



**FOR IMMEDIATE RELEASE**  
**April 28, 2016**

## **DCNR Encourages Residents to try Cycling as a way to Get Outdoors During May**

**Harrisburg, PA** – Department of Conservation and Natural Resources Secretary Cindy Adams Dunn today encouraged people to dust off their bikes and find a trail as a way to get outdoors during May, which is National Bike Month and includes Bike to Work Week starting May 16.

“Bicycling is one of the best activities to cover the most outdoor terrain,” Dunn said. “Whether it’s rolling on a level rail-trail or tackling a mountain bike single track through the backcountry, biking burns more calories than walking and can even help reduce stress.”

Dunn noted that DCNR is a partner in Get Outdoors PA, which offers a [calendar of guided outings](#) that would include tech support and riding tips to help get you back on your wheels.

Pennsylvania has more than 11,000 miles of bikable trails, including more than 100 former rail lines turned into trails all across the state, making for a flat, family-friendly trip.

Biking to work or to get somewhere reduces the amount of cars on the road, and helps improve air quality.

“Bike lanes and paths are turning up at the top of the list as facilities citizens want more of in recent surveys conducted for the statewide outdoor recreation plan,” Dunn said.

DCNR’s Community Conservation Partnerships Program grants assist communities and non-profits with conservation and recreation projects including trails, greenways and local parks.

Pennsylvania state parks offer [bike trails](#) featuring a variety of sizes, terrains and scenic views. Bicycling trails are paved or fine aggregate surface trails, which are generally flat. Mountain biking trails are single track natural surfaces with obstacles and steep climbs and descents.

From the technical and challenging trails of the Michaux to the long and winding roads of the Bald Eagle, [state forests](#) also have something to offer mountain bike riders of all skill levels.

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