

**share the road  
know the rules**

**be aware of others**

- Obey all traffic laws, signs and signals
- Bicycles are vehicles under the Highway Traffic Act and should be respected
- Be patient, slow down and give one metre clearance when passing bikes
- Check for bicyclists before opening your car door
- Always look for pedestrians and cyclists before turning
  - Be patient, other pedestrians may need more time to cross the road
- Stay alert, slow down and be prepared for the unexpected
  - JUST DRIVE

- Obey all traffic laws, signs and signals
  - Signal all turns
  - Ride one metre from the curb
- Ride past parked cars as if all the car doors were open
- Ride in a straight line on the right hand side of the road
  - Wear a helmet and bright clothing
- Bikes are required to have a horn or bell, white light on the front and red reflectors or red light on the back
- When cycling on trails, pedestrians have the right of way; please use bell/horn when passing

- Where there is no sidewalk, walk facing traffic
- Cross at marked crosswalks or traffic lights, not in the middle of the block or between parked cars
  - Make sure drivers see you before you cross
- Cross only when traffic has come to a complete stop
- Watch for traffic turning at intersections or driveways
  - Wear bright clothing with reflective strips when walking in dusk or darkness
- When walking on trails, keep right to allow others to pass

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# Cycling Safety

## Cycling and the Law

The Ontario Highway Traffic Act (H.T.A.) defines a bicycle as a vehicle. As cyclists you have the same rights and responsibilities to obey traffic laws as drivers. Here are some of the fines that apply specifically to cyclists under the H.T.A.:

- Improper lighting: \$110** – Your bike must have a white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise.
- No helmet: \$80** – Every cyclist under the age of 18 must wear an approved bicycle helmet. Parents or guardians shall not knowingly permit cyclists under sixteen to ride without a helmet.
- No bell or horn: \$110** – A bike must have a bell or horn in good working order.
- Cycling in a crosswalk: \$110** – You must walk your bike when crossing at a crosswalk.
- Not stopping for traffic signals and signs: \$110-\$325** – You must stop for red lights and stop signs and comply with all other signs.
- Dooring cyclists: \$365** – Drivers are responsible for checking to ensure there are no cyclists prior to opening their door.
- 1-metre passing: \$110 and 2 demerit points** – drivers are required to leave a one-metre distance where possible when passing cyclists.

## Signaling



Photos courtesy of Ministry of Transportation

## Cycling on Sidewalks

Many communities have by-laws limiting or prohibiting the use of bicycles on sidewalks. However, most communities do allow children to cycle on the sidewalk when they are learning to ride. Please contact your local municipality to find out more about cycling bylaws and how they pertain to cycling on sidewalks.

Riding on the sidewalk does not eliminate the risk of a car and bike collision. Cycling on the sidewalk is a contributing factor in 30 per cent of car and bike collisions. Collisions occur when cyclists ride off the sidewalk into the roadway or when motorists are exiting a laneway or driveway.

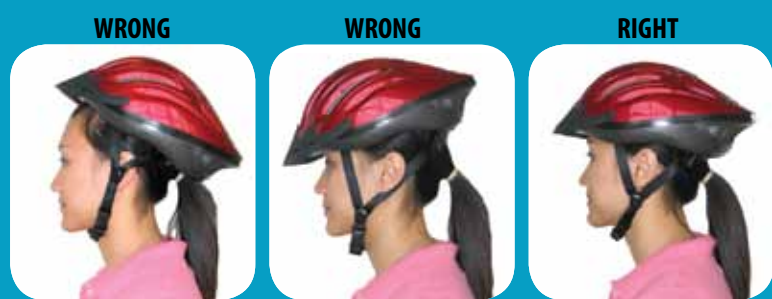
## What to teach young cyclists about cycling on the sidewalk:

- Always wear a helmet.
- Always yield to pedestrians. Get off and walk your bike or put your foot down.
- Ride slowly.
- Always walk your bike through a crosswalk or crossover (fines apply if not followed).
- Use a bell or horn to let pedestrians know that you are there.
- Make eye contact with drivers. Assume that drivers don't see you.
- Look for cars in driveways, laneways and at intersections and be prepared to stop.
- Expect pedestrians to exit from stores.
- Parents should not ride on the sidewalk with their children. Instead, parents should ride on the roadway beside their child. This gives the child an opportunity to observe the parent practising safe cycling skills and demonstrating the proper hand signals.

