



# Off the Beaten Path

## The Family Friendly Way to Travel

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Over the past year, we have heard more about Active Transportation in the media – bike lanes, multi-use pathways, bike boulevards, walking trails and traffic calming circles. Active Transportation (AT) refers to any form of human-powered transportation, such as walking, cycling, in-line skating, skateboarding, scooting, and canoeing to get from one destination to another. Walking and cycling are the most common forms of AT and can be combined with public transportation or vehicle travel to get to your destination.

In 2010 the City of Winnipeg increased the network of trails and cycling routes for Winnipeggers to over 300 kilometres. The city connected existing trails to new pathways and boulevards, making it safer and more convenient for you and your family to actively transport yourself from one location to another.

For families, especially those with young children, using active forms of transportation to get to and from activities, parks and other destinations may seem daunting at first...

but the rewards are worth it. The new AT network gives you options to travel on city streets, on Winnipeg trails, or some combination thereof.

Winnipeg has a great system of trails ranging from abandoned railways to urban nature oases. On many Winnipeg trails, it is hard to believe that you are still within city limits – you are instantly transported into nature. If you pack a healthy picnic lunch it makes for a great active family outing.



### Celebrate human powered transportation! Take part in:

Jane's Walk – May 7-8, 2011 • International Trails Day – Saturday, June 4, 2011

Commuter Challenge – June 5-11, 2011 • Bike to Work Day – Friday, June 24, 2011

**Janice Lukes, special projects manager with the Winnipeg Trails Association, and mother of triplet boys, shares her list of favourite family friendly trails.**

- Bois-des-esprit Trail
- Brooks Trail

- Bunn's Creek Trail
- Niakwa Trail

- Harte Trail
- Normand Park Trail

Each trail offers an asphalt or hard packed stone surface that can accommodate strollers, bikes and wheelchairs. Each trail has many attractions that inspire you to play and explore further, from stunning naturescapes in forests and along creeks to parks and playground areas.

For additional information and maps for these six trails and all trails in Winnipeg, visit the Winnipeg Trails Association website at [www.winnipegtrails.ca](http://www.winnipegtrails.ca).

# City Cycling Workshops

If you are interested in learning more about commuting by bike – look for the City Cycling course highlighted in the Active Living Sport Section of the Leisure Guide. Courses are being offered on May 14 and 29 to give you the skills and knowledge you need to ride with confidence and care.



## Here are a few tips...

...to make your active family trip a success.

### If...

- You have children at different ages and ability levels

- You aren't sure which route to take on city streets

- Part of your route is in heavy traffic

### Then...

- Use different types of AT – an older child may use a scooter while a younger child bikes.

- Pull younger children in a bike trailer or use a "trail-a-bike" system where a child's bike attaches to the back of an adult bike.

- Check out the city of Winnipeg's Bike map found on the city of Winnipeg's AT website, and look for the new 2011 map – coming soon!

- Drive part of the way or take your bike on one of the specially marked transit buses to get through heavy traffic, then bike or walk when you get to a quieter neighbourhood, trail or pathway.

- Take the City Cycling course to feel more comfortable and learn how to cycle safely in traffic.

Whether you choose to venture out on city streets or trails, the benefits for you, your family, your community and the environment are incredible. Have fun this summer exploring new routes and trails, and spending time being active with your family and friends. The rewards of heading off the beaten path are worth it.

For more information and detailed maps on how you and your family can actively explore Winnipeg, please visit:

- Bike to the Future [biketothefuture.org](http://biketothefuture.org)
- Prairie Pathfinders [prairiepathfinders.mb.ca](http://prairiepathfinders.mb.ca)
- City of Winnipeg – Active Transportation [winnipeg.ca/publicworks/MajorProjects/ActiveTransportation/](http://winnipeg.ca/publicworks/MajorProjects/ActiveTransportation/)
- Green Action Centre [greenactioncentre.ca](http://greenactioncentre.ca)
- Winnipeg Trails Association [winnipegtrails.ca](http://winnipegtrails.ca)

**Physical Activity. It's Good for Your Health. Do it for Life!**

For more ideas on how you and your family can get "in motion" visit [www.winnipeginmotion.ca](http://www.winnipeginmotion.ca) or call 940.3648

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