

High Point Area Bicycle MAP

Archdale, High Point, Jamestown, Thomasville & Trinity

SCALE 1:83360 or 1 inch = 1 mile
0 1/4 1/2 1 MILES
ONE INCH ARE 1 MILE APART

Bike Route Signs
On the road, the routes are marked with numbered bike route signs like the one shown to the left. On the map, the route numbers are indicated by the symbol shown to the right, which corresponds with the individual route highlight color.

Symbols

- Signed Bicycle Route & Number
- Unsigned Connector Route
- Winston-Salem/Forsyth County Route & Number
- Greenway
- Road, Street
- Major Arterial
- Limited Access Highway (bicycles prohibited)
- North Carolina Highway, Secondary Road
- US Highway, Business Loop
- Interstate Highway, Business Loop, Bypass
- Points of Interest, Parks, Fire Stations
- Public High Schools, Colleges and Universities

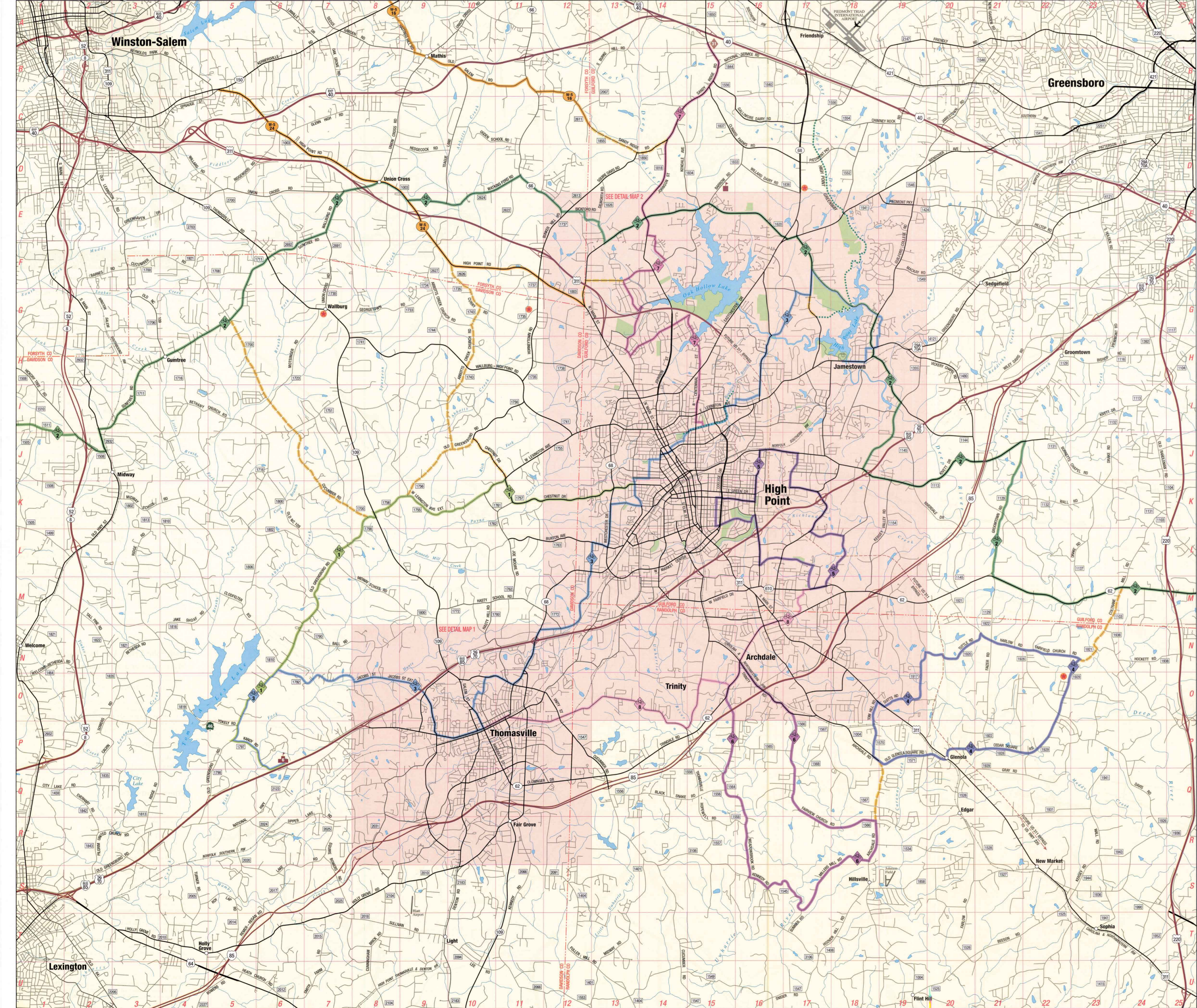
AREA MAP INDEX

STREETS & ROADS

COLLEGE DR. A-10	WHEATSTONE HILL RD. A-10	WILSON DR. A-10	WYOMING ST. A-10
... (many more entries) (many more entries) (many more entries) (many more entries) ...

NUMBERED ROADS

101	102	103	104	105	106	107	108	109	110
... (many more entries) (many more entries) (many more entries) (many more entries) (many more entries) (many more entries) (many more entries) (many more entries) (many more entries) (many more entries) ...



