

# BIKE WYb

# **WALNUT CREEK**





Always wear a helmet. Even if you follow all traffic rules, accidents do happen.

# ABC Quick Check

Inflate tires to rated pressure as listed on the sidewall of the tire.

spokes.

✓ Check brake level

when applied

travel; at least 1"

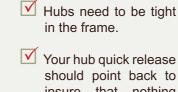
between bar and lever

is for Cranks,

Chain and

Cassette

✓ Use a pressure gauge to insure proper pressure.



is for Quick Release

insure that nothing catches on it. Inspect brake quick releases to insure that



is for Check it Over ▼ Take a quick ride to check if derailleurs and brakes are working properly.

Inspect the bike for loose or broken parts; tighten, replace, or fix them.

✓ Pay extra attention to your bike during the first few miles of the ride.

measure no more than 12 1/8th inches. If your chain skips on your cassette, you might need a new one or just an adjustment.

Reproduced with permission from the League of American Bicyclists. For more information visit www.bikeleague.org

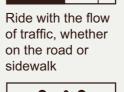
Make sure that your crank bolts are tight;

Check your chain for wear; 12 links should

lube the threads only, nothing else.



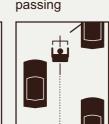
Obey traffic signs and signals just like a vehicle



pedestrians and call out when passing

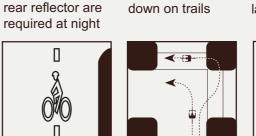


See and be seen; Use hand signals a headlight and to turn and slow down on trails



Always yield to

zone' and take the lane if necessary



Stand over symbol Choose the best where provided to get green light



way to turn left



Watch for rightturning vehicles

### **RIDING ON SIDEWALKS**



In Walnut Creek, riders under 16 years may ride on sidewalks except in business areas. Adults may ride on sidewalks signed as bicycle paths, including Ygnacio Valley Road and Treat Boulevard. Always be courteous and yield to pedestrians.

**SHARROWS** Shared lane markings, or "sharrows" are roadway markings that show bicyclists where to ride and alert motorists to share the roadway. The 2011 Walnut Creek Bicycle Plan calls for more than 23 miles of new bikeways with sharrows.

#### CCCTA County Connection) www.cccta.org 925) 676-1976

Solano Express -

www.fasttransit.org

925) 676-1976

Fairfield/Suisun City)

FAST

Alameda County) www.actransit.org 510) 891-4777

# SOLTRANS

**AC TRANSIT** 

Solano Express -Vallejo/Benicia) www.soltransride.com 707) 648-4666



WHEELS Livermore/Dublin/ Pleasanton) www.lavta.org

- 925-455-7500 Up to two bicycles can fit on the front rack of all
- There is limited inter-county service on weekends.

# City of Walnut Creek **ROUTE 4 FREE TROLLEY**



www.cccta.org/schedule/4

The City of Walnut Creek subsidizes this service in the downtown area. The route runs from the Walnut Creek BART station to Broadway Plaza, stopping every other block at locations along Locust Street, Broadway Plaza, and Main Street. The Free Ride buses run weekdays from 7 a.m. to 7 p.m., and weekends from 9 a.m. to 6:30 p.m. All trolleys are equipped with a front rack for up to two bicycles.

#### FOR BICYCLING IN AND AROUND **WALNUT CREEK:**



East Bay Bicycle Coalition www.ebbc.org

San Francisco Bicycle Coalition

www.sfbike.org



Contra Costa 511 Bike Mapper 511contracosta.org/bike



Transit and Trails www.transitandtrails.org

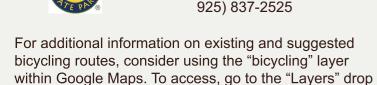
East Bay Regional Parks

www.ebparks.org/activities/biking



Mount Diablo State Park

www.parks.ca.gov/?page\_id=517



Non-Emergency Police Assistance: (925) 943-5844 Walnut Creek Transportation Division: (925) 943-5899

down menu to display the overlay.



