Explore Mill Creek by Bike or Foot

You’re in the center of a thriving community, with lots of choices for places to shop, eat and play! Use this guide to explore your neighborhood and find ways to get around with ease by riding the bus, biking and walking.

**Bike**
Biking is a great way to combine the trips you need to take with your workout. A basket, saddlebag or a simple backpack can make your bike a convenient, comfortable trip for you or a bike locker, or discover rules and best practices of safe cycling, including stop lights and signs. Use the map to plan your route in advance and try a conservation trip on the right side of the travel lane helps drivers see you and know what to expect. Use the entire lane if you have to.

**Walking**
With 23 miles of trails and many choices for entertainment at your fingertips, your neighborhood is a great place to leave the car behind and strap on those walking shoes. According to the American Heart Association, walking just 30 minutes. 5 mins a week is enough to improve your overall health and reduce stress.

**Cycling Tips**
- **Remember, You’re a Vehicle** - Obey all traffic laws, including stop lights and signs. Sidewalks vary by city, but for pedestrian and cycling safety, riding on the road is recommended. A helmet is highly recommended for riding near other runners and for children under 16. A back-up rider who can guide you and call 911 if needed is also recommended.
- **Plan your Route** - Use the map to plan your route advance and try a conservation trip on the right side of the travel lane helps drivers see you and know what to expect. Use the entire lane if you have to.
- **Wear a Helmet** - The Mill Creek and Unincorporated Snohomish County don’t require helmets, but nearly everyone and all of King County does—plus, it’s cheaper to be safe.
- **For more information on how to take your bike on the bus, visit a bike locker, or discover rules and best practices of safe cycling, visit communitytransit.org/bikes.

**Bikes in your neighborhood**

**Bike Shops in Your Area**
Bicycle Centers of Silver Lake, which offers service, repair classes, classes, and group rides. Contact them at: Bicycle Centers of Silver Lake 425-287-8059 Silverslakebicyclecenter.net

**Walking Tips**
- **Be Safe, Be Seen** - If you will be outside in dark or hard to see conditions, it is helpful to wear light colored clothing, reflectors or even bring a flashlight. All of these will help you be more visible to drivers who might not see you.
- **Be Aware of Your Surroundings** - Look both ways before crossing the street even if you’re on a bike path or sidewalk. Make eye contact with drivers before crossing. Be especially cautious of driveways and at intersections.
- **Watch Your Speed** - There are no sidewalks or pathways on the route, the rules of the road you should walk on the left side, facing traffic. This way, you can see the traffic coming, ease eye contact with the driver and make quick judgments to protect yourself.

**Mill Creek — How do you get around your neighborhood?**

Where your feet or bike can’t take you, there’s another option – let us drive for you! Running 365 days a year, buses run to a variety of local and regional destinations.

**Buses in your neighborhood**

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