BICYCLE LAWS & RIDING TIPS

Share the Road

Cars and bicycles frequently must Share The Road. On roadways with high levels of bicycle traffic, but relatively demanding conditions for bicyclists, **Share The Road** signs have been installed. These signs are intended to increase motorists' awareness of bicyclists on a roadway without designating that roadway as a preferred route.



Bicyclists, however, must also be aware of the importance of sharing the road with motorists. If someone comes up behind you, move to the right when safe to allow them to pass. In groups, bicyclists should ride cooperatively and help motorists pass safely.

Bike = Vehicle

In North Carolina, your bicycle is a vehicle and you are its driver. You share the rights and the duties with all other drivers as you use the State's roadway network.

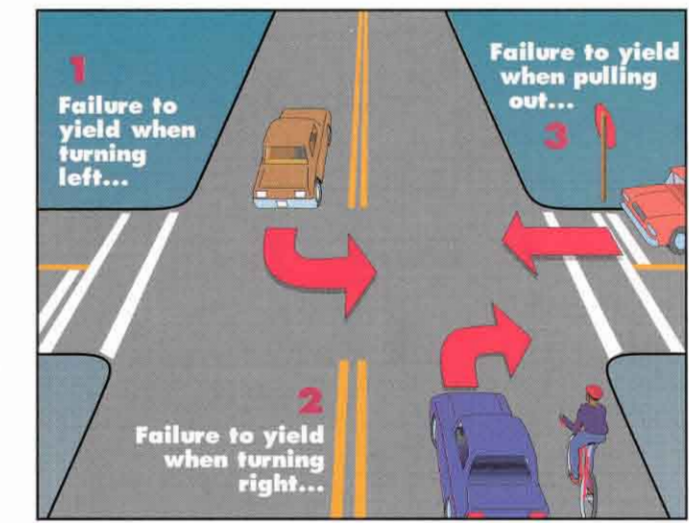
Follow The Road Rules

1. Ride on the right side of the road, going with the flow of traffic.
2. Obey all traffic controls — like stop signs, traffic lights, and one-way signs.
3. Signal whenever you intend to turn, merge to another road position, or stop.
4. Yield the right-of-way whenever you enter the road or when you change lanes or road position.
5. Use a good set of lights and reflectors whenever you ride after dark.
6. Don't ride your bike on sidewalks and treat pedestrians with respect.

Watch for motorist errors

Drivers often do things that endanger bicyclists, usually without intending to. Knowing what to look for can help you navigate through traffic more safely. Ride predictably and in a visible location.

- 1. Watch motorists coming towards you who might turn left. Pay particular attention to their road position and, of course, any turn signals.
- 2. Keep an eye on the motorist coming up on your left who might turn right. Listen for hints that the car might be slowing down.
- 3. Watch for movement that could indicate a car is coming out of a driveway or side street.



Ride defensively

Anticipate other people's moves — and their likely mistakes. Keep your eyes moving over the traffic scene, use a mirror, and be ready to take evasive action. Establish eye contact with drivers around you to let them know you are there. Shout if necessary.

Use good equipment

You don't need an expensive bike to get around... just one that works and that can be repaired and adjusted.

Your brakes should work smoothly and should stop you well even when it's rainy. When you squeeze the lever, it shouldn't "bottom out" against the handlebars. And when you let go of the lever, the brake should come away cleanly from the wheel's rim.

Your "drive train" (cranks, pedals, shifters, chain, and gears) shouldn't creak, clunk, or hesitate. The chain shouldn't jump as it goes around. Shifting should be smooth and precise.

To ride at night, you need reliable lights and reflectors. You need a headlight that lets others see you and that lets you see hazards on the road. You need a rear reflector or tail light (both would be a good idea). The new flashing halogen tail lights are becoming quite popular. It's also a good idea to use pedal reflectors and some people like the wheel reflectors. Being visible at night is essential.

Nothing on your bike should be loose or rattle. To test if it's "road ready," pick it up a few inches off the ground and drop it to see if it makes any noise. Grease and oil in the right spots to keep your bike running smoothly and to reduce wear and tear.

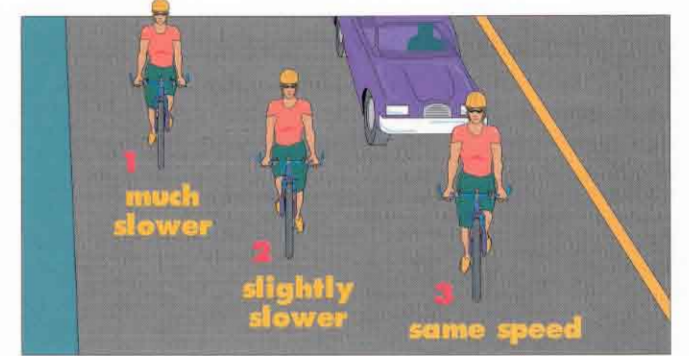
In short, keep your bike in good condition!

Basic traffic riding techniques

Riding confidently and skillfully in traffic takes practice and an understanding of some basic ideas. One of the most important ideas is road position. Just where you ride on the roadway depends on several important things: your speed, the width and condition of the road, and your destination.