## Correct Helmet Fitting

Just remember 2-4-1:

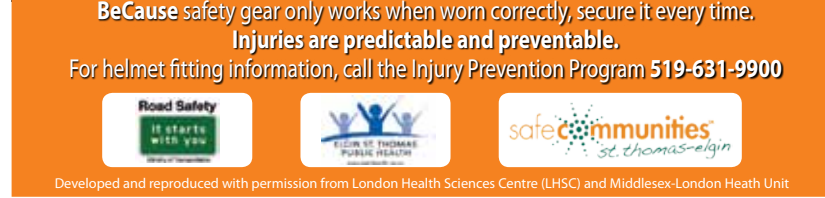
- Two** fingers above your eyebrows to the bottom of your helmet.
- Four** fingers to make a "V" shape around the bottom of your ears.
- One** finger under the strap beneath your chin.



Photos courtesy of Ministry of Transportation



Dalewood Conservation Area



Springwater Conservation Area



Need a little motivation to get you moving more? Wear a pedometer (step counter) and track your steps! Pedometers are easy to use, lightweight, and portable. There are approximately 1,300 steps per km for a person with an average stride length of 76cm.

- 4,000 steps equals about 3 km
- 6,500 steps equals about 5 km
- 10,400 steps equals about 8 km

Adults should aim for 10,000 steps a day. Set your goal and reach it!

