

## Tips for Safe Bicycling

- Always wear a helmet.
- Obey all traffic laws.
- Keep right, ride with traffic.
- Watch for drain grates, loose stones, rocks, sand and soft shoulders.
- Maintain a straight path, three feet minimum out from parked cars.
- Avoid mid-block and stop sign ride outs into streets and intersections. Stop and look for vehicles before entering the road.
- Use hand signals before turning.
- Use reflectors, retro-reflective clothing and lights at night.
- Keep your bike mechanically sound.
- Lock your bike.
- Stay alert and watch for others.

## Points for Riding in Good Form

- Always ride with the ball of the foot on the pedal.
- Pedal evenly. Be sure you're not pedaling harder with one leg than the other; make each leg do half the work.
- Pedal straight. Keep your legs parallel with the frame of the bicycle; don't let your knees stick out at the sides. If you keep your knees in, you will get more power into your leg movement.
- Keep your shoulders steady. Letting your shoulders wobble will make your bicycle unsteady.
- Keep your elbows in; don't let them stick out. This will give you better steering control.
- Look straight ahead, not down at the bicycle, as you lean your body forward a little.

## The Law in New Jersey

In New Jersey, a bicyclist has essentially the same rights and responsibilities as a motor vehicle driver. Obey all rules of the road. Keep to the right, riding with traffic, not against. Obey all traffic signs and signals.

## Checklist for Bicycle Touring

A checklist for bicycle touring may include the following equipment, depending upon the type of bicycle and your skill in making emergency repairs:

- |                                                          |                                               |
|----------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> bicycle pump                    | <input type="checkbox"/> cleaning rags        |
| <input type="checkbox"/> rear brake cable                | <input type="checkbox"/> screw driver         |
| <input type="checkbox"/> chain tool                      | <input type="checkbox"/> spoke wrench         |
| <input type="checkbox"/> extra chain links               | <input type="checkbox"/> extra spokes         |
| <input type="checkbox"/> pliers                          | <input type="checkbox"/> extra toe-clip bolts |
| <input type="checkbox"/> Hex or Allen wrench             | <input type="checkbox"/> extra brake pads     |
| <input type="checkbox"/> 6" Crescent wrench (adjustable) | <input type="checkbox"/> extra fender bolts   |
| <input type="checkbox"/> tire irons                      | <input type="checkbox"/> spare tire           |
| <input type="checkbox"/> free-wheel tool                 | <input type="checkbox"/> spare innertube      |
| <input type="checkbox"/> can of machine oil              | <input type="checkbox"/> innertube patch kit  |
| <input type="checkbox"/> air-pressure gauge              | <input type="checkbox"/> "sew-up" cement      |
|                                                          | <input type="checkbox"/> denim patches        |



## Emergency & Information

**911**  
for police & rescue emergencies

**Cohanzick Zoo**  
856.455-3230 or 800.319.3379

**Cumberland County Tourism**  
1-866-866-MORE or 856.453.2177

**Dutch Neck Village**  
856.451.2188

**Glasstown Arts District**  
856.327.4500

**Mauricetown Historical Society**  
856.785.0457

**Millville Army Air Field Museum**  
856.327.2347

**Riverfront Renaissance Center for the Arts**  
856.327.4500

**Wheaton Village**  
856.825.6800



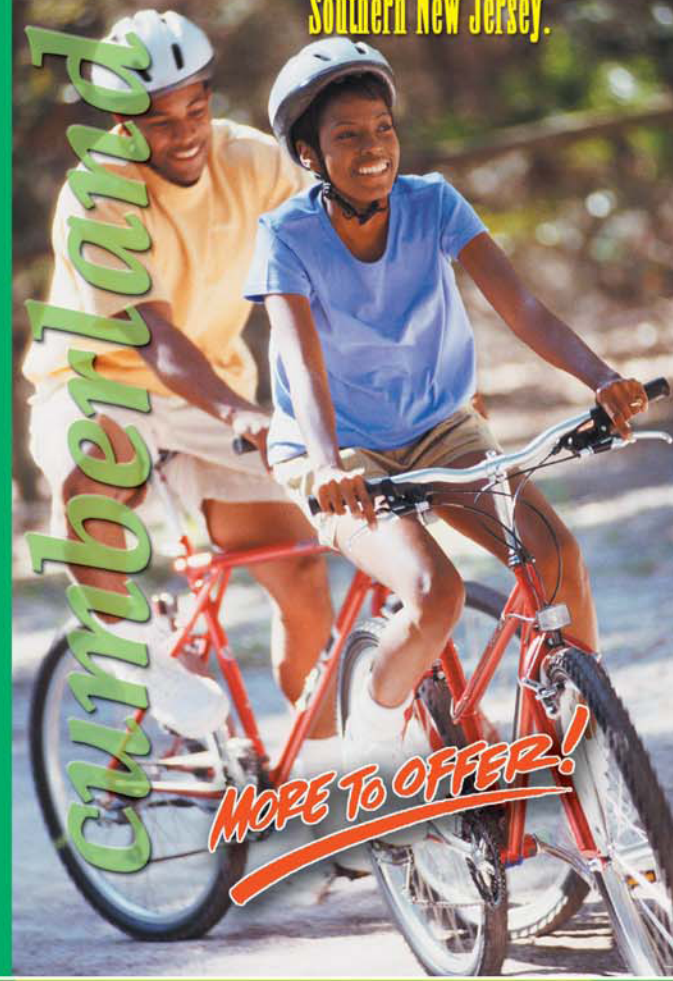
New Jersey  
Department of  
Transportation

The preparation of this document has been financed in part by the U.S. Department of Transportation, Federal Transit Administration and Federal Highway Administration. This document is disseminated under the sponsorship of the U.S. Department of Transportation in the interest of information exchange. The United States Government assumes no liability for its contents or its use thereof.