# See a Hazard?

Report it online at: www.seeclickfix.com/walnut-creek



If you find an error on the map or have a comment you'd like to be considered for a future printing, please email Lochirco@walnut-creek.org

# Iron Horse Regional Trail, Concord to Dublin (30.17 miles)

Begun in 1986, this north/south multi-use trail between the cities of Concord and Dublin follows the Southern Pacific Railroad right-of-way established in 1891 and abandoned in 1977. The trail connects residential and commercial areas, business parks, schools, public transporation (BART, County Connection), open space and parks, regional trails, and community facilities. Throughout its entire length, opportunities to view the valley ridgeline and landscape features like Mt. Diablo create a pleasant trail experience.

The existing Iron Horse Trail begins in Concord near Highway 4 and runs south through Walnut Creek. Crossing eastward under I-680 at the Rudgear Road Park & Ride lot, the trail passes through a rural/residential area to connect with downtown Alamo and the Alamo Square shopping center. Continuing south, the trail follows a greenbelt into downtown Danville, where it jogs across Danville Boulevard, passes back under I-680, and continues south past Pine Valley Road to San Ramon and the Dublin/Pleasanton BART station.

### Contra Costa Canal Trail, Martinez to Concord (13.49 miles)

This popular multi-use trail, one of the first established in the region, is a paved pathway suitable for bikers, runners, and equestrians. Meandering along the Contra Costa Canal, following a horseshoe-shaped path through central Contra Costa County, the trail connects a number of local parks in Pleasant Hill (Las Juntas Park), Walnut Creek (Larkey Park, Heather Farm Park, Lime Ridge Open Space), and Concord (Lime Ridge). It also makes important connections to several regional trails, including the California State Riding and Hiking Trail, the Briones-to-Mt. Diablo Trail, and the Iron Horse Trail.

### Briones-Mt. Diablo Regional Trail (11.78 miles)

Spanning the distance between Briones Regional Park and Mt. Diablo State Park, this trail serves the communities of Lafayette and Walnut Creek and makes important connections to the Contra Costa Canal Trail, California State Riding and Hiking Trail, and the Iron Horse Trail. Leaving Briones, the trail passes over Acalanes Ridge Open Space, and continues into Larkey Park and past the Alexander Lindsay Museum.It shares a right-of-way with the Contra Costa Canal Trail for a short distance, passes by Heather Farm Park, goes into Shell Ridge Open Space, enters the Diablo Foothills Regional Park, and finally enters Mt. Diablo State Park, ending at Macedo Ranch. This trail is multi-use with paved and unpaved portions, and offers sweeping views and opportunities for trail users of all abilities.

Ygnacio Canal Trail (approximately 4.25 miles) The Ygnacio Canal Trail starts at Heather Farms Park and follows the Ygnacio Valley Canal to its intersection with the Contra Costa Canal. The trail first passes San Miguel Park as it turns east for several miles, passing Walnut Avenue and Oak Grove Road. At Arbolado Park the trail turns north and passes Boundary Oaks Golf Course and Lime Ridge Open Space before crossing under Ygnacio Valley Road. After following the boundary of Lime Ridge for about 1/2 mile and descending a short hill, the Ygnacio Canal Trail intersects with the Contra Costa Canal Trail.

### Off-Road Etiquette

Please ride on legal trails only and respect private property. Be safe, considerate, and aware of your impacts

to the trail and other trail users. Know your equipment, your ability, and the area in which you are riding.

Control your speed, stay to the right, and ride single file around blind curves. Downhill bike riders should yield to uphill riders, and all bicyclists should yield to pedestrians and horses. When approaching horses announce yourself with a friendly "hello" and ask instructions from the horseback rider for how to pass safely.

#### **Bicycle Parking at BART**

All stations have bicycle racks. On-demand electronic bicycle lockers are located at most stations, including Concord (56), Pleasant Hill (104), Lafayette (12), Orinda (16), and Dublin/Pleasanton (28). Smart cards for lockers can be purchased at stations or online at www.bikelink.org

Bikes are allowed on most trains, except those highlighted in the BART schedule. Bikes are never allowed on the first car of a train, or crowded cars. Yield to other passengers and priority seating to seniors and persons with disabilities. It is your responsibility to know the BART schedule and BART's Bicycle Rules, as they may change.

- Bicyclists must use elevators or stairs, not escalators, and always walk bikes.
- Folded bikes are allowed on the trains at all times

www.bart.gov/guide/bikes

510) 465-2278

During certain commute hours see Fare Schedule), bicyclists are not allowed in the 12th and 19th Street Oakland Stations and must exit at Embarcadero Station when traveling to San Francisco from the East Bay.

