

Whether you're cycling to work or just for fun, the communities of Grand Forks and East Grand Forks have plenty of bikeways to choose from. With over 56 miles of marked bike routes and paths woven throughout the two cities bicyclists can enjoy many hours of bicycle recreation in a variety of settings.

Reasons to Bike

- Bicycling instead of driving is a great way to reduce air pollution and help the environment.
- Improve your health! trip.
- Upkeep and maintenance is relatively inexpensive and the only fuel needed is you.
- Bicycling is an activity everyone can enjoy – from beginners to advanced riders
- Everyone living in the metro area is within 5 flat & easy miles of work, school, or shopping

Bike and Bus Program

- Greater Grand Forks Buses now feature bike racks
 - Loading a bike on a bus rack takes less than 20 seconds.
 - Call (701)787-9120 for free training & certification.
 - Racks are convenient for traveling to work, school or local bike trails.
- ### **Just the Facts**
- Metro population: 62,560 (2006 est.).
 - 50 miles of paved paths of 8' wide or wider.
 - 4 miles of designated bike routes.
 - 1.5 miles of bike lanes.

Bike Safety Tips

- Always wear a helmet.
- Follow traffic signals and road signs.
- Ride single file when in a group. When passing other bikers or walkers, let them know you are there.
- Watch for danger in your way.
- Ride at least 3 feet away from parked cars.
- Always signal before making a turn.
- Dress for the weather and wear bright colored clothing.
- Be like a car, never ride against traffic.
- Ride defensively as many car drivers don't see bicycles. When in doubt, yield to cars.
- Use lights or LED flashers at night.
- Look out for road hazards, such as sewer grates, railroad tracks, gravel, & ice.

Follow the Law

- Bicycles are permitted on all public streets, including the interstate and residential sidewalk, but must use roadways in commercial districts and must use bike paths whenever available along arterials.
- Riders must yield the right-of-way to any pedestrians and give audible warning before overtaking and passing pedestrians.
- No bicycle may carry more persons than the number for which it is designed or equipped for.

For additional copies call (701) 746-INFO (4636)

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Grand Forks - East Grand Forks
Metropolitan Planning Organization

www.theforksmpo.org

Grand Forks,
North Dakota
&
East Grand Forks,
Minnesota



Bike Map

Grand Forks - East Grand Forks
Metropolitan Planning Organization

2008 Bikeway Map

East Grand Forks
Minnesota

The Grand Forks-Andy Hampsten Bikeway System: The bikeway system within Grand Forks is named after Andy Hampsten, a former resident & international bicycle racer in the late 1980's & early 1990's.

The Greenway is a system of parks, wildlife refuges, and trails along the Red River and the Red Lake River, with over 20 miles of paved multi-purpose paths and two pedestrian bridges over the Red River.



Points of Interest

- | | | | |
|----|----------------------------|----|--|
| 1 | Alerus Center | 11 | The Greenway |
| 2 | Ralph Engelstad Arena | 12 | Northland Community College |
| 3 | University of North Dakota | 13 | Red River State Recreational Area Campground |
| 4 | Myra Museum | 14 | Riverwalk Center/ Cabela's |
| 5 | "Smiley" Water Tower | 15 | Heritage/Railroad Museum |
| 6 | King's Walk Golf Course | 16 | Valley Golf Course |
| 7 | Columbia Mall | 17 | Riverside Dam |
| 8 | Grand Cities Mall | 18 | VFW Arena |
| 9 | Lincoln Disc Golf Course | 19 | East Grand Forks Civic Center |
| 10 | Grand Forks Townsquare | 20 | Zavoral Frisbee Golf Course |

Disclaimer:
The bikeway system depicted is shown as of March 2008. Please use caution and obey all posted signage and vertical code. Bike facilities throughout the system are subject to closure due to construction or other circumstances at any time. While every effort has been made to provide high quality, accurate, and usable map, the depicted bikeway information is advisory only. Map users assume all risks as to the quality and accuracy of the map information, and agree that their use is at their own risk. Please forward all comments & corrections for this map to the GPEGF MPO.

Map Revised March 2008

Grand Forks
North Dakota

- Multi-Use Path: Offstreet paved path.
- Bike Lane: A signed & painted lane on busier streets.
- Bike Route: Signed bike route along local streets.
- Unpaved trail: Trail that connects to current bikeway.
- Bike Bridge or Tunnel
- Medical Facilities
- Bike Repair Facilities
- Bike Parking
- Greenway Access Point
- Public Restroom
- Information Center
- Distance Points in Miles