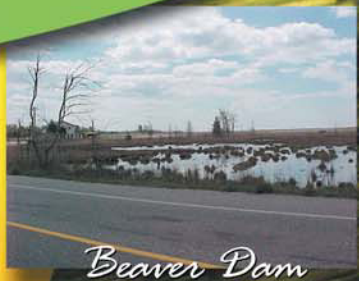
Enjoy one of our State's quietest and most scenic areas.

# cumberland county Bicycling

Cumberland County's  
59 miles of trails  
through historic  
Southern New Jersey.



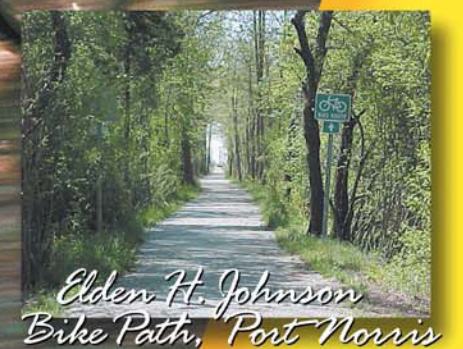
## Along The Way



The Bayshore Bicycle Trail, through Cumberland County, is the relatively undiscovered link midway between the popular shore communities to the east and the Delaware River to the west. Bicyclists will find this trail a particularly attractive destination because of Cumberland County's flat terrain, open spaces, farmland, and pleasant rural environment, with nearby educational and historic attractions along the route.

Cumberland County's roads are user-friendly for bicycling because of their wide shoulders and modest traffic volume.

Look for links with other bike routes along the way.



Enjoy one of our State's quietest & most scenic areas.



- Municipal Boundaries
- Bike Route
- Bike Route Spur
- Dedicated Bike Lane
- Public Buildings (Parking Available)

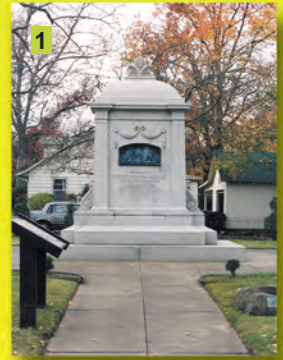
Bike route length ..... 48.70 miles  
 Spur lengths ..... 9.85 miles  
 Total bike route length ... 58.55 miles



### Greenwich

Enjoy the charm and tranquility of historic Greenwich. This beautiful village is home to the 1730 Gibbon House. Visitors can also enjoy the Tea Burning monument, the John Dubois Maritime Museum, the Warren C. Lummis Genealogical and Historical Library, the Pre-Historic Museum, and the Swedish-Finnish log grange, all of which preserve the County's history dating to pre-revolutionary war times. All of these museums are located within the Greenwich historic district, which is listed in the National Register of Historic Places.

**For more information, call 856/455-4055.**



### Cohanzick Zoo

Located in Bridgeton's 1,100 acre city park, the Cohanzick Zoo is New Jersey's first zoo, founded in 1934. The Zoo remains one of the last free public zoos in the country. Enjoy rare white tigers or the beautiful Aviary, which houses many rare and unique birds.

**For more information, call 856/451-9208 or 800-319-3379.**

### Delaware Bay Schooner "A.J. Meerwald"

Enjoy the scenic Delaware Estuary from the deck of the A.J. Meerwald. The Schooner is an authentically restored 1928 Delaware Bay Oyster Schooner. The 115-foot schooner is listed in the National Register of Historic Places and is New Jersey's Official Tall Ship. Passengers can take part in sailing the schooner while learning about natural resources that molded the bay shore communities.

**For more information, call 856/785-2060.**



### East Point Lighthouse

Erected in 1849, the East Point Lighthouse is the last remaining lighthouse on the New Jersey shore of the Delaware Bay. This recently refurbished aid to navigation is the second oldest standing lighthouse in the state. The lantern room offers a panoramic view of the surrounding marsh and estuary. Host to significant shorebird and butterfly migrations, the area is a favorite subject of photographers, painters, and bird watchers. Open for special events and tours by appointment.

**Contact the Maurice River Historical Society at 856/327-3714.**

### Mauricetown

Was originally called Mattox's Landing and was the site of a ferry across the Maurice River in 1780. Renamed Mauricetown in 1840, it became known as the home of wealthy sea captains. A stained glass window in the Methodist Episcopal Church carries the names of 22 captains and mates lost at sea. Many historic houses remain virtually intact today. The Mauricetown Historical Society operates a house museum and is active in preserving the area's history.

