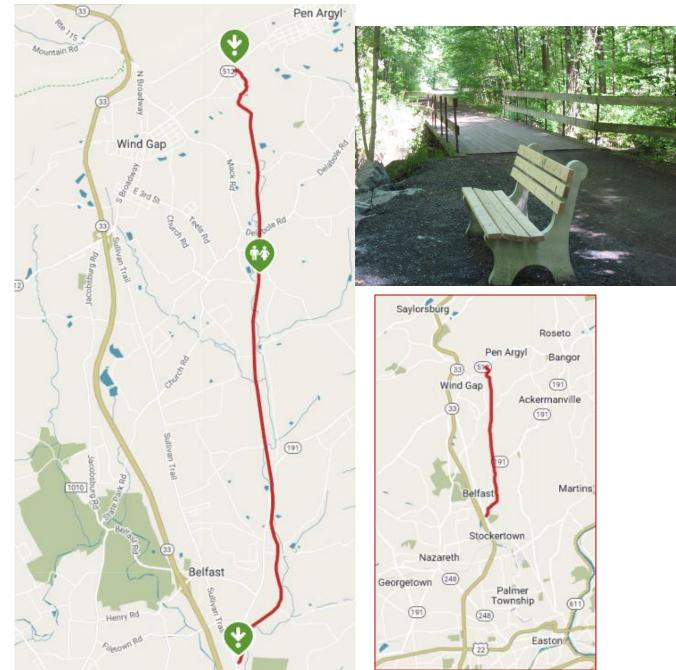
# Bike Trail Resources and Demos

Glen Maxson Center for Learning in Retirement Delaware Valley University April 24, 2023

# Plainfield Township

## **Recreation Trail**

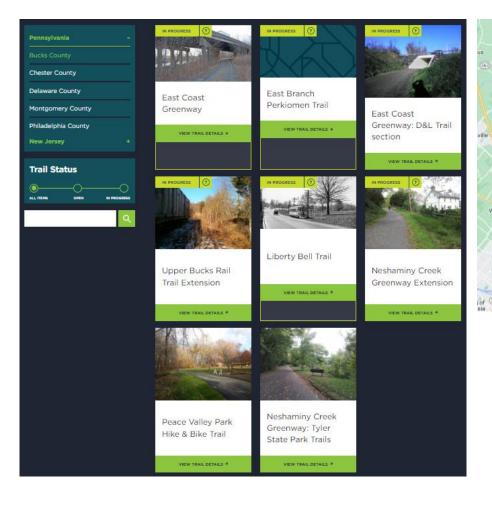
- **State:** Pennsylvania
- **Countie:** Northampton
- Length: 6.7 miles
- Trail end points: Buss St. near Pennsylvania Ave. (West Pen Argyl) and Main St./SR 191 (Stockertown)
- **Trail surfaces:** Asphalt, Ballast, Grass, Gravel
- Trail category: Rail-Trail

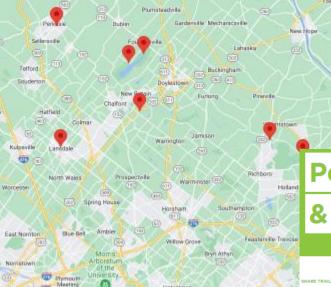


## Resources and Demos

- The Circuit Trails
- DCNR Trails
- <u>East Coast Greenway</u>
- <u>Schuylkill River Greenways</u>
- <u>Bucks County Trails</u> (Google Maps)
- Bucks County Trails Map
- Montgomery County Parks and Trails
  - And the Montco Trail Challenge
- Delaware and Raritan (D&R) Canal State Park Trails
- Delaware & Lehigh Canal Trail
- <u>Rails-To-Trails Conservancy (TrailLink</u>)
- CBBC <u>Covered Bridges Bicycle Ride</u>
- Bike Clubs
- Trail Links

## The Circuit Trails (circuittrails.org)





### Peace Valley Park Hike & Bike Trail

Hope

Township

Vardiev

Ewita

chunde Enri

A good loop trail can be hard to find, but just north of Doylestown, PA is the scenic 4-mile Peace Valley Park Hike & Bike Trail. Located within Peace Valley Park, along the shores of Lake Galena, the trail travels through woodlands and meadows on a route that is ideal for families. The multi-use trail is paved and mostly flat, with the exception of one hill at the northeast corner of the lake.

Traenetan

Peace Valley Park offers over 1,500 acres of wooded grounds and a plethora of recreational activities. In addition to the loop trail, there are additional trails for hiking; in warmer months enjoy fishing or boating on the lake; or visit the Peace Valley Nature Center, which offers various environmental education opportunities. The park is a popular birding spot, and with the numerous species of flora and fauna, over 250 species of bird have been spotted including bald eagles and other birds of prey. At the Nature Center birders will find a bird blind that is available year round. In warmer months, it is also possible to rent a boat to explore Lake Galena.

Tyler State Park does not directly connect with other trails in the Circuit, but via a short on road route, it is possible to link to the Destination Peace Valley portion of the Doylestown Hike & Bilke Trail network.

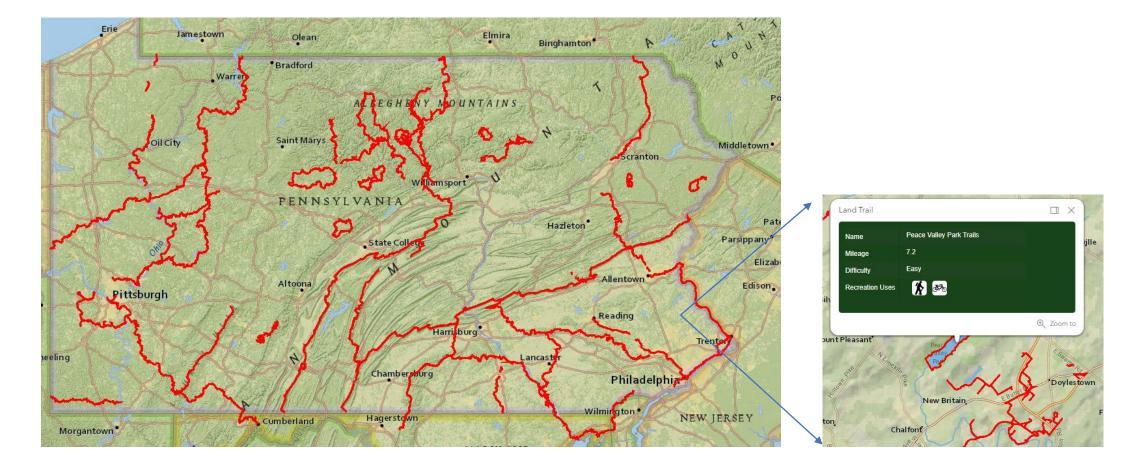


#### TrailLink.com

Find more trail information and detailed trail maps on TrailLink.com.