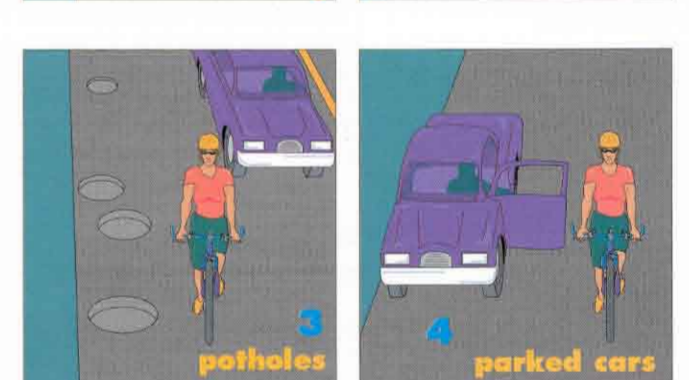
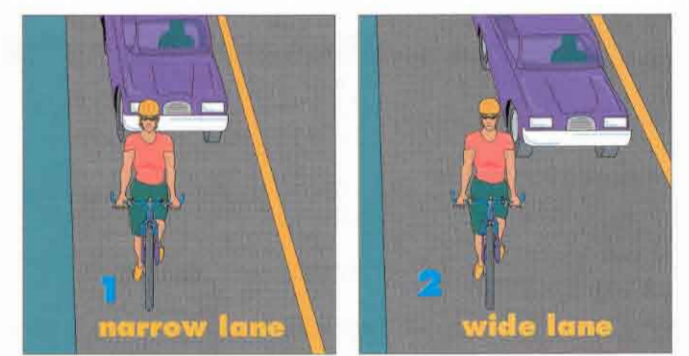
Speed and road position

1. When everyone else is going a lot faster than you, keep well to the right.
2. When they're going a little faster, ride near traffic. This encourages right-turners to slow and wait instead of passing at the last moment and cutting you off.
3. When they're going the same speed as you, ride in the line of traffic. This is your most visible position and ensures you'll be where drivers look for traffic. There's no reason to ride fast near the curb and a lot of good reasons not to.



Width and road position

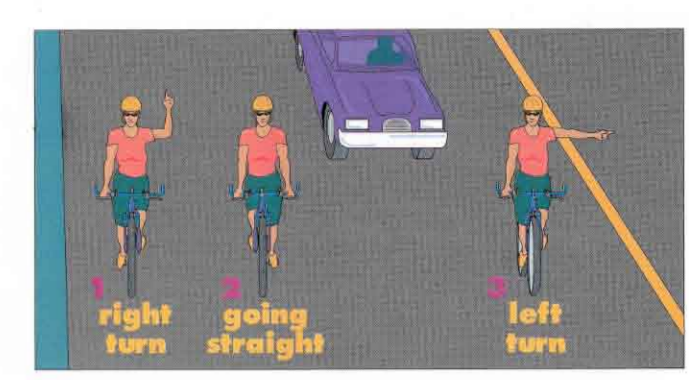
1. On a road with very narrow lanes, ride far enough from the edge to discourage dangerously close passing. Many expert riders ride in the car's right wheel track.
2. On a road with wide traffic lanes, ride just to the right of the traffic stream. This allows easy passing but reduces the danger caused by turning or crossing traffic.
3. On a road with gravel, debris, or potholes on the right side, ride on the smooth pavement to the left of them.
4. Always ride a good door's width from parked cars.



Destination and position

Near intersections, it's a good idea to let your road position tell others where you're going.

1. To turn right, move towards the right edge of the roadway.
2. To go straight, keep at least three feet from the curb and stay out of right turn lanes.
3. To turn left, ride about three feet right of the center line or, if there is one, use the left turn lane.



Making left turns

Making left turns is tricky but can be learned. Start on quiet streets and work up to busier ones.

1. As you approach an intersection where you want to turn left, look back. If someone is coming, decide whether you can move left across the lane before they arrive.
2. If you can cross before they arrive, signal and merge across into a left turn position near the center line or in a left turn lane.

If you can't cross before they arrive, signal and watch the approaching driver. If he or she slows and waves you over, move left and wave "thanks." If the driver doesn't slow, let the car pass and try again with the next one.

3. Once you've merged to a left turn position, ride straight and watch what's going on around you.
4. As you approach your turn, signal and watch for a break in oncoming traffic. After obeying traffic controls and yielding to crossing and oncoming traffic, make your turn.

As you practice, you'll get better and better at merging in traffic until it becomes second nature.

Left turns on fast roads

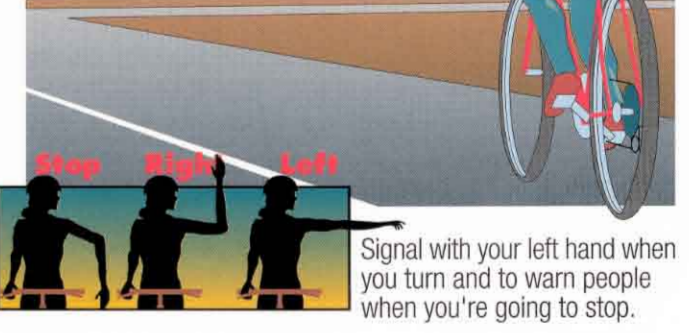
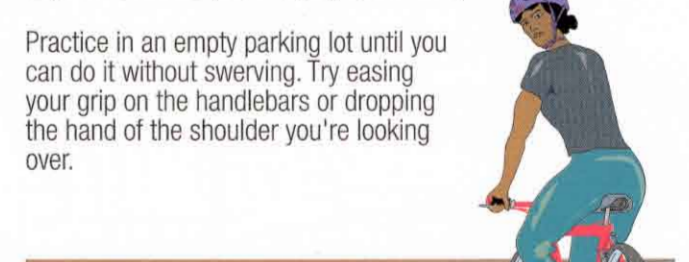
On busy high-speed roads, it's very difficult to negotiate your way across traffic. In this case, it's a good idea to make your turn like a pedestrian and walk across when safe.

