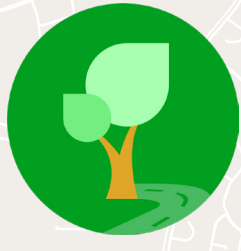
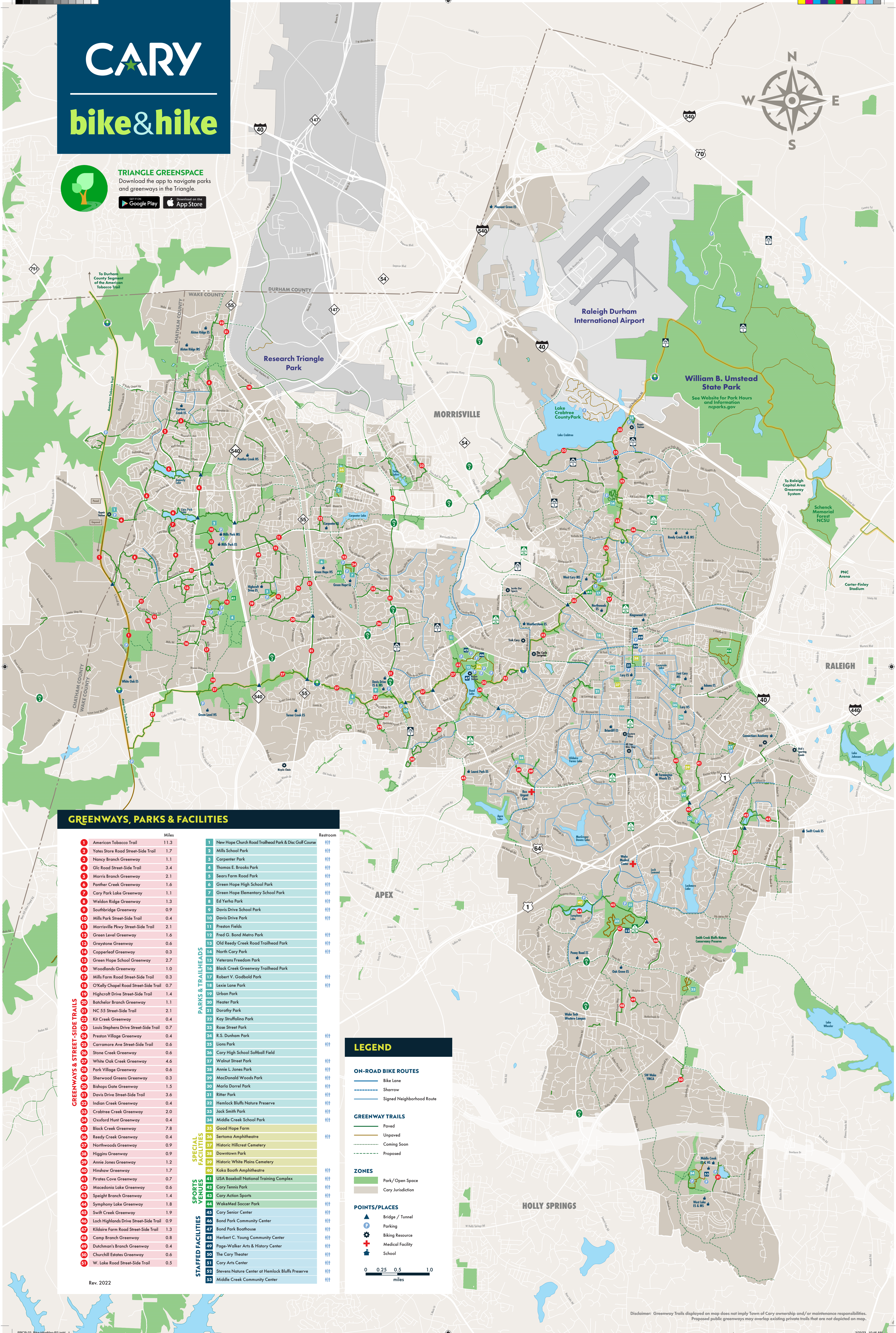