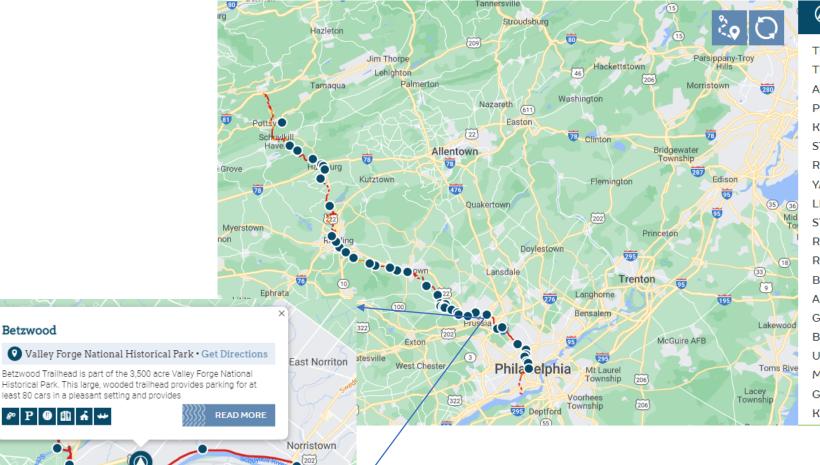
> PLAN YOUR TRIP ON TRAILLINK.COM <sup>3</sup>

## **DCNR** Trails





## **Schuylkill River Greenways** (Interactive Map)

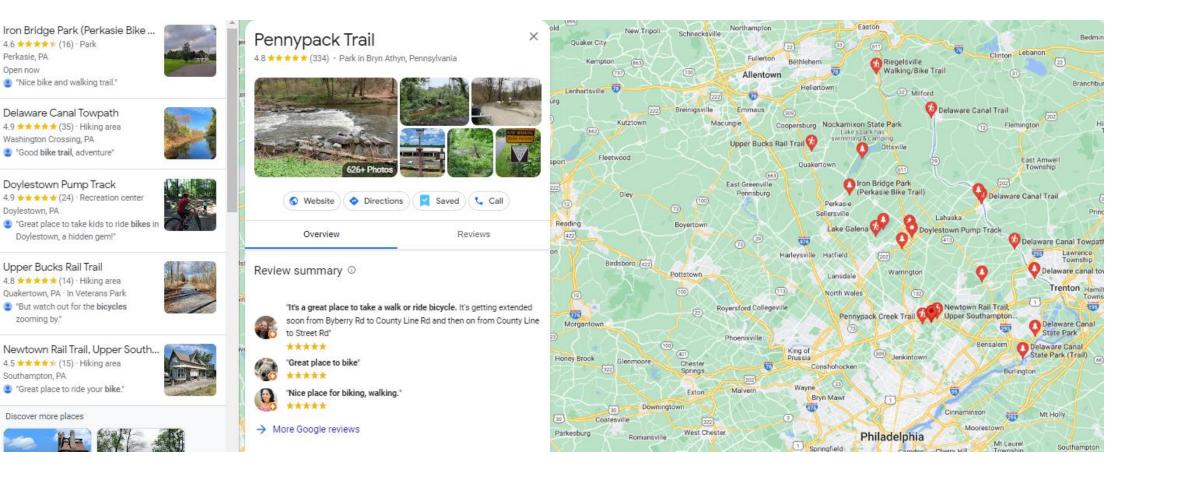


Bridgeport

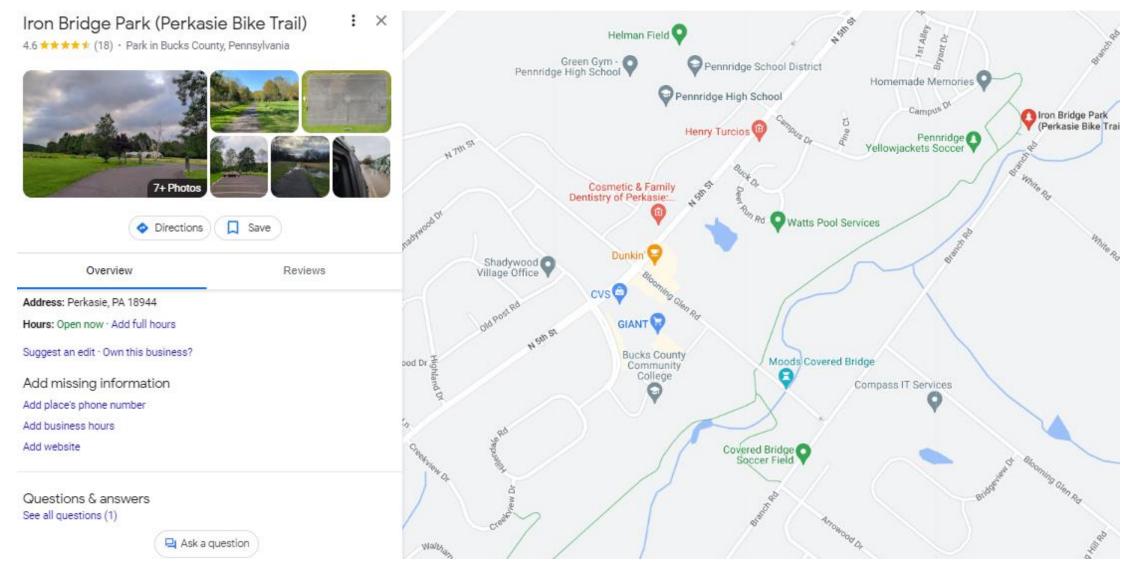
King of

TRAILHEADS/PARKING TUMBLING RUN ROAD TUNNEL ROAD AUBURN PORT CLINTON KERNSVILLE RECREATION AREA STATE STREET READING RAILROAD HERITAGE MUSEUM TRAILHEAD YARNELL PARK LEESPORT STONECLIFFE ACTION PARK READING READING RIVERFRONT TRAILHEAD BRENTWOOD ANGSTADT LANE GIBRALTAR ACCESS BIRDSBORO UNION MEADOWS **MORLATTON VILLAGE** GROSSTOWN ROAD **KEYSTONE BOULEVARD** 