Bike handling

Having good control of your bike makes traffic riding easier and safer. Practice until you can look around, shift gears, use the brakes, avoid potholes, and stand up on the pedals without diverting your attention from traffic.

Scanning and signaling

Looking back over your shoulder tells you what's going on back there. Do it occasionally, just to avoid surprises. And do it before you make any kind of move (like merging left to turn).



Stopping your bike

To stop, use both brakes equally. In an emergency stop, slide back on the saddle and get low. Gradually squeeze harder on the front brake but let a bit off if the rear wheel lifts.

Too much front brake, and you tumble.



Get low and back when braking hard.



Wear a helmet!

If you don't already have one, get a bicycle helmet today! If you have one, wear it every time you ride. Today's helmets look good, are very light, and let in those cooling breezes... all while protecting your head and brain! Helmets cost as little as \$10 and could be your most important piece of equipment.

Why

In a word: protection. A good bike helmet can protect your brain. That's important if your head hits a hard surface... like a road, a curb, or a car. Brains are fragile and once damaged may not mend.

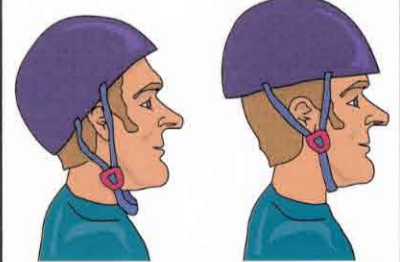
What

Get one that fits snugly but is not tight. Make sure it has ASTM, ANSI, or SNELL stickers, which prove that it's passed the tests.

How

You should be able to see the front edge of your helmet when you look up. If your helmet tips back, it won't protect your forehead. Also, your neck strap should be snug but not too tight.

Make sure your helmet is the right size and doesn't rock from side to side. You can add interior pads to fine tune a fit.

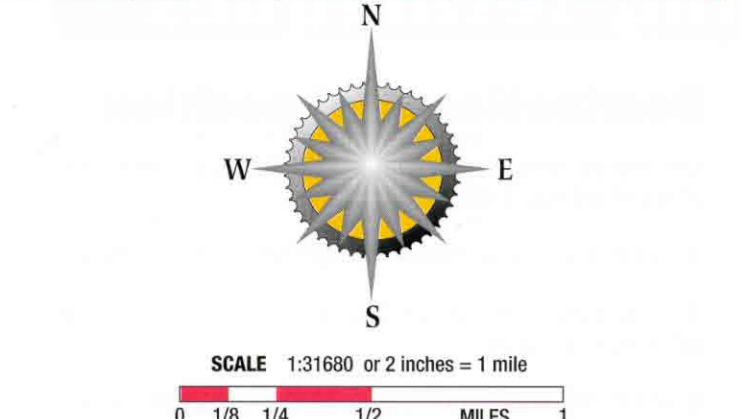


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Collaborators: Map prepared on an Apple Macintosh PowerPC computer with Macromedia Freehand and Adobe Illustrator software. Additional software includes Adobe Acrobat, Illustrator and Photoshop, ESRI ArcView, and CorelDraw. Imposition by Imperial Color, Sparks, Nevada. Printed by Advanced Litho Printing, Great Falls, Maryland.

DETAIL MAPS

Archdale, High Point, Jamestown, Thomasville & Trinity



- ### Symbols
- Signed Bicycle Route
 - Unsigned Connector Route
 - Winston-Salem/Forsyth County Route & Number
 - Greenway
 - Road, Street
 - Minor Arterial
 - Major Arterial, Divided
 - Limited Access Highway (bicycles prohibited)
 - One-Way Streets
 - North Carolina Highway, Secondary Road
 - US Highway, Business Loop
 - Interstate Highway, Business Loop, Bypass
 - Points of Interest, Parks
 - Public High Schools, Colleges and Universities
 - Fire Stations, Police Stations, Hospitals
 - Bicycle Shops
 - Amtrak Station (K-14)

