Cycling Tips and Laws
BE PREDICTABLE AND COMMUNICATE

- 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 driving between parked cars. Ride in a straight line from the street to the sidewalk.

- 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.

- Choose the Best Way to Turn Left
  AS A VEHICLE: Signal your intentions in the straight-through lane early. In narrow lanes, choose the left-turn lane when it is safe.

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

- Beware of Car Doors
  Be wary of car doors. 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.

- 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.

- Use Hand Signals
  Signal all turns, lane changes, and stops do so.

- Be Seen
  Ensure your visibility at night by wearing bright clothing and lights. The County of Shasta recommends riding at night with a light.

- Wear a Helmet
  Wearing a helmet is not only smart – it’s required by law if you are under age 18.

- 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 them 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.

- Scan for Hazards
  Observe other vehicles on the road and be ready to react to sudden changes in traffic.

- Scan the Road Behind
  Shoulders check regularly, especially before turning or changing lanes. You may be passed by another vehicle.

- Be Ready to Brake
  Always be ready to brake quickly and safely.

- BePredictable
  Make sure your actions are predictable to other road users.

- Use Hand Signals
  Signal all turns, lane changes, and stops do so.

- Be Seen
  Ensure your visibility at night by wearing bright clothing and lights. The County of Shasta recommends riding at night with a light.

- Wear a Helmet
  Wearing a helmet is not only smart – it’s required by law if you are under age 18.

- 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 them 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.

- Scan for Hazards
  Observe other vehicles on the road and be ready to react to sudden changes in traffic.

- Scan the Road Behind
  Shoulders check regularly, especially before turning or changing lanes. You may be passed by another vehicle.

- Be Ready to Brake
  Always be ready to brake quickly and safely.

BIKE COMFORT LEVEL SYMBOLS

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.

Least Comfortable:
- Experienced riders. High traffic volumes and speeds.

This map attempts to publicly illustrate cycling routes in the area. Cyclists must make sure to check traffic conditions before riding.

BIKE SHOPS & FACILITIES IN REDDING

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOPS & FACILITIES IN REDDING

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athens Ave, (530) 246-2453

BIKE EXPRESS
3400 Athens Ave, (530) 246-2453

BIKE IN THE WOODS
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE SHOP 24/7
2400 Athens Ave, (530) 246-2453

BIKE AVENUE
2400 Athens Ave, (530) 246-2453

BIKE CAFE
2400 Athen