BE PREDICTABLE

Never ride against traffic. Motorists aren't looking for bicyclists riding on the wrong side of the road. Many



1

ovey trattic signs and signals, and basic right-of-way rules. Cycists must drive like motorists if they want to be taken seriously. Doing so is also the safest behavior. When approaching a stop sign or red light, you are required to come to a complete stop and proach.



Use hand signals. Hand signals tell other road users what you intend to do. Signal as a matter of law, of courtesy, and of self-protection



Ride in a straight line



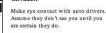
Follow lane markings Don't turn left from the right lane. Don't go straight in a lane

Don't ride to the curb between



Choose the best way to turn left There are two ways to make a left turn 1) Like an auto. Signal, move into the







Watch for right-turning traffic.
Motorists turning right may not notice
cyclists on their right. Watch for any
indications that a motorist may turn indications that a motorist may turn into your path. When approaching intersections try to stay far enough from the curb to allow cars to turn right on your right. Motorists may not look for or see a bicycle passing on the right.

RIDE SAFELY AND COURTEOUSLY Probably the single most important thing a bicyclist can do to earn bicyclists greater respect on the road is to obey stop signs and traffic signals.



merge. Leave a good 3-4 feet when passing a pedestrian or another bicyclist. A rear-view mirror is a good idea, but don't



alks via driveways without yielding to edestrians. Don't ride on sidewalks. Use he street, bike lane, or bike path. Give a warning: use your bike bell, or call out 'Passing on your left".



Keep both hands ready to brake. You may not stop in time if you brake one-handed. Allow extra distance for stopping in rain, since brakes are less efficient when wet.





To Bodega Bay 8.1 Miles 107

speed limits and obey the basic speed law: Never ride faster than is safe under the existing conditions.

6 Valle

BE EQUIPPED

Use good lights at night. Front light, Use good rights as the wheel and pedal reflectors are require. The front light must be visible from 300 feet. Use a rear red light for enhanced visibility. Wear light-colored

Stafford Lake County Park



Ride a well-equipped bike. Be sure Nide a well-equipped bike. Be sure your bike is adjusted to fit you properly. For safety and efficiency, outfit it with bells, rear-view mirrors, racks or baskets, lights and reflectors. Be visible. Wear light or bright-colored clothing.



0

Wear a helmet when you ride. Helmets that have passed Snell Foundation or ANSI Z90.4 standard crash tests should be worn. Bike helmets may need to be replaced after a fall. All youths 18 and under must wear a bicycle helmet when operating a bicycle or when riding as a passenger.

Passengers must ride on a separate attached seat. If the passenger is 4 years old or younger, or weighs 40 pounds or less, the seat shall adequately retain the passenger in place and protect him/her from the bike's moving parts. In addition, this passenger must wear a helmet of good fit, fastened securely, meeting ANSI 200.4 helme standards or Snell Memorial Foundation's 1984 Standard for protective headgear.



Keep your bike in good repair.

Maintain your bike in good working condition. Check brakes regularly and keep tires properly inflated. Learn to do routine maintenance yourself or leave it



to the experts at your local bike shop Get in shape. Before riding, spend a few minutes stretching your legs and body. If you are not an experienced cyclist, start with short trips and work



PARKING TIPS

Park considerately. Bicycle parking should not interfere with pedestrian and vehicle movements

Buy a lock that is appropriate and use it correctly. U-shaped locks offer the best security but require the removal of the front wheel in order to secure both wheels and frame. Lay the front wheel alongside the rear wheel and loop the U' around both wheels and frame of your bike. If the 'U' portion of the lock is completely filled

San Mar in

rin Mus. of the Miwok merican Indian Park

with the wheels and frame, the look as completely filled with the wheels and frame, the look has less chance of being broken open. Tall sign posts and ironwork are the best objects to look your bik against. Small trees are easily cut, permitting thieves to lift a locked bike away from its support.