DETAIL MAPS INDEX

STREETS & ROADS	POINTS OF INTEREST, PARKS	HOSPITALS AND EMERGENCY CARE	COLLEGES AND UNIVERSITIES	BIKE SHOPS
1173 E. Lexington Ave. H-15	13 College Village Shopping Center, 1173 E. Lexington Ave. H-15	1 High Point Regional Hospital, 501 N. Elm St. J-14	1 High Point University, 263 Moravia Ave. J-17	1 Bicycle Toy & Hobby Shops, 2000 N. Main St. A-14
211 S. Hamilton St. K-15	14 Northpointe Crossing Shopping Center, 2722 W. Main St. H-13	2 Emergicare, 700 W. Main St. H-18	2 John Wesley College, 2314 N. Centennial St. J-15	2 Hoover Trim & Bicycle Shop, 339 Jarrett Rd. A-10
2 High Point Public Library, 301 N. Main St. J-14	15 YMCA - High Point, 150 W. Harley Dr. H-13	3 Brigrum Clinic South, 2807 Eastman Pl. M-16	3 Guilford Technical Community College, 201 High Point Rd. H-19	3 Piedmont-Triad Farmer's Market, A-15
3 High Point Theatre & Theatre Art Galleries, 2202 E. Commerce Ave. K-15	16 YMCA - High Point, 112 Gastwood Ave. J-14	4 Community General Hospital, 207 Old Lexington Rd. M-17	4 Guilford Technical Community College, 297 Davidson County Community College Rd. P-6	
4 High Point Museum/Historic Park and John Hay House, 1659 E. Lexington Ave. J-15	17 City Hall - Archdale, 301 Ballou Ct. M-17	5 GMS, 226 Bailey Dr. N-17	5 Randolph Community College, 110 Park Dr. O-19	
5 Furniture Warehouse Center & Angela Peterson Doll & Miniature Museum, K-15	18 Archdale Public Library, 1443 S. Main St. H-18	6 Guilford County Emergency Medical Service Station, 1122 Lexington St. P-6	6 Davidson County Community College, 297 Davidson County Community College Rd. P-6	
6 A.J. Simon Stadium, G-13	19 Archdale/Trinity Historical Museum, 118 Trindale Rd. H-18	7 Guilford County Emergency Medical Service Station, 1122 Lexington St. P-6	7 Guilford County Community College, 297 Davidson County Community College Rd. P-6	
7 Springfield Friends Meeting House & Alexander Museum of Old Domestic Life (by appointment), 555 E. Springfield Rd. L-16	20 Town Hall - Jamestown, 301 E. Main St. H-18	8 H&R, 1102 Randolph St. O-11	8 H&R, 1102 Randolph St. O-11	
8 Castle Blough, 1122 Popson St. G-17	21 Jamestown Library, 200 W. Main St. H-18	9 High Point Regional Hospital, 501 N. Elm St. J-14	9 High Point Regional Hospital, 501 N. Elm St. J-14	
9 Piedmont Environmental Center, 1220 Perry Rd. G-17	22 Richard Mendelhall House & The Caudle House, 101 E. Green Dr. H-18	10 High Point Regional Hospital, 501 N. Elm St. J-14	10 High Point Regional Hospital, 501 N. Elm St. J-14	
10 Castle Blough, 1122 Popson St. G-17	23 Richard Mendelhall House & The Caudle House, 101 E. Green Dr. H-18	11 High Point Regional Hospital, 501 N. Elm St. J-14	11 High Point Regional Hospital, 501 N. Elm St. J-14	
11 Oak Hollow Mall, 321 Eastchester Rd. H-14	24 A.J. Simon Stadium, 602 W. Main St. P-10	12 High Point Regional Hospital, 501 N. Elm St. J-14	12 High Point Regional Hospital, 501 N. Elm St. J-14	
12 High Point Mall, 265 Eastchester Dr. H-14	25 City Hall - Thomasville, 10 Salem St. P-10	13 High Point Regional Hospital, 501 N. Elm St. J-14	13 High Point Regional Hospital, 501 N. Elm St. J-14	

NUMBERED ROADS

ROAD NUMBER	ROAD NAME	ROAD NUMBER	ROAD NAME
1	W. Main St.	101	W. Main St.
2	W. Main St.	102	W. Main St.
3	W. Main St.	103	W. Main St.
4	W. Main St.	104	W. Main St.
5	W. Main St.	105	W. Main St.
6	W. Main St.	106	W. Main St.
7	W. Main St.	107	W. Main St.
8	W. Main St.	108	W. Main St.
9	W. Main St.	109	W. Main St.
10	W. Main St.	110	W. Main St.
11	W. Main St.	111	W. Main St.
12	W. Main St.	112	W. Main St.
13	W. Main St.	113	W. Main St.
14	W. Main St.	114	W. Main St.
15	W. Main St.	115	W. Main St.
16	W. Main St.	116	W. Main St.
17	W. Main St.	117	W. Main St.
18	W. Main St.	118	W. Main St.
19	W. Main St.	119	W. Main St.
20	W. Main St.	120	W. Main St.

CITIES & TOWNS

CITY/TOWN	COORDINATES
Archdale	36° 15' N, 79° 55' W
High Point	36° 00' N, 79° 45' W
Jamestown	35° 45' N, 79° 45' W
Thomasville	35° 30' N, 79° 45' W
Trinity	35° 15' N, 79° 45' W

ABOUT THIS MAP

This map was produced to provide information on traveling by bicycle in the High Point Urban Area and surrounding communities. The major routes selected by experienced local cyclists and staff members of the various municipalities in the region. The eight designated routes connect the communities and points of interest in the area via more highly traveled local streets and rural roadways. On the road, the routes are marked with numbered bike route signs like the one shown to the left. On the map, the route numbers are indicated by the symbol shown to the right, which corresponds with the individual route highlight color. A series of unsigned routes are also shown on the map to highlight additional trip options and, in some cases, provide more direct connections to destinations. Two routes of the neighboring Winston-Salem/Forsyth County bike route system are also shown.

ROUTE DESCRIPTIONS

Route 1 begins at Davidson County Community College on Old Greensboro Road, passing Tom-Alex Lake to end in High Point, where it intersects with Route 3. The beginning of the route passes through scenic rolling countryside with some steep hills. The roads in this area are narrow with no paved shoulders. Caution is needed at the crossing of all major thoroughfares, especially N.C. Hwy. 109, Chestnut Drive and Westchester Drive, particularly during rush hours. The route ends at Chestnut Drive and Rotary Drive, and is approximately 13 miles long.

