

GETTING AROUND

WOOD COUNTY
2026 TRANSIT GUIDE 



Getting Around Guide produced in 2026 by Great Lakes Community Action Partnership

This guide is available in alternate formats upon request. This institution is an equal opportunity provider.

Mobility Management is a transportation resource/referral information service for Crawford, Erie, Huron, Marion, Morrow, Ottawa, Sandusky, Seneca, and Wood counties. Mobility Management services are provided at no charge to individuals including seniors and people with disabilities. Hours of operation are Monday-Thursday, 8:30 a.m.-4:30 p.m. This service is funded by the Ohio Department of Transportation and a Community Services Block Grant.

Regarding concerns or complaints including Title VI, reasonable modification, and ADA: GLCAP complies with all Civil Rights Laws and operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes they have been aggrieved by any unlawful discriminatory practice under Title VI, Reasonable Modification, and ADA may file a complaint with Mobility Management, directly to the Ohio Department of Transportation or to the Federal Transit Administration.

For more information on the Mobility Management civil rights program, and the procedures to file a complaint: contact the EEO Coordinator at 419-333-6001 (TTY 800-750-0750); email the Human Resources Director at comment@glcap.org; visit our administrative office at 127 S. Front Street, Fremont, OH 43420; or visit www.glcap.org/comments.



ABOUT THIS GUIDE & DEFINITIONS

The **Getting Around Wood County Guide** is your reference source for transportation options and resources in Wood County. Everyone has different transportation needs and abilities, so it is important to assess all transportation options to find the best fit for each individual's needs. The guide is organized into the following sections:

- About this Guide & Definitions
- Basics of Public Transportation
- Travel Training
- Transportation Providers & Assistance
- Bicycling and Walking

Understanding transportation options will increase independence as well as support an active lifestyle. This guide will help you make informed decisions regarding the transportation you choose to use in Wood County.

General Definitions

This guide uses various transportation and mobility terms throughout. Knowing the meaning of these terms will assist you in understanding which transportation options will best fit your needs to get you where you need to go.

Mobility needs: The specific requirements or assistance someone might need to move around effectively and independently. This can include physical aids like wheelchairs or walkers, transportation services to get from place to place, or accommodations in buildings and public spaces to make them accessible for people with different mobility levels.

General Definitions (cont.)

Mobility device: Something that helps a person move if it's hard for him or her to walk or get around on their own. For example, this could be a cane, walker, wheelchair, or scooter.

Ambulatory: The ability for a person to walk around or move on their own. The person can move from place to place without needing assistance like a wheelchair or walker, or if the person uses a wheelchair or walker, he or she can do so without the assistance of another person.

Non-ambulatory: A person who is unable to walk around or move on their own. The person may need assistance from a wheelchair, walker, or other devices to move from one place to another and may need assistance from another person to use their mobility device.

Service Definitions

Transportation providers either provide services that are curb-to-curb, door-to-door, or door-through-door. These services provide varying levels of assistance from the beginning to the end of your journey. Your mobility needs will determine which level of assistance is needed.

Curb-to-curb: Transportation service that will pick you up from the curb in front of your home and drop you off at the curb of your destination. You will need to walk or ambulate from your home to the curb to be picked up, and from the curb at your destination to your final destination.

Door-to-door: A transportation service that will come to the door of your home to pick you up and will drop you off at the door of your destination. You can still walk/ambulate to the curb, but if needed the driver can come directly to your doorstep to assist with boarding and exiting the vehicle.

Door-through-door: Transportation service that offers the most assistance by assisting you through the door of your home and through the door of your destination, ensuring you're safely inside before leaving.

Transportation Definitions

This guide has information on different types, or forms of transportation. When and where you need to go, in addition to your mobility needs, will determine which type of transportation to use.

On-Demand Transportation: Services that can be requested without scheduling in advance, such as taxi cabs or ride-hailing services like Uber or Lyft.

