

ACTIVE TRANSPORTATION

Active transportation isn't just good for your mind and body; it's also good for the environment! Middlesex County offers miles of trails and greenways for transportation and recreation.

Popular Trails:

- **Middlesex Greenway** (3.5 miles) – Part of the East Coast Greenway. Open to walkers and cyclists. E-Bikes are not permitted on this trail.
- **Delaware & Raritan (D&R) Canal State Park Trail** (70+ miles) – Open to walkers and cyclists.

Explore more hiking and biking trails at discovermiddlesex.com/outdoorguide.



QUICK TIPS

If you don't live near a trail, you can take public transit! Learn about traveling with your bike on pages 29 and 56.

Find out more about Transit to Trails at njtransit.com/trails.

SAFE WALKING & BIKING



On your next walk, consider these tips:

- **Be visible:** Wear bright or reflective clothing or carry a flashlight.
- Make **eye contact** with drivers before crossing the street. You can also give drivers a wave!
- **Listen** for engine noise. Avoid auditory and visual distractions!
- Whenever possible, use sidewalks and crosswalks.

On your next bike ride, consider these tips:

- **Be visible:** Wear bright or reflective clothing. Make sure your bike has a white reflector in the front and red reflector in the back. In NJ, bicycles must have a front white light and a rear red light when riding at night.
- **Be heard:** Use a bike bell.
- **Wear a helmet:** In NJ, children 17 years and younger must wear a helmet, but it's smart to wear a helmet regardless of age!



BIKE & SCOOTER RESOURCES



Veo E-Scooter Share: Available in New Brunswick and Piscataway through Rutgers, and Highland Park. Rent a scooter for as little as a \$1 unlocking fee and \$0.35 per minute for up to 48 hours. Download the Veo app to see e-scooters available near you, as well as designated parking locations. Learn more at veoride.com.

Woodbridge Bikeshare: Free 12-hour bike rentals at the following locations: Herbert Rankin Park, 4th Street Park, Tanzman Park, E. William Street, Evergreen Senior Center, LeGrand Park, Kennedy Park, and Fords Library. Learn more at twp.woodbridge.nj.us/1214/Free-Bike-Share-Program.

Perth Amboy Bikeshare Program: Free bike rentals from sunrise to sunset, located at the Perth Amboy Harborside Marina. For more information, visit perthamboynj.org/community/news/announcements/bikeshare_program_launch.

New Brunswick Bike Exchange: Buy refurbished bikes or donate used bikes. Learn more at nbbikeexchange.org.