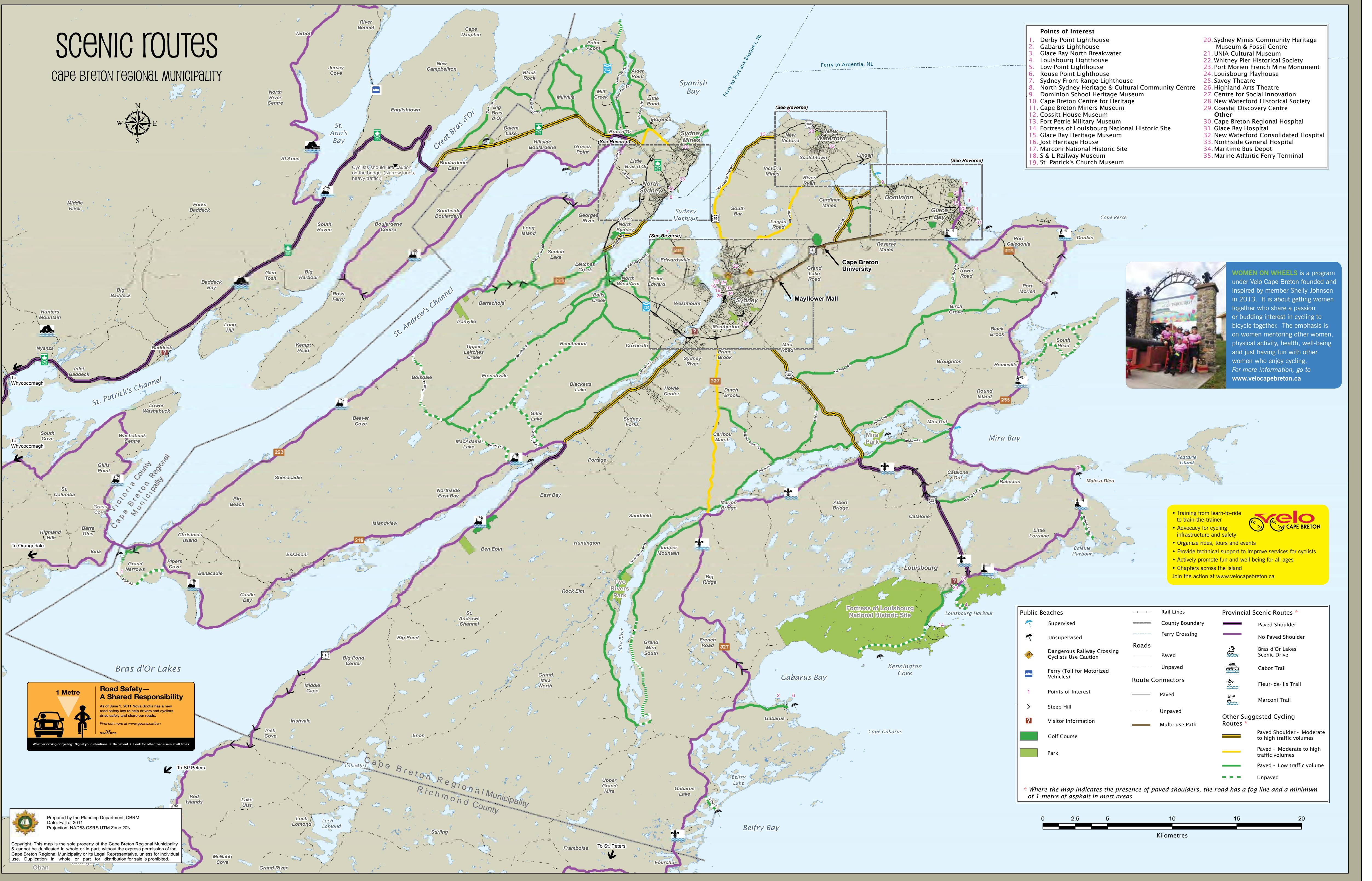


# SCENIC ROUTES

Cape Breton Regional Municipality



Planning a cycling trip in another part of the CBRM? Why not travel part of the way on one of the CBRM transit busses? The entire bus fleet is equipped with bike racks that hold either 2 or 3 bikes. The racks come in handy when the weather unexpectedly changes for the worse, too! For more information on transit fares, routes and schedules, check out [www.cbrm.ns.ca/transit.html](http://www.cbrm.ns.ca/transit.html)

CBRM's Active Transportation Plan makes many recommendations to improve conditions for walking and cycling in the CBRM. Although not confirmed at the time of publication, the following improvements are being considered for 2019:

- Paved shoulders, New Waterford Highway, South Bar.