Demand-Response Transit: A transportation service that allows passengers to request or schedule rides in advance. It is similar to on-demand transportation and can sometimes accommodate trips on short notice, but usually requires notice anywhere from 24 hours to 2 weeks in advance.

Fixed-Route Transportation/Shuttle Service: A transportation service that operates on predetermined routes and schedules. Passengers typically board and exit at designated stops along the route.

Specialized Transportation: Services tailored to specific needs, such as volunteer transportation programs for elderly individuals or transportation services for people with disabilities.

Non-emergency medical transportation (NEMT or NET): Transportation for people who need medical care but don't have a medical emergency. NEMT typically includes rides to doctor appointments, physical therapy, or other healthcare services.

Emergency Transportation: Specially equipped transportation staffed with trained medical personnel and designed to transport patients to medical facilities quickly and safely. Delivers timely and life-saving medical care to individuals in critical situations. If experiencing a medical emergency, call 911.



BASICS OF PUBLIC TRANSPORTATION

Planning & Scheduling

To be successful when riding on public transportation, it is important to understand how transportation providers operate and take the following into consideration:

- Make sure your address and destination address are within the transportation service area.
- Select a transportation provider that provides the best accommodations based on your needs.
- Most transit services allow passenger care attendants and service animals to ride for free. Notify dispatch when scheduling transportation that you have either a passenger care attendant or service animal that will be accompanying you to your destination.
- Make sure the times you need to be transported are within their service hours.
- Gain an understanding of what the “pick-up” window is.
- Select a backup plan, document their information, and carry it with you on your trip.
- Pack identification, fare, and a cell phone for your trip.
- Keep valuables with you at all times. Do not wear expensive jewelry or flash money around as this may attract unwanted attention.
- Remember not to give personal information to anyone you do not trust (other than bus drivers and dispatch).
- Pack necessary medicines. Traveling with oxygen is allowed for most providers, but make sure to ask dispatch for the proper procedure before boarding the bus.

- Also remember to carry emergency contact numbers (including emergency medical instructions) with you at all times.
- If you are changing buses, make sure you have connecting route numbers, and arrival and departure times documented and in your hand.

Before you call to schedule a trip, have the following items ready: pen and paper; your starting and ending address; phone number; address of the destination; and appointment time. If you need transportation for dialysis treatment, provide dispatch your arrival, chair, and departure time for treatment.

Pick-up Windows

If applicable, make sure you understand the transportation provider's "pick-up window" policy. A pick-up window means that since transit trips are typically scheduled with a 30 minute pick-up window, the vehicle is considered "on-time" when it arrives either 15 minutes before, or 15 minutes after the scheduled pick-up time. For example, if your pick-up time is 9 a.m., the bus could arrive between 8:45 and 9:15 a.m. and be considered on time. Along with your travel time, make sure to allow for this additional pick-up window time when scheduling appointments.

Talking to Dispatch

- Ask for the vehicle color and number if applicable.
- Repeat date and time back to dispatch.
- Ask how much fare you will need.
- Say if you are an older adult or individual with developmental disabilities as some providers offer a discounted fare.
- Make sure to ask other specific requests to accommodate all of your mobility needs.
- Indicate if you have a mobility device.
- Ask for a rider guide. A rider guide will include the specific routes of the transportation provider.

Boarding & Exiting

- For demand-response services (in which the passenger calls and schedules a ride), the rider needs to be at the nearest curb stop at the beginning time of the pick-up window.
- For fixed-route services (in which a transit provider drives a regular route with regular stops), when the approaching bus shows the route number and destination you want, signal the driver by waving your hand to indicate you would like to board.
- Have fare or pass ready before you board.
- Upon boarding, pay your fare with exact change or swipe your pass.
- Only occupy one seat and rest your bag or briefcase on your lap or under your seat.

Using a Scheduling Form

Transportation providers might use a form such as the example shown below for riders to schedule trips. Be sure to inform your transportation provider of any mobility needs you may have for your ride.

