



PROMOTING pathways

FOR WALKING AND CYCLING IN NORFOLK

Trail Talk...

With a focus on road cycling

As an avid road cyclist living in Norfolk County, I enjoy the network of quiet, scenic and well maintained roads, while acknowledging some areas need improvement. In the fall of 2014, I compiled a summary of recommendations, a manifesto of sorts, which soon found its way to Pathways for People member, Rob Luke. This led to an invitation to join Pathways for People and the manifesto has morphed into Recommendations to Improve Cycling Infrastructure throughout Norfolk.

The timing was perfect. The consulting firm MMM Group had been contracted by the County to develop an Integrated Sustainable Master Plan, which included Active Transportation. Not only were Pathways well prepared for MMM Group, the Recommendations found their way to key county officials and staff, who are pleased that citizens have given the matter their consideration. We wish to help the County make strategic, cost effective improvements during planned road repairs and reconstruction.

Every community across Norfolk has at least one area where opportunities for improvement exist. The recommendations reflect a need to improve access to and from communities where safety and cycling pleasure are compromised. Also identified are locations where cyclists must transition high speed roads to access a Quarter Line or Concession. And summer traffic in Long Point is cause for concern when vehicular traffic is the heaviest, along with the presence of cyclists and pedestrians.

2015 Highlights

- Consensus within Pathways for People and the cycling community regarding improvements and the nature of implementation
- Input on Active Transportation strategy through MMM Group
- Relationships established with county officials and staff
- Evergreen Hill Road reconstruction with paved shoulders in Simcoe's west end
- Event in support of cycling infrastructure for Long Point's Erie Avenue and the causeway
- Received data on Norfolk County collisions involving cyclists from Norfolk OPP

2016 Initiatives

- Review and support for Active Transportation strategy recommendations
- Monitor capital spending and repair planning for cycling infrastructure opportunities
- Pursue [Bicycle Friendly Community](#) designation for Norfolk County
- Develop relationship with the Silver Spokes Cycling Club

Submitted by Rob Martin



Rob Martin



Evergreen Hill Road with paved shoulders



Follow us! It's easy! Like Norfolk Pathways for People on Facebook for more frequent updates about AT initiatives locally and beyond!

Snow Buddies

student volunteers helping their neighbours in need



Snow Buddies is an intergenerational program that matches students with seniors and people with disabilities in the community who are not able to obtain snow removal services. This is making it safe for seniors to leave their homes for groceries, medical appointments and makes it safe for other services coming in.

This program helps prevent slips and falls. Falls are the leading cause of injury for older adults in Ontario accounting for over 100,000 emergency department visits and 20,000 hospital admissions per year. Falls generate \$1 billion in direct costs to the provincial economy and more than 2,000 lost lives.

Students who volunteer can collect community service hours, be active and know that they are making a difference! The students are recognized during Volunteer Appreciation month at a season end celebration and presented with awards, gifts and prizes.

Over its four year existence the program has seen a trend where the demand is growing with the aging population. Student volunteer recruitment continues to present a challenge to meet this demand. The percent of clients that remain on the waitlist has increased by 30% and is climbing.

“This was the best winter I have had in a long time. Because I had a Snow Buddy I was able to get out of my driveway safely!”

“Even after my volunteer finished his community service hours he continued to come out! I would love to have this service again next year!”

For more information contact:
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Safety at Home Program Coordinator
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Email: mkriwez@seniorsupport.ca

Road Safety for Pedestrians

The Ministry of Transportation has new laws to help protect pedestrians. Effective Jan. 1, 2016, drivers and cyclists must wait until pedestrians have completely crossed the road at:

- pedestrian crossovers; and,
- school crossings and all intersections where there is a crossing guard.

Only when pedestrians and school crossing guards are safely on the sidewalk, can drivers and cyclists proceed.

Why are cyclists included with cars in this law?

Cyclists must follow the same rules as drivers and may face the same fine as drivers – the new law requires cyclists to stop and yield the whole roadway to pedestrians and school crossing guards before proceeding.

Applies at:	Does not apply at:
<ul style="list-style-type: none"> • All pedestrian crossovers. • School crossings and any location where a school crossing guard is present. 	<ul style="list-style-type: none"> • Crosswalks – with or without traffic signals or stop signs – unless a school crossing guard is present

What is the difference between a pedestrian crossover and a crosswalk? Are they different?

They are different. The new law applies at pedestrian crossovers, not at crosswalks – unless a school crossing guard is present.



Pedestrian crossovers are identified by specific signs, pavement markings and lights – they have illuminated overhead lights/warning signs and pedestrian push buttons.

