



Prepare for Your Ride

Bicycles

- Chain** Lube and clean your chain to reduce noise and friction. See chain lube instructions for recommended frequency and amount.
- Tires** Check tire pressure before each ride. Make sure tire pressure is within the range marked on the tire sidewall.
- Water** Stay healthy and avoid thirst with a bottle or hydration pack. Plan ahead for the weather conditions of each ride.
- Food** Bike ride snacks help to keep energy levels high and legs spinning. Fruit, energy gels and bars are good choices.
- Repair Kit** Take tools for adjustments and a spare tube, tire levers, patch kit, and mini pump in case of a flat tire.
- Clothing** Wear cycling specific helmet, shorts, gloves jersey, and shoes for comfort.
- Accessories** Extras include: Lock, Bell, Rack, Seat Bag, Speedometer, Mirror, Basket, Car Rack, Glasses and Lights.

104 West Union Street 740 593 8482



Legend of Map Symbols

- Bikeway
- Bikeway Spur
- Bikeway Mile Marker
- County Road Number
- State Route (usually light traffic)
- State Route (usually heavy traffic)
- County Road (usually paved)
- County Road (usually gravel)
- Lake/Pond
- River/Stream
- State Park
- National Forest
- Public Restroom
- Highway
- Public Bike Stand
- Water Fountain
- Free Parking
- Point of Interest

Scale in Miles

0 1/2 1 1 1/2 2

2 miles is about 12 minutes by bike or 40 minutes of walking (individual results may vary)

This map is designed to help cyclists use their bicycles on and around the Hockhocking Adena Bikeway. Users of this map should be aware that potential hazards and obstructions may exist on the routes shown. The user of this map bears the full responsibility for his or her safety. See more maps online AthensCyclePath.com

Bikeway Etiquette

- All users should stay to the right to maintain heavy traffic.
- Please pass on the left - slow down and call out before passing.
- Give all of the pavement when stopped.
- Bicycle racing or riding in a reckless manner is prohibited.
- Never stop, treat and run.
- Carry out what you carry in.
- Leave seats and frames intact.
- No horses are allowed.
- Motorized vehicles are limited to those authorized for emergency or maintenance functions and those used by individuals with disabilities.
- Whenever the path is shared by bikers, joggers, individuals with handicaps, children, bird watchers and others.

Athens County Ohio

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