

THE METRO VANCOUVER
CYCLISTS
HANDBOOK



Cycling is affordable, healthy and convenient.

106,500 cycling trips are made per day in Metro Vancouver. Join the thousands of cyclists who have discovered this healthy, inexpensive, fun and convenient mode of transportation!

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Start your journey to

health, happiness and freedom

Riding a bicycle keeps us healthy and happy, and gives us unlimited freedom of movement. Explore your city with thousands of others and enjoy cycling for life.



TravelSmart showcases smarter options for traveling in Metro Vancouver: choices as simple as cycling to work or to shop, ride-sharing with a car full of friends to school or events, taking transit, or using a carshare membership. For more information on smart travel choices that create benefits for yourself, your community, and the environment, visit

travelsmart.ca



HUB is a charitable non-profit that works to make cycling an attractive choice for everyone through education, action and events.

bikehub.ca



MOSAIC

MOSAIC is a multilingual non-profit organization dedicated to addressing issues that affect immigrants and refugees in the course of their settlement and integration into Canadian society. We support and empower immigrant and refugee communities, guided by our vision of equality, social justice, equal access, and democracy.

mosaicbc.com

For digital copies visit bikehub.ca/resources-links



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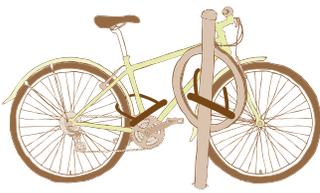


dress for the weather

Wear whatever you feel comfortable in. Layers of light clothing that can be added or removed as needed help in colder weather. Waterproof jackets and pants will also keep you dry when it rains.

transit with your bicycle

You can take your bicycle on the Canada Line at anytime and on the Expo and Millennium lines except going peak direction during morning and afternoon rush hours Monday-Friday. In addition, all bus routes offer bike racks and bikes are also allowed on SeaBus and West Coast Express.



lock your front wheel & frame to the post, not ring

lock your bike Always lock your bike frame and both wheels to prevent theft. A U-lock fixed to a post-and-ring or bike rack works best or try a secure post or pole. Use a second lock for extra security.



independence

A bicycle lets you travel where you want to go, when you want to go and is often quicker than public transit or a car.

safety

Bicycles are popular on Metro Vancouver's roads. Lanes reserved just for bikes and traffic laws that protect cyclists make cycling safer for adults and children.

economical

When you own a bicycle your travel costs are almost free – hundreds of dollars less than the cost of transit and thousands of dollars cheaper than a car.

healthy

Exercising regularly on your bike will improve your mental and physical health and make you feel more energetic.

fun

Exploring Vancouver's neighbourhoods, beaches and parks with family and friends is one of the many ways to have fun on your bike.

getting around your city

More than 60% of Metro Vancouver residents own or have access to a bicycle. The region's climate is not too hot and not too cold, making bicycle trips to shop, meet friends, or travel to school or work possible in all seasons.

ride to work Nearly two percent of Metro Vancouver workers travel to work or school by bicycle. Trips by bicycle are a smart, low cost, and quick way to get places.

find the best bike routes

The Metro Vancouver Cycling Map will help you choose a route using bicycle lanes, paths through parks, waterfront trails or side streets without trucks and speeding cars. Try a new route on a Sunday to experience it without busy weekday traffic.

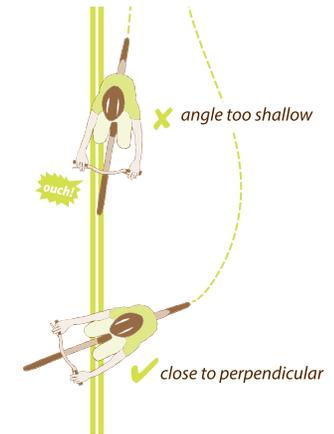
bike routes and bike lanes

Metro Vancouver has hundreds of kilometres of bicycle lanes on the road and paths through parks, and beside beaches and streams.

ride with someone who knows If you are a beginner, bring someone who knows how to cycle safely with cars to help you.

beware of railway tracks

Railway tracks are dangerous because narrow tires can get caught in them and they are very slippery when wet. Try to cross tracks at a right angle.



cycling map

view the Metro Vancouver Cycling Map as well as local area cycling maps online: translink.ca/en/Getting-Around/Cycling/Cycling-Maps.aspx



stay off the sidewalk

You are not allowed to ride your bicycle on the sidewalk or in crosswalks. Always let people walking go first. It may be best to get off your bike and walk.

tickets Police can give tickets to cyclists for breaking laws like not stopping at a red light or for not having a light or bell on their bike. Most tickets cost \$109.

accidents If you get in an accident, you may be able to get money to replace your bicycle and pay your doctor's bills, even if you caused the accident. Make sure the police are called and get the information of the driver, cyclist, or person walking. If it is a driver, get their license plate number and insurance information.



