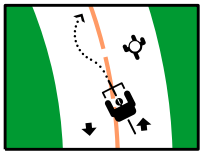
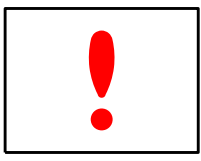


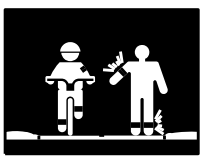
SHARE THE TRAIL - CODE OF CONDUCT



GENERAL Keep Right
All users must keep right, except when passing or turning left. Move off the trail to the right when stopping.



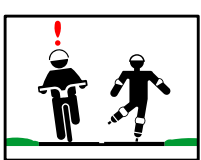
Stay Alert
Control speed based on activity, ability, terrain, visibility and traffic. Use caution on blind corners, during poor weather conditions, and on unfamiliar trails.



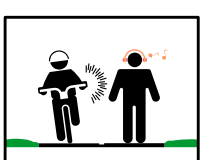
Be Visible
Ensure your visibility, both day and night.



Yield
Yield to slower moving traffic: cyclists to pedestrians, joggers to walkers. Ring your bell before passing. Move off to the side of the trail for less mobile users.



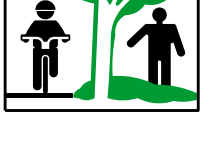
Share The Responsibility
The multi-use trails in the River Valley provide opportunities for all. Help teach each other proper trail etiquette; lead by example. Remember, others will be judged by your actions.



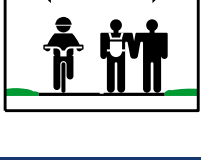
Earphone Dangers
Earphones are dangerous to both you and other trail users, particularly the inability to hear others.



Orderly Fashion
Groups of users should not span more than half of the trail width so that others may pass.



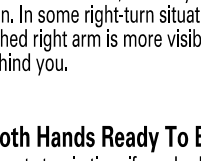
Trail Impact
Avoid other user trail lines. For example, avoid walking on ski trails. Stay on trails and practice minimum impact. Do not cut or forge new trails.



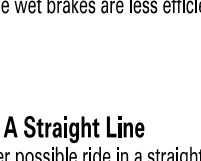
Use Hand Signals
Hand signals tell motorists your intentions. Signal as a matter of law, courtesy and self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.



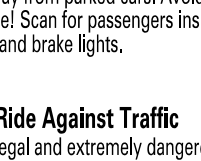
Keep Both Hands Ready To Brake
You may not stop in time if you brake with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.



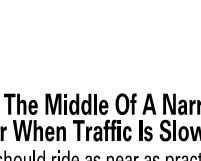
Ride In A Straight Line
Whenever possible ride in a straight line, to the right of traffic, but at least a car door's width away from parked cars. Avoid a lucky door prize! Scan for passengers inside vehicles and brake lights.



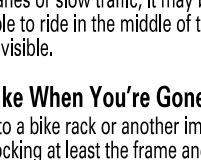
Never Ride Against Traffic
This is illegal and extremely dangerous. Motorists are not expecting cyclists on the wrong side of the road.



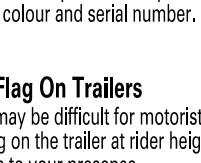
Ride In The Middle Of A Narrow Lane Or When Traffic Is Slow
Cyclists should ride as near as practicable to the right hand curb or edge of the roadway. In narrow lanes or slow traffic, it may be practicable to ride in the middle of the lane to be more visible.



Lock Bike When You're Gone
Lock up to a bike rack or another immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number.



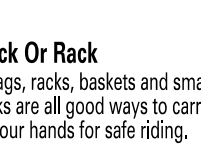
Use A Flag On Trailers
Trailers may be difficult for motorists to see. A red flag on the trailer at rider height alerts motorists to your presence.



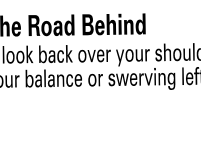
Dress Appropriately
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes.



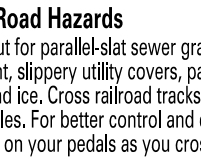
Use Pack Or Rack
Saddletags, racks, baskets and small backpacks are all good ways to carry packages, freeing your hands for safe riding.



Scan The Road Behind
Learn to look back over your shoulder without losing your balance or swerving left.



Avoid Road Hazards
Watch out for parallel-slot sewer grates, oily pavement, slippery utility covers, railroad lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control and comfort, stand-up on your pedals as you cross bumps.



Watch For Chasing Dogs
Ignore them or try a firm "No!" If the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with the dog or with a vehicle while trying to avoid the dog.