# CARY

## bike&hike



**TRIANGLE GREENSPACE**  
Download the app to navigate parks and greenways in the Triangle.



### GREENWAYS, PARKS & FACILITIES

Greenway/Trail	Miles	Restroom
1 American Tobacco Trail	11.3	
2 Yates Store Road Street-Side Trail	1.7	
3 Nancy Branch Greenway	1.1	
4 Gic Road Street-Side Trail	3.4	
5 Morris Branch Greenway	2.1	
6 Panther Creek Greenway	1.6	
7 Cary Park Lake Greenway	1.1	
8 Weldon Ridge Greenway	1.3	
9 Southbridge Greenway	0.9	
10 Mills Park Street-Side Trail	0.4	
11 Morrisville Pkwy Street-Side Trail	2.1	
12 Green Level Greenway	1.6	
13 Greystone Greenway	0.6	
14 Copperleaf Greenway	0.3	
15 Green Hope School Greenway	2.7	
16 Woodlands Greenway	1.0	
17 Mills Farm Road Street-Side Trail	0.3	
18 O'Kelly Chapel Road Street-Side Trail	0.7	
19 Highcroft Drive Street-Side Trail	1.4	
20 Batchelor Branch Greenway	1.1	
21 NC 55 Street-Side Trail	2.1	
22 Kit Creek Greenway	0.4	
23 Louis Stephens Drive Street-Side Trail	0.7	
24 Preston Village Greenway	0.4	
25 Carramore Ave Street-Side Trail	0.6	
26 Stone Creek Greenway	0.6	
27 White Oak Creek Greenway	4.6	
28 Park Village Greenway	0.6	
29 Sherwood Greens Greenway	0.3	
30 Bishops Gate Greenway	1.5	
31 Davis Drive Street-Side Trail	3.6	
32 Indian Creek Greenway	0.4	
33 Crabtree Creek Greenway	2.0	
34 Oxford Hunt Greenway	0.4	
35 Black Creek Greenway	7.8	
36 Reedy Creek Greenway	0.4	
37 Northwoods Greenway	0.9	
38 Higgins Greenway	0.9	
39 Annie Jones Greenway	1.2	
40 Hinshaw Greenway	1.7	
41 Pirates Cove Greenway	0.7	
42 Macedonia Lake Greenway	0.6	
43 Speight Branch Greenway	1.4	
44 Symphony Lake Greenway	1.8	
45 Swift Creek Greenway	1.9	
46 Loch Highlands Drive Street-Side Trail	0.9	
47 Kildaire Farm Road Street-Side Trail	1.3	
48 Camp Branch Greenway	0.8	
49 Dutchman's Branch Greenway	0.4	
50 Churchill Estates Greenway	0.6	
51 W. Lake Road Street-Side Trail	0.5	
1 New Hope Church Road Trailhead Park & Disc Golf Course		
2 Mills School Park		
3 Carpenter Park		
4 Thomas E. Brooks Park		
5 Sears Farm Road Park		
6 Green Hope High School Park		
7 Green Hope Elementary School Park		
8 Ed Yerha Park		
9 Davis Drive School Park		
10 Davis Drive Park		
11 Preston Fields		
12 Fred G. Bond Metro Park		
13 Old Reedy Creek Road Trailhead Park		
14 North Cary Park		
15 Veterans Freedom Park		
16 Black Creek Greenway Trailhead Park		
17 Robert V. Godbold Park		
18 Lexie Lane Park		
19 Urban Park		
20 Heater Park		
21 Dorothy Park		
22 Kay Struffolino Park		
23 Rose Street Park		
24 R.S. Dunham Park		
25 Lions Park		
26 Cary High School Softball Field		
27 Walnut Street Park		
28 Annie L. Jones Park		
29 MacDonald Woods Park		
30 Maria Darrel Park		
31 Ritter Park		
32 Hemlock Bluffs Nature Preserve		
33 Jack Smith Park		
34 Middle Creek School Park		
35 Good Hope Farm		
36 Sertoma Amphitheatre		
37 Historic Hillcrest Cemetery		
38 Downtown Park		
39 Historic White Plains Cemetery		
40 Koka Booth Amphitheatre		
41 USA Baseball National Training Complex		
42 Cary Tennis Park		
43 Cary Action Sports		
44 WakeMed Soccer Park		
45 Cary Senior Center		
46 Bond Park Community Center		
47 Bond Park Boathouse		
48 Herbert C. Young Community Center		
49 Page-Walker Arts & History Center		
50 The Cary Theater		
51 Cary Arts Center		
52 Stevens Nature Center at Hemlock Bluffs Preserve		
53 Middle Creek Community Center		

### LEGEND

- ON-ROAD BIKE ROUTES**
  - Bike Lane
  - Sharrow
  - Signed Neighborhood Route
- GREENWAY TRAILS**
  - Paved
  - Unpaved
  - Coming Soon
  - Proposed
- ZONES**
  - Park/Open Space
  - Cary Jurisdiction
- POINTS/PLACES**
  - Bridge/Tunnel
  - Parking
  - Biking Resource
  - Medical Facility
  - School



Disclaimer: Greenway Trails displayed on map does not imply Town of Cary ownership and/or maintenance responsibilities. Proposed public greenways may overlap existing private trails that are not depicted on map.