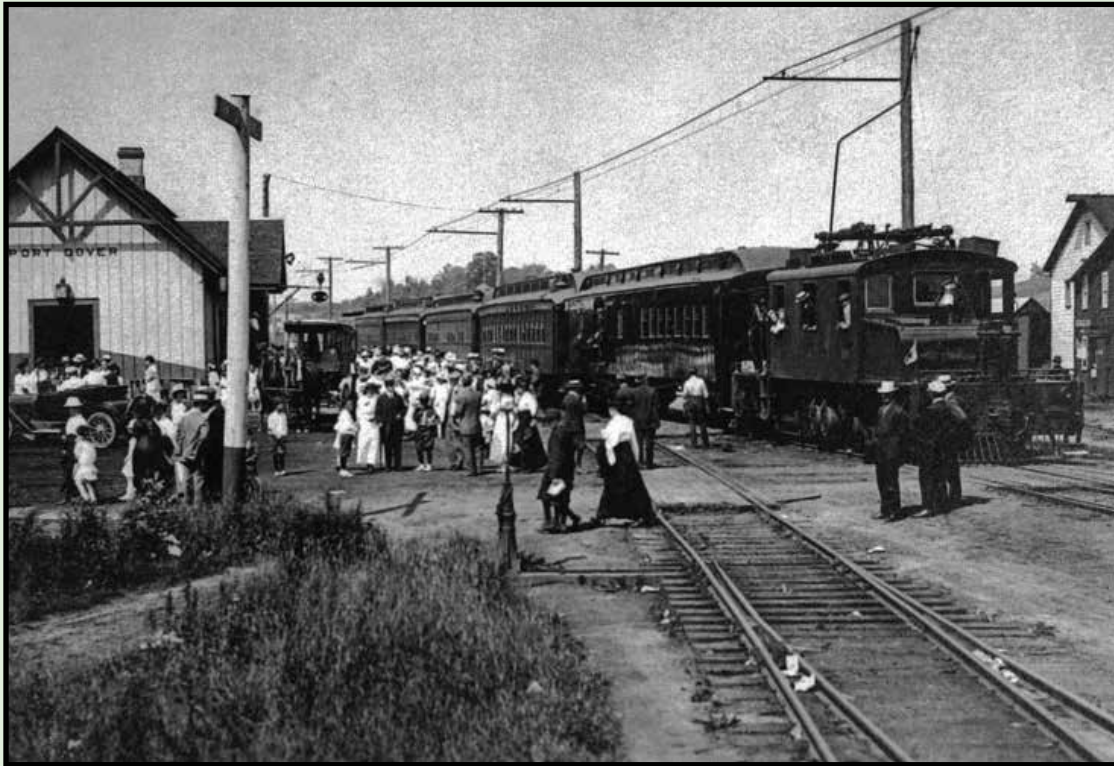


A crosswalk is a crossing location usually found at intersections with traffic signals, pedestrian signals or stop signs.

For more information, visit: <http://www.mto.gov.on.ca/english/safety/pedestrian-safety.shtml#q2>

Waterford Heritage Trail

It was 100 years ago this year that the first LE&N train crossed our historic Black Bridge and when it arrived in Port Dover the scene would have looked like this...



It makes you smile, doesn't it? The bustling of people coming, going, greeting, the horse and buggy, sun hats, fedoras, long skirts, suits, a little litter and a clear sky.

We are having a local celebration of this centennial on Aug 12 – 13 and you are all welcome to join in on the festivities.

Submitted by Frank Woodcock

Discover Norfolk starts again in May!

Each Thursday from May 5th until October 27th, join Active Living Coordinator Ingrid for a group walk. It's a great way to discover the variety of trails and points of interest in Norfolk County. We visit a new location each week. Walks are from 6:30 pm to 7:30 pm. For more information, please contact Ingrid at 519-426-8866 ext 2303 or Ingrid.zyma-irvin@norfolkcounty.ca

Norfolk Pathways for People Members • www.norfolkpathways.ca - Like us on Facebook!

- Gord Mason, Chairperson
- Joyce Flexman, Community member
- Al Ladd, Community member
- Rob Luke, Turkey Point Mountain Bike Club
- Dave Challen, Lynn Valley Trail Association
- Ingrid Zyma-Irvin, Norfolk County Community Services Dept.
- Janice Robertson, Long Point Region Conservation Authority
- Frank Woodcock, Waterford Heritage Trail
- Michele Crowley, Haldimand-Norfolk Health Unit
- Dave Cameron, Community member
- Bob Williams, Community member
- John Fulton, Community member

Interested in becoming a member of Pathways for People? Contact Michele at 519-426-6170 Ext. 3239.

Lynn Valley Trail Association

Winter on the Lynn Valley Trail... Enjoy!



Memberships and donations keep the trail safe, beautiful and accessible.
Join and / or donate at www.lynnvalleytrail.com/donate

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