TRAIL USE IN THE RIVER VALLEY

The Parkland Bylaw defines two types of trails: improved and unimproved. In both cases, "trails" refers to an identifiable path, track or public right-of-way intended for use by pedestrians, cyclists, skaters and other non-vehicular modes.

Improved trails have a width of at least 1.5 m and an improved surface such as pavement or granular material. There are 160 km of improved trails.

Unimproved trails have a width of at least 0.5 m and a natural surface. There are 450 km of unimproved trails.

Paths or tracks that are less than 0.5 m wide are not trails. These narrow "animal paths" are considered natural areas. Human access is not permitted to ensure they are not endangered.

Certain trails may be closed to all activities if there is a safety concern, to enable trail repair or to minimize risks to environmentally sensitive areas. Practice good trail stewardship and respect all trail closures.

The Parkland Bylaw requires people to remain off unimproved trails if damage to parkland is reasonably likely. During rainy conditions, for example, unimproved trails are susceptible to damage when individuals go off the trail to avoid a puddle, eroding surrounding areas. Always exercise minimal impact on trails.

MOUNTAIN BIKING IN THE RIVER VALLEY

The Parkland Bylaw was amended in 2005 to allow multiple users on all trails. There are an additional 450 km of unimproved trails in the river valley for use by pedestrians, joggers and mountain bikers. Yippee!

As a guideline, you can ride on an unimproved trail if it is wider than your handlebars. Always remember that trails are shared with other users. Yield to slower moving people and use reasonable care when passing others. Cyclists are required to ring their bell before overtaking.



PERSONAL SAFETY

Be sure to tell others or leave a note if you are cycling alone. Be cautious of suspicious persons and of using secluded areas of the park. Stay alert - if a situation doesn't seem right, get out fast and seek assistance!

You are not alone in the park, so have a plan of action ready in the event that you witness or experience criminal activity.

If you call for help using a cell phone or payphone, you will need to describe where you are located, the assistance you require and other relevant information.

If you drive your car into the park, park in a well-lit spot and lock your valuables in the trunk. 5 a.m. to 11 p.m. Police and Park Rangers require you to leave all city parks by closing time.

FITTING A HELMET

1. Place helmet on head, level from front to back.
2. The helmet must sit 1-2 finger widths (approximately 3 cm) above the eyebrows.
3. Make sure the helmet fits snugly. Add or remove sizing pads if necessary. The helmet should not move when you shake your head.
4. Adjust the straps to form a "V" just below and in front of the earlobes.
5. Do up the chin strap.
6. Adjust the chin strap so that only one finger fits between the chin and the chin strap.
7. Make sure the helmet can only be removed by undoing the chin strap.
8. Check helmet fit regularly, particularly for child cyclists.



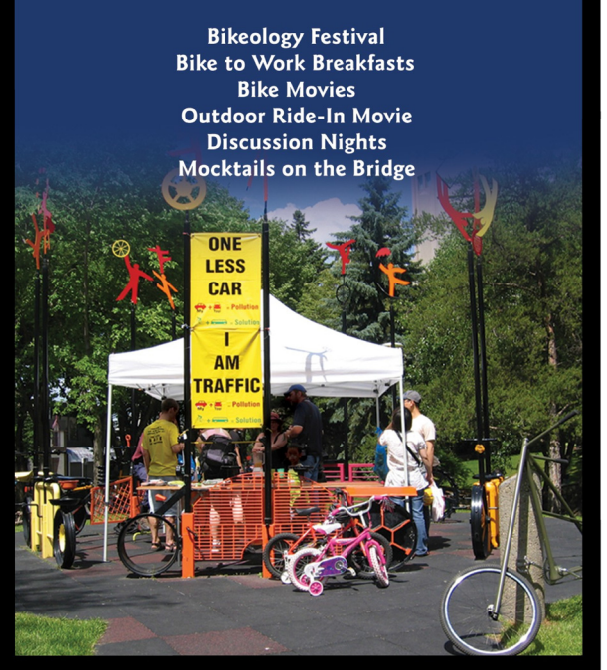
BIKES ON LRT

Outside of the peak hours indicated below, cyclists can travel with their bicycles in any direction on the LRT. There are no hourly restrictions for bicycles on Saturday, Sunday and statutory holidays.