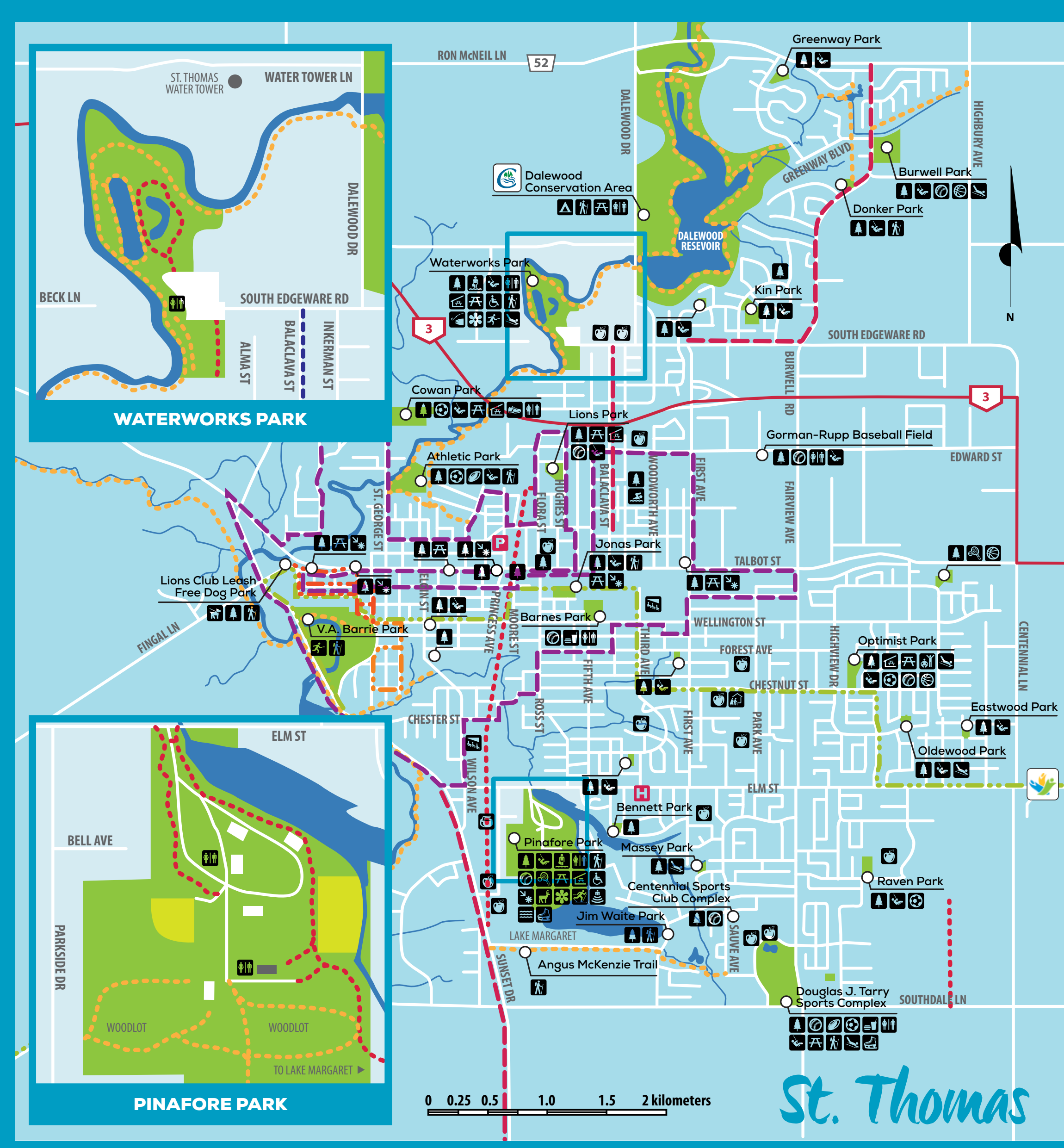
**How can I try a pedometer for free?**

- Visit your local library and borrow one, just like a book!
- Workplaces can borrow a pedometer kit for their employees through Elgin St. Thomas Public Health.

For more information on pedometers visit [www.elginhealth.on.ca](http://www.elginhealth.on.ca).



Yarmouth Natural Heritage Area



# St. Thomas



Springwater Conservation Area



L&PS Railway Corridor, St. Thomas



Fingal Wildlife Management Area

## Heritage Homes Walking Routes

For descriptions of the locations on the tour and a downloadable map, please visit [www.railwaycitytourism.com](http://www.railwaycitytourism.com).

### Courthouse Area Heritage Homes Walking Route

- 9 Wellington St - Two-Story Italianate Home, 1878
- 13 Wellington St - Gothic House 1881
- 72 Metcalfe St - Two-Story Gothic Home, 1875
- 73 Metcalfe St - Italianate House 1874
- 77 Metcalfe St - Georgian Neo-Classical House, 1850
- 91 Metcalfe St - Griffin-Dingman House, 1871
- 95 Metcalfe St - Coyne House, 1858
- 105 Metcalfe St - Italianate Home, 1872
- 2 Prince Albert St - Queen Anne Style Home, 1892
- 25 Margaret St - Two-Story Frame Gothic, 1875
- 20 Margaret St - Two-Story Georgian Frame Home, 1871
- 96 Metcalfe St - Harding-Ball House, 1872
- 92 Metcalfe St - Two-Story Gothic Frame Home, 1875
- 13 Margaret St - Handford House, 1878
- 3 Drake St - Georgian Home, 1876
- 5 Wellington St - Two-Story Italianate Home, 1878
- 1 Wellington St - McLachlin House 1878
- 97 Stanley St - St. Thomas Smith House, 1932

