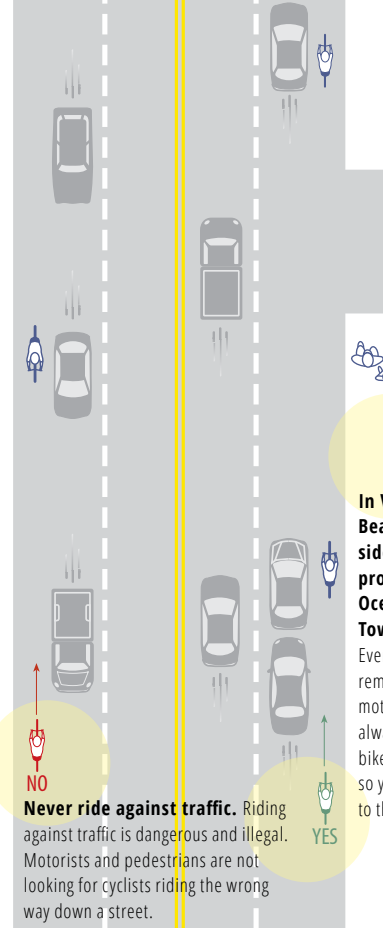## Sharing the Road
Tips for Biking Safely On-Road

Obey all traffic regulations. Riding predictably and following the law are the keys to safe bicycling in Virginia Beach. Knowing and following the rules helps all road users properly anticipate and react to each other.

In Virginia Beach, biking on sidewalks is only prohibited at the Oceanfront and Town Center. Everywhere else, remember: motorists don't always look for bikes on sidewalks, so you should yield to them.

Never ride against traffic. Riding against traffic is dangerous and illegal. Motorists and pedestrians are not looking for cyclists riding the wrong way down a street.

Don't stop in crosswalks. Always stop for pedestrians.

When necessary, use entire travel lane. Move toward the center when the lane is too narrow for motorists to pass safely or when you're moving at the same speed as traffic.

To cross an intersection, use the lane farthest to the right that points to where you are going. Follow the lane markings to cross an intersection. If you can't change lanes to turn left, ride across the street to the other side and align your bike with traffic.

The Door Zone is a 4-foot area along the side of a parked car where an opening door can hit and seriously injure a cyclist.

Look inside each parked car before you pass it. If you're unable to see someone inside, move outside the Door Zone or slow down and pass carefully.

Watch behind you. Keep track of traffic behind you, so you'll know whether you have enough room if you must swerve suddenly out of the Door Zone. A mirror helps you see traffic behind you as you pedal forward.

Ride in a straight line. Avoid weaving between parked cars. Ride in a straight line at least 4 feet away from parked cars to avoid the Door Zone.

Sharing the Trail
Tips for Biking Safely Off-Road

Everyone should keep to the right. Bikers & runners should yield to pedestrians and slower moving traffic except when passing. Slow down when there are lots of users on the trail.

Pedestrians exercise caution. Be aware that cyclists and skaters require lots of room to stop.

Keep pets on leash and under control.

Be careful at road & trail crossings. Bikers yield to through traffic at intersections. Remember, pedestrians have the right of way.

"Passing on your left."

Advise others when passing. Sound your bell/horn or call out when approaching pedestrians or slower cyclists. Then, pass safely on the left.

Stop before crossing roads. Use pedestrian crosswalk signals when available.

Tips & Types of Bikeways graphics courtesy of the Chicago Department of Transportation and the Active Transportation Alliance.

DRIVE/RIDE WITH A ♥
BIKE SAFETY IS A TWO-WAY STREET.

As an affordable, healthy and convenient alternative to driving, biking in Virginia Beach has been a challenge. But, we're working to improve our network of bikeways so that our city is a safe place to ride. We want to promote a sound culture of bicycling in Virginia Beach, and that goal is achievable if we all do our part in sharing the road.

Bike safety is a two-way street, so we encourage cyclists and motorists to ride and drive with a heart—follow the rules of the road and respect each other. Road safety starts with the mutual understanding that bicyclists and motorists have the same rights and responsibilities when it comes to navigating the streets of Virginia Beach. From there, it's all about being courteous, safe, and visible.