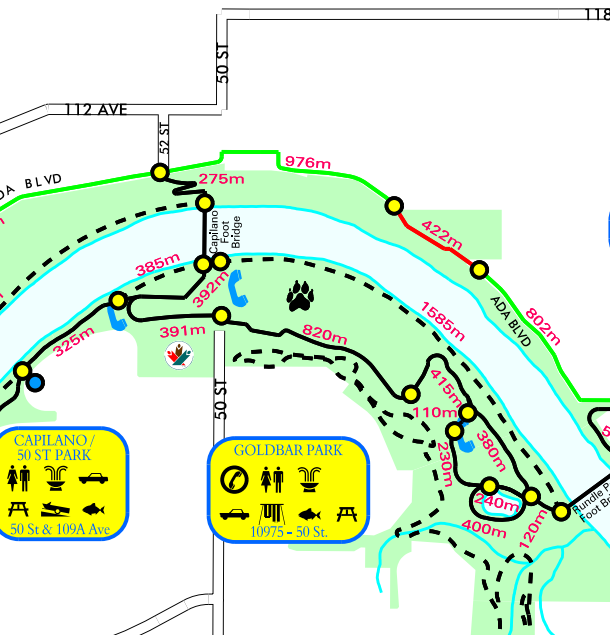
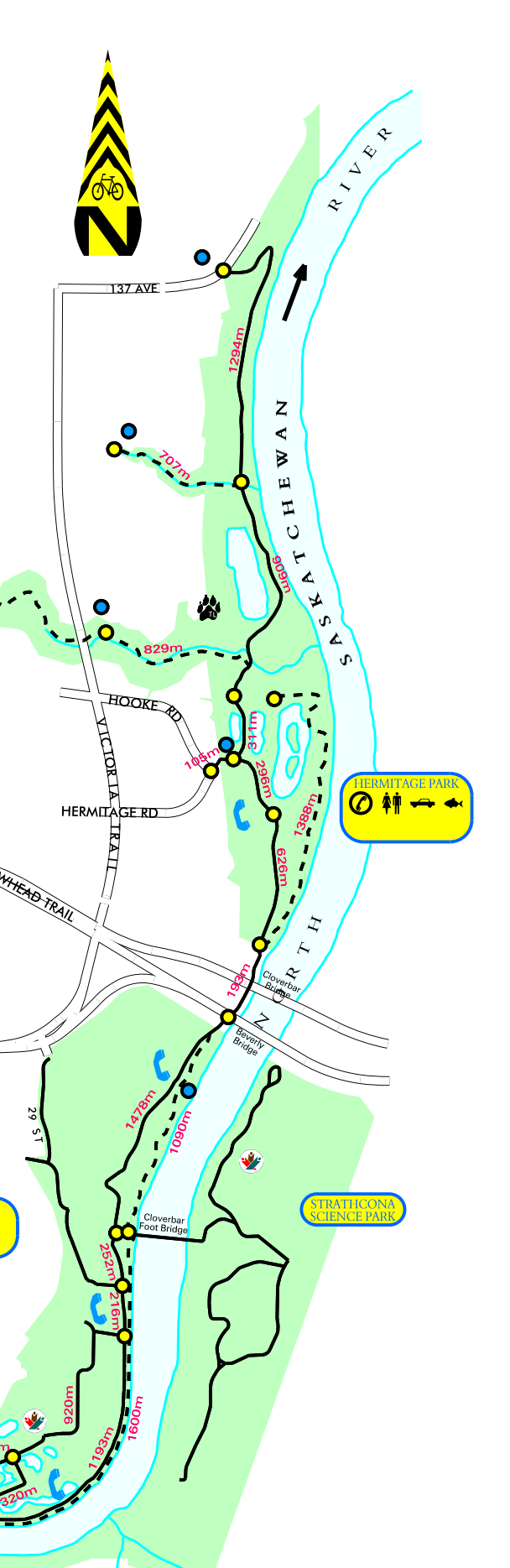
Monday to Friday:
7:30am to 8am - no bicycles
4pm to 5:30pm - no bicycles

JUNE IS BIKE MONTH

Celebrate the bicycle at the many events throughout June



FOR BIKE MONTH DETAILS VISIT: www.bikeology.ca



IT'S THE LAW

OBEY TRAFFIC SIGNS AND SIGNALS
As a vehicle, you must obey all rules of the road. Cyclists have the same privileges and the same responsibilities as other vehicles.

ONE PERSON PER BIKE
Riding double is only permitted on a bicycle that is designed and equipped to handle two persons.

RIDE IN SINGLE FILE
Cyclists must ride in single file, except when passing another vehicle.

KEEP YOUR BIKE IN GOOD REPAIR
Ensure your bike has functioning brakes, steering and gears. If a Police Officer feels that a bike is unsafe, they can have it removed from the road or trail until repairs are completed. Routine maintenance is simple and you can learn to do it yourself. Contact the Edmonton Bicycle Commuters for advice at: 435-2463

RING THAT BELL
The law states that bicycles must be equipped with adequate brakes and a warning device (horn or bell). Use a bell to warn other cyclists and pedestrians of your approach. Move right when a bell is sounded behind you. Pedestrians always have the right-of-way.