My Name is:			
I need picked up after/ dropped off by (<i>select one</i>)			(Time and Date)
I need picked up at:	Full street address:		
I need dropped off at:	Full street address:		
I will (need / not need) a return trip (<i>select one</i>)			
I need (picked up after / dropped off by) (<i>select one</i>)			(Time and Date)
I need picked up at:	Full street address:		
I need dropped off at:	Full street address:		
My confirmation information (Enter times from dispatch below)			
Trip 1 pickup	Between		and
Trip 2 pickup	Between		and



TRAVEL TRAINING

About Travel Training

Travel Training teaches independent travel with various approaches and on different modes of transportation. This service is provided by the Ohio Department of Transportation.

Travel Training provides essential travel skills such as:

- Understanding a bus schedule.
- Knowing where and how to pay your fare.
- Boarding and exiting a vehicle.
- Staying alert when taking the bus to your destination.
- Utilizing good safety tips and precautions when traveling.
- Keeping school, home, work, and travel destination emergency contact information.
- Making a transfer.
- Knowing how to signal the driver to stop or ask for assistance.
- Assisting with a screening assessment to gauge individuals' mobility needs.
- Assisting riders with discovering the best transportation option based upon the assessment, and mapping out the best route to and from the travel destinations, consulting with parents/guardians, and referring to the local transportation providers in their area.
- Creating an individualized travel plan that will provide riders with a step-by-step plan to assist them during their transportation experience.
- Boarding and riding on the transportation vehicle with the person to monitor their experience.
- Providing additional assistance if needed at rider's discretion.

Stay Fit to Drive

Driver rehabilitation specialists keep older drivers safe and moving



As Ohio's population of 65+ drivers continues to increase, more older drivers, family members and healthcare providers have concerns about their safety while driving. Driver rehabilitation specialists will evaluate and assess the driving skills of older drivers and their ability to drive safely. Based on the results, the specialist may recommend adaptive driving equipment, aids or adapted techniques, or driver rehabilitation training.

Northwest
Ohio Driver
Rehabilitation
Specialists

Mercy Health
Lynne Chapman, MS, OTR/L, CDRS (Oregon)
lmchapman@mercy.com
419-696-7203

ProMedica
Carol Sargent, OTR/L, ATP (Toledo/Sylvania)
carol.sargent@promedica.org
419-824-1968

University of Toledo, College of Medicine
James Kesler, OTR/L, CDRS, CDI (Toledo)
james.kesler@utoledo.edu
419-383-4290



TRANSPORTATION PROVIDERS & ASSISTANCE

A-RIDE

419-861-4000 | INFO@A-RIDE-OHIO.COM



About — Provides curb-to-curb, door-thru-door and hand-to-hand service. Limited wheelchair accessibility. Transport services are provided for most needs including airport transport, medical appointments, grocery shopping, out to dinner, to catch a game or other events.



Fares — Call for pricing.



Reservations — 24-hour advance reservations are recommended. Also provides same-day and on-demand service

Stay current!

For up-to-date information on
Wood County transportation
providers and assistance services, visit:

glcap.org/woodcountytransportation



BGSU Shuttle Service

419-372-0236

HOURS: SEE BELOW



SCAN FOR LATEST
ROUTE/FARE INFO:



About — The service provides fixed curb-to-curb service routes for the general public in Bowling Green. The service operates in accordance with BGSU's academic schedule. Hours are listed as follows:

- **Orange Main Schedule:** Monday-Wednesday 7:30 a.m.-11 p.m.; Thursday-Friday 7:30 a.m.-2:30 a.m.; Saturday 10 p.m.-2:30 a.m.; Sunday 5 p.m.-11 p.m.
- **Yellow Falcon Express Schedule:** Monday-Wednesday 8:30 a.m.-7 p.m.; Thursday-Friday 8:30 a.m.-5 p.m.
- **Brown Route:** Monday-Thursday 7 a.m.-10 p.m.; Friday 7 a.m.-7 p.m.

Visit bgsu.tripshot.com to view a map of shuttle lines.