GIVE A MINIMUM OF 3 FEET. Motorists and bicyclists can share the road safely when everyone observes all traffic laws. When passing a cyclist on the road, drivers must **give three feet or more** of clearance. Responsible cyclists must also **ride with the flow of traffic**, using proper hand signals and anticipating the actions of other road users. When riding two abreast, bicyclists may not impede the movement of traffic and need to move into single file when being passed from behind.

WEAR THE PROPER GEAR. The grim reality is that about 1,000 American bicyclists die in crashes every year, with approximately 75% of those being from head injuries. Children ages 14 & under are five times more likely to sustain bicycle crash-related injuries than any other age group. All bicyclists should **wear properly fitted bicycle helmets** every time they ride, as it is the single most effective way to prevent head injury resulting from a bicycle crash. Stay visible too; **wear bright colors and use reflective equipment.**

1 IN 5 BIKE-CAR CRASHES OCCUR AFTER DARK.
BE VISIBLE. WEAR THE PROPER GEAR.

DON'T BE A BIKE SALMON. You know how salmon swim upstream to get to a particular destination? Bicyclists follow this risky example when riding against the flow of traffic. This wrong-way riding behavior endangers everyone—motorists, pedestrians, and other cyclists. Make the roads safe for everyone by following the rules of the road and **going with the flow of traffic.**

BIKE SALMON

Types of Bikeways

OFF-ROAD FACILITIES

Shared-Use Paths

Shared-Use Paths are paved paths separated from the roads. They are open to cyclists, walkers, runners, skaters, skateboarders, etc. All users should travel on the right and pass to the left.

Wide Sidewalks

Wide Sidewalks are similar to shared-use paths, are not separated from roads. They are paved, but often not as wide as Shared-Use Paths.

ON-ROAD FACILITIES

Bike Lanes

Bike Lanes are 4-5 ft wide sections on each side of a roadway reserved for bike use. They are designated by signs and/or pavement markings.

Paved Shoulders

Paved Shoulders are sections along the sides of a roadway that are 4 ft or wider. They are open for all road users, including bikes and stopped motor vehicles.

SHARED ROADWAY

Shared Roadways are roads shared by motor vehicles and bikes. They typically have insufficient roadway width for dedicated Bike Lanes, but are designated with signs or pavement markings as a preferred route for cyclists.

Biking in Virginia Beach

Our vision: Virginia Beach will be a City where people can walk, run and ride anywhere safely, efficiently, and enjoyably.

Virginia Beach has over 200 miles of bikeways and trails, not counting trails in our 230+ parks and natural areas. The system is classified into

- **Paved Shared-Use Paths** (50 miles)
- **Wide Sidewalks** (45 miles)
- **Bike Lanes** (18 miles)
- **Paved Shoulders** (37 miles)
- **Signed Shared Roadways** (37 miles)
- **Other Shared Roadways** (27 miles)

Plus, there are 23 miles of unpaved paths in 2 state parks and a federal wildlife refuge, and we are working constantly to add new paths, lanes, and routes to existing roads, new roads, and other corridors.

Know Where to Ride

Federal and State laws say that bicycles are vehicles with the same rights and responsibilities as motor vehicles. Bikes may be ridden on roadways except where prohibited, such as I-264 and other highways. If you ride on roads, exercise defensive driving skills and common courtesy.

City ordinance allows bicycles to be ridden on any City sidewalk, except at Town Center and the Oceanfront Resort Area.

- On roads, obey all traffic laws.
- Virginia state law: it's OK to ride two abreast except when impeding traffic.
- On roads, walk on the left and ride on the right.
- On trails, stop before crossing roads.
- Love your helmet: wear a helmet!
- Use hand signals.
- Warn before passing.
- At night, use lights and wear bright colors.
- Share the road. Share the trail.