USE LIGHTS AT NIGHT
If you are going to operate a bicycle after dark, it must be equipped with a headlight in the front, a red tail light, and red rear reflector.

PROVINCE OF ALBERTA TRAFFIC SAFETY ACT
It is mandatory for cyclists under 18 to wear an approved helmet. A person operating a bicycle on a street has all the rights, and is subject to all the duties that a driver of a motor vehicle has. All bicycles must be equipped with a bell, rear reflector, and front and rear lights when riding at night.

CITY OF EDMONTON TRAFFIC BYLAW # 5590
Cycling is only permitted on sidewalks designated for shared use. These sidewalks are typically wider (2.5+ m) to accommodate both pedestrians and cyclists. Bicycles with a wheel diameter of 50cm or less (i.e. children's bicycles) are permitted on all sidewalks. Every person riding a bicycle shall:
• Yield right-of-way to pedestrians.
• Yield to cross traffic at intersections.
• Use the bell to give an audible signal before overtaking a pedestrian.
• When passing a pedestrian, use care and control to ensure their safety.

CITY OF EDMONTON PARKLAND BYLAW # 2202
Cycling is permitted on all multi-use trails and unimproved trails 0.5m or wider.
• Every trail user shall yield right-of-way to slower moving users.
• Use care and control when passing.
• Every trail user shall give an audible signal by voice or bell, prior to overtaking the slower user.
• Failure to follow these Bylaws can result in a fine, court summons or banning.

UNIVERSITY OF ALBERTA CAMPUS
The University of Alberta has its own set of regulations and information for operating bicycles on campus. Call Campus Security at 492-6262 for more information.

RIVER VALLEY PARK ADDRESSES

Buena Vista Park/Laurier Park - 13400 Buena Vista Road	Capilano Park - 109A Avenue & 50 Street	Cloverdale Park/Raffens Landing - 9325 - 97 Avenue	Dawson Park - 10286 - 89 Street	Emily Murphy Park - Saskatchewan Drive & Groat Road	Fort Edmonton - 7000 Fort Edmonton Park Road	Forest Heights Park - 103 Avenue & 84 Street	Goldbar Park - 10975 - 93 Street	Government House Park - Groat Road & River Road	Hawrelak Park - 9330 Groat Road	Hermitage Park (S) - Victoria Trail & Hermitage Road	Hermitage Park (N) - 137 Avenue & 24 Street	Jackie Parker Park - Whitemud Drive & 50 Street	Louise McKinney - 8520 Glenora Hill	Kinsmen Park - 9100 Waterdale Road	Kinnison Ravine - 149 Street & Stony Plain Road	Mill Creek Park (N) - 95 Street & 82 Avenue	Mill Creek Park (S) - 87 Street & 71 Avenue	Queen Elizabeth Park - 89 Avenue & 106 Street	Rundle Park - 2903 - 113 Avenue	Terraviva Park - 156 Street & 36 Avenue	Victoria Park - 21300 River Road	Whitemud Park (N) - Fox Drive & Whitemud Freeway	Whitemud Park (S) - 13204 - 45 Avenue
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RIDING IN TRAFFIC

Use Hand Signals
Hand signals tell motorists your intentions. Signal as a matter of law, courtesy and self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.

Keep Both Hands Ready To Brake
You may not stop in time if you brake with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.

Ride In A Straight Line
Whenever possible ride in a straight line, to the right of traffic, but at least a car door's width away from parked cars. Avoid a lucky door prize! Scan for passengers inside vehicles and brake lights.

Never Ride Against Traffic
This is illegal and extremely dangerous. Motorists are not expecting cyclists on the wrong side of the road.

Ride In The Middle Of A Narrow Lane Or When Traffic Is Slow
Cyclists should ride as near as practicable to the right hand curb or edge of the roadway. In narrow lanes or slow traffic, it may be practicable to ride in the middle of the lane to be more visible.

Lock Bike When You're Gone
Lock up to a bike rack or another immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number.

Use A Flag On Trailers
Trailers may be difficult for motorists to see. A red flag on the trailer at rider height alerts motorists to your presence.

Dress Appropriately
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes.

Use Pack Or Rack
Saddletags, racks, baskets and small backpacks are all good ways to carry packages, freeing your hands for safe riding.

Scan The Road Behind
Learn to look back over your shoulder without losing your balance or swerving left.

