

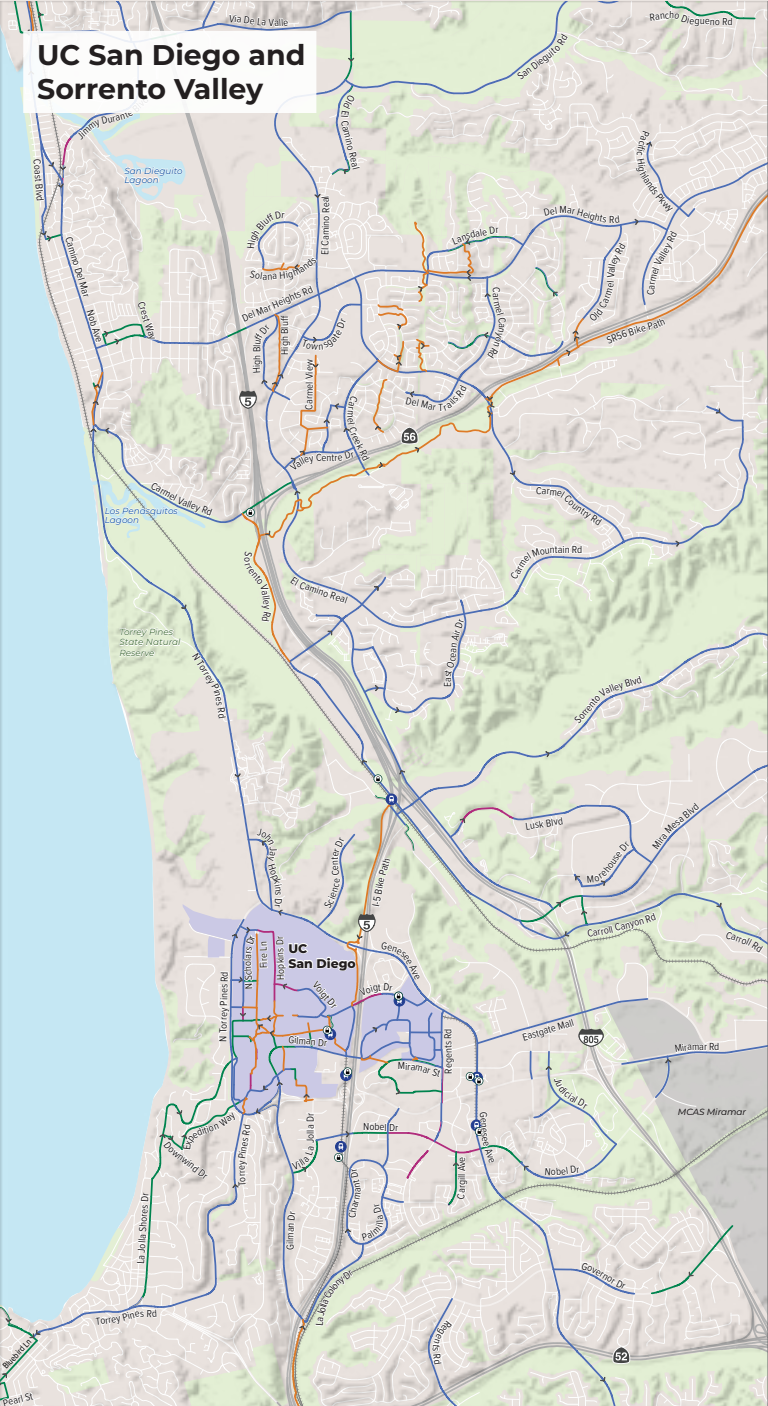
San Diego Regional Bike Map

- Bike Locker
- Ferry Terminal
- Rail Station
- San Diego Velodrome
- Multiuse Path
- Bike Lane
- Bike Route
- Separated Bikeway
- Bike Boulevard
- Freeway Shoulder Bike Access
- COASTER, SPRINTER & Trolley
- Steep Incline