Fares — No cost for service.



Reservations — No reservations necessary. Follow route schedule.

BG Transit

419-419-5001

HOURS: M-F 6 a.m.-8 p.m., SAT. 10 a.m.-4 p.m.



About — BG Transit is a small, rural public transit system operating a origin-to-destination service within the city limits and 1 mile outside of Bowling Green. BG Transit contracts the operation of its transportation service to Groome Transportation.



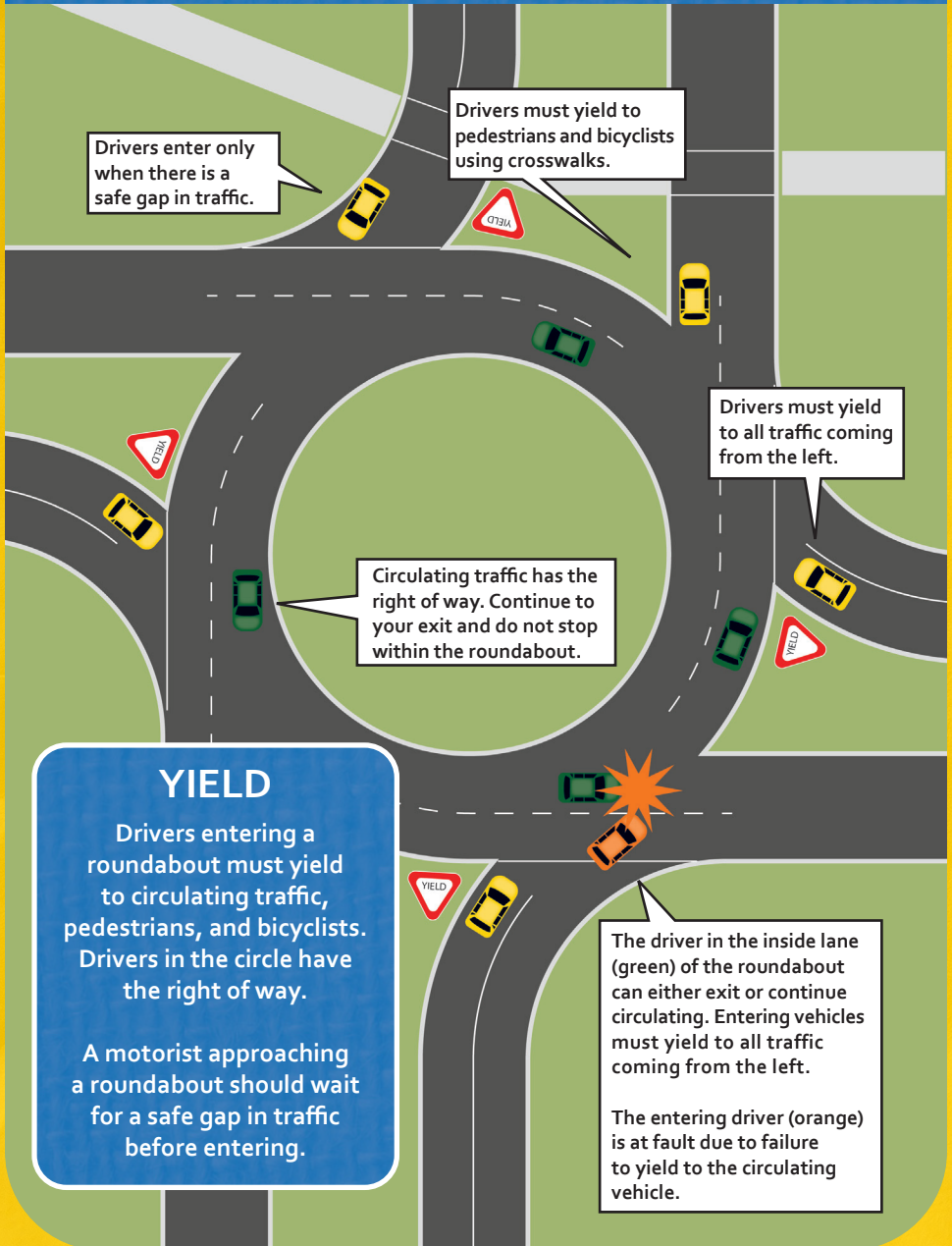
Fares — \$4 within Bowling Green city limits for riders ages 4-64. \$4.50 beginning or ending outside of Bowling Green city limits for riders ages 4-64. \$2 within city limits for riders who are 65+, persons with doctor-certified disabilities, and children 4-13 with BG Transit ID cards. \$2.50 beginning or ending outside of Bowling Green city limits for riders who are 65+, persons with doctor-certified disabilities, and children 4-13 with BG Transit ID cards. Applications for BGTransit ID cards are available on the city's website, bgohio.gov or in the Community Development Office at 305 N. Main St., Bowling Green. Personal care attendants and language interpreters may accompany passengers free of charge. Packages or bags that take up seat space are \$2 within Bowling Green city limits and \$2.25 beginning or ending outside of Bowling Green city limits. Cash and credit cards accepted.