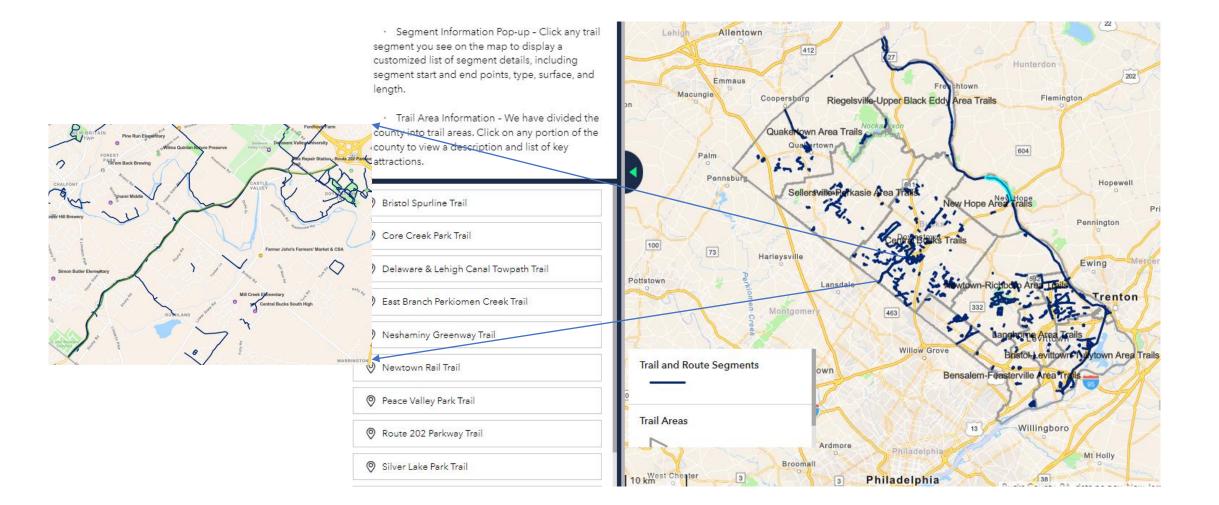
## **Bucks County Trails** (via Google Maps)



## Example: Iron Bridge Park



## (Interactive) Bucks County Trails Map



## **Montgomery County Parks and Trails**

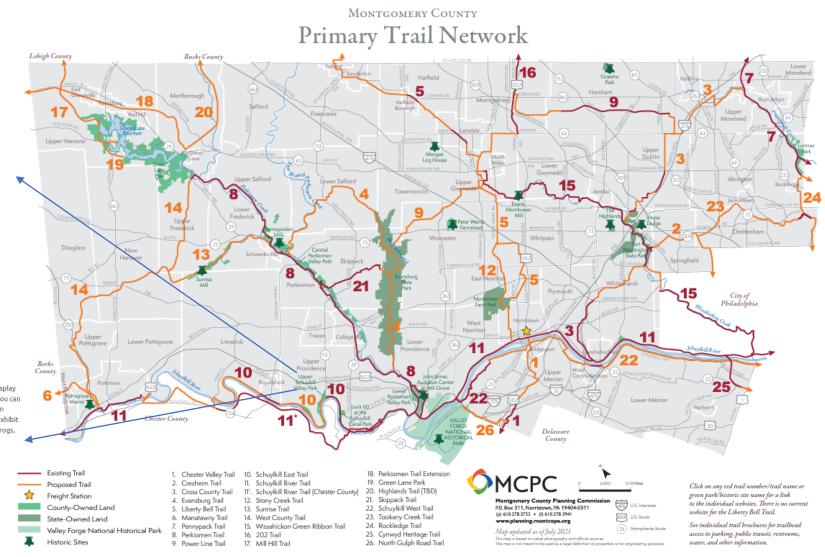
### Upper Schuylkill Valley Park



**Interactive Map** 

#### About the Park

The Schuylkill River in Upper Providence Township forms a natural backdrop to this educational display of wild animals and raptors indigenous to Pennsylvania. In one visit to the park's Wildlife Center, you can see raccoons, foxes, wolves, rabbits, a bald eagle, a bobcat, a variety of owls, hawks, turkeys and an assortment of farm animals. A seasonal butterfly garden will delight all ages, while a permanent exhibit entitled The Schuylkill Wilds features creatures found in and around the Schuylkill River. Turtles, frogs, fish, snakes, and an opossum are on view throughout this indoor space.



# Montco Trail Challenge

Q Audubon Loop Trail It's an annual family O Cynwyd Heritage Trail 563 friendly program 413 Ø Green Lane Park Trail Doylestown that encourages Norristown Farm Park Trail Chalfont Lower Salford participants to track Twp Pennypack Trail Newtown Grant their visits to selectown Sanatoga Montgomeryvil Kulpsville Perkiomen Creek Water Trail Lansdale 611 Montgomery County Perkiomen Trail Richboro OMERY trails to earn awards Power Line Trail Woodl Collemill Roversford for completing visits Maple Gle Horsham Schuylkill Canal Towpath Trail Levi to five, ten, or East Norriton Schuylkill River East Trail Willow Grove fifteen participating West Norriton Schuylkill River Trail trails. Skippack Trail King of Prussia 73 Ø Wissahickon Green Ribbon Trail Ø Zacharias Trail Join us for the 8th annual Montgomery County Trail Crescentville ing Challenge! The Montco Trail Challenge will run April 29 -? 0 December 3, 2023. Register here! Stenton Broomall West Chester Pennsauken Maple Shade

Philadelphi

② 202 Parkway Trail

New Hope

## **Delaware & Lehigh Canal Trail**

Berwick

Status: Complete, open and improved

lock tenders house and back on the towpath.

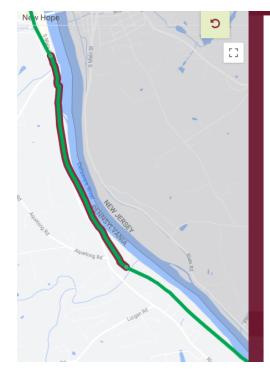
straight to descend the stairs toward Main Street (Route 32). At the bottom of the stairs cross Main Street (Route 32) and head south along the sidewalk away from the downtown for about 300 feet. Enter the allev to the left and continue south. Continue south parallel to the canal along the towpath turn left across the canal bridge and continue south along the D&L Trail. In the Wilkes-Barre (northbound) direction from the end of the canal you turn left across the bridge and then turn right and head north through the alley to Main St. (Route 32). Safely cross the street and continue north on the sidewalk until you veer left and go up the stairs to the

