The "easier" routes generally include roads with lower traffic volumes.

This map details routes within the Byway area, connecting the cities of Northampton and Greenfield, MA, Brattleboro, VT, and Claremont, NH. The routes displayed include both off-road bicycle paths and shared roadway routes. Some shared roadway routes may not be suitable for novice or less experienced bicyclists. It is important to consider their difficulty when choosing the best route for you. To help bicyclists determine the routes best suited to their skills, they are color-coded to depict a ranking of "easy," "intermediate," or "advanced." The "advanced" routes generally include roads with lower traffic volumes, wider shoulders, and flatter terrain. "Intermediate" routes may have higher traffic volumes, some areas with narrower shoulders, and more challenging hills. The "advanced" routes are more suitable for experienced cyclists. These routes may have steeper hills, higher traffic volumes, and places with narrower or no shoulders. The off-road bike paths are considered suitable for all levels, and roads as such on the map.

**Ride Safely**
- Wear a helmet
- Test your brakes before you ride
- Check that the wheel and seat are in good condition
- Secure any loose clothing
- Use a secure bicycle rack or carrier to transport your belongings
- Use a light at night
- Stay alert and do not wear headphones

For more information please see the websites:

**New Hampshire**
- [nhparks.com](http://www.nhparks.com)
- [nhstateparks.org](http://www.nhstateparks.org)

**Vermont**
- [VTstateparks.com](http://www.vtstateparks.com)
- [vtstateparks.org](http://www.vtstateparks.org)

**Massachusetts**
- [massdot.state.ma.us](http://www.massdot.state.ma.us)
- [massbicyclist.com](http://www.massbicyclist.com)
- [frcc.org](http://www.frcc.org)
- [pvpc.org](http://www.pvpc.org)