Reservations — To schedule a ride, call at least one hour in advance of the time you want to be picked up. Please hold for the dispatcher to answer. If you want to change your destination after making a reservation, you must cancel the original order one hour in advance. No shows and cancellations are tracked and may result in rider warnings or suspension.

How to drive through a roundabout

Always yield to all circulating traffic



Black & White Transportation

419-536-8294 • WHEELCHAIR ACCESSIBLE

HOURS: 24 HOURS/DAY, 365 DAYS/YEAR



About — Black & White Transportation provides on-demand and scheduled service throughout Wood, Lucas and surrounding counties, serving both ambulatory and non-ambulatory passengers with ADA-accessible vehicles that are available upon request. Service level ranges from curb-to-curb to door-through-door depending on need.



Fares — Call for pricing



Reservations — Trips can be booked by phone or text at 419-536-8294, or on the website at www.bwtransportation.com. Accessible transport requires 24-hour advance notice.

Types of Transit

Demand-response



Transportation service in which a rider calls and schedules an appointment for a ride. Riders may be given a pick-up window, meaning that transportation may arrive several minutes before or after the scheduled appointment.



IMPORTANT POINTS:

- Requires scheduling
- May have pick-up window

Community Care-a-Van

419-696-7404

HOURS: M-F 8 a.m.-5 p.m.



About — Located at 3465 Navarre Ave., Oregon, OH 43616, Community Care-a-Van provides non-emergency medical transportation to East Toledo, Walbridge, Lake Township, Jerusalem Township, Northwood, and Oregon (those living in Lucas and Wood counties.) Curb-to-curb pickup.



Fares — Cash donations are accepted.



Reservations — A notice of 24 hours is preferred.

Fixed-route transit

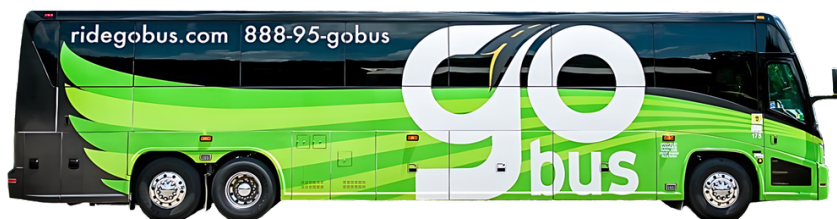


Transportation service in which the transit provider travels a regular route with routine stops, such as a bus or shuttle route that runs in a loop with multiple stops every hour.



IMPORTANT POINTS:

- No scheduling required
- Rider should be at stop before transportation arrives



? What is GoBus?

GoBus is a non-profit, grant funded Rural-Intercity Bus service. Our objective is to connect Ohio's rural communities to urban centers and beyond, and we strive to provide safe, reliable, and affordable transportation to all. All GoBus schedules operate 7-days-a-week, 365-days-a-year.

