

Newcomers Guide to Cycling in Vancouver

Many people bike in Vancouver because it's fun, healthy, convenient and affordable. Cycling is a great way to get to know your community and make friends.

People of all ages, genders and abilities bike in Vancouver. They bike to work, school and for shopping trips all year round. Here are some tips on how you can join in!

Locking your bike

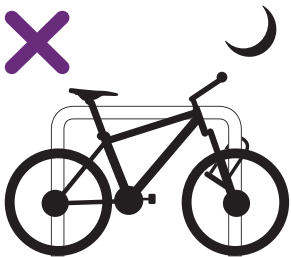
Locking your bike will help keep your bike safe.



Buy a good lock. U-locks are best.



Always lock your frame.



DO NOT

Lock only your wheel.

Leave your bike in public overnight.

Buying a bike

We recommend you buy a used bike that has been fixed up from a bike shop:

Our Community Bikes - 2429 Main St, Vancouver
Ride On Again Bikes - 2255 W Broadway, Vancouver



tip

Be careful when buying a bike from Craigslist. Bring a friend who knows about bikes who can help you get a good bike that hasn't been stolen.



tip

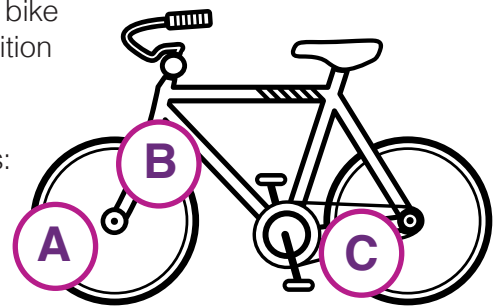
Make sure your bike is the right size for your height.

Maintaining your bike

Make sure your bike is in good condition before riding.

Learn the **ABCs**:

Air
Brakes
Chain




tip

You can learn to fix your own bike at community bike shops like **Kickstand Bike Shop** - 1739 Venables St, Vancouver



resource

HUB Cycling has bike maintenance and road safety courses to gain confidence riding.



"I had just moved to Canada and had no experience and knowledge about cycling and the rules here, and I wanted to take my four-year-old daughter on daily bike rides, so I thought it was a great idea to join the HUB Cycling program."

"Taze amade boodam Canada va hich tajrobeyi dar rabete ba docharkhe savari inja nadashtam va chon man yek dokhtare 4 sale daram, doost dashtam ba sharayete inja ashna besham ke betoonim baham berim docharkhe savari, in shod ke programe HUB Cycling o emtehan kardam."



www.bikehub.ca

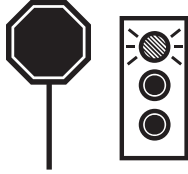
Riding your bike

In Canada bikes are considered vehicles so when riding on the road, follow the same rules as cars.



No riding on sidewalks

Stop at all stop signs and traffic lights.



Ride the same direction as traffic.

It's the law to ride with safety equipment.

Wear a helmet. Make sure the helmet and straps are tight and secure.



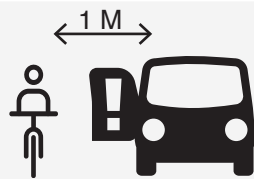
Must use front and back lights after dark. Even safer to use lights day and night.



Ride with a bell to help you communicate with other people on the road.



Watch out for car doors! Ride 1m away from parked cars.



resource For more safety tips bikehub.ca/handbook

"In Canada, we can take our bikes on the bus, train, and seabus! Biking is an easy and fun experience because of all the bike lanes in Vancouver."

"Sa Canada, pwede namin dalhin ang aming mga bisikleta sa bus, tren, at seabus! Masaya at madaling karanasan ang sumakay sa bisikleta dahil maraming daanan ng bisikleta sa Vancouver."

Bikes and public transit

Using your bike and transit together can be the fastest way to get across town.



You can take your bike on skytrains (except rush hour) and busses all the time.



tip You can practice using a bus bike rack at the start or end of a bus line.



resource Learn more at: bit.ly/translinkbikesonbus

Bike routes

Vancouver has many great bike routes to ride on. Quiet streets and separated bike lanes are the safest place to ride.



tip View the "Bicycling" mode on Google Maps or city bike maps to find bike routes.

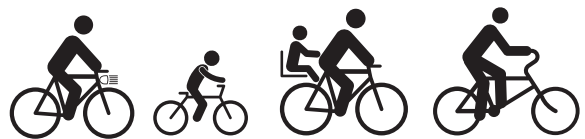


resource Learn more at: bit.ly/translinkcyclemaps

Mobi Bike Share

In Vancouver, you can borrow a Mobi bike for small trips around the city. You need a day pass or membership to rent them. Mobibikes.ca

Riding with friends and family is more fun and a great way to learn from someone experienced. Remember to ride one behind another when you're on the street.



GREENEST CITY FUND



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