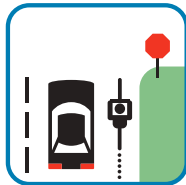
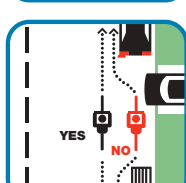


Cycling Tips and Laws

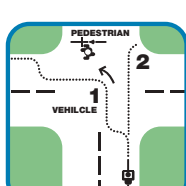
BE PREDICTABLE AND COMMUNICATE



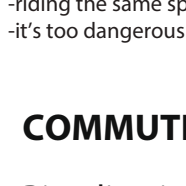
Obey Traffic Signs and Signals
As a vehicle, bicycles must obey all the rules of the road. Cyclists have the same privileges and responsibilities as other traffic.



Stay Off Sidewalks
Riding on sidewalks can be dangerous. You usually cannot see or be seen by vehicles coming out of driveways, and you can become a hazard for pedestrians.



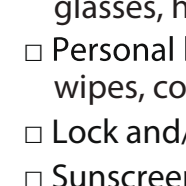
Ride in a Straight Line
Avoid dodging between parked cars. Ride in a straight line away from the curb. This allows motorists to predict your route. Watch for cars entering from driveways.



Use Appropriate Lanes
Avoid being in a right turn-only lane if you plan to proceed straight through. Move into the straight-through lane early. In narrow lanes or slow traffic it may be safer to take the whole lane.



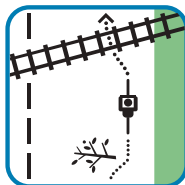
Choose the Best Way to Turn Left
AS A VEHICLE: Signal your intentions in advance. Move to the left turning lane, and complete the turn when it is safe. TWO-STAGE TURN: Stay on the right side and ride across traffic to the rightmost corner. When it's safe, cross the street to complete the left turn.



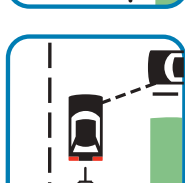
Ride on the Right
A paved shoulder or the right four feet of the roadway is the safest place to ride. You may move to the center of the lane when:
-approaching an intersection or turning left
-avoiding hazards (e.g. parked cars)
-riding the same speed as traffic
-it's too dangerous to allow vehicles to pass you and need better visibility

Cycling Tips and Laws

BE ALERT



Scan for Hazards
Watch for loose gravel or dirt, debris, and holes. Ride perpendicular to railroad tracks and avoid street grates.



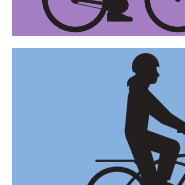
Scan the Road Behind
Shoulder check regularly, especially before turning-even when using a mirror to confirm what is coming. Shoulder checking helps indicate to motorists what you intend to do.



Don't Follow Vehicles or Bikes Too Closely
They may block your ability to see road hazards until it is too late, and you will also be less visible to motorists.



Earphone Dangers
It is unsafe and illegal to wear headphones while riding on a roadway. You need to hear what's going on.



Beware of Car Doors
Be wary of parked cars. Motorists can unexpectedly open doors. Be particularly careful if you see a motorist in the car. Ride a car door width away. Also watch for cars pulling out.



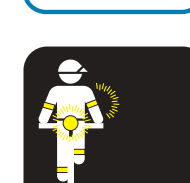
Be Careful at Intersections
The majority of bicycle-auto accidents happen at intersections. Proceed with care. Vehicles making turns are particularly dangerous.

Cycling Tips and Laws

BE VISIBLE



Use Lights at Night
Mount a strong white headlight and red taillight at night or when visibility is poor. Use bike reflectors and reflective clothing. See and be seen!



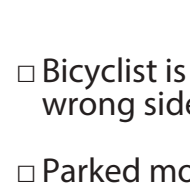
Make Eye Contact
Confirm that you are seen. Establish eye contact with motorists to ensure that they know you are on the roadway and that you can tell what they're up to.



Be Seen
Ensure your visibility at night by wearing light-toned clothing with reflective tape material. Mount adequate reflectors on your bicycle.



Park Where You Will Not Impede Pedestrians or People with Disabilities
Be considerate of others-keep your bike off of handrails and posts on narrow sidewalks.



How to Roundabout
Bicyclists can choose to ride with traffic or walk their bike through the crosswalks. Travel counterclockwise and yield to traffic in the circle. Don't cut across the center or ride against traffic.

Cycling Tips and Laws

OTHER



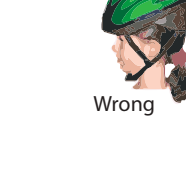
Dress Appropriately
Be ready for the full range of weather that expresses itself in Northern California. Have layers and rain gear ready in the winter months.