Avoid Road Hazards
Watch out for parallel-slot sewer grates, oily pavement, slippery utility covers, railroad lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control and comfort, stand-up on your pedals as you cross bumps.

Watch For Chasing Dogs
Ignore them or try a firm "No!" If the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with the dog or with a vehicle while trying to avoid the dog.

Emergency BLUFONE Service in CITY PARKLAND

Only calls for emergency services accepted: POLICE, AMBULANCE, FIRE, etc.

Legend
• Separated Shared-Use Path
• On Road Signed Bike Route
• Paved Multi-Use Trails In Parkland
• Granular Multi-Use Trails
• Granular Pedestrian Only Trail
• Multi Purpose / Equine Trail
• Bus / Taxi / Bicycle (24-Hours)
• Dogs Off-leash
• Stair Access
• Blufone
• Trans Canada Trail
• Point to Point Distance

Choose Best Way To Turn Left
There are 2 ways to make a left turn:
1) Shoulder check, signal, shoulder check, move into the left lane and turn.
2) Ride straight to the far crosswalk and walk your bike across when appropriate.

Don't Pass On The Right
This is illegal and motorists, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.

Use Caution On Shared-Use Facilities
Where permitted by signs to use the sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach. Be especially careful when re-entering the roadway.

Don't Weave Between Parked Cars
This is illegal and extremely dangerous. Motorists are not expecting cyclists on the wrong side of the road.

Make Eye Contact With Drivers
Assume they don't see you until you are sure they do. Watch for cars pulling out.

Follow Lane Markings
Don't turn left on the right lane. Don't go straight through in a lane marked "right turn only." Shoulder check and move to the correct lane for your destination.

Crosswalks
When entering a crosswalk, if you don't dismount and walk your bike across then you don't have the right of way. Be safe and yield to vehicles.

Trans Canada Trail
Trans Canada Trail is a nationwide project to complete 16,400 km of trail. In Edmonton the TCT extends from Terraviva Park to Rundle Park.

CITY OF EDMONTON



Edmonton CYCLE

CITY CONTACTS

The City of Edmonton publishes this map for cyclists to help them choose the best route according to their ability. The classifications indicated should be used as a guide only. Prepare to make your own evaluation of the traffic on the street and suitability of the route chosen.

REMEMBER
Cyclists have the same rights and duties as a driver of a motor vehicle. Your bike is the smallest vehicle on the road. Because of this, motorists often have difficulty seeing you. Your safety depends upon you. Make yourself visible and ride predictably. Always ride where motorists expect to see you. All the rules of the road apply to the River Valley trails.

TRANSPORTATION SERVICES
(On-Road Facilities)
General Information Line / Roadway Trouble (24-Hour Line) (potholes, gravel, glass) Website: www.edmonton.ca/cycling 311

COMMUNITY SERVICES DEPARTMENT
(River Valley Facilities)
General Information Line / Trail Report Line Park Rangers Website: www.edmonton.ca/parks Email: cms.rangers@edmonton.ca 311

River Valley Programs
11808 St. Albert Trail 8:30 am - 4:30 pm weekdays Closed weekends and holidays. Volunteer Park Patrol Assist park users and help monitor the River Valley with the Park Rangers. 311

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CYCLE CONTACTS

Alberta Bicycle Association 780-427-6552
Alberta Motor Association (School Patrol Program Co-ordinator) 780-422-7150
Argyll Velodrome / Juventus Cycling Club 780-490-5979
Association of Bicyclists of Edmonton 780-426-6713
Edmonton Bicycle Commuters 780-433-2463
Edmonton Bicycle & Touring Club 780-424-2463
Edmonton Bike Works 780-485-2690
Edmonton Road & Track Club 780-433-2857
www.edmontonbicyclists.com
www.edmontonbikeworks.com
www.edmontonroadclub.ca

EDUCATION CONTACTS

For further information on cycling education programs please contact the following agencies:
Alberta Bicycle Association 780-430-6734
Alberta Motor Association (School Patrol Program Co-ordinator) 780-422-7150
Alberta Transportation (Traffic Safety Services) 780-427-8901
Bicycle Education Society of Edmonton 780-433-2463
Edmonton Police Service 780-421-3333
Alberta Cycling Council (Pedal Pushers) 780-462-7300
www.albertabicycle.org
www.albertamotor.org
www.albertatransportation.ca
www.bikesociety.ca
www.edmontonpolice.ca
www.albertacyclingcouncil.ca

WEAR AN APPROVED CYCLE HELMET

Approved cycling helmets meeting ANSI, Snell, and/or CSA standards are highly recommended. Head injuries result in over 75% of cyclist fatalities. Helmets Save Lives.