For more information on the Active Transportation Plan, visit [www.cbrm.ns.ca/activetransportation](http://www.cbrm.ns.ca/activetransportation)



Cape Breton is one of the world's most beautiful islands, and our rural roads offer great cycling opportunities in unparalleled scenic settings. For more information on visiting the island, please visit <http://cbisland.com>



## CBRM CYCLING ROUTES 3RD EDITION



### Bicycle Safety

Cycling Strategies: Be Alert, Be Visible, Be Predictable

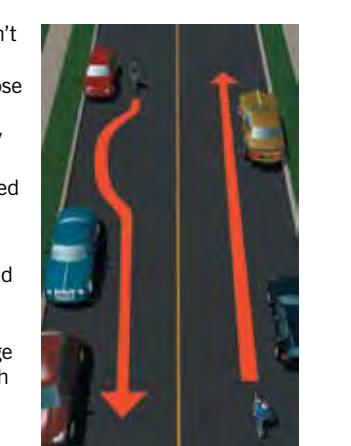
Where To Ride on the Road - Ride on the right side of the road with the flow of traffic. Use as much of the lane as required to be safe from roadside hazards.

Signals - Cyclists should use these hand signals to indicate a turn or a stop. An alternate right hand signal is widely recognized.



**Ride a Straight Course** - Don't weave between parked cars. Otherwise, a motorist may lose sight of you and there could be a collision if you suddenly pop out in traffic again. Stay at least one metre from parked cars to avoid opening doors.

**Look Behind You** - Learn to quickly scan the traffic behind you without swerving. A rear view mirror helps to view traffic, however a lane change requires a look behind, which also signals your intention to motorists.

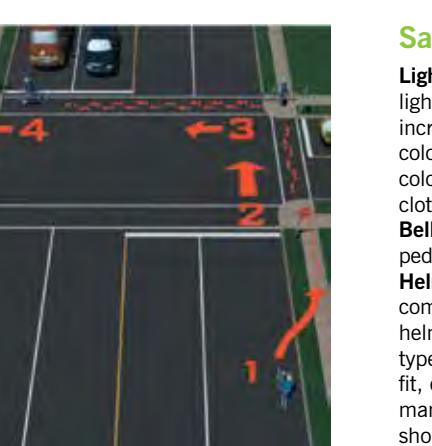


**Be Careful at Intersections** - Intersections can be dangerous for cyclists. At a four-way stop, it is important for cyclists to remain in line with the flow of traffic and to wait their turn. Right-turn lanes are for traffic that is making a turn; don't go into a turn lane if you are going to travel straight ahead.

**Vehicular Left Turn** - Signal and look behind you. When there's an opening, move into the left lane and turn from near the centre line.



**Pedestrian Left Turn** - Turn the safest way to turn left on a busy street. Includes a little walking too. Get off your bicycle and walk it across the intersection using the crosswalk. Wait for the light to change and walk your bicycle across to the next corner, using the crosswalk.



### Safety Equipment

**Lights** - When riding at night, you must use a white front light and a red rear light or light. A flashing red rear light increases visibility. Clothing - In daylight wear bright, coloured and/or reflective clothing. At night wear light coloured and/or reflective clothing. Reflective material on clothing, shoes, helmet and bike further increases visibility.

**Bell or Horn** - You must have a bell or horn to warn pedestrians and other vehicles that you are approaching.

**Helmet** - By law, you must wear a bicycle helmet that complies with the regulations. A properly designed and fitted helmet greatly reduces the risk of brain injury, the leading type of fatal or disabling injury to cyclists. To ensure proper fit, consult with sales staff when you buy a helmet and follow manufacturer's instructions. Generally speaking, the helmet should be snug, low on the forehead and with the chin strap tight enough to only allow one finger between it and your chin.

**Common Car-Bike Collisions**

**"Right Hook"** - Many motorists misjudge the speed of bicycles; they can travel faster than you think! (Experienced cyclists can travel at 25-35 km/h on a flat surface and up to 50 km/h going downhill.) This misjudgment causes the motorist to pass and turn directly in front of the bicyclist. Scan the side of the road for bicyclists, and if it is not safe to pass before turning, slow down and move behind the cyclist before making the turn. DO NOT pass and cut!

**"Getting Doored"** - When exiting your car, look behind you for approaching bicyclists. Don't open your door unless it's safe to do so.

**"Left Cross"** - Motorists making turns which cross oncoming traffic must watch for cyclists as well as motor vehicles. Often, motorists misjudge the speed of an oncoming bicyclist and turn in front of them. Motorists should always stop and wait for oncoming traffic, including bicycles, to pass before turning.

**"Always follow the rules of the road!"**

