

ACTIVE TRANSPORTATION: BIKING AND WALKING

IN MERCER COUNTY



Walking and biking combine fun, fitness and transportation. When you have the opportunity to safely walk or bike to your destination, do it! This section offers safety tips and resources to help you get started and keep you moving.



WALKING IN MERCER COUNTY

* Walking is a healthy and simple way to get where you need to go— it can also save a lot of gas money! Get out and walk and when you do, remember these safety tips:



1

Use sidewalks and crosswalks, wherever possible. When sidewalks are unavailable, walk facing traffic. When crossing at mid-block without a crosswalk, you must yield to vehicles.

2

Obey traffic signs and signals. Cross only when the pedestrian light says it's safe to do so!

3

Always look before crossing. Be sure all lanes are clear. Before crossing, stand clear of visual obstacles like a parked car or bus that might prevent a driver from noticing you.

4

Be alert and avoid distractions. **Head up, Phones down!** Listen for engine noise or backing lights near parking spaces or lots.

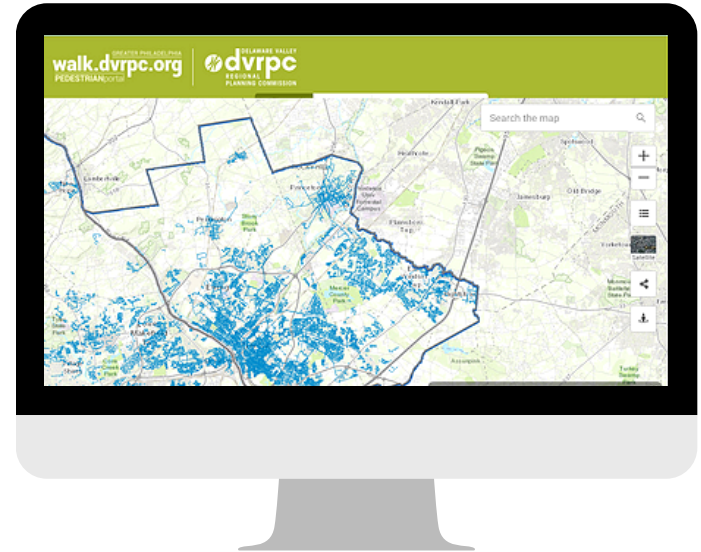
5

If you can, walk with a buddy!

RESOURCES FOR WALKING IN MERCER COUNTY

- * Check out where there are sidewalks and possibly gaps in sidewalks to help you plan your walk.

The Delaware Valley Regional Planning Commission (DVRPC) developed a Pedestrian Portal Explorer where users can explore the availability of sidewalks, crosswalks, and ramps in Mercer County. Visit walk.dvrpc.org or [click here](#) to find the Sidewalk Inventory.



- * Stay healthy, mobile, and confident with the Greater Mercer TMA's Pedestrian Safety Program.

GMTMA offers a free pedestrian safety program geared specifically to older adults at senior centers, senior housing and other community facilities.

BIKING IN MERCER COUNTY

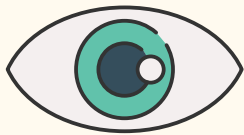


There are many reasons why you might opt to commute by bike in Mercer County. It is a fun, free, healthy, and environmentally friendly way to get around. When commuting by bike you:

- Lessen your impact on the environment. Biking has virtually no carbon footprint.
- Improve your health and reduce stress. Cycling counts towards your daily exercise!
- Save money. Gas (and wear and tear on your car) is expensive; pedal power is free.



Every person riding a bicycle on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver. Practice safe cycling habits on the road:



Be Seen

A front white light and rear back light are essential and required.



Be Heard

Let others know you're approaching. Bells are required.



Be Right

Ride in the same direction as traffic, as far to the right as practicable.



Be Headstrong

It's always smart to wear a helmet. Under 17 it's required.

RESOURCES FOR BIKING IN MERCER COUNTY



Greater Mercer TMA provides bike safety education for schools, business and community organizations.

Contact us at **609-452-1491** and visit gmtma.org/biking for more maps, resources, and information.

The following resources provide further information on bike regulations and trails in Mercer County

NJDOT Biking Regulations

www.nj.gov/transportation/commuter/bike/regulations.shtm

GMTMA's Trail Plan and interactive map

gmtma.org/greater-mercer-trails-plan/

Learn about existing and proposed trails for biking and walking.

There are also several
Bicycle Advocacy and Cycling
Groups in Mercer County.

- [Trenton Cycling Revolution](https://trentoncycling.org) trentoncycling.org
- [West Windsor Bicycle & Pedestrian Alliance](https://wwbpa.org) wwbpa.org
- [Princeton Freewheelers](https://princetonfreewheelers.com) princetonfreewheelers.com