CITY OF VIRGINIA BEACH
Bikeways & Trails
MAP & RESOURCES

Experience the Fun!
Virginia Beach Parks and Recreation

VBGOV.COM/PARKS • FUN@VBGOV.COM

LEGEND

- **Off-Road Bike Facility**
  - Shared-Use Paths
  - Wide Sidewalks
  - Unpaved Path
- **On-Road Bike Facility**
  - Bike Lanes
  - Paved Shoulders
  - Wide Outside Lanes
- **Combination On + Off**
- **Signed Shared Roadway**
- 🚫 Bicycles Prohibited
- Marsh

Points of Interest
- ★ Community Rec Center
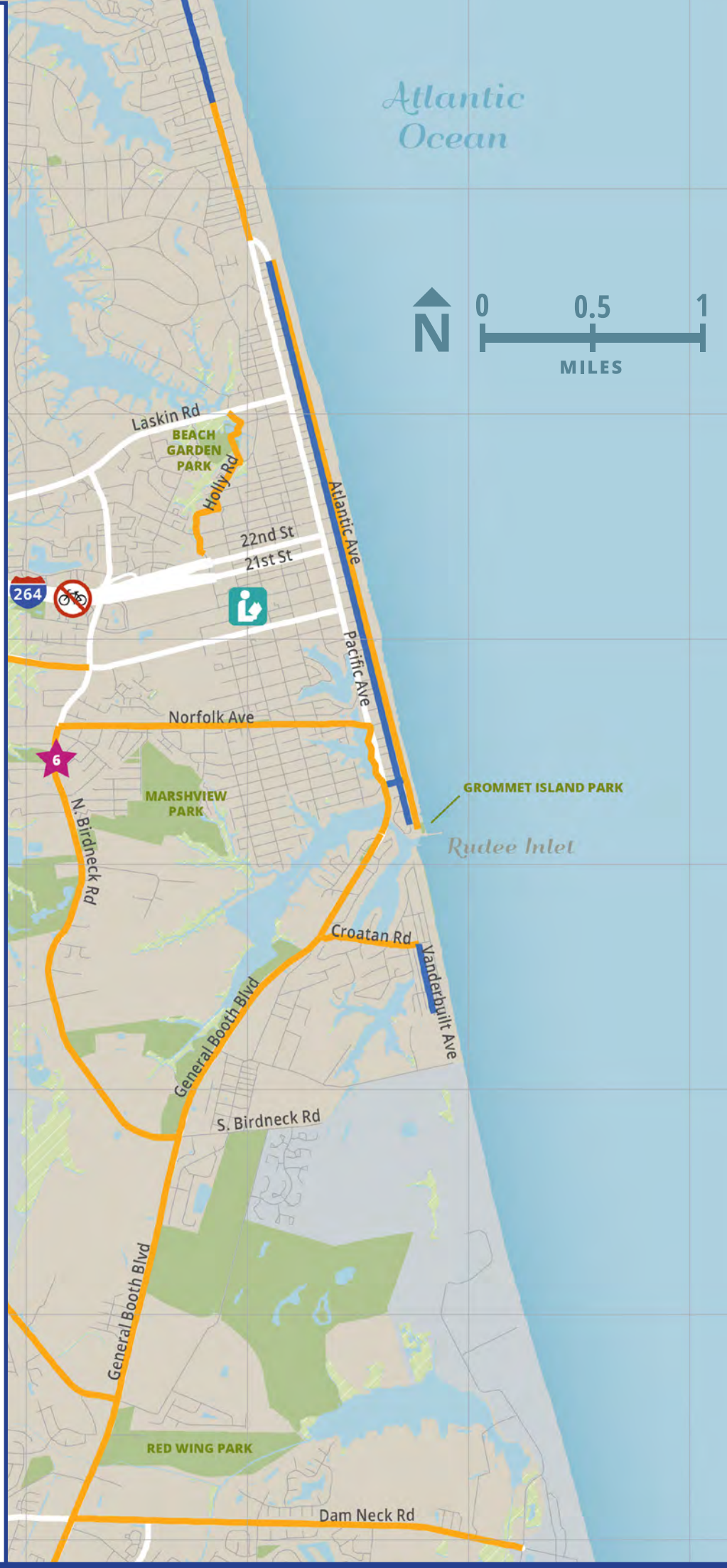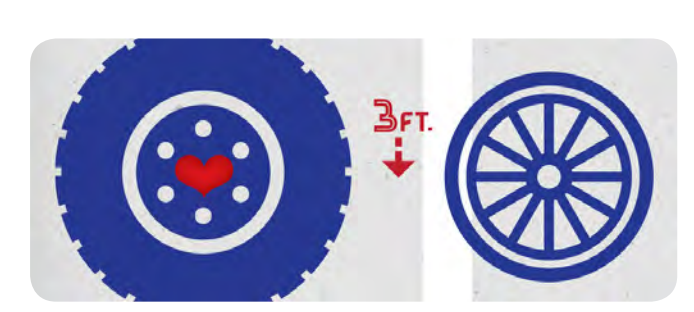- ○ Bike Shop
- Public Library

