



Happy (Bicycle) Trails Minnesota

The simple act of riding a bicycle is a liberating experience. Whether you are a utilitarian bicyclist commuting to work and running errands or you are a recreational rider hitting the vast Minnesota trail system you surely have experienced the physical and mental benefits that come with a bicycle ride.

There are 18 dedicated trails to bicycle paths in Minnesota. This is in addition to the many miles of on street bicycle lanes throughout the Twin Cities Metro area. Trails in Minnesota include paved transportation-oriented trails (without speed limits), paved recreational trails (with speed limits), crushed limestone trails, and a few seasonal off-road type mountain biking trails. If you don't have a bicycle, you can rent from almost any bike shop in the Twin Cities. See you on the trails!

Bike Maps: Search online or check your local bike shop for: **Hennepin County Bike Trail Map**, www.hennepin.us

Little Transport Press
www.littletransport.com
Twin Cities 7-county area with mountain bike trails on reverse.

Twin Cities Bike Map & Commuter Guide www.metocouncil.org
Both downtowns and nearby suburbs.

Minnesota Bike Atlas
www.mplstmo.org
Detailed bike routes in the Twin Cities, greater MN and western WI.

Minnesota Bicycle Trails Reference Map <http://store.everestgear.com>
Over 120 trails.

This article was written for the Twin Cities Green Guide by Matthew Lang of the Midtown Greenway Coalition. The Green Goddess column is brought to you by the Twin Cities Green Guide, publishers of 'Do It Green! Magazine', available at your local co-op or bookstore. Visit www.doitgreen.org.



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