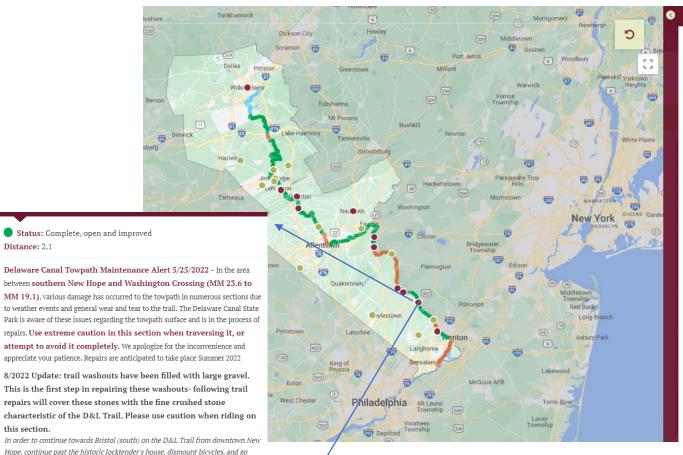
Distance: 2.1

this section.

ushore

### **Interactive Map**





### Things to Do: Biking

### **Delaware Canal State Park**

The Delaware Canal is the only remaining continuously intact canal of the great towpath canal building era of the early and mid-19th century. Mule- drawn canal boat rides and the Lock Tender's House Visitor Center are at New Hope. Paralleling... More

66 🎚 弥 🍝 🏂 🖻 ズ 🌫 Get Directions

### Greater Hazleton Rails to Trails

The Greater Hazleton Rails to Trails is one of the connecting links to the spine of the Delaware Lehigh National Heritage Corridor Trail system. The Rails to Trails Committee started in 1998 under the Greater Hazleton Civic Partnership, newly formed that ... More

Get Directions



### **Ironton Rail-Trail**

This 9.2-mile loop and extension passes through Whitehall, Coplay, and North Whitehall. It eventually will be connected to the D&L Trail. Part of the 5.5-mile loop is paved, with the remainder made up of fine gravel and millings. Along the trail... More

Get Directions

#### 16 the X

#### Lehigh Gorge State Park



The 4,548-acre park follows the Lehigh River from the U.S. Army Corps of Engineers' Francis E. Walter Dam to the north, to Jim Thorpe at the southern end. It is a designated state scenic river and the lure for many... More

Get Directions



# <u>Delaware and Raritan (D&R) Canal State</u> <u>Park Trails</u>



## • Trail Maps

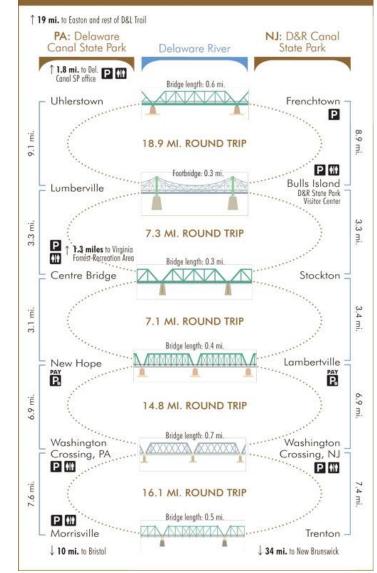
- D&R Canal State Park Map
- <u>Abbott Marshlands and Bordentown Bluffs</u>
- <u>Abbott Marshlands (Lock 1 Lock 2)</u>
- <u>Bulls Island and Natural Area Loop Trail</u>
- <u>Delaware Township Kugler Woods</u>
- <u>Delaware Township White Oak Trail</u>
- Feeder Canal Trail Through Trenton
- Horseshoe Bend Preserve
- <u>Kingston/Mapleton Preserve Trails</u>
- <u>Self-guided "Nursery to Canal" Loop Trail</u>
- Six Mile Run Trail Map



## **D&L and D&R Loop Trails**

In the Delaware Canal Region, you can combine the <u>D&L Trail</u> in Pennsylvania with the <u>Delaware</u> <u>and Raritan Canal State Park</u> in New Jersey using several bridges that cross the Delaware River. This is a great way to explore beautiful loops from 7 to 60 miles around the Delaware River.

# PA | NJ DELAWARE RIVER



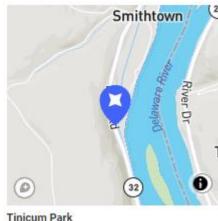
## CBBC Covered Bridges Bicycle Ride (32.8 miles)

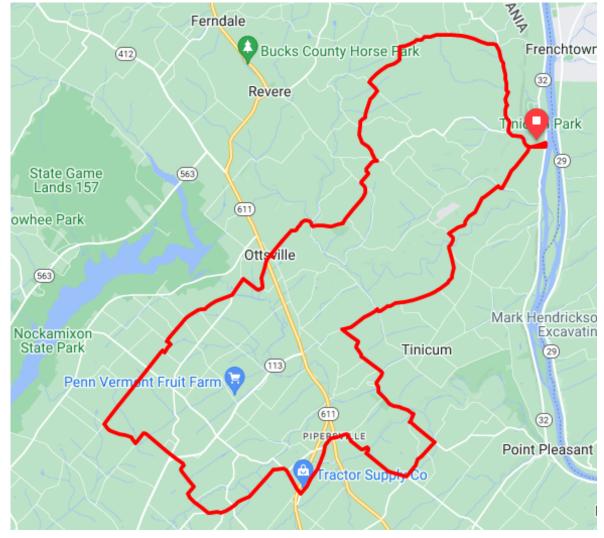
Choose your route:

- 20-mile flat ride on packed gravel trails
- 35, 50 or 63-mile challenging and hilly road rides

Enjoy the area's gorgeous fall colors, scenic roads and historic bridges. Routes are marked and fully supported. Well-stocked rest stops offer snacks and drinks. After your ride, enjoy our hearty Grand Finale lunch.

Starts at Tinicum Park, Erwinna, PA





# The 42nd Covered Bridges Ride

- Save the date: October 8, 2023!
  - <u>Registration opens in May</u>!
- This is THE premier cycling event in scenic Bucks County. Held each year on a beautiful Sunday with the gorgeous fall colors shouting out, the CBR, as our members call it, is our best event ever.
- You have four great routes to choose from
  - the family-friendly 20 mile route (uses the towpath along the Delaware river, which is a fine-cinder and hard packed dirt trail, for part of these routes)
  - or the hillier 33, 55 or 65 mile rides (all on paved roads) -- plus plenty of great food!
- Travel through up to six historic covered bridges.
- Fatter tired bikes work best on the cinder-based paths for the 20 mile route, which visits one covered bridge.
- All rides conclude with a Grande Finale Picnic.