Oceanfront Area

Chesapeake Bay
Fort Story
Shore Dr
Cape Henry Trail
First Landing State Park
83th St
Cape Henry Trail
Atlantic Ave
64th St
Pleasure House Point Natural Area
Broad Bay
N. Great Neck Rd
Lynnhaven River
Shore Dr

N   0   0.5   1   MILES

Atlantic Ocean
Laskin Rd
Beach Garden Park
Holly Rd
22nd St
21st St
264
Pacific Ave
Norfolk Ave
Marshview Park
Grommet Island Park
Rudee Inlet
N. Birdneck Rd
Croatan Rd
Vanderbilt Ave
General Booth Blvd
S. Birdneck Rd
Red Wing Park
Dam Neck Rd

Want more parks? Check out **VBgov.com/ParkFinder** for the park nearest you!

Virginia Beach Recreation Centers

Bayside Recreation Center
4500 First Court Road
Virginia Beach, Va 23455

Bow Creek Recreation Center
3427 Club House Road
Virginia Beach, Va 23452
Bow Creek closed for renovations; reopens early 2015.

Great Neck Recreation Center
2521 Shorehaven Drive
Virginia Beach, Va 23454

Kempsville Recreation Center
800 Monmouth Lane
Virginia Beach, Va 23462
Kempsville scheduled to close for renovations late 2014.

Princess Anne Recreation Center
1400 Nimmo Parkway
Virginia Beach, Va 23456

JOSEPH V. GRIMSTEAD, SR. Seatack Recreation Center
141 S. Birdneck Road
Virginia Beach, Va 23451

Williams Farm Recreation Center
5252 Learning Circle
Virginia Beach, Va 23464

Bike Shops

A BikeBeat
1624 Laskin Rd
Virginia Beach, Va 23451
757-491-6151

B Conte's Bike Shop
1805 Laskin Rd
Virginia Beach, Va 23454
757-491-1900

C Fat Frogs Bike & Fitness
1169 Nimmo Pkwy, #232
Virginia Beach, Va 23456
757-427-9488

D Freewheelin Bike Shop
4000 Virginia Beach Blvd
Virginia Beach, VA 23452
757-486-4116
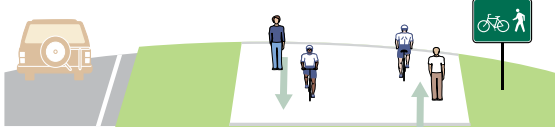
Virginia Beach Public Library
VBgov.com/Library

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On-Road Bike Facility
Bike Lanes
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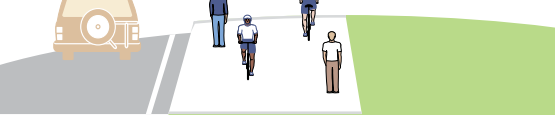
Bicycles Prohibited   Marsh

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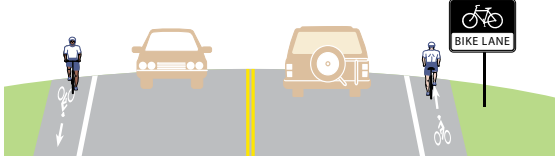
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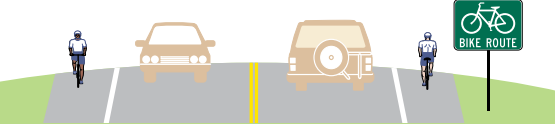
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0   0.5   1 MILES

N

NORTH CAROLINA