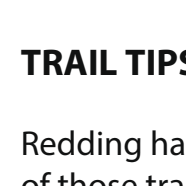
Use a Pack or Rack
Use a bike carrier, small backpack, or saddlebags to transport packages. This secures your load and frees your hands for safe riding.



Keep Your Bike Tuned Up
Routine maintenance is simple and critical. It keeps you safer and saves you money.



Use Hand Signals
Signal all turns, lane changes, and stops ahead of time, shoulder check, then make your intended move only when it is safe to do so.



Wear a Helmet!
Wearing a helmet is not only smart – it's required by law if you are under age 18. Parents, be the example by protecting yourself with a helmet. Make sure the helmet fits level on the head, covers upper forehead, and straps are snug and buckled.

Give Cyclists a Good Name!

- ☐ Be courteous
- ☐ Obey laws
- ☐ Never ride impaired (drugs, alcohol)
- ☐ Wear your helmet
- ☐ Be ready to brake
- ☐ Ride responsibly

Adapted from Natural Resources Services - Humboldt

Healthy Shasta
This map is made possible by Healthy Shasta, a partnership to increase physical activity and healthy eating by making the healthy choice the easy choice everywhere you live, work and play. Find trail maps, farmers' market schedules and more at the website. For additional copies of this map contact Healthy Shasta at 225-5351 or visit www.healthyshasta.org.



Acknowledgments: Maps created by City of Redding, courtesy of Dave Drewett, GIS Analyst. A special thanks to the City of Redding and local bike commuters for map input and review.

This map attempts to publicly illustrate cycling routes in the area. Cyclists must make their own evaluation of traffic and road conditions and plan routes appropriate to cycling conditions and to their riding skills. The County of Shasta, the City of Redding, and Healthy Shasta do not endorse or assume responsibility or liability for the condition of any of the locations or programs described on this map.

4-2020



COMMUTING BY BIKE

Bicycling is an effective and inexpensive way to get around. It's also fun and can reduce stress. Riding a bike keeps our air clean and saves money, gas, and wear and tear on your vehicle. Instead of driving, bike a couple times a week. To get started, choose a route, check that your bike is in good repair, and do a test ride on a weekend to determine traffic and timing.



- Biking Checklist**
- ☐ Water bottle
 - ☐ Check bike (tires inflated, seat height, chain lubricated, brakes operating, lights with working batteries)
 - ☐ Flat repair kit - tube, patch kit, pump, and tire levers
 - ☐ Clothing – layers for rain and warmth, sun glasses, helmet, reflective vest
 - ☐ Personal hygiene products (deodorant, baby wipes, comb, towel, etc.)
 - ☐ Lock and/or cable
 - ☐ Sunscreen
 - ☐ Cellphone

For more tips, visit bikeleague.org/ridesmart



BIKE COMFORT LEVEL SYMBOLS

This map is designed to show typical rider comfort on the road.



Most Comfortable:
Enjoyable for riders of all ages and abilities. Lower traffic speeds and volume.



Somewhat Comfortable:
Some riding experience. Moderate traffic volume and speed.



Less Comfortable:
Experienced riders. High traffic volumes and speeds.



Least comfortable:
Confident riders with significant experience. High volume of traffic moving at fast speeds.

***Neighborhood streets are gray narrow lines and are “most comfortable” to “somewhat comfortable” for riders.**

PREVENT COLLISIONS

Most collisions between motorists and cyclists occur at intersections because they aren't aware of each other or because one isn't following the rules of the road. Some of the most common crashes include:

- ☐ Bicyclist is riding against traffic (on the wrong side of the street) or on the sidewalk
- ☐ Parked motorist opens door into the path of a cyclist
- ☐ Motorist makes a right turn and hits a cyclist riding alongside
- ☐ Motorist makes a left turn and hits an oncoming cyclist
- ☐ Bicyclist not visible (dark clothing, no lights, glare, etc.)

Thanks to Natural Resources Services – Humboldt

Please report a crash to the Redding Police even if you are able to ride away. This is important for keeping vehicle and bicycle crash data.

To report on Road/BikeWay Conditions:
www.cityofredding.org/departments/public-works/streets/street-maintenance-request

TRAIL TIPS

Redding has at least 40 miles of trails, and 27.5 of those trails are hard surfaced.

Be aware and respectful of all trail users, including: walkers, joggers, skaters, strollers, dog walkers, scooters, wheelchairs, etc.