## Bike Clubs in the Area

- <u>Central Bucks Bike Club</u> (CBBC)
- Bicycle Club of Philadelphia (BCP)
- <u>Quaker City Wheelman (QCW)</u>
- <u>Delaware Valley Bicycle Club</u> (DVBC)
- <u>Sturdy Girl Cycling Club</u>
- Suburban Cyclist Unlimited
- West Chester Cycling Club
- White Clay Bicycle Club
- Guy's Racing Club
- Bill's Bikers Southeastern PA
- And many more:
  - The Bicycle Coalition of Greater Philadelphia



### And for all the e-bike hooligans among you:







# Bill's Bikers: Seniors, Weekly

## Southeastern PA

<ul> <li><u>Ride Calendar</u></li> <li>bills.bikers@gmail.com</li> <li>Today</li> <li>April 2023</li> </ul>				Print Week	When Description	town to Birdsboro Mon, April 3, 10am – 12pm Trail: SRT - Pottstown to Birdsboro	
Sun Mon	Tue	Wed	Thu	Fri			
26 27			30	1		Surface: Gravel	
NO RIDE			1pm SRT - Port Prov			I rode this trail last week and it's is very good condition	
						Trailhead: Pottstown Riverfront Park	
2 3	3 4	5	6			Weather Forecast: Partly Cloudy 48° Wind 5	
10am SRT - Pottstov	N		10am SRT - Oaks to			mph from the SSE	
					more details» c	opy to my calendar»	
9 10	0 11	12	13	1			
10am SRT - Oaks to	)		10am PT - Plank Roa				
16 17	7 18	19	20	21		22	
	10	10	20	21			

## Montgomery County Bike Trails - Web Site Links

TRAIL	WEB SITE LINK
Perkiomen Trail	https://www.montcopa.org/1153/Perkiomen-Trail
Skippack Trail	http://skippacktownship.org/documents/SkippackTrailMap.pdf
Chester Valley Trail	https://www.chesco.org/4643/Chester-Valley-Trail
Schuylkill River Trail	https://schuylkillriver.org/map/
Cross County Trail	https://www.montcopa.org/921/Cross-County-Trail
Wissahickon Valley Trail	https://fow.org/visit-the-park/maps/
Delaware & Lehigh River Trail	https://delawareandlehigh.org/map/
Saucon Valley Trail	https://sauconrailtrail.org
Pennypack Trail	https://www.montcopa.org/922/Pennypack-Trail

## Bucks County Bike Trails + - Web Site Links

TRAIL	WEB SITE LINK
Bristol Spurline Trail	https://www.alltrails.com/trail/us/pennsylvania/bristol-spurline-trail
Core Creek Park Trail	https://www.alltrails.com/trail/us/pennsylvania/core-creek-park-trail
Delaware & Lehigh Canal Towpath Trail	https://delawareandlehigh.org/explore-the-corridor/plan-your-trip/trail-maps/
East Branch Perkiomen Creek Trail	https://circuittrails.org/find-trails/east-branch-perkiomen-trail/
Neshaminy Greenway Trail	https://www.alltrails.com/trail/us/pennsylvania/neshaminy-greenway-trail2
Newtown Rail Trail	https://www.newtownrailtrail.org/
Peace Valley Park Trail	https://trails.dcnr.pa.gov/trails/trail/trailview?trailkey=361
Route 202 Parkway Trail	https://trails.dcnr.pa.gov/trails/trail/trailview?trailkey=506
Tyler State Park Trails	https://www.dcnr.pa.gov/StateParks/FindAPark/TylerStatePark/Pages/Biking.aspx
Upper Bucks Rail Trail	https://www.alltrails.com/trail/us/pennsylvania/upper-bucks-rail-trail4
Nockamixon State Park	https://www.dcnr.pa.gov/StateParks/FindAPark/NockamixonStatePark/Pages/Biking.aspx
Ironton Rail Trail - Lehigh County	https://www.irontonrailtrail.org/
Nor-Bath Rail Trail - Northampton	https://www.traillink.com/trail/nor-bath-trail/
Power Line Trail - Montgomery	https://www.traillink.com/trail/power-line-trail-(pa)/
Columbia Trail – New Jersey	https://www.morrisparks.net/index.php/parks/columbia-trail
Tattamy Trail – Northampton	https://www.traillink.com/trail/tatamy-trail/

## Bike Shops in the area

BIKE SHOPS BUCKS COUNTY	ADDRESS	TOWN
Bike Works	139 Main St.	Doylestown, PA
Redline E-Bikes, LLC	3169 County Line Rd.	Chalfont, PA
Bike Works	208 N. Sycamore St.	Newtown, PA
Newtown Bicycle Shop	30 N. State St.	Newtown, PA
Guys Bicycles	326 E. Street Rd.	Feasterville-Trevose, PA
New Hope Cyclery	404 W. Bridge St.	New Hope, PA
Evolution Pro Bike Shop	2544 Durham Rd.	Buckingham, PA
Firehouse Cycles	38 S. Bell Ave.	Yardley, PA
Bike King Cycling	1247 Woodbourne Rd.	Levittown, PA
Mike's Custom Bikes	123 Canal Path Way	Bristol, PA
BIKE SHOPS MONTGOMERY	ADDRESS	TOWN
Scooters Bike Shop	130 N. Main St.	Souderton, PA
<u>Trek Bicycle</u>	1105 N. Bethlehem Pike	Spring House, PA
<u>Cycle Zone</u>	38 South 8 <sup>th</sup> St.	Quakertown, PA
Perkiomen Bicycles	160 Main Street	Schwenksville, PA
Circle Cycle Bike Shop	2525 Huntingdon Pike	Huntington Valley, PA
BIKE SHOPS NORTHAMPTON	ADDRESS	TOWN
Saucon Valley Bikes	824 N. Main St.	Hellertown, PA
BIKE SHOPS NEW JERSEY	ADDRESS	TOWN
Cycle Corner of Frenchtown	52 Bridge St.	Frenchtown, NJ
Pure Energy Cycling & Java House	99 S. Main St.	Lambertville, NJ
Wheelfine Imports Pro Bikes	639 Brunswick Pike	Lambertville, NJ
Princeton E-Bikes	2495 Brunswick Pike	Lawrence Township, NJ

<u>Happy Summer Trails: Best Places To</u> <u>Get Outdoors Around Doylestown</u>

- Across Bucks County you'll find nearly 300 miles of mixed-use trails
  - <u>Peace Valley Park</u>
  - <u>Newtown Rail Trail</u> Newtown/Pennypack trail opens in April
  - <u>Tyler State Park</u> biking is only allowed in some areas
  - <u>Schuylkill River Greenways</u>
  - <u>Perkiomen Trail</u> connects to the Schuylkill River trail network
  - <u>Core Creek Park</u>
  - <u>Ralph Stover State Park</u> includes the <u>cliffs at High Rocks</u>

