

MAP YOUR RIDE

Plan a bike ride with fun stops along the way!

Go to your favourite place in your neighbourhood or check out a few along the way.

Use maps to learn how to get there safely on your bike. There are special maps to help us get around on our bikes!

What you need

- Bike or scooter
- Map (computer or printed map)
- Paper
- Writing utensil

Step 1: Pick a destination

Make a list of places in your community you'd like to visit on your bike. Some ideas: parks, friends' houses, your school, or the grocery store.

Then pick one!

Info for Adults



This unprecedented time of physical distancing has resulted in streets with less traffic, and more streets opened to walking and biking. It's a great opportunity to practice biking to places you like to go in your area, like a school, park, library, or community centre, so that you're ready to use these routes when things are open again.

Planning the bike ride - make it FUN

The important thing is that the routes are fun for the kids, and that the destinations are meaningful to them. It's the adult's job is to help ensure the route is safe, and to help kids gradually learn safe riding skills. Start small and work your way up, so that the trips end with smiles and good feelings!

Maps are an indispensable tool for riding bikes

You may not be aware of great biking paths or safe cycling routes in your community. Use active transportation maps to find safer and quieter routes in your neighbourhood. Find the cycling map for your community:

[Brandon](#) | [Portage la Prairie](#) | [Steinbach](#) | [Thompson](#) | [Winnipeg](#)

Adapt this activity to your skill and ability level

For young children...

Pick a short distance to a destination that they will be excited about. Choose an easy, safe, simple route by looking at the map together. Start small so it goes well and is a happy time for everyone.

For older kids or youth...

Kids that are comfortable on their bikes might be ready to plan a ride independently to a friend's house or to their school. Feel free to try a few practice runs together before they go alone.

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Step 2: Plan a route - how will you get there?

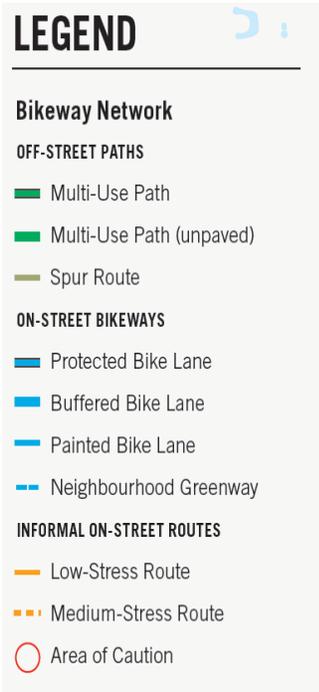
Use your community's walking or cycling map to get directions to a place you want to go using safe streets.

[Watch the "How-To" video](#)

1. Go to google.ca and search for your communities cycling map. Open or download it.
2. Check out the different kinds of bike or walking paths. Use the legend to learn what each colour or road is.
3. Find your home on the map, and the destination
4. Pick a route, using the streets that have bike lanes or biking paths.
5. Write your directions on a piece of paper, or draw out your own map.

Pick a route that works for you. Some might be longer but more fun; some might be shorter but have more cars - what's the best, safest route?

Talk about your route with an adult, and see if you can ride it together!



LEGEND

Bikeway Network

OFF-STREET PATHS

- Multi-Use Path
- Multi-Use Path (unpaved)
- Spur Route

ON-STREET BIKEWAYS

- Protected Bike Lane
- Buffered Bike Lane
- Painted Bike Lane
- Neighbourhood Greenway

INFORMAL ON-STREET ROUTES

- Low-Stress Route
- Medium-Stress Route
- Area of Caution

Step 3: BONUS!

A. Use GoogleMaps bike layer to find a route

[Watch the "Google Maps How-To" video](#)

1. Go to googlemaps.com
2. Enter the starting point (your home?) and destination
3. Click on the blue arrow for Directions
4. Click on the bicycle icon so that Google will give you a route that's safer for biking.

Voila! Google will give you some recommended routes.

B. How far did you ride?

Use Google Maps to find out how far (in km) your ride is, and how long (minutes) it could take to bike there.

C. Find your own way

Pick a route on your own! Do it on a printed paper map. Find your neighbourhood on Google Maps and print out your neighbourhood, or find a map that you may already have at home.

D. Make a multiple stops

You can add more than one destination to your route on Google Maps! Try planning a bike route with 2, 3, or more destinations. Use the + to add more destinations to your ride.

E. Walking and Biking Maps

Get your community's cycling map from your community's website!

[Brandon](#) | [Portage la Prairie](#) | [Steinbach](#) | [Thompson](#) | [Winnipeg](#)

