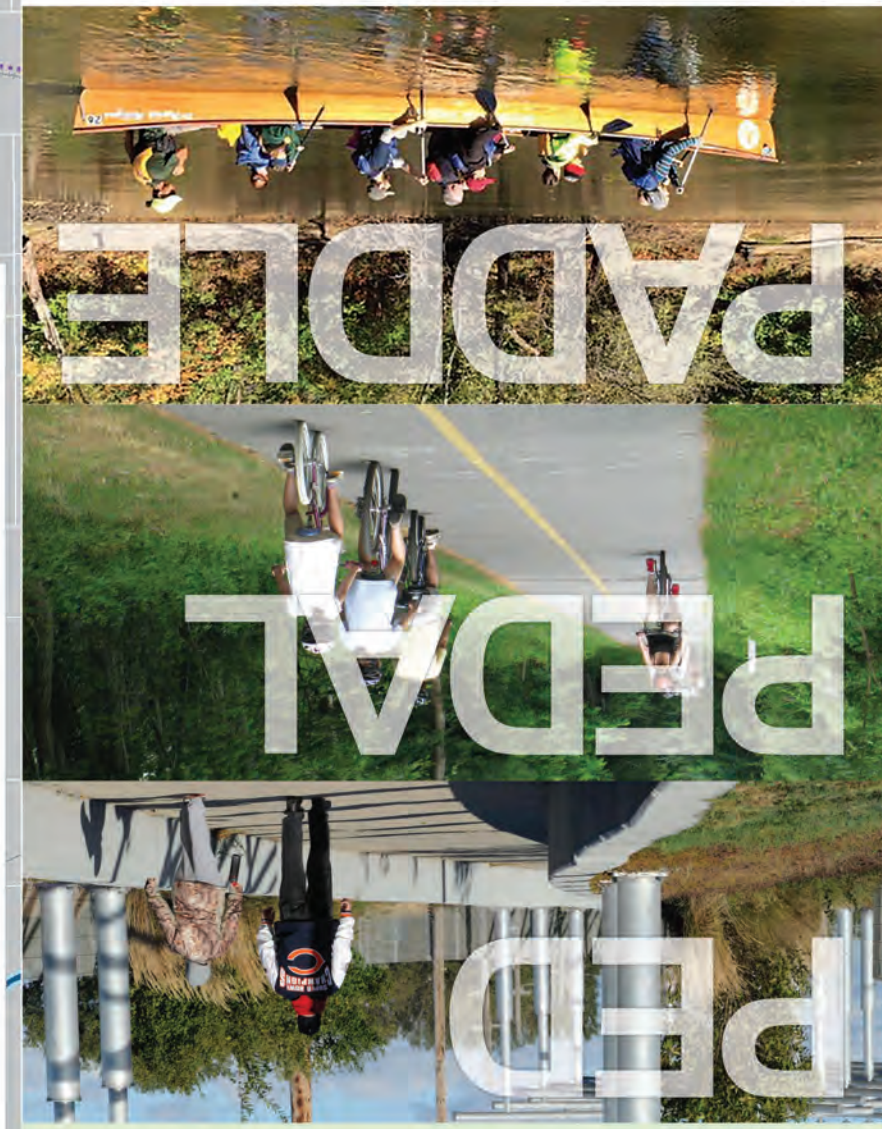
**Never use earphones** because you won't be able to hear what's going on around you. Using earphones is not only dangerous, it's illegal.

**Always wear a bicycle helmet** to reduce the risk of permanent injury or death from a crash. To make sure your helmet fits correctly put it on and use the "eyes, ears, mouth" test. EYES: When you look up, you should see the front rim. If not, your helmet won't protect your forehead. EARS: The side straps should come to a "Y" just below each ear. MOUTH: When you open your mouth wide, you should feel the helmet push down on your head. If your helmet doesn't pass the test, adjust its buckles.

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## A message from the Northwestern Indiana Regional Planning Commission (NIRPC)

Northwest Indiana has a rich history and incredible natural assets, many of which can only be experienced by getting out of your car and taking to trail or water. It's our hope this map will help you do just that.

There are ample opportunities throughout the region to get outside and go running, bicycling, paddling, or simply to take a leisurely walk, and this 2016 edition of the Greenways & Blueways Map provides you with the information you need to take advantage of all of these.

Developed with the assistance of the Active Transportation Alliance, and through the feedback of numerous residents throughout the region, this map is your top resource for non-motorized transportation outlets in Northwest Indiana.

With a redesign that provides better clarity to all routes available, this resource will provide clear guidance for your travels. Many popular destinations have also been highlighted for your potential enjoyment as well.

Enjoy what the Northwest Indiana region has to offer...and safe travels wherever your explorations take you.

Ty Warner AICP  
Executive Director  
NIRPC



[www.nirpc.org](http://www.nirpc.org)