

US BICYCLE ROUTE 35

USBR 35 runs from Sault Ste. Marie, Michigan to Mississippi. The Eastern U.P. Corridor Segment follows County Road H-63 (Mackinac Trail) from St. Ignace to Sault Ste. Marie. Portions of Mackinac Trail have wide paved shoulders. The speed limit is 55mph.

DUKE LAKE LOOP

From USBR 35 follow Hwy. M-80 (Tone Road) through the downtown community of Kincheloe past Duke Lake. Take left on Gaines Highway to circle back to USBR 35. M-80 has wide paved shoulders. Speed limits vary from 45mph down to 35mph and back up to 55mph once past Duke Lake. Gaines Highway has gravel shoulders and a posted speed limit of 55mph.

WOODSIDE LOOP

Follow this loop for a walk or bicycle ride through the Woodside residential area. This loop will take you past the Kinross Recreation Center and The Oaks Golf Course. Speed limits are 25mph on the residential streets.

PINE BOWL PATHWAY

The Pine Bowl Pathway is a beautiful, secluded 7.7 mile trail with rolling terrain and a variety of woodlands. It is a groomed cross-country ski trail in the winter and used as a hiking and mountain bike trail in other seasons. Trailhead is located on Wilson Road, south of M-80. A Recreation Passport is required.

BENEFITS OF WALKING

HEALTH

Walking...

- burns calories and helps manage weight
- improves fitness and muscle tone
- increases muscle strength and endurance
- improves balance and bone strength
- increases heart and lung fitness
- reduces risk of heart disease, stroke, diabetes, and arthritis
- improves management of high blood pressure, high cholesterol, and diabetes
- improves management of joint and muscular pain or stiffness

SOCIAL

Walking...

- is an activity that most everyone can participate in
- with others is social and enjoyable

ENVIRONMENTAL

Walking...

- reduces dependence on motor vehicles, traffic congestion, parking costs, noise and pollution
- helps to manage transport problems

KINROSS RECREATION CENTER

43 Wood Lake
Kincheloe, MI 49788

Open Monday—Friday
12:00—9:00pm
For more information, please call
(906) 495-5350



SPONSORS



Kinross Building a Healthier Community

KINROSS CHARTER TOWNSHIP

4884 Curtis Street
Kincheloe, MI 49788

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Supported by the Sault Tribe Partnerships to Improve Community Health Project and the MDCH Active Living Grant Project

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DUKE LAKE RECREATION AREA

TRAILS & BIKEWAYS GUIDE

KINROSS
CHARTER TOWNSHIP
MICHIGAN

*In the heart of Michigan's beautiful
Eastern Upper Peninsula*

Kinross Township Trails & Bikeways Guide

---- DNR Trails
 --- Lakes

--- Roads
 --- State Land

--- Rivers
 --- Township Boundary

● 1 Mile
 ●

--- Wide Shoulder

Roads

Duke Lake Loop

USBR 35

Woodside Loop

0 0.075 0.15 0.3 0.45 0.6 Miles

N

W

S

E

Sault Ste. Marie
North 20 Miles

St. Ignace
South 35 Miles

MAP LEGEND	
	Bank
	Beach
	Food
	Gas Station/Party Store
	Golf Course
	Medical
	Museum
	Park
	Parking Lot
	Playground
	Post Office
	RV Park
	School
	Shopping
	Ski
	Snowmobile Parking
	Township Offices
	Baseball Fields
	Fitness Loop

EUPRPDC
 PO BOX 520 SSM, MI 49783
 906.635.1581

Pine Bowl Pathway
1.5 Miles