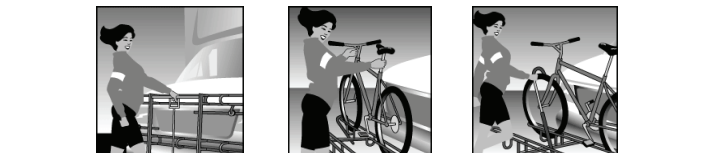
Slow down and alert others before you pass by ringing your bell or by saying, “Passing on your left.”

Speed limit on the Sacramento River Trail is 10 mph, and 5 mph on the Sundial Bridge.

Watch out for bollards (poles at trailheads) and make sure you are seen by traffic when exiting paths.

BIKES RIDE FREE ON RABA

Putting your bike on the bus is as easy as 1-2-3. Buses carry up to 3 bikes on fixed routes. Too tired to ride, or have a flat? Catch a Ride!



BIKE GROUPS & RESOURCES

California Bicycle Coalition:
www.calbike.org

Redding Parks and Trails Foundation:
www.facebook.com/friendsofthereddingtrails

Shasta Wheelmen:
www.shastawheelmen.org

Trails and Bikeways Council:
www.facebook.com/Trails-Bikeways-Council-of-Greater-Redding-253546741362912/

We Ski II Outdoor Adventure Club:
www.meetup.com/We-Ski-II/

PLACES TO RIDE

Healthy Shasta Trail maps:
www.healthyshasta.org/maps

Google Maps Bike Feature:
www.google.com/maps

Bigfoot Mt. Bike Challenge Routes:
www.bigfootmtbikechallenge.com

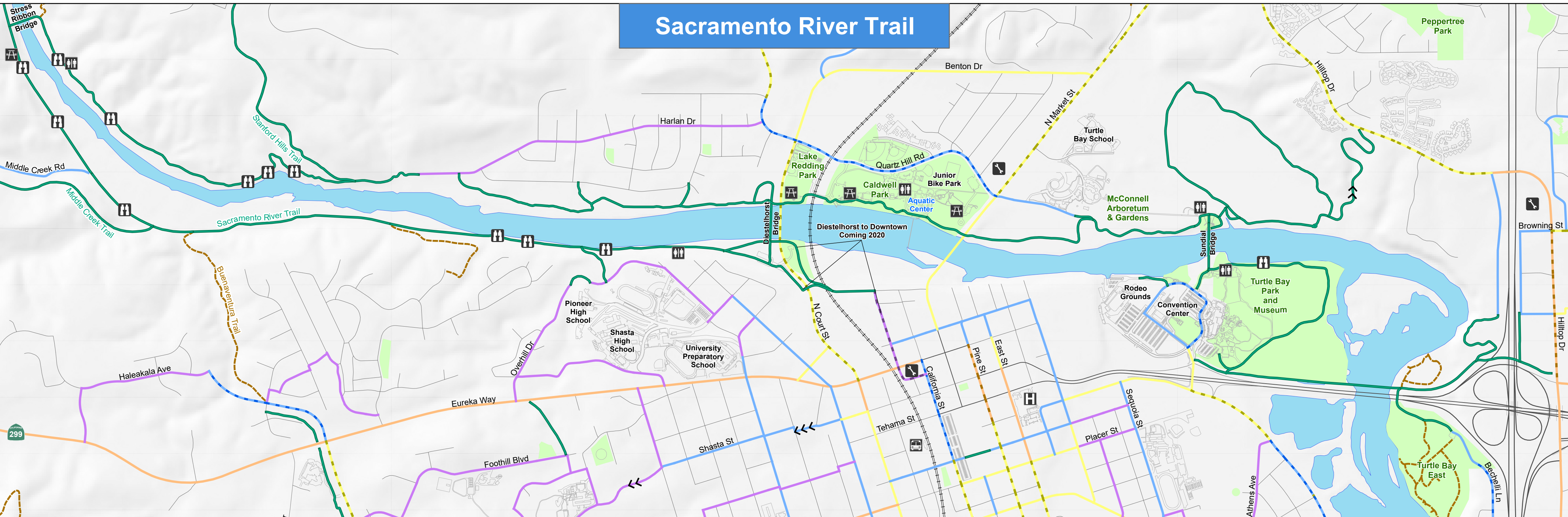
BIKE SHOPS & FACILITIES IN REDDING

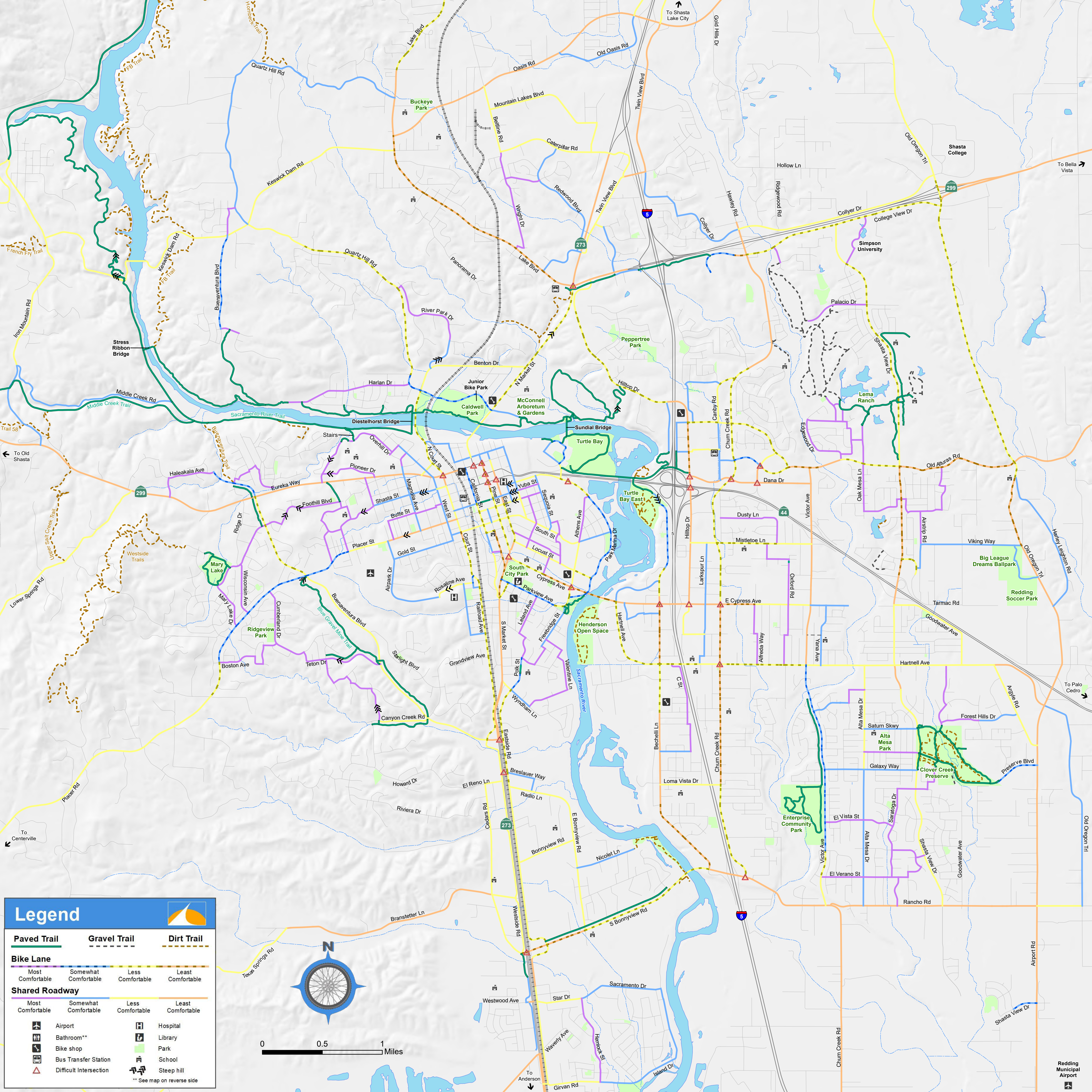
Bikes Etc, 2400 Athens Ave, (530) 246-2453