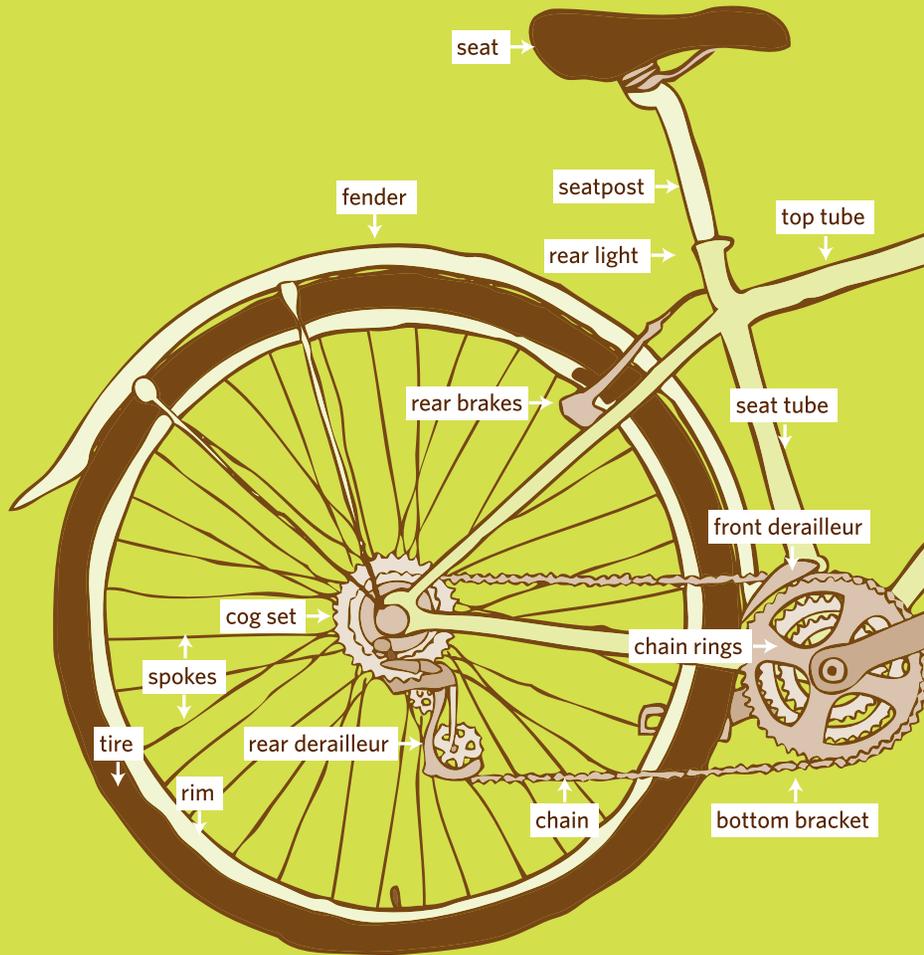
before riding your bike

You'll feel safe, comfortable, confident and happy if you have a bicycle that fits properly, is regularly maintained, and equipped with the right accessories.

maintain your bike Check regularly that your brakes allow you to quickly and easily stop and your crank arm does not move back and forth. A well-inflated tire will reduce the chance of a flat tire.

your bike should fit Make sure you can stand over the crossbar of your bike. When sitting you should comfortably reach the handlebars and your leg should be slightly bent while touching the pedal at its lowest point.

Visit **HUB: Your Cycling Connection** at bikehub.ca for the latest cycling news and resources as well as information on programs, education and events.



cyclists and the law

Riding a bicycle in Metro Vancouver does not require a license or special permit. However, cyclists must follow traffic rules and obey signs and signals or face fines.

traffic laws & police

Police can stop cyclists they believe have disobeyed a traffic law. If stopped, cyclists must give their correct name and address.