Chains should be hardened and have 786 inch diameter Chains should be hardened and have 36-inch diamete links, and a key lock with haddened hasp of the same diameter. Be sure to secure both wheels and the frame, and never leave the padlock resting on the ground. Smaller diameter chains and cables are appropriate for short time use only, usually in instances where you can see the bike when it's locked.

see the once when it's locked.

Keep a record of your bike serial number. Should your bike be stolen, report the serial number and description of your bike to the police department.

To Santa Rosa

Muir Woo National

Distances shown in Miles

MONTARALISHT To Pacifica 8 Miles SF Zoo Stern Grove

Safront Property

914' X Hammock Hill

Liscole School House

- CLOSED Hamilton .25 1 Kilometer TO CENTRAL MARIN (see map on reverse

For all Bay Area transit agencies, dial 511; for bicycle-specific information: http://bicycling.511.org/

BICYCLE SHOPS
(providing sales and service unless noted)

BICYCLE SHOPS
(providing sales and service unless noted)
A Bicycle Odyssey 1417 Bridgeway,
Sausalito; ph. (415) 332-3050
Bike But 459 Entrada Dr.,
Novato; ph. (415) 883-2440
Caesar's Cyclery*29 San Anselmo Ave.,
San Anselmo; ph. (415) 721-0805
Classcycle*1531-18 So. Novato Bivd.,
Novato; ph. (415) 721-0805
Classcycle*1531-18 So. Novato Bivd.,
Novato; ph. (415) 721-7644
GravyWheels*702 San Anselmo Ave.,
San Anselmo; ph. (415) 454-9534
Mike's Bikes 1601 4th St. (at F St.),
San Anselmo; ph. (415) 454-3747
Mill Valley Cycleworks 369 Miller Ave.,
Mill Valley; ph. (415) 388-970
Old Town Sports 871 Grant Ave.,
Novato; ph. (415) 892-0577
Pacific Bicycle* 132-F13 Vintage Way,
Novato; ph. (415) 892-0577
Pacific Bicycle* 132-F13 Vintage Way,
Novato; ph. (415) 892-0577
Pacific Dicycle* 1820 High St.,
San Rafael; ph. (415) 454-9063
REI 213 Corte Madera Town Center,
Corte Madera; ph. (415) 458-2986
Sausalito Cyclery* No. 1 Gate 6 Road,
Sausalito; ph. (415) 458-2986
Sausalito; Cyclery* No. 1 Gate 6 Road,
Sausalito; ph. (415) 458-2986
Sausalito; Cyclery* No. 1 Gate 6 Road,
Sausalito; ph. (415) 459-3334
Village Peddler 1161 Magnolia Ave.,
Larkspur; ph. (415) 459-3334
Village Peddler 1161 Magnolia Ave.,
Larkspur; ph. (415) 459-3334
Village Peddler 1161 Magnolia Ave.,
Larkspur; ph. (415) 461-3091
*rents bicycles and the standard of the sta

BICYCLE RENTALS Angel Island Tram Tours and Catered Events Angel Island; ph. (415) 897 0715 (spring-fall) Cycle Analysis 40 4th & Main Street (Hwy. 1), Point Reyes Station; ph. (415) 663-9164 Demo Sport 1690 Tiburon Blvd., Tiburon; ph. (415) 435-5111

B ICYCLING IN MARIN COUNTY
This map will give you information to help you use
your bleycle to get to work, do your shopping and
explore the beauty of Marin County. The routes shown on this map are used daily by bicyclists in Marin County. However, not all routes shown have been designated safe by a public agency.

been designated sate by a public agency.

You must use your own judgment in assessing the safety of any route you choose. Ride the roads in Marin County at your own risk. In deciding whether a route is safe for you, please consider: your bike handling skills; your experience riding in traffic; the time of day; the volume of traffic; the weather; other road conditions and your own level of comfort using the selected route.