📍 Where Does GoBus Go?

GoBus stops in 63 cities and towns across Ohio and beyond, including Columbus, Cleveland, Cincinnati, Toledo, Sandusky and Fremont. The GoBus stop in Fremont is located at the YMCA at 1000 North St. We make connections with other regional and national bus carriers in many cities, as well as the Columbus, Pittsburgh, and Cincinnati-KY airports. In it's current state, the new Gray Line (Toledo-Ashtabula) does not interconnect with the Red Line or Blue Line for seamless travel. However, we are working together with the Ohio Department of Transportation on addressing this with future schedule updates.

💰 What Does it Cost to Ride GoBus?

We strive to keep our fares as low as possible. Fares vary in price based on the distance traveled. One-way tickets start at \$5 (plus taxes & fees), and cap at \$40. For example, traveling from Fremont to Toledo costs \$5 one-way (plus taxes & fees), and traveling from Fremont to Cleveland costs \$15 one-way (plus taxes & fees).

📅 Where Can I Find GoBus Schedules?

Schedules are available any time online at RideGoBus.com or by calling 888-954-6287 (M-F 8am- 4pm).

🎫 Where Can I Buy My GoBus Ticket?

- Buy online at RideGoBus.com, or using our mobile app RideGoBus
- Buy over the phone by calling 888-954-6287 (M-F 8am-4pm)
- Buy from the driver with cash (if seats are available)



📍 Still Have Questions?

RideGoBus.com, is a great place to find more information. You can also talk to a live person by calling (888)954-6287 (M-F 8am-4pm). Our staff is always happy to answer questions you may have. We can also help you plan your trip!





Network Map



Legend

- Green Line:** Columbus // Athens // Parkersburg
- Orange Line:** Cincinnati // Athens
- Blue Line:** Cleveland // Marietta // Athens
- Pink Line:** Columbus // Wooster // Akron
- Lime Line:** Van Wert // Columbus
- Red Line:** Cincinnati // Dayton // Toledo

- Gray Line:** Toledo // Ashtabula
- Yellow Line:** Columbus // Pittsburgh
- Purple Line:** Toledo // Columbus
- Stop** (City level, not exact location)
- Reservation Only Stop:** Must call in advance

Lynx EMS

877-574-6777 | DISPATCH@LYNX911.COM

HOURS: 24 HOURS/DAY, 7 DAYS/WEEK



About — Lynx EMS is a private ambulance and ambulette service providing emergency and non-emergency services to and from private residences, emergency rooms, and long-term care, skilled nursing, or assisted living facilities, as well as behavioral health transports.



Fares — Call for price information. Can bill insurance or bill privately.



Reservations — No notice is required. Call as needed.

Mobility Management

800-775-9767 | GLCAP.ORG/MOBILITYMANAGEMENT



About — Great Lakes Community Action Partnership (GLCAP)'s Mobility Management provides information on local transportation resources, offers travel training for those who are not familiar with using public transportation, and offers other services to help people access transportation.

MTM Transit/Perrysburg Transit

419-872-8430 • WHEELCHAIR ACCESSIBLE

HOURS: M-SAT 8:30 a.m.-8:30 p.m.,

SUN 8:30 a.m.-5:30 p.m., CLOSED HOLIDAYS



About — MTM Transit/Perrysburg Transit provides demand-response, curb-to-curb service in the City of Perrysburg only with connecting points in Maumee and Rossford.

Connecting Points — Passengers who wish to travel outside of Perrysburg may connect to the TARTA system at two designated locations:

- **Meijer**, 10044 Olde US 20, Rossford, OH
- **City of Maumee Municipal Building**, 109 E. Dudley St., Maumee, OH

To connect to TARTA, inform a Perrysburg Transit dispatcher where you would like to connect. The dispatcher will schedule your pick-up and drop-off times in coordination with the TARTA schedule as closely as possible. Handicap-accessible vehicles are available.



Fares — Cost is \$1 per one-way trip. Cash only.



