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



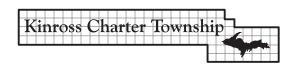
SPONSORS











Kinross Building a Healthier Community

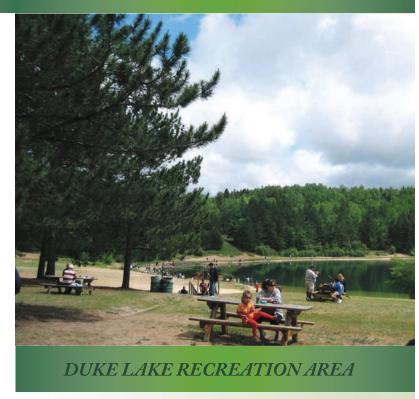
KINROSS CHARTER TOWNSHIP

4884 Curtis Street Kincheloe, MI 49788

Telephone: (906) 495-5381 Fax: (906) 495-2913 E-mail: kclerk@kinross.net Website: www.kinrosstownship-mi.gov

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

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TRAILS & BIKEWAYS GUIDE

KINROSS CHARTER TOWNSHIP MICHIGAN

In the heart of Michigan's beautiful Eastern Upper Peninsula

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