



**sustain  
& move**

**IU**

## **IU Bloomington Resources**

### **Walking Resources**

- Check out Healthy IU's [indoor and outdoor walking options](#).
- Take a [self-guided walking tour of campus](#).
- IU Libraries has great resources on [hiking in the Bloomington area](#), including info on local group and clubs.
- [Safety Escort](#) is a free service available to all IU students and employees who feel unsafe walking alone at night.
- The City of [Bloomington Parks and Recreation](#) has many beautiful parks to visit, including dog parks.
- Your choice of hiking, multi-use, or fitness [trails in Bloomington!](#)
- Looking for a [new place to hike](#)? Check out these unique areas.
- [A dose of nature](#): doctors prescribe a day in the park for anxiety
- Nilofer Merchant suggests a small idea that just might have a big impact on your life and health: Next time you have a one-on-one meeting, [make it a "walking meeting"](#) -- and let ideas flow while you walk and talk.
- [Find the top-rated dog walking trails in Indiana](#), whether you are looking for an easy, short dog walking trail or a long dog walking trail, you will find what you are looking for. Click on the 'dog walking trail' icon to find trail descriptions, trail maps, photos, and reviews.
- With each step you take, you travel further down the path to a healthier lifestyle. Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease. [Learn more about the benefits of walking and how incorporating it more can lead to healthier living](#).
- [This calculator estimates your footprint in three areas: home energy, transportation and waste](#). Everyone's carbon footprint is different depending on their location, habits, and

personal choices.

- Take the uncertainty out of planning. Browse reviews, photos, and [detailed trail maps](#) contributed by a community of active outdoor enthusiasts like you.
- [Stretching matters!](#) Taking the time to properly warm up and stretch before you walk, and cool down and stretch again after you walk, should be a priority.
- [America Walks](#) helps create healthy, happy, economically vibrant communities around the simple act of walking. Learn how to make your community a great place to walk!
- Urbanist [Jeff Speck shows how we can free ourselves from dependence on the car](#)—which he calls “a gas-belching, time wasting, life-threatening prosthetic device”—by making our cities more walkable and more pleasant for more people.
- Stanford study finds [walking improves creativity](#).

### **Bicycling & Bike Share Resources**

- [Bike Share: Bloomington](#)
- [Office of Parking Operations: Bicycling at IUB](#).
- Want to go for a bicycle outing, but don't have the gear? Contact [IU Outdoor Adventures](#) for all your rental equipment, including bicycles.
- [Sustain IU](#), has wonderful campus resources and advocacy for sustainable transportation.
- Want to ride in a group? Varieties of experience levels are available with the [Bloomington Bicycle Club](#).
- Check out Bloomington on two wheels – see the Bloomington Visitor's guide for a variety of [popular riding areas](#).
- The City of Bloomington is proud to be recognized as a [Gold-level "Bicycle Friendly Community"](#) by the League of American Bicyclists. Check out the City plans, Safety Commission, grant programs, and interactive maps.
- [Women bike webinars and webcasts](#): Women Bike webinars will share stories, showcase key leaders, and highlight ideas and programs focused on women's bicycling.
- [Biking community and Indiana University Bloomington](#) resources through Sustain IU, formerly the Office of Sustainability.
- Tony Desnick makes the case that bikes are saving the world from itself. [Bicycles really do change you](#), and in amazing ways, change the community around you.

- [National Highway Traffic Safety Administration's bicycle safety tips for adults.](#)
- Communicating your intentions not only makes your ride safer, but it is also required by law in the United States. [Check out this page on proper signaling.](#)
- [Indiana Department of Natural Resources Mountain Bike Trails.](#)
- [Indiana Department of Natural Resources Hard Surface Bike Trails.](#)
- [Indiana Department of Natural Resources Road Biking and Road Trails](#)
- [A bicycle safety presentation from Bicycle Indiana.](#)
- [Bicycle Habitat's Simple Bike Maintenance Chart](#)

### **Carpooling and Busing Resources**

- [IUB and IUPUI transportation options](#)
- [Zimride](#) helps you offer or request rides for commutes, road trips, and popular events. If you have a car, split costs by offering rides.
- [Campus Bus Schedule: IUB](#)
- Check out IUB/IUPUI [Campus Commute](#), which offers Wi-Fi while you travel. Additionally, there is an ability to bill directly to your department for work-related endeavors.
- [IUB Carpool](#) is a program for employees who want to commute to work with others, save money on parking costs, and enjoy a reserved spot on campus when using a carpool permit.
- [IUB Hoosier Commuter Club](#) is a program for IU Bloomington staff and faculty who agree not to purchase a campus parking permit and commit to using alternative forms of transportation.
- Check out the [DoubleMap](#) app, which allows users to track the location of campus shuttles and the Campus Commute.
- You can ride [Bloomington Transit](#) fare-free with your IU Crimson card.
- A service of Area 10 Agency on Aging, [Rural Transit](#) is for everyone. Rural Transit offers bus service in Lawrence, Monroe, Owen and Putnam counties, and anyone can ride regardless of age or disability.