Route 2 is a portion of the 700-mile cross-state Mountains to Sea route from Murphy to Manteo, which passes through the High Point Urban Area, intersecting with Routes 3 and 7. The roads of this route are generally busier than the locally designated routes, particularly Skeet Club Road, Guilford College Road and Kivett Drive. Maps and information on this and other cross-state, regional and local bicycle routes may be ordered from the Division of Bicycle and Pedestrian Transportation. See Resource section for address.

Route 3 begins at Davidson County Community College on Old Greensboro Road and passes through Thomasville, High Point and Jamestown. Major attractions along this route include Martin Luther King, Jr. Community Park (King Row Park), Thomasville's Big Chair, Armstrong Park, West End Park, High Point University, University Park, Piedmont Environmental Center, Jamestown Park & Golf Course and High Point Lake. Cyclists are cautioned to take special care at major thoroughfare crossings, particularly in urban areas. The route intersects with Routes 1, 8, 7 and 2. Between Farris Avenue and W. Lexington Avenue, the route follows a portion of the greenway system, taking advantage of a culvert crossing of busy Centennial Street. Route 3 also intersects with the High Point Greenway off East Fork Road by Jamestown Park & Golf Course. Heading north, the greenway provides access to Gibson Park, terminating at Gallimore Dairy Road. To the southeast, the greenway provides an off-road connector to the Piedmont Environmental Center. Cyclists should note that portions of the greenway are unpaved and that there are two sets of steep steps along the trail. Route 3 ends on Greensboro Road at High Point City Lake Park, and is approximately 28 miles long.

