

# 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-169, 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-4 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](#)