



# BEGINNING CYCLING SHARING THE PATH

## **Courtesy**

- Respect other trail users; joggers, walkers, bladders, wheelchairs all have trail rights
- Respect slower cyclists; yield to slower users
- Obey speed limits; they are posted for your safety

## **Announce when passing**

- Use a bell, horn or voice to indicate your intention to pass
- Warn others well in advance so you don't startle them
- Clearly announce "On your left" when passing

## **Yield when entering and crossing**

- Yield to traffic at places where the trail crosses the road
- Yield to other users at trail intersections
- Slow down before intersections and when entering the trail from the road

## **Keep right**

- Stay as close to the right as possible, except when passing
- Give yourself enough room to maneuver around any hazards
- Ride single file to avoid possible collisions with other trail users

## **Pass on left**

- Scan ahead and behind before announcing your intention to pass another user
- Pull out only when you are sure the lane is clear
- Allow plenty of room, about two bike lengths, before moving back to the right

## **Be predictable**

- Travel in a straight line unless you are avoiding hazards or passing
- Indicate your intention to turn or pass
- Warn other users of your intentions

## **Use lights at night**

- Most trail users will not have lights at night; use a white front and red rear light
- Watch for walkers as you will overtake them the fastest
- Reflective clothing does not help in the absence of light

## **Do not block the trail**

- For group rides, use no more than half the trail; don't hog the trail
- During heavy use periods (holidays and weekends) stay single file
- Stop and regroup completely off of the trail

## **Clean up litter**

- Pack out more than you pack in
- Encourage others to respect the path
- Place all litter in its proper receptacle

## **Limitations for transportation**

- Most paths were not designed for high-speed, high volume traffic
- Use paths keeping in mind their recreational nature
- It might be faster to use roads and avoid the traffic on the paths during heavy use

For more  
cycling tips, visit  
[bikeleague.org](http://bikeleague.org)