Note that may mountain roads in Marin such as Note that most mountain roads in Marin such as

Note that most mountain roads in Marin such as Highway I, Panoramie Highway, Sir Francis Drake (west of Fairfax), Bolinas Ridge Road, and Lucas Valley Road are narrow, winding, have high seasonal traffic volumes, and have some steep sections. Bicycles are allowed on all paved public roadways in Marin except freeways (highways with interchanges) with the following exceptions: Both shoulders of Richardson Bay Bridge including shoulders of neutrations Bay Bridge mending adjacent on- and off-ramps; and the northbound shoulder between and including Villa Avenue on-ramp and North San Pedro off-ramp.

Bicyclists' Rights and Responsibilities Every person riding a bicycle upon a roadway or any paved shoulder has all the rights and is subject to all the duties applicable to the driver of a motor vehicle (must stop at stop signs and red lights, yield to emergency vehicles, etc.). Following traffic laws also builds respect for cyclists.

Bike Path Etiquette Many "bike paths" in Marin are multi-use paths or Many "bike paths" in Marin are multi-use paths or are used as such. They are used by bicyclists, pedestrians (sometimes with baby stroller or dogs), and skaters. All users should stay to the right except when passing. A bicyclist should com municate with other users with a bell, voice, or eye contact when overtaking or passing near another path user. If you stop on a pathway, park your bike completely off the path. Some paths have IS mph speed limits. If you need to go faster, use other paths or streets.

need to go faster, use other paths or streets.

Off-Road Etiquette
Please ride on legal trails only, and respect private
property. Avoid trails when they are muddy. Control
your speed, and obey speed limits. Avoid skidding.
When approaching others, using a friendly greeting
(or bell) is considerate. If the path is narrow, yield
your right of way. Never spook animals. When
passing horses use special care and follow directions
of horseback riders (ask if uncertain). On ranchlands,
leave gates as you found them, or as marked. Know
your equipment, your ability, and the area in which leave gates as you found them, or as marked. Know your equipment, your ability, and the area in which you are riding — and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden or offense to others. Always wear a helmet. Thank you.

Mt. Tam Viewing Guide On clear days from the top of Mt. Tam (big red dot) Using the red-dot radiants as guides, sight across landmarks to identify distant landmarks shown along the margins.

Here's to clean air!

(Marsh

Conference Center

Coast Camp

Hike & Hi

Marshall

X Mt HQ A

Wildcat Beach

Double Point

Any self-respecting bicyclist would do all possible to arrive at a ride's "start" aboard that marvel of transportion self-sufficiency—a bicycle. In the event that this is somehow not possible, make sure that your car is parked legally and not an inconvenience to others. Use specified parking lots, or park far from trailheads to avoid car congestion in neighborhoods adjacent to routes

AGENCIES

Parking

You can make a difference!
The Marin County Bicycle Coalition urges all bicyclists to get involved in improving safety and access in our communities. You can help by reporting hazards and unsafe conditions to the appropriate city, county, or state jurisdiction listed below. (all are 415 area code, except where indicated)

Belvedere Public Works: ph. 435-3838
Corte Madera Associate Planner: ph. 927-5064
Fairfax Public Works: ph. 453-1584
Larkspur Public Works: ph. 927-5020
Mill Valley Public Works: ph. 927-5020
Mill Valley Public Works: ph. 383-6532
Novato City Engineer: ph. 897-4341
Ross Dir. of Public Works: ph. 258-4616
San Rafael Public Works: ph. 258-4616
San Rafael Public Works: ph. 258-4616
San Rafael Public Works: ph. 485-3355
Sausalito Senior Civil En gineer: ph. 289-4100
Tiburon Senior Planner: ph. 435-7393
County of Marin Dept. of Parks: ph. 499-6528
California Highway Patrol: ph. 924-1100
Marin County Sheriff's Dept.: ph. 499-7284
Caltrans Regional Office: ph. 7077 762-6641
Golden Gate Bridge District: ph. 921-3858
Golden Gate Natnl. Rec. Area: ph. 561-4700 Belvedere Public Works: ph. 435-3838 Golden Gate Natnl. Rec. Area: ph. 561-4700 Pt. Reyes National Seashore: ph. 464-5100 State Parks, Marin District Office: ph. 898-4362 Marin Municipal Water Dist. (MMWD): ph. 945-1455