Rev. 2022

# bike&hike

CARY

Learn how you can safely enjoy all that Cary has to offer.

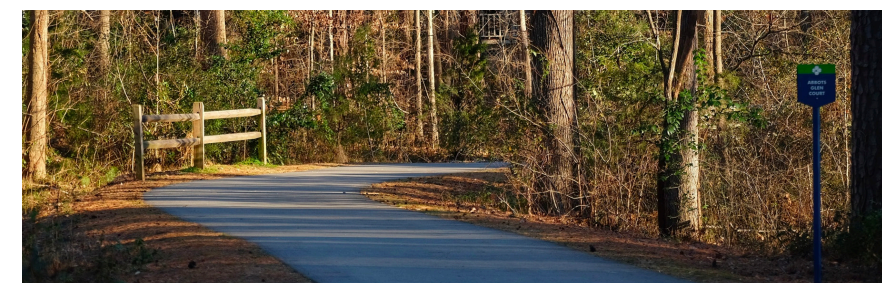
Every day all across Cary, drivers, cyclists, runners, and walkers traverse greenways, roads, and trails winding through beautiful neighborhoods under shady tree cover, up challenging hills and around curves, and across boardwalks over lakes. They're making their way to work, enjoying the beautiful scenery, and exploring new routes around town. With all that Cary has to offer, it's important that everyone is aware of the roles they play while enjoying the roads and greenways. Be a considerate and safe user of these routes by following the laws, rules, and guidelines outlined here.



CELEBRATE NATIONAL TRAILS DAY THE FIRST SATURDAY IN JUNE

## WALKING AND RIDING AROUND CARY

Cary's greenways and streets offer options for every mode of travel.



### GREENWAYS

These meandering, off-road, paved paths are usually 10 ft. wide and are great for all ages and abilities to walk or ride. Greenways also include a system of connectors that run parallel to roadways referred to as street-side trails.



### BIKE LANES

Best for novice or casual bicyclists, these are for the exclusive use of bicyclists. Bike lanes are typically at least 4 ft. wide and designated by striping and pavement markings.



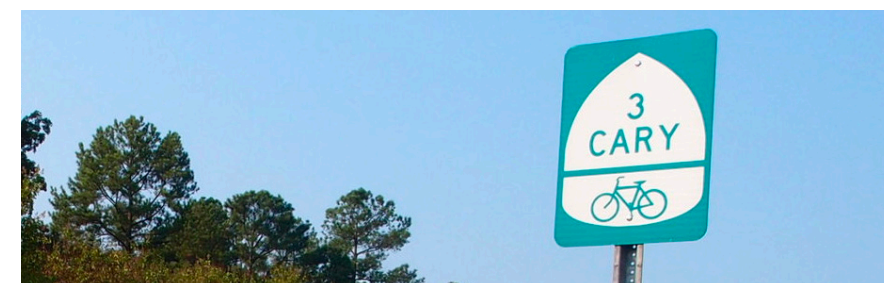
### SHARROWS

"Shared Use Arrows" are pavement markings that signal a shared lane environment for bicyclists and automobiles. These indicate where cyclists should ride within a travel lane, discourage wrong-way cycling, and tell drivers to expect cyclists.



### NEIGHBORHOOD BIKE ROUTES

These routes can be found along local streets with lower speed limits and lower traffic volumes, and are identified with signs and sometimes pavement markings.



### SIGNED ROUTES

These routes include Cary Commuter Routes, NC Routes, and US Routes. Signs provide wayfinding to help bicyclists remain on the designated route. Signed routes may overlap with other bicycle facility types like sharrows and wide outside lanes.



### WIDE OUTSIDE LANES

Travel lanes wider than the standard 12 ft. that allow motorists to safely pass a cyclist while remaining in the same lane. The lanes have no markings for bicycles but you may see signs on the roadside, indicating they are part of a bicycle route.

# GO hike

"Life is a journey, not a destination."

—RALPH WALDO EMERSON

## GREENWAY GUIDELINES

Know the greenway etiquette and rules before you go.

Cary has more than 90 miles of greenway trails connecting to other municipal trail systems to create a network of more than 320 miles in the Triangle—one of the largest in the country. With more than one million users annually in Cary, it's important that everyone knows the guidelines for use.