Happy Summer Trails: Best Places To Get Outdoors Around Doylestown

- And regional trails
  - <u>Lawrence Hopewell Trail</u> a 22–mile series of trails that serve local communities in Hopewell and Lawerence townships on the other side of the Delaware
  - <u>Delaware & Raritan Canal State Park</u> you can rent bikes <u>here</u>
  - <u>The Lenape Trail</u> offers 36 miles of trail that cross 19 Essex County, New Jersey parks
  - <u>Sourland Mountain Preserve</u> mountain bikes allowed

## 40 Must-Ride Gravel Bike Trails in PA (article says 42...)

- 1. Ghost Town Trail
- 2. McClintock Trail
- 3. Union Canal Trail
- 4. David S. Ammerman Trail
- 5. Houtzdale Line Trail
- 6. <u>Lebanon Valley Rail Trail</u>
- 7. Pine Creek Rail Trail
- 8. <u>Lehigh and New England</u> <u>Rail Trail</u>
- 9. <u>Schuylkill Valley Heritage</u> <u>Trail</u>
- 10. D&H Rail Trail
- 11. Redbank Valley Rail Trail
- 12. <u>Butler-Freeport</u> <u>Community Trail</u>
- 13. Blaisdell-Emery Trail
- 14. Hoodlebug Trail
- 15. Path of the Flood Trail

- 16. Jim Mayer Riverswalk Trail
- 17. Bloomsburg Rail Trail
- 18. Lower Trail
- 19. Susquehanna Warrior Trail
- 20. Buffalo Valley Rail Trail
- 21. J. Manley Robbins Trail
- 22. <u>Bald Eagle State Forest</u> (Bald Eagle Mountain Bike Association)
- 23. Spillway Trail
- 24. Stony Valley Rail Trail
- 25. <u>Swatara State Park</u>
- 26. Cumberland Valley Trail
- 27. <u>Delaware Canal</u> <u>Towpath</u> (<u>Delaware Canal</u> <u>State Park</u>)
- 28. <u>Angelica Creek Trail</u> (Schuylkill <u>River Trail</u>)
- 29. Exeter Scenic River Trail

- 30. <u>D&L Trail</u> (<u>Delaware &</u> <u>Lehigh National Heritage</u> <u>Corridor</u>)
- 31. Clarion-Little Toby Trail
- 32. Perkiomen Trail
- 33. The Chester Creek Trail
- 34. <u>Ridley Creek State Park's</u> <u>Loop Trail</u>
- 35. The Rail 66 Country Trail
- 36. West Creek Trail
- 37. Armstrong Trails
- 38. Michaux Gravel South
- 39. Switchback Railroad Trail
- 40. McDade Recreational Trail

## E-bike laws - Federal

• At the **federal level**, a 2002 law enacted by Congress, <u>HB 727</u>, amended the Consumer Product Safety Commission definition of e-bikes. The law defined a low-speed electric bicycle as "A two- or three-wheeled vehicle with fully operable pedals and an electric motor of less than <u>750 watts</u> (1 h.p.), whose maximum speed on a paved level surface, when powered solely by such a motor while ridden by an operator who weighs 170 pounds, is less than 20 mph." The federal law permits e-bikes to be powered by the motor alone (a "throttle-assist" e-bike), or by a combination of motor and human power (a "pedal-assist" ebike).

## E-bike laws – Pennsylvania State

- At the **Pennsylvania state level** (<u>2014 Act 154</u>), "<u>Pedalcycle with electric assist</u>." A vehicle weighing not more than 100 pounds with two or three wheels more than 11 inches in diameter, manufactured or assembled with an electric motor system rated at <u>not more than</u> <u>750 watts</u> and equipped with operable pedals and capable of a speed <u>not more than 20 miles per hour</u> on a level surface when powered by the motor source only.
- In addition, e-bikes "do not require a certificate of inspection or insurance" and "are afforded ALL of the <u>rights and responsibilities</u> of other bicycles under <u>PA law</u>".
- See also: <u>PENNSYLVANIA E-BIKE LAW</u> handout, and

## E-bike laws – Local



Hopefully our local community will adopt the <u>Model Electric Bicycle Law</u> from <u>PeopleForBike.org</u> because THIS does not work... Or adopt this <u>E-Bike Ordinance</u> recently drafted for review by the Doylestown Community <u>Bike and Hike Committee</u> (April 18, 2022)

## Maintenance

- Learn how to inspect and care for your e-bike
  - How to adjust your gear selector and brakes
  - Maintain correct tire pressure and know how to repair/change your tires
  - Monitor spoke tension, etc.
- Know what tools and spare parts you need to carry with you when you ride
- And know when to call the pros!

## E-Bike Rider's Backpack

- Identification and medical card
- Cash
- USB charging cable (for your phone)
- Water
- Granola bar
- Small medical kit (incl. mask & gloves)
- Allen wrench(es)
- Tire valve stem removal tool
- Slime (or FlatOut)
- Tire pump
- Not shown
  - Cell phone (never leave home without it)
  - Bike cable and lock (when necessary)



## Repair Kit (always on the bike)

- Spare tube
- Tire pump
- Tire levers
- Bicycle multi-tool (like this one)
  - <u>Crankbrothers M19 Multi-Tool</u> w/ Case

You can keep this kit light since most of your gear will already be in your backpack, including layers for extended rides.



Better? <u>CO2 Inflator Kit</u>



## A word about e-bike racks – the one I would buy

- Traditional bicycle racks usually will not support the weight of your e-bike(s), so prepare to spend a bit more on a rack that does
- There are options: <u>Bicycle Racks (for e-bikes)</u>
  - But this rack from <u>Hollywood Racks</u> is the one I would buy
  - It's the Destination E Bike Rack for Electric Bikes (SKU: HR4500) for \$700
  - Here's a great video from Kyle at Area 13 about this rack
    - Hollywood Destination Ebike Rack has a Ramp!
  - And another <u>Destination E-Bike Rack Review</u>

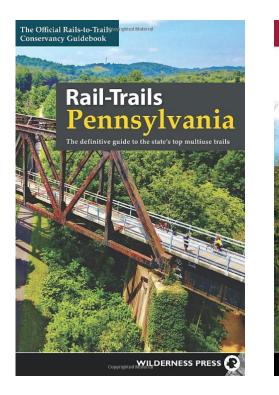
## The one I DID buy

• The <u>Sport Rider Bike Rack</u> for Electric Bikes is our hitch bike rack designed specifically to carry electric bikes with any sized tire up to 5" wide. This bike rack can carry up to 2 electric bikes or standard bikes.