Marin Co.Open Space Dist.: ph. 499-6387 Bay Area Air Quality Hotline: (800) EXHAUST

LEGEND On-street Bikeways

Palomarin Beach

Primary Route Secondary Route
Busy or Narrow Route Off-street Bikeways Paved Multi-use Path Local Path (primarily pedestrian)
Sidewalk (bike-legal)
Unpaved Road (with non-bike-legal road stub shown for reference only)
Trail (bike-legal) Other (not bikeways) Proposed Multi-use Path
Abandoned Railbed
Railroad

< Hill « Steep Hill W Very Steen Hill Recommended Direction → Pedestrian Overpass Primary Transfer Point, Golden Gate Transit P Trailhead (parking available) Bicycle Shop
(see text for name, address, ph. number)

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Marin County Bicycle Coalition
P.O. Box 35 • San Anselmo, CA 94979
repared by CartoGraphics, S.F., and loe Breez

A Picnic Area

Bike Locker

64 Bike Rack

B Fire Statio

School

Restauran

0 Water

▲ Campground

Golden Gate Transit Bus and Ferry
ph: (415) 455-2000; web site: www. goldengate.org
Bus: Golden Gate Transit provides daily service
throughout the day and evening between San
Francisco and Marin, Sonoma, and Contra Costa rrancisco and Marin, Sonoma, and Contra Costa counties. Fare: \$1.85 to \$7.25 for adults depending on zones crossed; exact fare or tickets are required. Exterior bicycle racks are available on 80% of GGT Exterior bicycle racks are available on 80% of GGT buses. Two additional bicycles are allowed on some Route 40 buses on a first-come, first-served basis. Wheelchair users, persons with disabilities, and seniors have priority over bicycles on these buses. Ferry: Golden Gate Transit provides daily ferry service between Sausalito or Larkspur and San Prancisco (foot of Market St.) Fare: \$6.15. All fares shown are adult, one-way. Frequent Rider discounts for 20-ticket books are \$3.85 each (Larkspur-SP) and \$3.30 cach (Sausaliti-SP). Bicycles on ferrybacts: limited each (Sausalito-SF). Bicycles on ferryboats: limited to 25 on Spaulding vessels, 15 or 20 on catamarans. An gel Island -Tiburon Ferry: ph: (415) 435-2131; www.angelislandferry.com; April - October: ferry runs all week. November - March: flexible schedule. \$10.00 roundtrip fare includes Angel Island State Park entry fee. Bicycles: \$1.00 Blue and Gold Fleet Ferry: ph: (415) 773-1188; www.blueandgoldfleet.com. Ferry service between Tiburon and S.F. (Pier 39). Fare: \$7.25 adult, one-way.

TRANSIT INFORMATION

TO PETALUMA

PACIFIC BICYCLE

Blvd

Ignacio om

Narrow Bridge

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Bel Mar in Keys

vat o

Indian Valley

Greyhound Bus: ph: (800) 229-9424; Intercity From San Rafael Transit Center (4th & Hetherton). Bikes must be boxed. \$10 baggage charge. RIDES for Bay Area Commuters: RIDES matches bicycle commuters who are looking for riding partners. ph: (800) 755-7665; www.rides.org

BRIDGE INFORMATION Golden Gate Bridge: Ride on west sidewalk weekends from 5am to 9pm, and weekdays from 3:30pm to 9pm. All other times, ride on east side (pedestrians have the right of way), 5am to 9pm. San Francisco-Oakland Bay Bridge: Bikes are not allowed on bridge. Access is being considered

Richmond-San Rafael Bridge: Bikes are not yet allowed on the bridge. During the day, take Golden Gate Transit bus number 40 from the San Rafael Transit Center to the El Certiro Del Norte BART station. Limit: two to four bikes per bus.