### General Use

- Greenways are for use during daylight hours.
- Keep right and pass on the left.
- Announce yourself before passing. Politely warn greenways users as you approach from behind, "Passing on your left."
- If you stop, move to the side of the greenway.
- Keep the greenways clean by using trash and recycling bins or taking waste out with you.
- If wearing headphones, be sure you can hear others on the trail.
- Take a friend. Greenway users are encouraged to bike, walk, or jog with a companion.
- Wood boardwalks may be slick—go slowly!
- The possession or consumption of alcoholic beverages on greenways is prohibited.
- Report any emergencies to 911.



# GO bike

"It is by riding a bicycle that you learn the contours of a country best."

—ERNEST HEMINGWAY

## RULES OF THE ROAD

Bikes on the road are legally considered vehicles.

In North Carolina, bicycles are legally considered vehicles, so bicyclists have full rights to use the road. Just remember—you're also subject to the regulations governing the operation of a vehicle and must obey all traffic laws.



**Did you know?** Cary is a Bronze Bicycle Friendly Community (BFC) for our efforts to plan, design, and encourage a bike-friendly community.

### How to Ride

- Be a defensive and predictable rider.
- Ride on the right—the same direction as other traffic.
- Obey all traffic signs and signals.
- Ride no more than two abreast.
- Cross railroad tracks at right angles.

### When to Yield

- Yield the right-of-way when you enter the road or change lanes.
- If you're riding your bike on any sidewalk within Cary, use caution and yield the right-of-way to pedestrians.

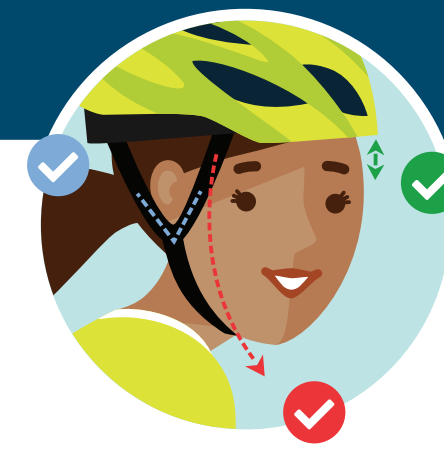
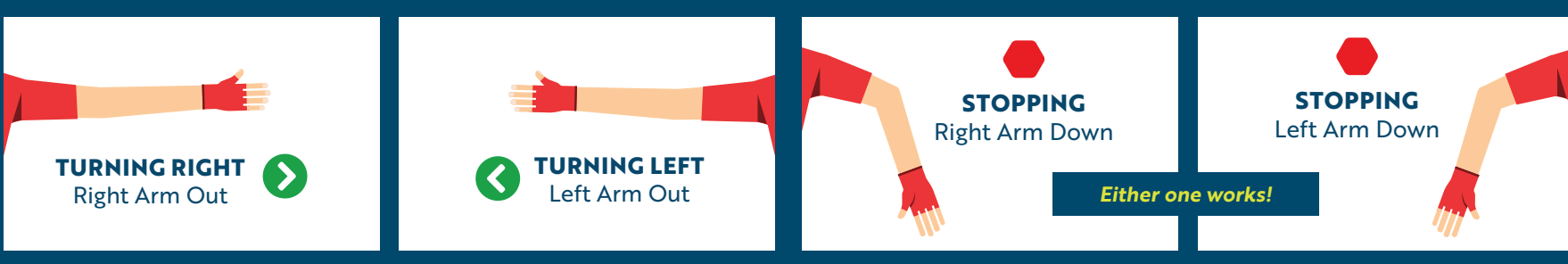
### How to Pass

- When passing another bike, give them plenty of space—a minimum of 2 ft., or 4 ft. in a no-passing zone is the law.
- Allow some space when riding past parked cars—you never know when a door might open.

### What to Wear—You and Your Bike

- At night, bicycles must be equipped with a front light and red rear light or reflector both visible from 300 ft.
- Wear a protective helmet with a secure chin strap—see diagram to the right for the correct fit.
- Wear bright clothing so people can see you.

Use hand signals to communicate intended movements



### GETTING THE RIGHT FIT

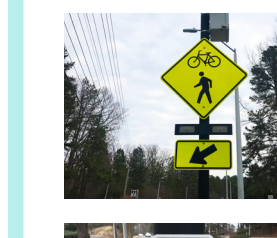
Use the Eyes, Ears, Mouth Check to ensure your helmet fits:

- EYES** When you look up you should see the front rim of the helmet, sitting one-two finger widths above your eyebrows.
- EARS** The side straps should come to a "V" just below each ear.
- MOUTH** When you open your mouth wide, you should feel the helmet push down on your head.

