Pedal Power

As well as great scenic beauty, Kansas Byways offer countless miles of roads and trails, for both on-road and off-road cycling. And contrary to popular opinion, Kansas is not entirely flat, with its share of hills, rivers, and valleys. Come see for yourself!

Flint Hills
Length of route: About 48 miles
**Bicycle friendliness of route:** Moderate. K-177 does not have paved shoulders, but traffic is generally light (less than 1000 vehicles per day).

Frontier Military
Length of route: About 168 miles
**Bicycle friendliness of route:** Fair to poor. At its northern end, the route passes through the Kansas City metro area. Further south, the byway follows US-69 highway, which is a four-lane divided, limited-access highway for much of its length. Although US-69 often has wide paved shoulders, the highway carries relatively heavy traffic (5,000-25,000 vehicles per day), making it a less than pleasant cycling experience. The nearest alternative route is K-7, which generally runs 5-15 miles west of US-69, and though it doesn’t often offer paved shoulders, it carried far less traffic.

Bicycle Trails:
- Farlington – Crawford State Park
- Kansas City – Wyandotte County Lake Park Trails
- Kansas City, Olathe, Overland Park – Indian Creek Trail
- Lenexa – Antioch Park
- Lenexa, Olathe, Shawnee – Mill Creek Streamway
- Olathe – Heritage Park
- Merriam – Turkey Creek Streamway
- Paola – Hillsdale Lake
- Pittsburg – 23rd Street Bike Park, Wilderness Park, Watco Trail

Glacial Hills
Length of route: About 63 miles
**Bicycle friendliness of route:** Moderate. K-7 does not have paved shoulders for most of its length, but traffic is generally manageable (5000 vehicles per day near Leavenworth, but less than 1000 vehicles per day further north).

Bicycle Trails: Atchison – Independence Creek Trail

Gypsum Hills
Length of route: About 42 miles
**Bicycle friendliness of route:** Very good. Although US-160 has no paved shoulders, traffic is very light at less than 1000 vehicles per day.

Native Stone
Length of route: About 48 miles
**Bicycle friendliness of route:** Good. Although K-99 and K-147 do not have paved shoulders, traffic is light at less than 1000 vehicles per day.

Post Rock
Length of route: About 18 miles
**Bicycle friendliness of route:** Very good. Although K-232 only has a narrow paved shoulder for part of its length, traffic is light at less than 1000 vehicles per day.

Bicycle Trails: Wilson – Wilson Lake Trails

Prairie Trail
Length of route: About 56 miles
**Bicycle friendliness of route:** Good. No paved shoulders, but traffic is generally light at well under 1000 vehicles per day, except for a stretch of K-4 that carries roughly twice that volume.

Bicycle Trails: Kanopolis – Kanopolis Lake Trails
Lindsborg – Coronado Heights, Välkommen Trail

Route 66
Length of route: 13.2 miles
**Bicycle friendliness of route:** Good. Though US-66 carries a fair amount of traffic (and is a four-lane highway in places), it has a good shoulder for most of its length in Kansas.

Smoky Valley
Length of route: About 60 miles
**Bicycle friendliness of route:** Good. US-283 has a narrow paved shoulder, though K-4 and K-147 do not, but traffic on each road is generally light at well under 1000 vehicles per day.

Wetlands & Wildlife
Length of route: About 76 miles
**Bicycle friendliness of route:** The is the only byway that’s not completely paved, but as such, it’s bicycle friendliness is very good, since traffic is light, but you’ll need a bicycle that can handle rough gravel roads.

Bicycle Trails: Great Bend – Lake Barton Trails

Western Vistas
Length of route: 102 miles
**Bicycle friendliness of route:** Good. US-83 is part of the North-South Western Route, one of the designated cross-state bicycle routes, with wide paved shoulders. US-40 does not have paved shoulders, but traffic is generally light (no more than 1500 vehicles per day).

Bicycle Trails: Scott City – Scott State Park

Important Links: Kansas Cyclist & KSDOT Bike map