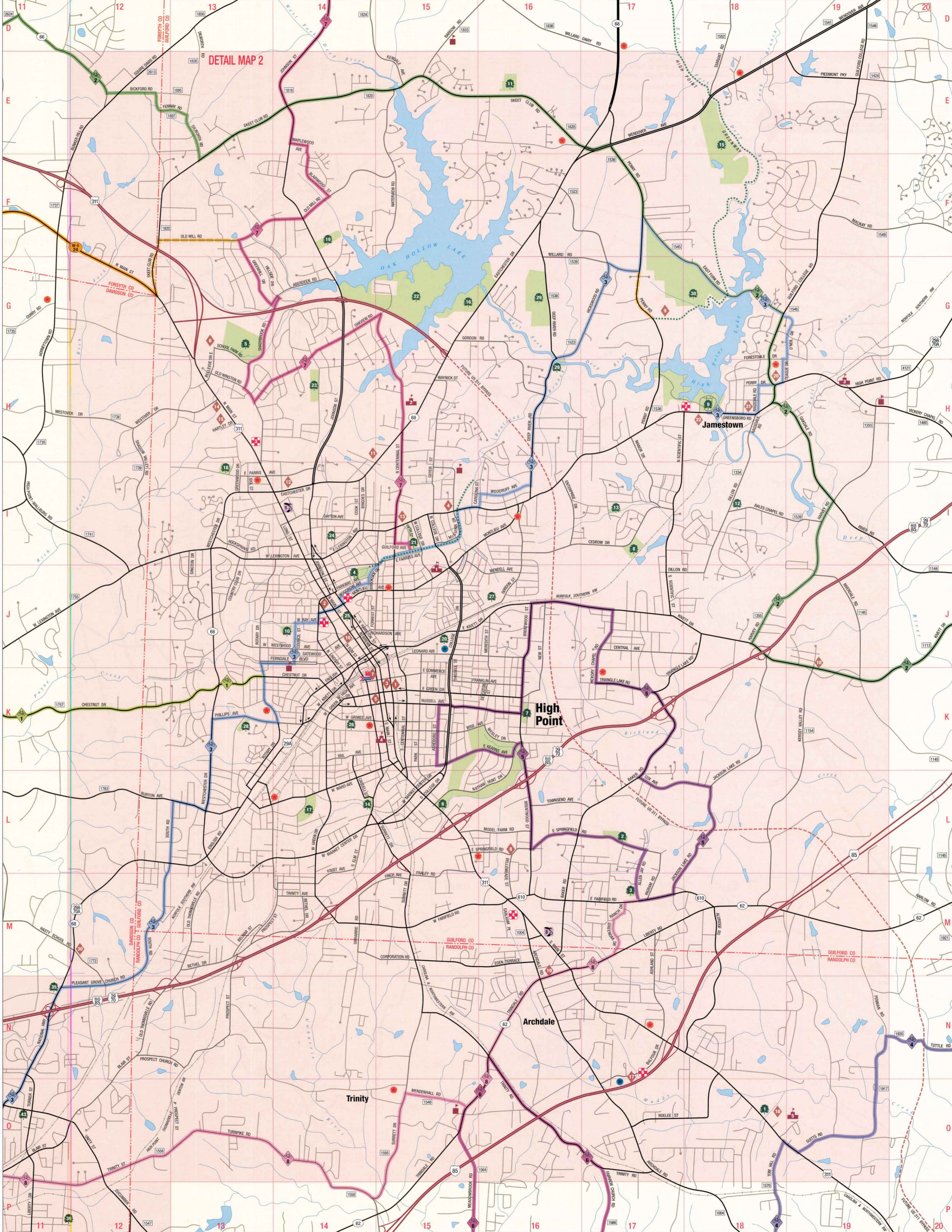
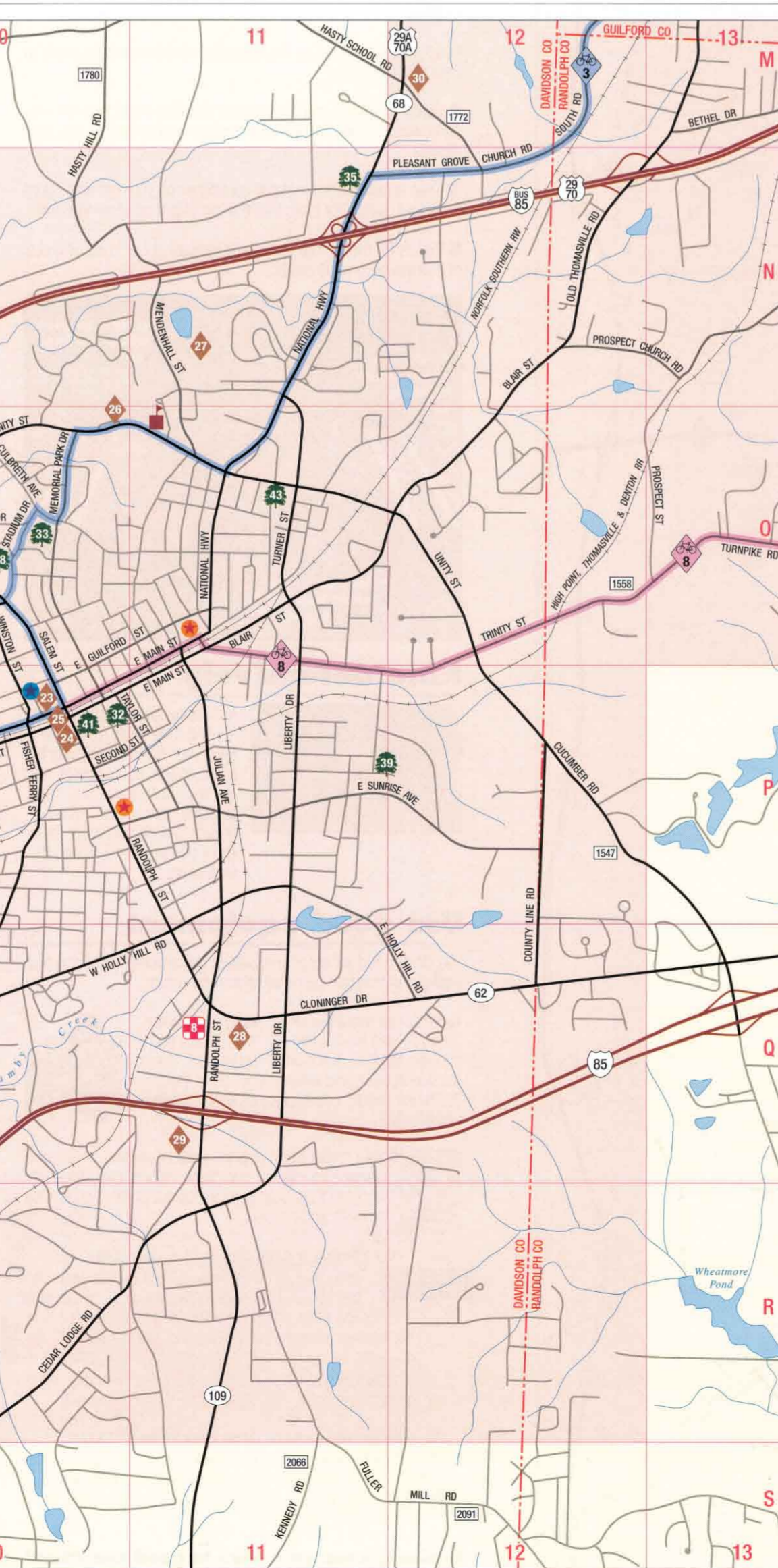
Route 4 begins and ends on Archdale Road at Tom Hill Road, making a loop through rural portions of northeastern Randolph County. Cyclists should take special care at the intersection of Old Greensboro Square Road & US 311 and along all major roads, especially during rush hours. The one-lane bridge on Cedar Square Road also requires caution. Cyclists will encounter rolling terrain through scenic countryside, along narrow roads with no paved shoulders. Route 4 is approximately 11.6 miles long.

Route 5 begins on Fairfield Road at Allen Jay Road. Attractions along this route are Allen Jay Park and Blair Park Golf Course. The terrain is gently rolling with some long hills. Cyclists need to take caution on some of the major thoroughfares particularly Fairfield Road and Kivett Drive as well as US 311, turning left onto Cox Avenue off Jackson Lake Road. Cyclists will encounter narrow lanes on some major roads such as Jackson Lake Road, Baker Road, Brentwood Street, and Russell Avenue. The route ends at Ingram Road and Fairfield Road, and is approximately 11.4 miles long.

Route 6 begins and ends on Fairview Church Road at Archdale Road, and is another loop route through the Randolph County/Trinity area with a connector to Route 4 via Archdale Road. Route 6 traverses scenic countryside with rolling terrain and numerous hills. Most roads are narrow with no paved shoulders. This route is approximately 18.2 miles long.