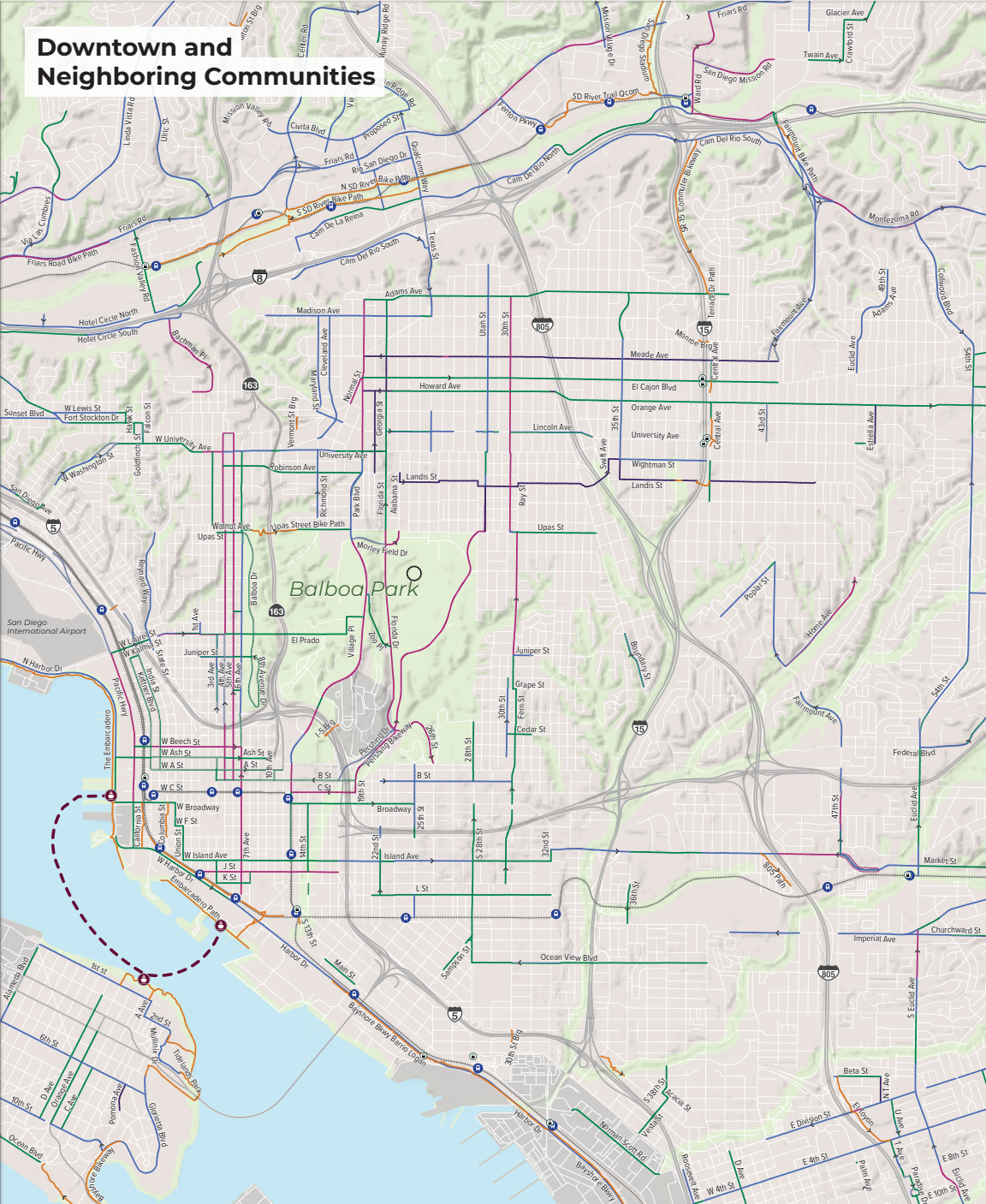
Visit [SANDAG.org/bikeprojects](https://www.sandag.org/bikeprojects) for terminology definitions.

