Safe Past – Years and Ours!

Whether you walk, bike, or drive in the Northwest Vermont Rail Trail area, you are using an asset that belongs to you, the citizens of the state of Vermont. The Trail travels through the forests, farms, and villages of Vermont at a slow pace — slow enough to enjoy the beauty of the area surrounding you. Make sure you stop and look at the view! You may even see some wildlife. Please support this valuable resource. Please remember to follow the rules to ensure that everyone has a safe and enjoyable experience. Remember that the Trail is a public space. Respect others while using the Trail.

Guidelines to Bicycle Dr

A bicycle is a valuable tool that will allow you to enjoy the MVRT to the fullest. If you are new to bicycle riding, please consult a bicycle-riding guide before you start your ride. Bikes are valuable; please take care of them. Take along a pump and a pair of gloves. You may need to stop and pump your bike if you have a flat tire.

1. WEAR A HELMET.

Wear a helmet that is suitable for your type of riding. Helmets that are designed for bicycle riding are safer than those designed for motorcycle riding.

2. USE REFLECTORS.

Bicycles are difficult to see. Reflector lights, reflectors, and red reflectors on your rear wheel will help keep you safe.

3. BICYCLE SAFETY CONDUCT.

Obey the rules of the road. Avoid the temptation to ride your bicycle in the roadway. It is safer to ride in dedicated bicycle lanes. If there are no bike lanes, be careful.

Vermont’s True Treasure

Welcome to Franklin County, Vermont’s True Treasure. With the Franklin County Festival, a wealth of culture, natural resources, and green space opportunities.

For additional copies, contact:

St. Albans, Town Office, 2nd Fl, 100 North Main Street
City Hall, 100 North Main Street, South Burlington
St. Albans for the Future (SAFF)
info@stalbansforthefuture.org
About This Guide

This guide was prepared by the member organizations of the Northwest Vermont Rail Trail Conservation Commission in conjunction with the Vermont Agency of Transportation and Vermont Agency of Natural Resources, with the assistance of the Northwest Vermont Rail Trail Advisory Committee. This publication is distributed free of charge.

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Northwest Vermont Rail Trail Council

Volunteer enthusiasm is the hallmark of the Northwest Vermont Rail Trail Council, a regional nonprofit organization. The MVRT is a great place to volunteer. Contact President Pauline Robert, 256 Troy Road, South Burlington, VT 05403, Phone: (802) 229-0005, Web: http://www.vtvast.org.

Sources for Information

Voting Information

Locals of Vermont’s Regional Chamber of Commerce

20 North Main Street, Suite 101
Phone: (802) 665-1200
Web: http://www.localsvt.com

Northwest Vermont Rail Trail Council, 111 North Main Street, St. Albans, VT 05478
Contact the Trail Coordinator for additional information or to subscribe to the MVRT newsletter.

For more information: contact the Vermont Agency of Transportation and the Vermont Agency of Natural Resources.

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