

# How to Ride in Traffic

## BE PREDICTABLE -

Ride so drivers can see you and predict your movements. Remember that the rules in the drivers manual apply to bicyclists also.

## BE ALERT -

Ride defensively and expect the unexpected. Remember, bicyclists are more vulnerable.

## BE EQUIPPED -

Always wear a helmet! It's the law for 18 year-olds and younger. (CVC 21212) Use protective gear and wear visible clothing.



**OBEY TRAFFIC SIGNS, SIGNALS, AND LAWS -**  
Bicyclists must follow the same laws as motorists. Stop at red lights and stop signs just as you would in a car.



**DO NOT PASS ON THE RIGHT -**  
Wherever you ride, be cautious-even when riding in a bike lane. When approaching an intersection or driveway, be especially cautious and do not overtake a vehicle on its right; it might turn right in front of you.



**SCAN THE ROAD AROUND YOU-**  
Look ahead and anticipate what other traffic is likely to do. Watch for cars, people, pebbles, grates, etc. Learn to look back over your shoulder without losing your balance or swerving.



**RIDE WITH BOTH HANDS READY TO BRAKE -**  
You may need to stop suddenly at unexpected times. In rain, allow three times the normal braking distance.



**BE VISIBLE AT NIGHT -**  
The law requires a strong headlight (visible from at least 300 feet ahead) and a rear reflector or taillight (visible 500 feet from behind) at night or when visibility is poor. Wear light-colored clothes with reflective tape for extra protection (CVC 21201d).



**RIDE IN THE MIDDLE OF NARROW LANES -**  
When the lane is too narrow for a car to pass you safely, you may ride in the middle of the lane. You must move over to the right hand edge when it is safe to ride there.



**USE HAND SIGNALS -**  
Hand signals tell others what you intend to do. Signal as a matter of courtesy and of self-protection.



**FOLLOW LANE MARKINGS -**  
Do not go straight in a lane marked right-turn-only.



**NEVER RIDE AGAINST TRAFFIC-**  
Bicyclists must ride with traffic. Motorists are not looking for bicyclists riding on the wrong side of the road.



**RIDING ON SIDEWALKS MAY BE PROHIBITED-**  
Pedestrians have the right-of-way. Give them an audible warning before you pass. Watch for vehicles at driveways and intersections.



**YOU MAY LEAVE A BIKE LANE-**  
When overtaking a bicycle, making a left turn, avoiding a road hazard or other obstruction or you are afraid a motorist might turn across your path, you may temporarily merge WITH CAUTION into the adjacent automobile lane for safety or better visibility. (CVC 21208)



**RIDE IN A STRAIGHT LINE -**  
Ride in a straight line and far enough from parked cars so you can avoid suddenly opened doors. Riding in a straight line allows others to anticipate what you are likely to do.



**CHOOSE THE BEST WAY TO TURN LEFT -**  
There are two ways to make a left turn:  
1) Like an auto, signal, move into the left lane, and turn left. Do not turn left from the right lane.  
2) Like a pedestrian, use the crosswalks and walk your bike across the sidewalk.

## Directory to Hospitals and Bicycle Shops / Rentals

**Hospitals:**  
Napa - Queen of the Valley  
1000 Trancas Street, (707) 252-4411  
St. Helena - St. Helena Hospital  
650 Sanitarium Road, (707) 963-3611  
Emergency - Call 911

**Bike Shops / Rentals:**  
1. Calistoga Bike Shop  
942-9687 - Rentals and Service  
2. St. Helena Cyclery  
963-7736 - Rentals and Service  
3. Napa Valley Bike Tours and Rentals  
251-8687 - Rentals and Service  
4. Bicycle Works  
253-7000 - Service Only  
5. Bicycle Trax  
258-8729 - Rentals and Service  
6. Bicycle Madness  
253-2453 - Service Only