Reservations — Accepted Monday through Sunday 8 a.m.-4 p.m. Rides may be scheduled with up to one week in advance. If you cannot make a previously scheduled trip or no longer need a ride, please cancel your trip by calling 419-872-8430. Any customer who has four cancellations or four no-shows within a thirty-day period will be given a thirty-day suspension from using the service.

NET Plus

844-353-6779 • WHEELCHAIR ACCESSIBLE

HOURS: M-F 8 a.m.-4 p.m.



About — Provides ADA accessible, curb-to-curb non-emergency transportation to medical, dental, vision, pharmacy, mental/behavioral health and addiction treatment appointments/services. (Transport is not provided to free services such as health fairs, support groups, meetings with social service organizations, information sessions, etc.). NET Plus is available to Wood County residents who cannot access another free transportation resource such as Wood County Committee on Aging for those 60 and older and Veterans Service Office for veterans to VA clinics. Accommodations may include the use of a mobility-related assistive device and/or the use of a personal assistant and/or service animal. NET Plus will travel to the adjoining counties such as Lucas, Ottawa, Sandusky, Seneca, Hancock, and Henry. For more information visit: woodcountyjfs.com/netplus/



Fares — There is no charge for the individual.



Reservations — Call at least 5 business days before the scheduled appointment. You will be screened for one of the Wood County NET Plus funding sources. It is recommended to call early to allow time for screening and scheduling. There is no income or asset limit. Individuals who qualify for transportation services provided to them as long-term care facility residents or provided or arranged for them by a hospice will not qualify.

TARTA — Rossford Service

419-243-7433 • WHEELCHAIR ACCESSIBLE

HOURS: SEE BELOW



About — The Toledo Area Regional Transit Authority (TARTA) is an Urban Transit Authority operating in Lucas County and the community of Rossford in Wood County. Rossford is serviced by Route 10L, which follows Lime City Road, Superior St., and Miami St.; and Route 50, which serves the Owens Community College campus. Route 50 serves downtown Toledo and the Owens campus and is considered an express route with no stops in between. All vehicles are ADA accessible. In addition, TARTA provides Rossford with a demand-response transit service, Rossford Call-A-Ride. All services are curb-to-curb.

The Rossford Call-A-Ride service is available 6 a.m.-11 p.m. Monday through Friday; 7 a.m.-9 p.m. Saturday; and 7 a.m.-6:30 p.m. Sunday. The TARTA fixed route operates 7 a.m.-5 p.m. Monday through Thursday; and 7:30 a.m.-2:15 p.m. Friday. The Owens express route operates 5:30-10:15 p.m. Monday through Thursday; and 2:30-6:15 p.m. Friday.



Fares — All fare rates for the three services have a flat, one-way rate of \$1.25 for adults and students. Seniors and individuals with developmental disabilities can ride for 60¢ per trip. Cash only.



Reservations — Riders must call the TARTA dispatch one to two hours before the time they wish to use the Call-A-Ride service.

TLC Transportation

419-861-4000 • WHEELCHAIR ACCESSIBLE

HOURS: M-F 8 a.m.-5 p.m.



About — Located at 7710 Hill Ave., Holland, OH 43528, TLC Transportation provides door-to-door service in northwest Ohio and southeast Michigan with ADA accessible vehicles.



Fares — Base Rate: ambulatory round trip is \$100; Wheel-chair round trip is \$150. TLC accepts Medicaid. Cash, credit, and ACH withdrawal accepted.



Reservations — Call 24 hours in advance to schedule a ride.

Wood County Committee on Aging

419-353-5661 / 800-367-4935 • WHEELCHAIR ACCESSIBLE
HOURS: SEE BELOW



About — Wood County Committee on Aging (WCCOA) provides door-to-door service medical transportation for residents of Wood County ages 60 and over. WCCOA can help take seniors to medical appointments such as seeing a family doctor, dentist, vision specialist, having X-rays or other tests, etc. WCCOA can travel as far south as Findlay and as far north as Toledo/Sylvania. WCCOA offers this service up to three times per month, 9 a.m. and 2:30 p.m. Monday through Friday.