Single Cyclists [Marin-social] ph. (415) 455-5962:

ecific information: http://bicycling.511.org/
Marin Airporter Bus: Marin to SE Int', Airport
(SFO), ph: 461-4222; www.marinairporter.com
Leaves Ignacio/Hamilton every hour, 4m to 10pm,
Leaves San Rafael every hour, 4:15am to 10:15pm,
Leaves Larkspur Landing every half-hour, 4:30am
to 11pm, From SFO, buses depart 5:30am to
midnight. Three additional stops available along
101 in Marin. Bikes boxed; subject to room available.

Airport Express Bus: Sonoma to Oakland Airport ph: (800) 327-2024; www.airportexpress.com Leaves San Rafael Transit Center every other hour, 4:15am to 10:15pm. From Oakland Airport, buses depart every other hour, 6:00am to Midnight. Bikes must be boxed; subject to room available.

Caltrain: Rail service between San Francisco (4th & Townsend), down the S.F. pen insula, through San Jose to Gilroy, ph. (800) 660-4287. Limited space for bicycles is available on trains on first-come, first-served basis. Accessible cars are marked with a bicycle symbol.

a bicycle symbol.

Amtrak California: Capitol Corridor rail service between San Jose and Sacrameto (Auburn) and San Joaquin Route rail service between Oakland and Bakersfield. Catch at Richmond BART. ph: (800) USA-RAIL. Limited space for bicycles is available on trains on first-come, first-served basis. Accessible cars are marked with a bicycle symbol.

Accessible cars are marked with a bicycle symbol.

Bay Area Rapid Transit (BART): Service between
San Francisco and East Bay. pb; (415) 989-2278;
www.bart.gov/in/dex.asp BART-permited bicycles are
allowed on all BART trains during non-commute hours
and on trains traveling in the "reverse" direction during
commute hours (6:30-9:30 a.m. and 3:30-6:30 p.m.).
Long-term permit applications are available by calling
(510) 464-7133. Day permits are available at BART
stations. Bagged compact bikes good during commute.

Narrow Bridge

BICYCLE ORGANIZATIONS

Marin County Bicycle Coalition [advocacy] P.O. Box 35, San Anselmo, CA 94979; ph. (415) 456-3469. e-mail: deb@marinbike.org; www.marinbike.org See map front for Safe Routes to Schools info: Sonoma County Bicycle Coalitie P.O. Box 3088, Santa Rosa, CA 95402; ph. (707) 484-2740; e-mail: dhbetty@att.net; www.bikesonoma.org ransportation Alternatives for Marin (TAM) Transportation Alternatives for Marin (TAM) [advocacy] 475 Miller Ave., Mill Valley, CA 94941; ph. (415) 389-5040 x24 Bieyele Trails Council of Marin (BTCM) [off-road advocacy] P.O. Box 494, Fairfax, CA 94978; ph. (415) 488-1443; www.btemarin.org Access4Bikes (A4B) [off-road advocacy]

Access4Bikes (A4B) [off-road advocacy]
www.access4bikes.com
Trips For Kids (youth program] (National Office)
ph. (415) 485-2986; www.tripsforkids.org
Velo Club Fairfax (X) [promotion]: PO. Box 35,
San Anselmo, CA 94979; ph. (415) 473-8867
Marin Cyclists [social, racing] ph. (415) 721-4337;