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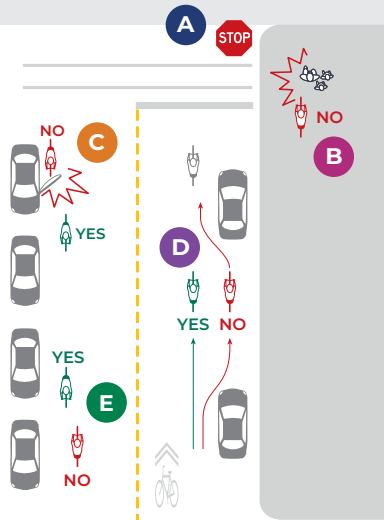
UC San Diego and Sorrento Valley



Downtown and Neighboring Communities

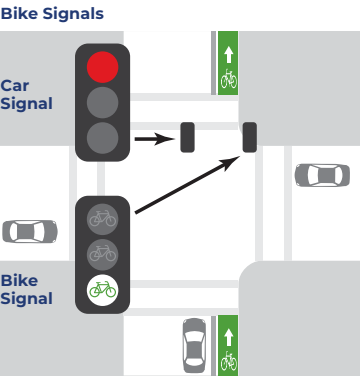


Riding Safely on the Street



- A Obey Traffic Regulations**  
Riding predictably and following the law are the keys to safely riding a bike on San Diego's streets.
- B Yield to Pedestrians**  
If you ride on the sidewalk, yield to pedestrians and slow down or dismount. Use an audible warning prior to passing a pedestrian.
- C Avoid the Door Zone**  
When riding next to parked cars, be sure to stay outside the "door zone." This space is typically three to four feet from the car.
- D Ride in a Straight Line**  
Avoid weaving between parked cars.
- E Ride with Traffic**  
Never ride against traffic. Motorists and pedestrians are not looking for people on bikes riding the wrong way down a street.

Navigating Intersections



Bike signals indicate when people biking can safely cross an intersection using a dedicated traffic light with green, yellow, and red bicycle symbols. They specify bicycle-only movements to people biking through the intersection.

Secure Your Bike

Bicycle theft is a common problem. Never leave your bike unlocked, not even for a second!

Use a high-quality U-lock or the best cable lock you can afford.

Always lock the frame and front wheel to a secure rack or post, since wheels can often be easily removed from a bike.

For extra security, remove the front wheel and lock it with the frame and rear wheel.

Secured bike locker spaces are located at most transit centers. Enroll into the Bike Parking program at [SANDAG.org](https://www.sandag.org) to use any of the nearly 700 spaces in the San Diego region.

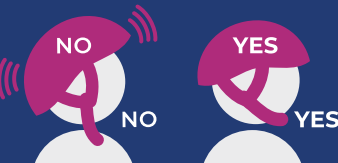


Use a Helmet

Helmets are required for people on bikes under 18 and are recommended for all users.

Your helmet should fit snugly. Make sure it is level and is not tilted back or forward.

The front of the helmet should sit low above your eyebrows, and the chinstrap should be buckled securely at your throat.