Route 7 begins on Guilford Avenue at Fifth Street. Attractions along this route include Oak Hollow Marina & Golf Course, High Point Athletic Center, River Landing Sandy Ridge Golf Course, and the Piedmont-Triad Farmer's Market. Caution should be used in crossing some of the major thoroughfares, particularly N. Centennial Street at Eastchester Drive and Johnson Street at Skeet Club Road. The terrain is gently rolling with some hills. Cyclists will encounter narrow lanes on Oakview Road and Johnson Street. Route 7 ends at the Piedmont-Triad Farmer's Market on Sandy Ridge Road by Interstate 40, and is approximately 14.6 miles long.

Route 8 begins on W. Main Street at Randolph Street by Thomasville's Big Chair, and connects Thomasville and Archdale, passing by Central Recreation Center. Special caution is needed in downtown Thomasville, and the crossing of Liberty Street / NC 62 and US 311, particularly during rush hours. Much of this route has a scenic countryside setting, but there are numerous hills. Many of the rural roadways are narrow with no paved shoulders. Route 8 ends on Fairfield Road at Allen Jay School, and is approximately 9.5 miles long.



HIGH POINT AREA

Archdale, High Point, Jamestown, Thomasville & Trinity

Bicycle MAP



North Carolina Department of Transportation
Division of Bicycle and Pedestrian Transportation
Published December 1998

About The High Point Area

Archdale - Trinity
Archdale's original name was Bush Hill, so named by the Quaker settlers from Bush River, South Carolina. In 1865, Bush Hill was the site of the mustering out of Confederate General Joseph Johnston's troops at the end of the Civil War. What is now Duke University in Durham was founded in Trinity in 1838 as Brown's School House. Located southwest of High Point, Trinity Township, including Archdale, has a combined population today of more than 22,000. For more information, please contact the Archdale-Trinity Chamber of Commerce at (336) 434-2073.

Jamestown
Jamestown is a vibrant community enjoying a convenient location between two of the largest cities in the Triad: Greensboro and High Point. A small town with a character all its own, Jamestown is becoming one of the most popular places to relocate in North Carolina. For more information, please contact the Jamestown Town Hall at (336) 454-1138.

High Point
High Point was incorporated in 1859. The name High Point is derived from the fact that it was the highest point on the railroad between Goldsboro and Charlotte. High Point is known worldwide as the "Furniture and Hosiery Capital of the World" because of the two major industries that dominate its economy: manufacturing, and retail or wholesale trade in the furniture or textile industries. The World's Largest Dresser on Hamilton Street symbolizes the importance of furniture to the economy of High Point: 60% of all the furniture made in the United States is manufactured within a 200-mile radius of the city. In addition to quality furniture, High Point offers historical attractions, outdoor activities and a rich cultural life. The combination of High Point's size and location give the city a unique mix of living conditions: a small town atmosphere with big city convenience. For further information, please contact the High Point Chamber of Commerce at (336) 889-8151.

Thomasville
Thomasville is home to the World's Largest Chair: a 30-foot-high symbol of the city's manufacturing heritage. The charm of "The Chair City" surrounds visitors and residents alike. The oldest remaining railroad depot in North Carolina sits in the center of town, and historic murals depicting various eras in the city's history adorn buildings throughout the town. Newcomers are welcomed by friendly residents; interesting sites and distinctive shopping appeal. For further information, please contact the Thomasville Chamber of Commerce at (336) 475-6134.

High Point Urban Area Bicycling Resources

More copies and other maps
For additional copies of this map, or to report problems, contact the City of High Point Department of Transportation: P.O. Box 230, High Point, NC 27261, (336) 883-3225.

For detailed maps of the Mountains to Sea cross-state route and other long-distance touring routes or information on local and regional bike paths, contact the Bicycle Program, NC Department of Transportation, P.O. Box 25201, Raleigh, NC 27611, (919) 733-2804, phone; (919) 715-2341, fax.

Bike Shops
Bicycle Toy & Hobby Shops, 2000 N. Main St., High Point, NC 27285 / 887-1933
Spinz Bicycle, 3029 S. Main St., Archdale, NC 27201 / 861-6480
Hoover Trim & Bicycle Shop, 339 Jarrett Rd., Thomasville, NC 27472 / 476-6529

Phone Numbers

Emergencies	911
City of High Point Animal Control	887-7915
Guilford County Animal Control	884-3794
Randolph County Animal Control	819-3950
Davidson County Animal Control	242-2105
City of High Point Customer Service	883-3111
Hi-Train (City Transit System)	889-7453
High Point Depot (AMTRAK Station)	841-7245
Piedmont Environmental Center	883-8531
City Hall - Thomasville	475-4210
City Hall - Archdale	431-9141
City Hall - Trinity	431-2841
Town Hall - Jamestown	454-1138

Disclaimer
By publishing this map, neither CGM Services, nor the North Carolina Department of Transportation, nor the Federal Highway Administration, nor the City of High Point Department of Transportation warrants, expressly or by implication, the conditions that may be encountered by the bicyclist.
The bicyclist assumes the risks encountered and is advised to use good judgment and obey traffic law on all routes, regardless of their designation on this map. Routes are not recommended for children as their ability to judge traffic conditions and driver actions are not well developed.
Credits
Produced by CGM Services for the North Carolina Department of Transportation Division of Bicycle and Pedestrian Transportation in cooperation with the High Point Urban Area Metropolitan Planning Organization.