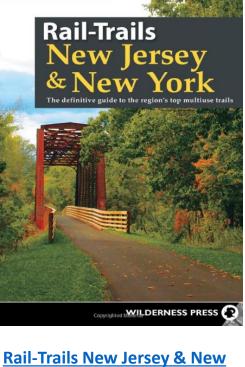
\$500



## Rails-Trails Books



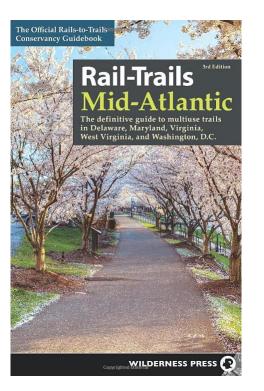
**Rail-Trails Pennsylvania:** The definitive guide to the state's top multiuse trails Paperback – May 21, 2019 (\$19)



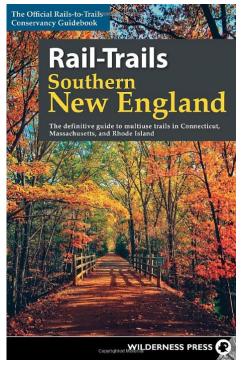
The Official Rails-to-Trails

**Conservancy Guidebook** 

York: The definitive guide to the region's top multiuse trails Paperback – May 21, 2019 (\$19)

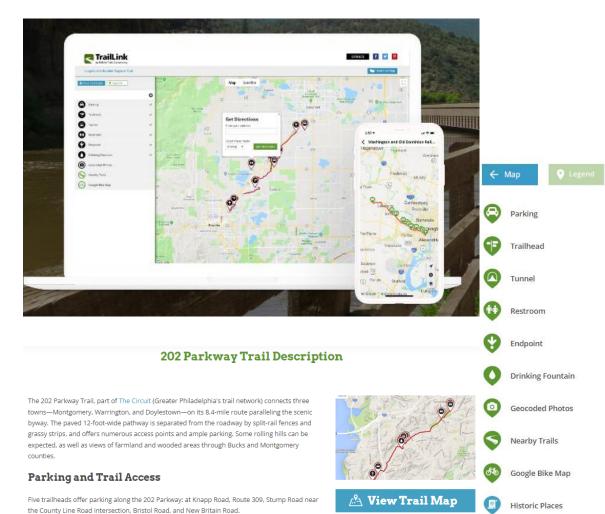


Rail-Trails Mid-Atlantic: The Definitive Guide to Multiuse Trails in Delaware, Maryland, Virginia, Washington, D.C., and West Virginia Paperback – June 14, 2022 (\$18)

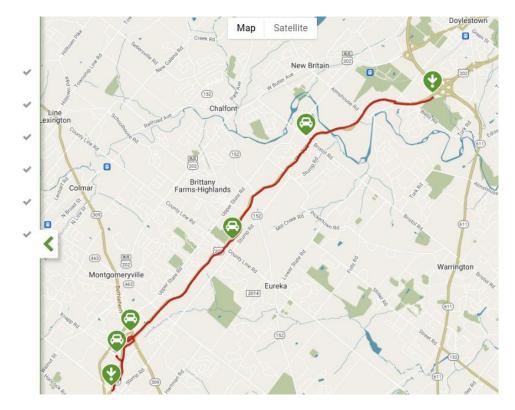


**Rail-Trails Southern New** England: The definitive guide to multiuse trails in Connecticut, Massachusetts, and Rhode Island Paperback – May 15, 2018 (\$16)