It's The Law! Every person 15 years of age or under riding a bicycle, skates, skateboard, scooter, or other similar vehicle on a street, sidewalk or greenway, must wear a protective helmet with the chin strap securely fastened under the chin.

## WHERE GREENWAY MEETS ROAD

If you're traveling along a greenway that crosses a road, you may run into one of two different pedestrian crossing signals. More information about the use and locations of these traffic signals is available at [townofcary.org](http://townofcary.org).



### Rectangular Rapid Flashing Beacons

These signals warn vehicles of the presence of pedestrians in the crosswalk. When you approach, press the button and wait for a sufficient gap in traffic before crossing. Drivers are required to stop for pedestrians in the crosswalk while the LED lights are flashing.



### HAWK Pedestrian Signal

High-Intensity Activated Crosswalk signals remain dark for vehicles until a pedestrian activates them. Drivers will be given caution lights and then a stop light. Pedestrians should wait for the icon to cross (a walking pedestrian) and finish crossing before the timer reaches zero.

Always use caution when crossing the road.

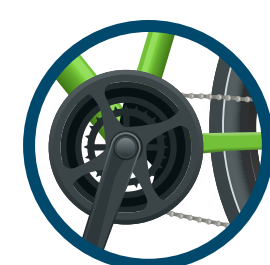
## BIKE PREP CHECKLIST For your safety and the safety of others, always check your bike before departing.



- TIRES** are sufficiently inflated; no tears or cuts



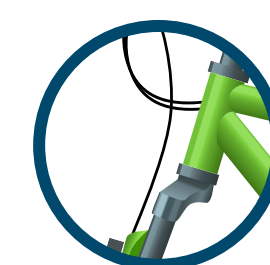
- BRAKES** are working and centered on rim



- CHAIN** is clean and runs smoothly



- QUICK RELEASE LEVERS** are closed

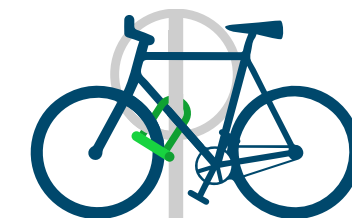


- CABLES** are taut with no cracks, crimps, rust, or dirt



- TOOLS** and supplies you'll need are packed

## LOVE YOUR BIKE? LOCK IT UP!

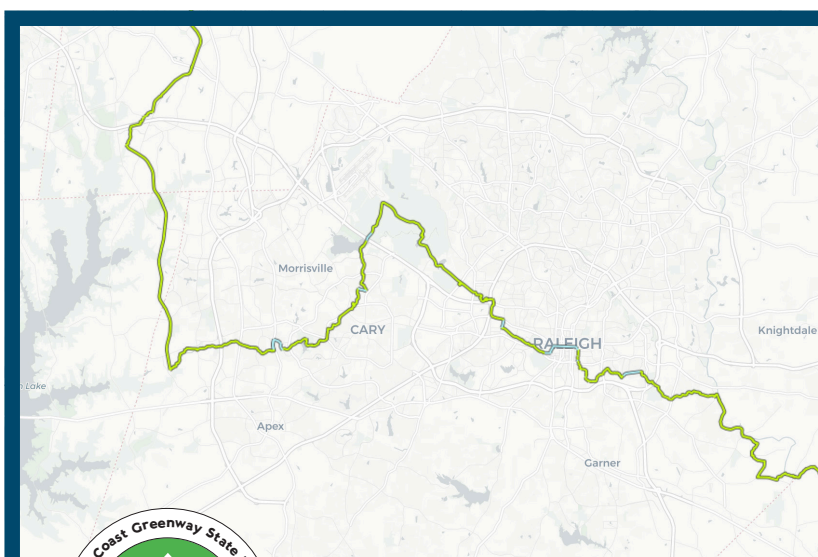


Following these tips will keep your bike safe and sound.

- Lock your bike in a well-lit and visible location (try out the lockers at the Train Depot—see details to the left).
- Make sure your bike doesn't block sidewalks, paths, doorways, or other vehicles.
- Lock your wheel and bike frame to a sturdy bike rack or post.
- U-locks are best, followed by heavy duty cable locks.
- Write down your bike's serial number here and take a picture so you can share it with the police if it's stolen.

