BE SAFE AND BE SEEN
Follow basic safety rules, such as looking both ways before crossing a street. Assume drivers cannot see you.

CONSIDER THE CONDITIONS WHEN PLANNING YOUR ROUTE
If possible, walk where trees offer some shelter from the wind and snow.

SHARE THE WAY
Be mindful of cyclists, runners and other pedestrians.

WEAR BRIGHT AND REFLECTIVE CLOTHING AND STAY VISIBLE
With fewer daylight hours and cloudy conditions, it is important to be highly visible to motorists.

START SLOWLY AND TAKE IT EASY
Muscles warm up as you go. Adjust your pace for the conditions to decrease the chances of straining a muscle or falling.