Motor Vehicle Act BC's Motor Vehicle Act (MVA) specifies how all road users – including cyclists – must behave. Cyclists must obey all regular traffic laws as well as some regulations specific to bikes.

no penalty points for cyclists Cyclists do not receive penalty points on their driver's license for tickets issued while riding their bicycle.

List of select MVA offences and fines

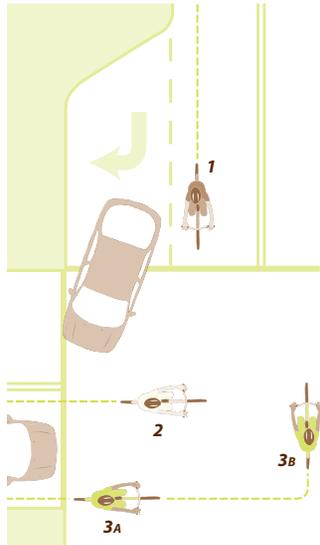
cycle without required bicycle helmet	\$29
ride cycle after dark without lights	\$109
ride cycle on sidewalk	\$109
disobey stop sign or fail to stop	\$167
fail to signal for stop or turn	\$109
fail to ride single file	\$109



find legal resources

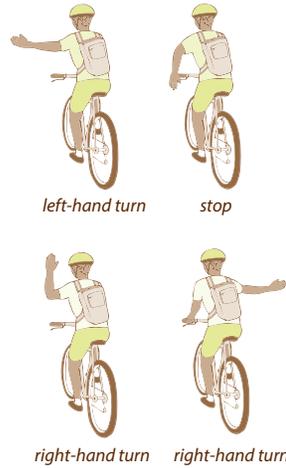
Bike Sense, the British Columbia Bicycle Operator's Manual, contains comprehensive information about bikes and the law, the rights and responsibilities of cyclists, as well as cycling safety advice: bikesense.bc.ca

intersections When going straight through an intersection try to make eye contact with drivers. Your bike is allowed to take the whole lane if that is the safest thing to do.



- 1 do not enter right-turn lane if going straight
- 2 left-hand turn from left of lane
- 3 two-part left-hand turn from right of lane

signal your turn Signal before you want to change lanes by using hand signals or pointing. Go slow when you turn, especially if the road is wet.