Fares — Donations accepted.



Reservations — Service is first come/first served and schedules fill up quickly. 1-2 month advance reservations are recommended to ensure transportation availability.

Wood County Veterans Services

419-354-9147 • WHEELCHAIR ACCESSIBLE

HOURS: M,W,TH,F 7:30 a.m.-4 p.m.

TU 7:30 a.m.-6 p.m., SAT 7:30 a.m.-NOON



About — Provides door-to-door transportation for veterans to and from VA scheduled medical appointments only, whether they are at a VA facility or community care. A valid DD214 must be on file with the Wood County Veterans Service Office



Fares — There is no charge for this service. However, by using the van service, you are not eligible to receive travel pay from the VA.



Reservations — Call for information.

Public Transportation in Ohio



Did you know?

Ohio is centrally located within a day's drive of more than 60% of the US and Canadian populations.

Source: 2025 ODOT Facts Book



BICYCLING & WALKING

Bicycling Safety

For older adults, a medium-weight mountain bike or a hybrid may be the most suitable. If you have balance trouble, consider an adult three-wheeler.

- Stay hydrated. Make sure to take a bottle of water with you when you ride.
- Carry an ID and cell phone for emergencies.
- Dress according to weather conditions,
- Wear bright clothes for better visibility.
- If you are going far, let someone know where you're going and when you plan on returning.
- Carry a repair kit that includes a spare tube or patch.
- **Always** wear a helmet!

Since you will be a part of traffic, it is important to follow these traffic rules:

- Obey traffic signs and local laws regarding bicycles.
- Ride on the right, with the flow of traffic and monitor traffic behind you.
- While changing lanes, use hand signals. When approaching a right-turn-only lane, change lanes before the intersection. Before making a left-hand turn, look over your left shoulder.

Additional Resources



mapmyride.com
ohio.org/cycling

- If you have to ride on sidewalks, watch for pedestrians, especially near intersections and driveways.
- Always stay at least 3 to 4 feet away from parked cars.
- Make eye contact with motorists, so they acknowledge you're on the road.
- In the morning and at night, use lights on both the front and back of your bike along with reflectors.

Walking safely

Before starting a walking routine, take the following into consideration:

- Consult with your physician before starting your new exercise routine.
- Start slowly, and gradually work your way up to build your strength and endurance, Make sure to warm up and cool down by stretching before and after your walk.
- Carry a cell phone and identification.
- Wear comfortable shoes with good support and tread. If necessary, use a walking stick for stability and bring water if you're going far.
- Dress according to weather conditions. Wear layers if it is cold and choose loose, light-colored clothing when it is hot.



Ohio's Byways

Ohio has 27 scenic byways that connect cities through rural areas to highlight the state's scenic, natural, cultural, historical, recreational, and archaeological sites. More information is available at www.ohiobyways.com

Source: 2025 ODOT Facts Book



Additional Resources

traillink.com
alltrails.com

Whenever you are out walking, it is always important to be aware of your surroundings. To stay safe while walking, please consider the following:

- Use sidewalks and paths when available. If you have to walk on the street, face oncoming traffic so you can see and be seen by motorists.
- Wear bright colors for better visibility. If you walk at night, carry a flash light and do not listen to music.
- Choose safe routes and avoid hazardous intersections.
- Obey traffic signs and signals.

For more information, contact:

**GREAT LAKES COMMUNITY ACTION PARTNERSHIP
MOBILITY MANAGEMENT
GLCAP.ORG/MOBILITYMANAGEMENT
800-775-9767**

Learn more



**glcap.org/
mobilitymanagement**



Great Lakes
COMMUNITY ACTION
P A R T N E R S H I P



Great Lakes COMMUNITY ACTION PARTNERSHIP

GLCAP.ORG/MOBILITYMANAGEMENT

800-775-9767