Richmond BARTI Amtrak Station

For East Bay Routes

For San Francisco Routes

To SFO Airport 8 Miles

San Francisco

Mark Charles

LOMA PROEZ

Sin gle Cyclists [Marin-social] ph. (415) 455-5962; www.sin gleeyclists.org
Tam Valley Bike Club Isocial] ph. (415) 388-6393; www.tam valleybikeclub.com
Women's Mountain Bike & Tea Society [social] ph. (415) 459-0980; www.wombats.org
Bay Area Bicycle Coalition [road & bridge advocacy]
1095 Market Street, Suite 207
San Francisco, CA, 94103; www.bayareabikes.org
California Bicycle Coalition [road advocacy]
909 12th Street, Suite 114, Sacramento, CA 95814; ph. (916) 446-7558; www.calbike.org
Rails-to-Trails Conservancy [road (path) advocacy]
26 O Farrell Street, Suite 400, San Francisco, CA
94108; ph. (415) 397-2220; www.railtrails.org
League of American Bicyclists (LAB] [road advocacy] 1612 K.S., NW, Suite 401, Washington, DC
20006; ph. (202) 822-1333; www.bickleague.org
International Mountain Bike Association (IMBA)
(off-road advocacy) P.O. Dox 7578, Boulder, CO
80306; ph. (888) 442-4622; www.imba.com
USA Cycling IU. S. Cycling Federation—USCF
[road and track racing] and National Off-Road
Bicycle Association = NORBA [mm. bike racins] www.marincyclists.com
Velo Club Miwok [road riding, Novato/Petaluma]
ph. (415) 456-1711; veloclub.home.attbi.com [road and track racing] and National Off-Road Bicycle Association — NORBA [mtn. bike racing]) One Olympic Plaza, Colorado Springs, CO 80909; District ph. (510) 531-1400; www.usacycling.org

El Cerrito De

El Cerrit

El Cerrito I

North BART

19th Str BART

Ber kel ey

Oakland

Al ameda

BART

El So brant

For bicycle information about San Francisco and the East Bay, call the following advocacy groups: San Francisco Bicycle Coalition ph. (415) 431-2453; www.sfbike.org (transit map available in stores)

PARKS, OPEN SPACE & BIKE PATHS

Mit. Tamalpais Watershed (415) 945-1195
Marin Municipal Water District (MMWD)
Bicycles are allowed on designated fire protection
roads only. Closed sunset to sunrise. Maximum
bike speed is 15mph; 5 mph on curves or when
passing. Entrance fee required for motor vehicles
into Bon Tempe Lake and Lake Lagunitas areas. Golden Gate Nat'l. Recreation Area (GGNRA) (415) 331-1540; www.nps.gov/goga Muir Woods Nat'l. Monument (415) 388-2595 Bicycles are not allowed. Mt. Tamalpais State Park (415) 388-2070

Bicycles are allowed only on fire roads. Speed limit is 15 mph; 5 mph on curves or when amuel P. Taylor State Park (415) 488-9897

Samuel P. Taylor State Park (415) 488-9897
A bike trail runs along Papermill (Lagunitas)
Creek, following the old North western Paedic
Railroad right-of-way.
Point Reyes National Seashore (415) 464-5100
Bicycles are allowed on all paved roads and
designated dirt roads. Shuttle buses run from
Drakes Beach to Pt. Reyes Lighthouse on Sir
Francis Drake Blvd. from New Years through
Easter. Bicycles are allowed on the road.
Angel Island State Park (415) 435-1915
www.angelisland.org; Paved and dirt roads roads
for bicycling. Open 8am to sunset year-round.
Access via ferries from Tiburon (435-2131), San
Francisco, Oakland/Alameda and Vallejo.
Marin Co. Open Soace District (415) 499-6387 Marin Co. Open Space District (415) 499-6387 www.marinopenspace.org; Bicycles are permitted on fire roads only. Speed limit is 15 mph; 5 mph on curves or when passing. Boy Scouts of America (Camp Tamarancho) Permit required for public access. Call (415) 454-1081; www.boyscouts-marin.org

"Bicycling Laws & Safety Tips" is adapted from the City of Portland (Oregon) bicycle map and the Davis (California) Bike Map, and is used with their permission. Cover art assistance by Fabian Mach.

