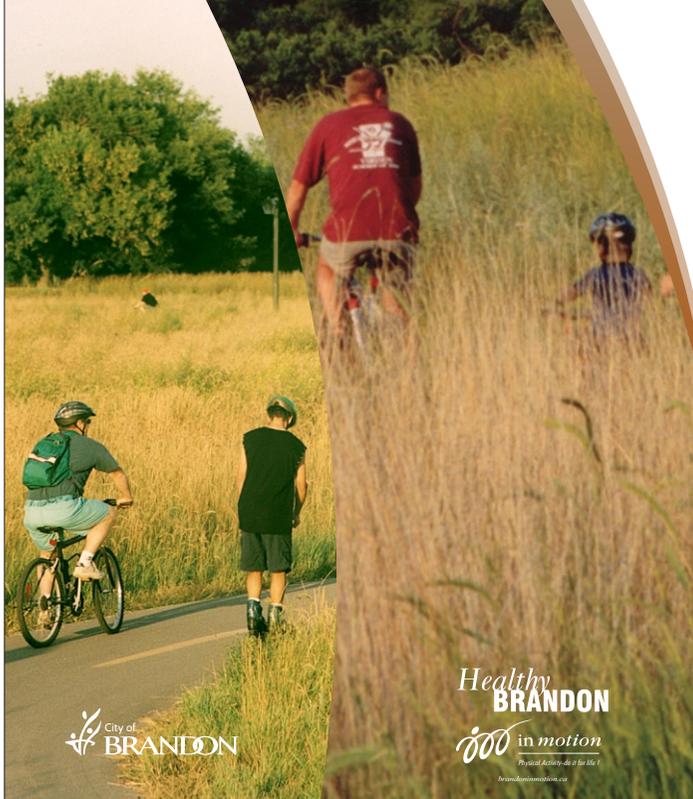


healthy
TOGETHER NOW

BRANDON

Bike & Trail Map



City of
BRANDON

Healthy
BRANDON
in motion
Physical Activity do it for life!
www.healthymotion.ca

Brandon's Trails

Residents and visitors will find numerous trails throughout the community-2 of which are active transportation routes.

MULTI-USE



Multi-Use trails are for walking, cycling, running and similar uses. These trails are both off-street and on-street.

SHARE THE ROAD



This sign is used to inform motorists & cyclists to share the roadway. It also advises both motorists & cyclists to use extra caution on the upcoming section of road.



Sharrows are pavement markings painted on the roadway to encourage cyclists and motorists to share the road. These markings are not a bike lane and should not be treated as such. Be sure to stay alert to both motor vehicles and road conditions at all times.

Active Transportation

Active Transportation includes many active types of travel such as: walking, running, cycling, in-line skating, skateboarding, non-motorized wheelchairs (Public Health Agency of Canada)

- **Improves** quality of life, overall health & mobility which brings the community together.
- **Active** transportation is a low cost activity. There is cost savings on automobile expenses such as gas, insurance, and repairs.
- **Reduces** road congestion.
- **Reduces** greenhouse gas emissions and air pollution.



Tips for Cyclists



Cyclists must follow the same rules as drivers. Obey all traffic signs and signals.



Only bicycles with wheels less than 16" in diameter are allowed to ride on sidewalks.



Drive on right side of lane, 1m from curb. Give way to faster traffic (cars) when safe and practical.



Ride in a single file, except when passing another cyclist. When passing, alert other riders with horn or bell.



Ride in a straight line, do not swerve around parked cars. Leave 1m from parked cars to avoid car doors opening.



Avoid the blind spots of vehicles. Make eye contact with drivers to ensure they see you.



Be aware of your surroundings. Scan the road in front and back and shoulder check or use a mirror.

Signalling

Hand signals are a cyclist's version of a vehicle's turn signal and brake lights. To inform other road users of your intentions you should:

- Signal well ahead of the turn and put both hands back on the handlebars before you make a turn or change lanes.
- If you're waiting at an intersection for other vehicles to clear, signal again before starting up to alert any vehicles arriving after you.
- Always make sure hand signals are specific and clear. Extend your arm fully and point your hand in the direction your going.

THE PROPER SIGNALLING SEQUENCE IS:

1. **Shoulder check**-is it safe to put your hand out ?
2. Make your **hand signal**.
3. **Shoulder check** again to make sure it is safe to change lanes or turn.
4. **Complete** your turn.



LEFT TURN SIGNAL
Left Arm Out



RIGHT TURN SIGNAL
Left Arm Out



STOP SIGNAL
Left Arm Out and Down,
Palm Back



RIGHT TURN SIGNAL
(Alternate)

Tips for Motorists



YOUR RESPONSIBILITIES AS A MOTORIST:

- Reduce your speed when encountering cyclists.
- Keep at least a 3-4 second following distance to a cyclist.
- Give cyclists plenty of space. They may need to ride closer to the middle of the lane. Be aware of where a cyclist is and anticipate their actions.
- Avoid using a horn as this can startle a cyclist.
- When turning left, watch for and yield to oncoming cyclists just as you would to oncoming motorists.
- When turning right, yield to any cyclist travelling to your right. Do not pass a cyclist if you're turning at the next intersection or driveway.
- Pass cyclists at a safe distance. You may have to change lanes to pass safely.
- When passing cyclists, treat them as you would a slow-moving vehicle. Do not tailgate and always pass at a safe distance. Depending on circumstances and the cyclists position, this may mean you have to change lanes to pass safely.
- Slow down when you see children biking.



BRANDON

Bike & Trail Map

for more info visit brandon.ca/recreation/walking-a-bike-trails



Legend

-  EXISTING BIKE PATHS & TRAILS
-  CITY LOOP
-  SHARE THE ROAD BIKEWAY



Travel the share the road corridor along Lorne Avenue to experience many of Brandon's downtown businesses & attractions!

Helmets

- A properly fitted and safety certified helmet can reduce the risk of head and brain injury by more than 85 per cent.
- It is law that anyone under 18 years old in Manitoba must wear a properly fitted and fastened helmet when cycling.



FOLLOW THE 2V1 RULE TO MAKE SURE YOUR HELMET FITS RIGHT!



2 FINGERS OVER YOUR EYEBROWS



V STRAPS FORM "V" UNDER YOUR EARS



1 "1" FINGER BETWEEN STRAP AND CHIN

CHOOSE A HELMET THAT:

- Is certified by a recognized safety standards organization.
- Is well-ventilated.
- Is colourful so it is easily visible.
- Fits snug even with the chin strap undone.

see www.mpi.mb.ca for more info



brandoninmotion.ca

