

# safety guidelines

Motorists and bicyclists share scenic roads. Use caution on narrow, winding or unpaved roadway. Follow traffic laws and ride safely. Bicycles are vehicles by law and have the right to use public roads. You are responsible for operating your bicycle under all conditions.

## when cycling, please follow these guidelines:

Source: *Mad about Cycling*

1. WEAR A HELMET and cycling gloves.
2. Ride with the flow of traffic.
3. When using travel lanes, follow motor vehicle laws. Obey all traffic signs and signals. Do not cut corners.
4. Use clear hand signals when making turns or stopping.
5. Ride in a straight line at least 3 feet from parked cars or curbs.
6. If you must ride at night, use lights and reflectors.
7. Ride defensively! Be aware of motorists' actions.
8. Be aware of train tracks and other road conditions.
9. Ride single file.
10. Carry items in panniers or a handle-bar pack.



Cyclists touring the Champlain Bikeway/Gary Randorf

# about lake champlain bikeways

Lake Champlain Bikeways promotes bicycling throughout the Lake Champlain regions of New York, Vermont and Québec for the purposes of increasing opportunities for bicycle recreation and transportation, improving the quality of life, enhancing the economic vitality, advocating for sustainable communities, encouraging healthy lifestyles and raising public awareness and appreciation of inherent scenic, historic, cultural, natural, and recreational resources throughout the area.

A 501(c)(3) non-profit organization, Bikeways depends on contributions from individuals, businesses and organizations to carry out our mission. We are proud to be able to provide helpful information and brochures for cyclists who come to the Champlain Valley to enjoy our beautiful countryside, vistas and hospitality. We currently provide this information at

no charge when requested through our Clearinghouse at [www.champlainbikeways.org](http://www.champlainbikeways.org). If we are to continue to provide this service and pursue our other goals of encouraging bicycling in the basin, we need the support of like-minded bicyclists.

Be a part of the movement! Please contribute via credit card at [PayPal.com](http://PayPal.com) (payable to "join@champlainbikeways.org"), or send your check to: Lake Champlain Bikeways, c/o Local Motion Trailside Center, 1 Steele Street #103, Burlington, VT 05401. Your donation is tax deductible.

A variety of Lake Champlain Bikeways publications, as well as other regional bicycling information, is available through our web site at [www.champlainbikeways.org](http://www.champlainbikeways.org) or by phone at 802.652.BIKE (2453).