While BIKING, remember you are a vehicle. Be alert.

- Bike with the flow of traffic
- Leave yourself sufficient room to maneuver
- Always wear a helmet
- Use hand signals when turning or changing lanes
- Wear reflective clothing and use a headlight and tail light at night

**WALKING LOG**

<table>
<thead>
<tr>
<th>Date</th>
<th>Route</th>
<th>Distance</th>
<th>Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WALKING AND BIKING TIPS**

While WALKING, remember to stay SEEN and be alert.

- Always walk on the sidewalk
- If there is no sidewalk, walk facing traffic
- Wear bright colors at night
- Look both ways before crossing the street

The Town of Chapel Hill promotes using alternative transportation in order to limit traffic congestion and to reduce the Town’s carbon footprint while increasing activity levels. Alternative transportation can occur many times during the week including:

- Travel to and from work
- Appointments and meetings
- Walking family and friends
- Towns and from school
- Closet of work
- Lunch breaks
- Workday getaways
- Athletic events
- Special events
- Other weekly activities

There are many ways to become more active while using alternative transportation. Reducing usage of a single occupancy vehicle can improve the environment, save time, save dollars and improve overall health and activity!

**Alternative Transportation Mode Choices**

- Carpooling
- Vanpoolsing
- Raptor Scooters
- Bicycle
- Walking
- G-Skating
- Bike Taxi
- RollaBioding
- Chapel Hill Transit
- Triangle Transit
- Capital Area Transit
- Durham Area Transit

[www.gotchapelhill.org](http://www.gotchapelhill.org)
[ChapelHillDowntownWalkingMap](http://ChapelHillDowntownWalkingMap)

**Command Your Commute!**

- Chapel Hill Downtown Murals
- Sea Turtles
- Jigsaw Puzzle
- Super-Heroes
- Primitive (Cave)
- Long Pencil
- Auctioning of the Lots
- Amber Alley
- Hargraves Mural
- Street Scene Mural
- People Walking Up Wall
- Franklin Street

**BUS TRANSPORTATION System**

**GREENWAY TRANSPORTATION System**

**Bicycling / Rollerblading / Durham Area Transit**

**Razor Scooters / Bike Taxi / Capital Area Transit**

**Vanpooling / Triangle Transit**

**Skateboarding / Triangle Transit**

**Alternative Transportation Mode Choices**

**See page 10 for complete CCX route**