### Church Area Heritage Homes Walking Route

- 30 Talbot St - The Elgin Military Museum, 1852
- 32 Talbot St - Elijah Duncombe house, 1848
- 76 Talbot St - John McKay-Mulligan House, 1842
- 86 Talbot St - Murdock McKenzie House, 1842
- 94 Talbot St - Regency Cottage, 1863
- 44 Centre St - Two-Story Italianate House, 1878
- 66 Centre St - Queen Anne House, 1895
- 35 William St - Colonial, 1860
- 39 William St - Richard Travers House, 1855
- 50 William St - Gothic Home, 1861
- 56 William St - Unusual Queen Anne House, 1873
- 55 Stanley St - Regency Cottage, 1876
- 48 Stanley St - Bella Vista, 1871
- 59 Walnut St - Edward Ermatinger House, 1853
- 1 St. Anne's Place - Georgian Cottage, 1855
- 6 St. Anne's Place - Bannerwood, 1830
- 7 Church St - Italianate Home, 1858
- 20 Walnut St - Board and Batten Clad Cottage, 1860
- 10 Centre St - Regency Home, 1834
- 55 Walnut St - Old St. Thomas Church, 1824
- 31 Stanley St - Home Built of Railway Paving Blocks, 1920s



Pinafore Park Dalewood Conservation Area



Waterworks Park

## Historic Cycle Routes

The following route, difficulty note and listed attractions are from Paul Baldwin's *Cycle Historic Elgin*.

**St. Thomas on Track - 24kms (easy, but requires extra care)**

Start/Finish: Railway City Tourism Office (605 Talbot St. St. Thomas) - Jumbo (Old Talbot St. St. Thomas) - Site of Wabash Station (Hawatha St & Meda St. St. Thomas) - South Western Tractor Underpass (SE of Wellington Rd on Crescent Ave) - Site of C&O Roundhouse (N/E corner of Wilson Ave & Elm St) - Pinafore Park (95 Elm St) - LIPS C&O (N/E corner of Wilson Ave & Elm St) - Site of MCR Shops (225 Wellington St, now Elgin Railway Museum) - CPR - Rail crossing just east of 1073 Talbot St - Woodlot - north end of St. Catherine St. St. Thomas - Jumbo Marker (100 Woodworth Ave. St. Thomas) - CS Station - Canada Southern Railway Station (750 Talbot St. St. Thomas)

## Contact Information

### EMERGENCY 9-1-1

**AYLMER POLICE**  
519-773-3144  
[www.aylmerpolice.com](http://www.aylmerpolice.com)

### ONTARIO PROVINCIAL POLICE

1-888-310-1122 • [www.opp.ca](http://www.opp.ca)

### ST. THOMAS POLICE SERVICES

519-631-1364 • [www.stps.on.ca](http://www.stps.on.ca)

### ELGIN HIKING TRAIL CLUB

519-632-3064  
[www.elginhikingtrailclub.org](http://www.elginhikingtrailclub.org)

### ELGIN STEWARDSHIP COUNCIL

519-773-4739  
[www.naturalayelgin.org](http://www.naturalayelgin.org)

### ELGIN ST. THOMAS PUBLIC HEALTH

519-631-9900  
[www.elginhealth.on.ca](http://www.elginhealth.on.ca)

### ST. THOMAS PARKS & RECREATION

519-633-7112 • [www.stthomas.ca](http://www.stthomas.ca)

### CATFISH CREEK CONSERVATION AUTHORITY

519-773-9037  
[www.catfishcreek.ca](http://www.catfishcreek.ca)

### KETTLE CREEK CONSERVATION AUTHORITY

519-631-1270  
[www.kettlecreekconservation.on.ca](http://www.kettlecreekconservation.on.ca)

### LOWER THAMES VALLEY CONSERVATION AUTHORITY

519-354-7310  
[www.lowerthames-conservation.on.ca](http://www.lowerthames-conservation.on.ca)

### ONTARIO PARKS

519-874-4691  
[www.ontarioparks.com](http://www.ontarioparks.com)

### ELGIN COUNTY TOURISM

1-877-60 ELGIN  
[www.elgintourist.com](http://www.elgintourist.com)

### ST. THOMAS TOURISM

519-631-1680 x4132  
[www.railwaycitytourism.com](http://www.railwaycitytourism.com)