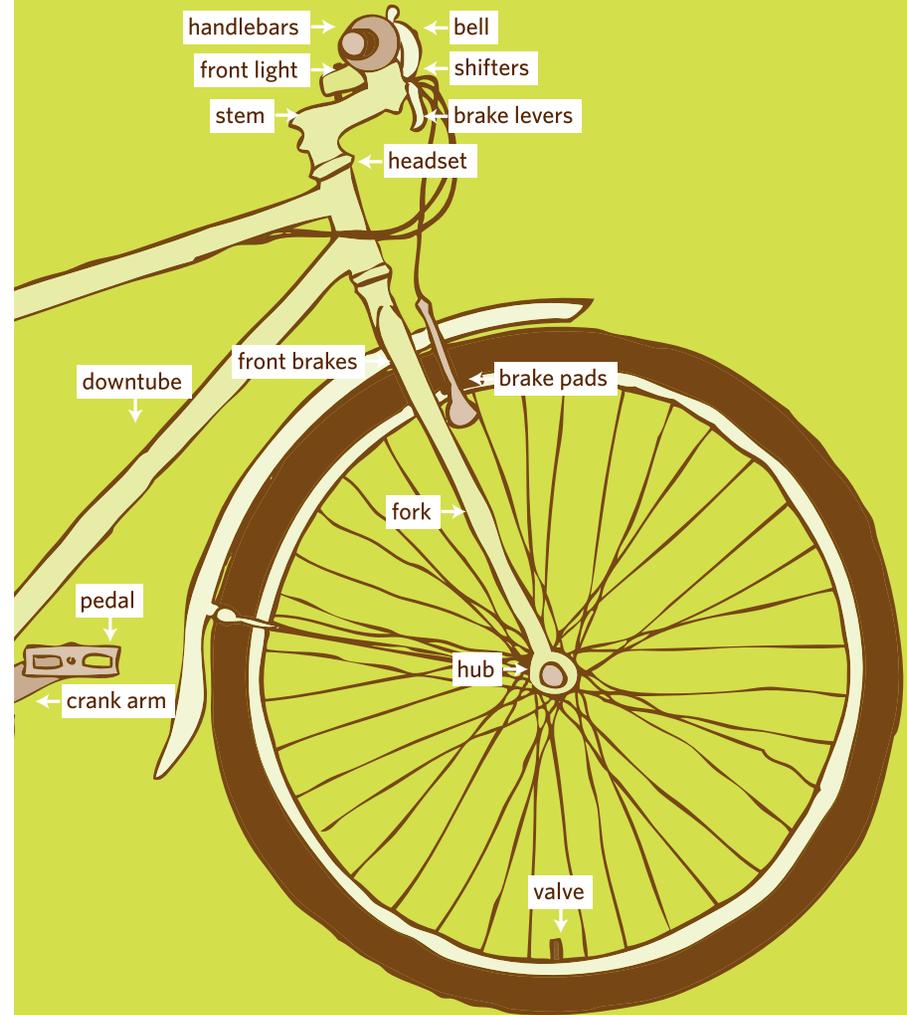


stay away from large vehicles Don't get close to trucks, buses and other big cars. Don't pass them in an intersection. Sometimes they make wide turns.



take a safe cycling course

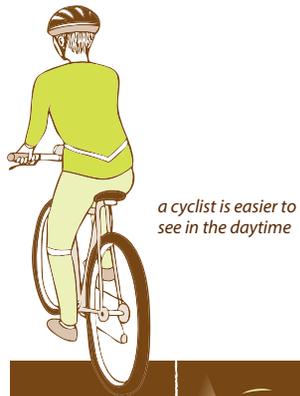
HUB Streetwise Cycling Courses will give you the skills and confidence you need to ride safely in the city: bikehub.ca/streetwise



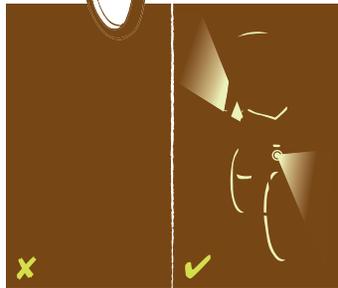
learn to fix your bike

HUB offers a variety of workshops on how to fix your bike from basic to advanced skills: bikehub.ca/streetwise

be seen, stay safe BC law requires that cyclists use a front white light and a rear red light after dark and that bicycles must have a bell or horn. Lights, reflectors and bright clothing help drivers see cyclists at night.



a cyclist is easier to see in the daytime



at night you become invisible

with lights & reflectors you can be seen again

wear a helmet A properly worn helmet will protect your head in a fall. In BC, cyclists are legally required to wear one.



correct position — lookin' good



too far forward, strap too loose



too far backwards

small children By law, small children must be seated in an approved child's bicycle seat or bike trailer. It's illegal for two people to ride on a bicycle in BC unless it's a tandem.

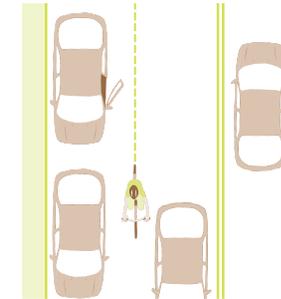
watch for people walking Stop while people are on crosswalks and let them go first. When passengers are getting on and off Translink buses or school busses, cyclists must stop a reasonable distance from the doors and allow them to safely cross the road.

stay safe beside cars Always keep control of your bike and be aware of cars and people walking. Look around you and ride in a straight line or signal if you are turning or changing lanes. Ride at least one metre away from parked cars to avoid getting hit by car doors opening.

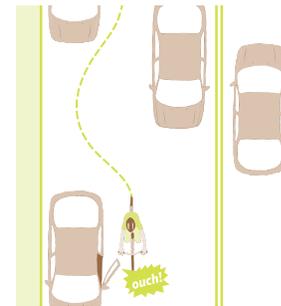
pay attention Pay attention around cars because they don't always look for bicycles. Watch the road for holes or car doors opening ahead of you in your path.

follow traffic laws You must stop at red lights and stop signs and always ride in the same direction as cars. Under BC law, the slowest moving vehicles ride on the road closest to the curb.

ride in a straight line Drivers will understand what you are doing if you ride in a straight line and away from parked cars. Do not swerve in and out between cars. Look over your shoulder before you change lanes.



keep a good distance from parked cars



do not ride into gaps