BIKE SERIAL NUMBER:

If your helmet doesn't pass the test, adjust the buckles. The helmet should meet or exceed the standards for bicycle helmet use and wear as set by American National Standards Institute ([ansi.org](http://ansi.org)) or the Snell Memorial Foundation ([smf.org](http://smf.org)). If you see any cracks in the shell, dents in the foam, or fraying on the straps, it's time for a new helmet.



The 3,000-mile East Coast Greenway (ECG) extends along the eastern seaboard from Maine to Key West, Florida. The ECG in North Carolina was designated as an NC State Trail in 2022. The American Tobacco Trail, White Oak Creek Greenway, and Black Creek Greenway make up nearly 20 miles of the ECG in the Triangle Region. [greenway.org](http://greenway.org)

### 2023 IS THE YEAR OF THE TRAIL!

The State Legislature declared 2023 as the "North Carolina Year of the Trail" to celebrate our extensive trail systems and their proven benefits for the health of our citizens, tourism and economic development, transportation, and the environment.



Join in the celebration! For events and activities, visit [carync.gov/greenways](http://carync.gov/greenways) and [greattrailsonc.com](http://greattrailsonc.com)

## A NETWORK OF ACTIVITY

Cary's greenways serve the entire community by linking schools, neighborhoods, and employment centers to an expansive network of over 2,600 acres of parks and open space. As a Gold Medal Award winner for Excellence in Park and Recreation Management, Cary provides numerous opportunities for recreation, exercise, art, and entertainment. Learn more about greenway programming and offerings at [carync.gov/recreation](http://carync.gov/recreation)



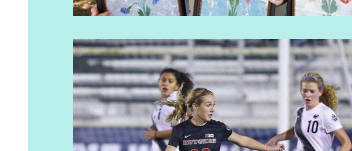
13 staffed facilities include nature parks, dog parks, a ropes course, and an action sport park.



Arts and culture come to life with a multitude of events at the vibrant Cary Arts Center, The Cary Theater, and nationally-renowned Koka Booth Amphitheatre.



To support economic growth, Cary hosts numerous festivals, concerts, and events that attract thousands of visitors annually.



Between the USA Baseball National Training Complex, the 10,000-seat stadium at WakeMed Soccer Park, and the 33-court Cary Tennis Park, Cary has hosted over 50 collegiate championship games and matches.

# CARY bike&hike



GREENWAYS & BIKE ROUTES

On the cover: Murals at the White Oak Creek Greenway tunnel by Davis Drive Park create a photo-worthy stop along the trail!

### About the Map

This map assists those who bike, run, or walk to Cary destinations. Included are bike routes and greenways.

Copies are available at facilities staffed by Cary employees, including community centers and Town Hall.

Users of the map must rely on individual levels of experience, skill, and tolerance for cycling in traffic, weather, different times of day, obstacles, road condition, and other factors when evaluating or selecting a route. This map is no guarantee of personal safety and Cary is not responsible for any acts committed by third parties which may pose a hazard to cyclists.

### Visit Us Online

Additional safety, education resources, and recommended routes are available online at [carync.gov/bikecary](http://carync.gov/bikecary)

### Get in Touch

**Cary Town Hall**  
316 N. Academy Street, Cary, NC 27513  
Monday-Friday, 8 AM-5 PM (excluding holidays)

**Emergencies:** 911

**Police Non-Emergency:** (919) 469-4012

**Questions, concerns, and suggestions**  
Dial 311 (919-469-4000 outside Cary limits)



## A NOTE OF THANKS

Walking, biking, riding, running, and everything in between is simply fun. That's why millions of Americans participate in active mobility every day. It's also important to highlight that these activities are great for our mental and physical health, reduce our carbon footprint, connect our community, and improve our resiliency and sustainability. To everyone who participates, we say thank you!

### Ways to Make a Difference

#### Join the Greenway Committee

The citizen-based Greenway Committee serves in an advisory capacity to the Cary Parks, Recreation & Cultural Resources Advisory Board. They are charged with assisting staff, providing input, educating the public about Cary's greenway program, and generally serving as Cary Greenway ambassadors.

#### Volunteer

Getting involved in the community can be enriching and fulfilling. Visit [carync.gov/volunteer](http://carync.gov/volunteer) to get started.

#### Cary It Green

Learn how you can make small changes that have a big impact on the environment and get tips on green living in Cary.

[facebook.com/caryitgreen](https://www.facebook.com/caryitgreen)



Connect with us @caryncgov