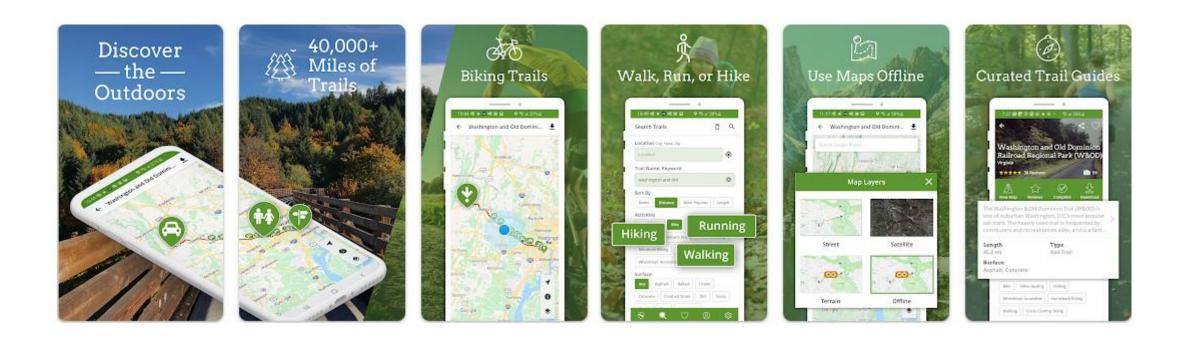




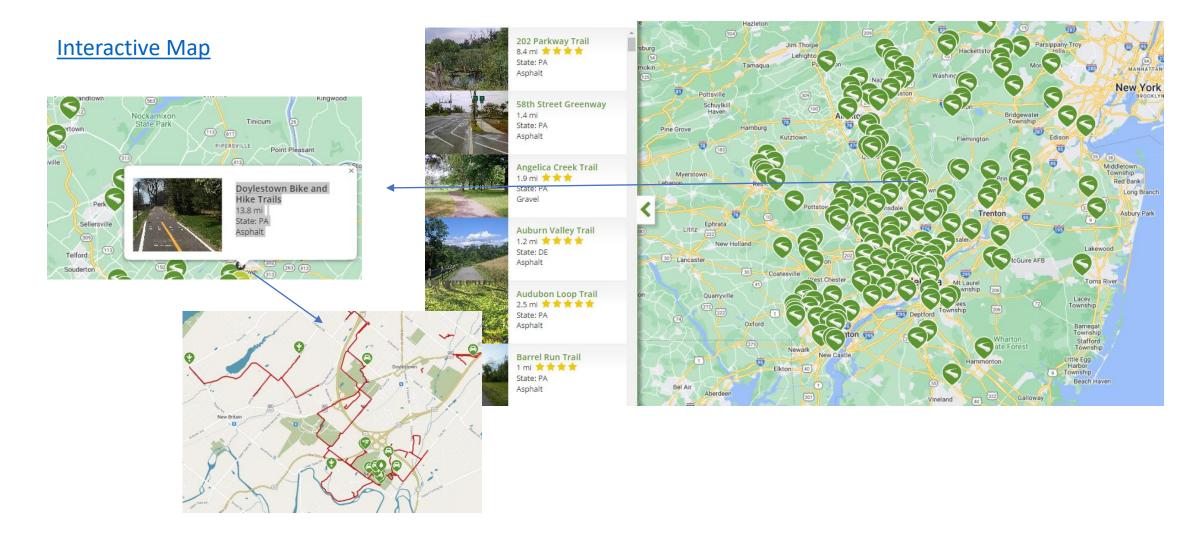




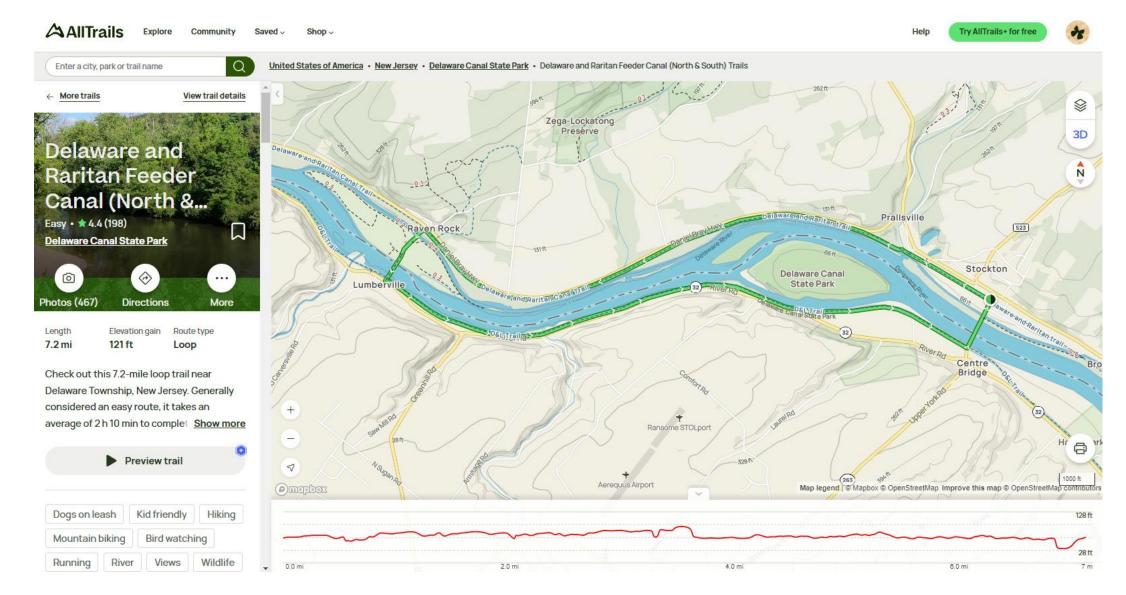
## TrailLink Mobile



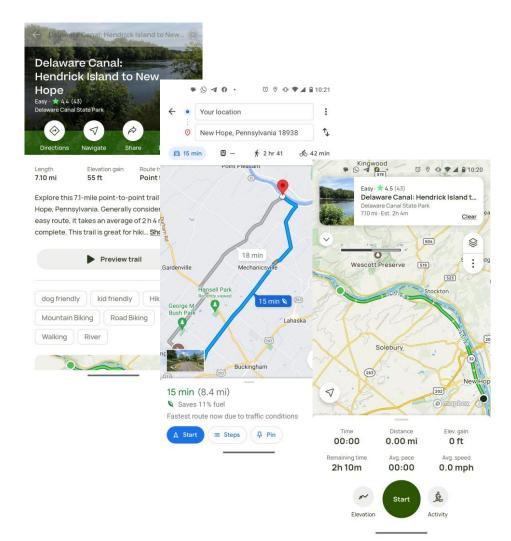
## Rails-To-Trails Conservancy (TrailLink)



## <u>AllTrails</u>

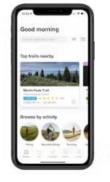


## AllTrails Mobile



### Access 200,000+ trail maps

AllTrails has the largest collection of detailed, hand-curated trail maps so you can hit the trail with confidence. Anytime. Anywhere.



### Find your new favorite trail

27:14 1.2 mi 438.8

Wherever you might be, quickly find the perfect hike, bike ride, or trail run by length, rating, and difficulty level. Filter by dog or kid friendly trails, or find trails with great views.

### Navigate on the trail

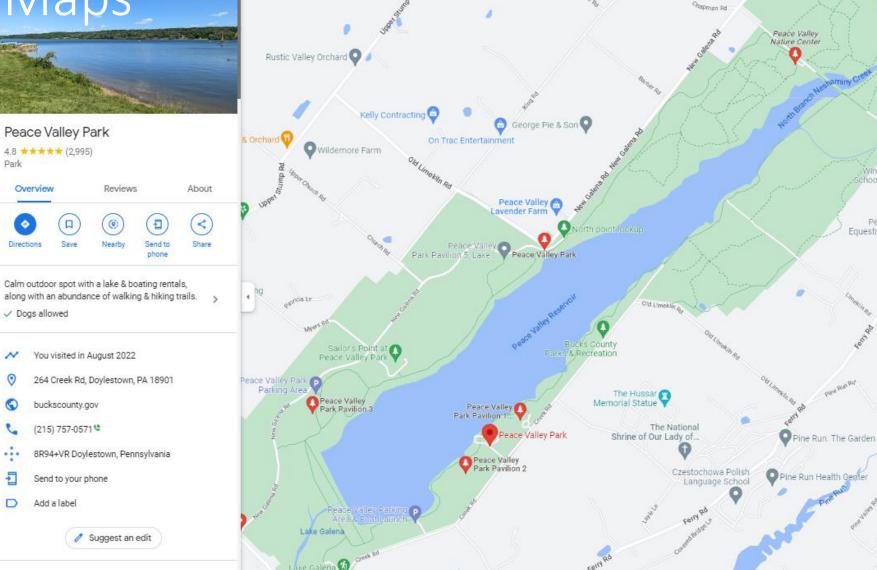
Turn your phone into a GPS tracker and follow your trail so you don't get lost. Record your pace, distance, elevation, and max speed, and share your adventures with friends and family.



# Google Maps-

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Windmill Day

Peace Valley Equestrian Center

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<u>GUB Thick Case Design Bike & Motorcycle Phone</u> <u>Mount Handlebar Holder</u>