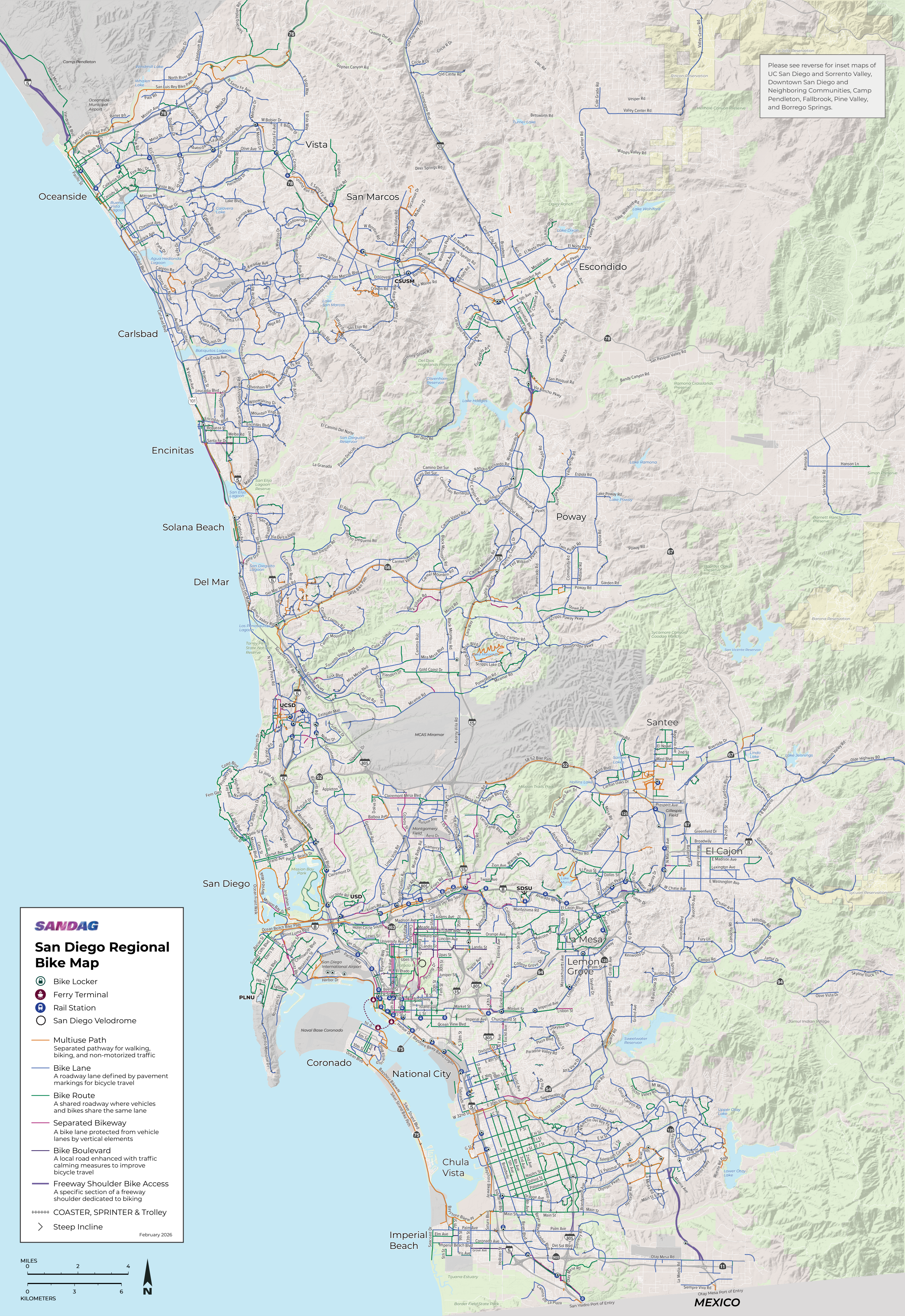


See, Be Seen, and Be Heard

Use lights at night or when visibility is poor. A white headlight, rear red reflector, and side reflectors are required by law. Rear red lights are strongly encouraged.

Bike bells are a great way to communicate with those around you.





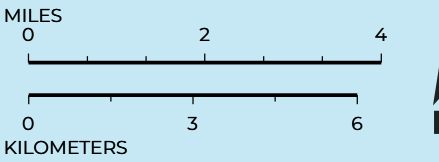
Please see reverse for inset maps of UC San Diego and Sorrento Valley, Downtown San Diego and Neighboring Communities, Camp Pendleton, Fallbrook, Pine Valley, and Borrego Springs.



### San Diego Regional Bike Map

-  Bike Locker
-  Ferry Terminal
-  Rail Station
-  San Diego Velodrome
-  Multiuse Path  
Separated pathway for walking, biking, and non-motorized traffic
-  Bike Lane  
A roadway lane defined by pavement markings for bicycle travel
-  Bike Route  
A shared roadway where vehicles and bikes share the same lane
-  Separated Bikeway  
A bike lane protected from vehicle lanes by vertical elements
-  Bike Boulevard  
A local road enhanced with traffic calming measures to improve bicycle travel
-  Freeway Shoulder Bike Access  
A specific section of a freeway shoulder dedicated to biking
-  COASTER, SPRINTER & Trolley
-  Steep Incline

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MEXICO