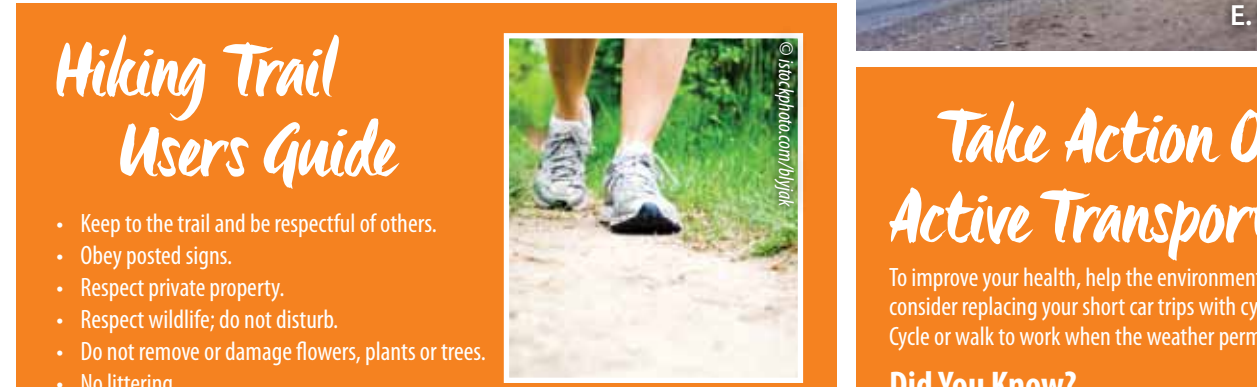
Kinsmen Park



Kinsmen Park



Lake Whittaker Conservation Area



E. M. Warwick Conservation Area

## Hiking Trail Users Guide

- Keep to the trail and be respectful of others.
- Obey posted signs.
- Respect private property.
- Respect wildlife, do not disturb.
- Do not remove or damage flowers, plants or trees.
- No littering.
- No camping except by permit in designated camping areas.
- No bicycling unless the area has been designated for it.
- No motorized vehicles and no fires.
- Access to land is generally limited to the hours between dawn and dusk. Please call the organization for more information.
- A fee, permit, donation or membership may be required to use some trails. Please call the organization for more information.

## Take Action On Active Transportation

To improve your health, help the environment, and save money consider replacing your short car trips with cycling or walking. Cycle or walk to work when the weather permits.

### Did You Know?

- Approximately 50% of car trips are less than 5 km
- Each Canadian makes an average of 2,000 car trips of less than 3km a year
- For distances up to 5 km, cycling is recognized as the fastest of all modes from door to door
- 5% of Elgin County residents either walk or cycle as their mode of transportation to work

Sources: Environment Canada, Statistics Canada



Belmont Skate Park



John E. Pearce Provincial Park



## Legend

- Provincial Highways
- Elgin County Roads
- Municipal Roads
- Unpaved Recreational Trails
- Paved Recreational Trails

### Bike Routes

- Signed
- Trans Canada Trail
- Lake Erie Waterfront Trail
- Other

### Unsigned

- Amish Country Route
- Approximately 37 km
- Aylmer-Port Burwell Route
- Approximately 58 km
- Sparta Wine Tour
- Approximately 35 km
- Historic Cycle Route

### Walking Routes

- Courthouse Area Heritage Homes
- Church Area Heritage Homes

- Arboretum/Healing Garden
- Arena
- Bandshell
- Baseball Diamond
- Basketball
- Batting Cage
- Beach/Swimming
- Bird Watching
- Boat Launch
- Camping
- Change Rooms
- Community Centre
- Concession Stand
- Curling
- Disc Golf
- Dog Park
- Fishing
- Football
- Golf Course
- Horseshoes
- Kayak/SUP Rentals
- Lake
- Lifeguard
- Monument
- Multi-Purpose Pad
- Outdoor Fitness Equipment
- Outdoor Skating
- Outdoor Swimming Pool
- Park
- Pavilion
- Picnic Area
- Play Equipment/Swings
- Public School
- Senior's Centre
- Skateboard Park
- Ski Trail
- Soccer Pitch
- Splash Pad
- Tennis
- Toboggan Hill
- Trail
- Volleyball
- Washroom
- Wheelchair Accessible
- Wildlife Building
- Police Station
- Hospital