Chain Gang, 1540 Division St, (530) 243-9951
Sports LTD, 950 Hilltop Dr, (530) 221-7333
The Bike Shop, 3331 Bechelli Ln, (530) 223-1205
Jefferson State Adventure Hub, 872 N. Market St, (530) 768-5055
Living Hope, 1043 State St, (530) 243-8066 (offers low cost bikes and bike repairs, welcomes bicycle donations.)
Shasta Living Streets, Shasta Bike Depot, 1313 California St, (530) 355-2230, www.shastalivingstreets.org

Check with local bike shops for bicycle and e-bike rental options.


Park Downtown!
Bicycle racks are available in downtown Redding, thanks to a partnership between Healthy Shasta, City of Redding and Viva Downtown Redding.

Always use a secure lock that attaches the frame of your bike to the bike rack.





Legend



Paved Trail

Bike Lane

Most Comfortable Somewhat Comfortable Less Comfortable Least Comfortable

Gravel Trail

Shared Roadway

Most Comfortable Somewhat Comfortable Less Comfortable Least Comfortable

Dirt Trail

Shared Roadway

Most Comfortable Somewhat Comfortable Less Comfortable Least Comfortable

Airport

Bathroom**

Bike shop

Bus Transfer Station

Difficult Intersection

Hospital

Library

Park

School

Steep hill

** See map on reverse side