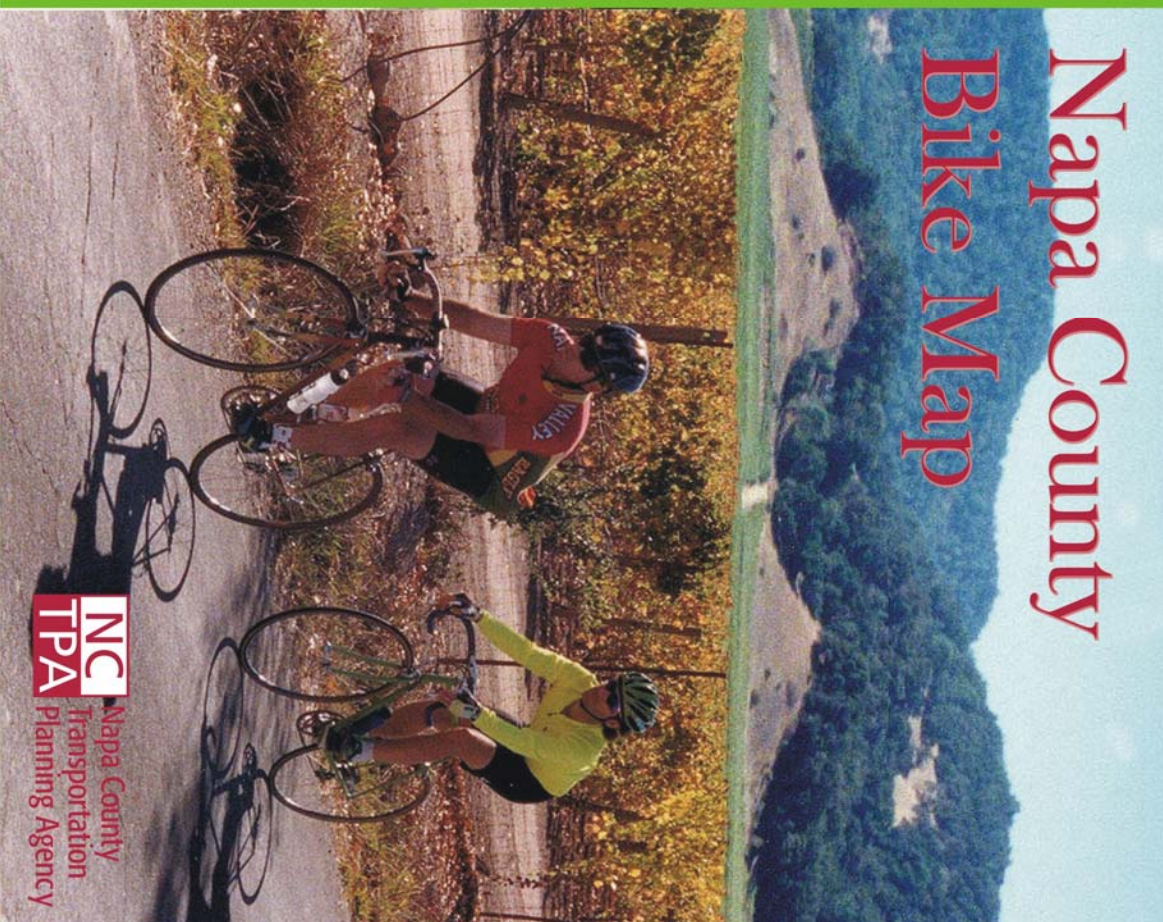


**Legend:**

- Off Street Bike Paths
- Bike Lanes or Routes
- Low to Moderate Traffic (Rural Routes / No Shoulders)
- Moderate to High Traffic (Variable Shoulder Widths)
- Higher Traffic Volumes (Limited or No Shoulders)
- >>>> Major Climb (arrows point uphill)
- Park with Restroom
- Railroad
- B Bike Service / Rental Shop\*
- H Hospital\*

\*See directory for name and phone number

0 1 2 3 4 5  
SCALE: 1" = 1.5 MILES



This map is provided as a guide. Bicyclists use this map at their own risk. No representation is made or intended as to the safety or fitness of the routes for bicycle travel. Bicyclists are urged to observe the rules of the road, all bicycle laws in the vehicle code, and to exercise caution at all times. The routes may not necessarily be officially signed or striped.