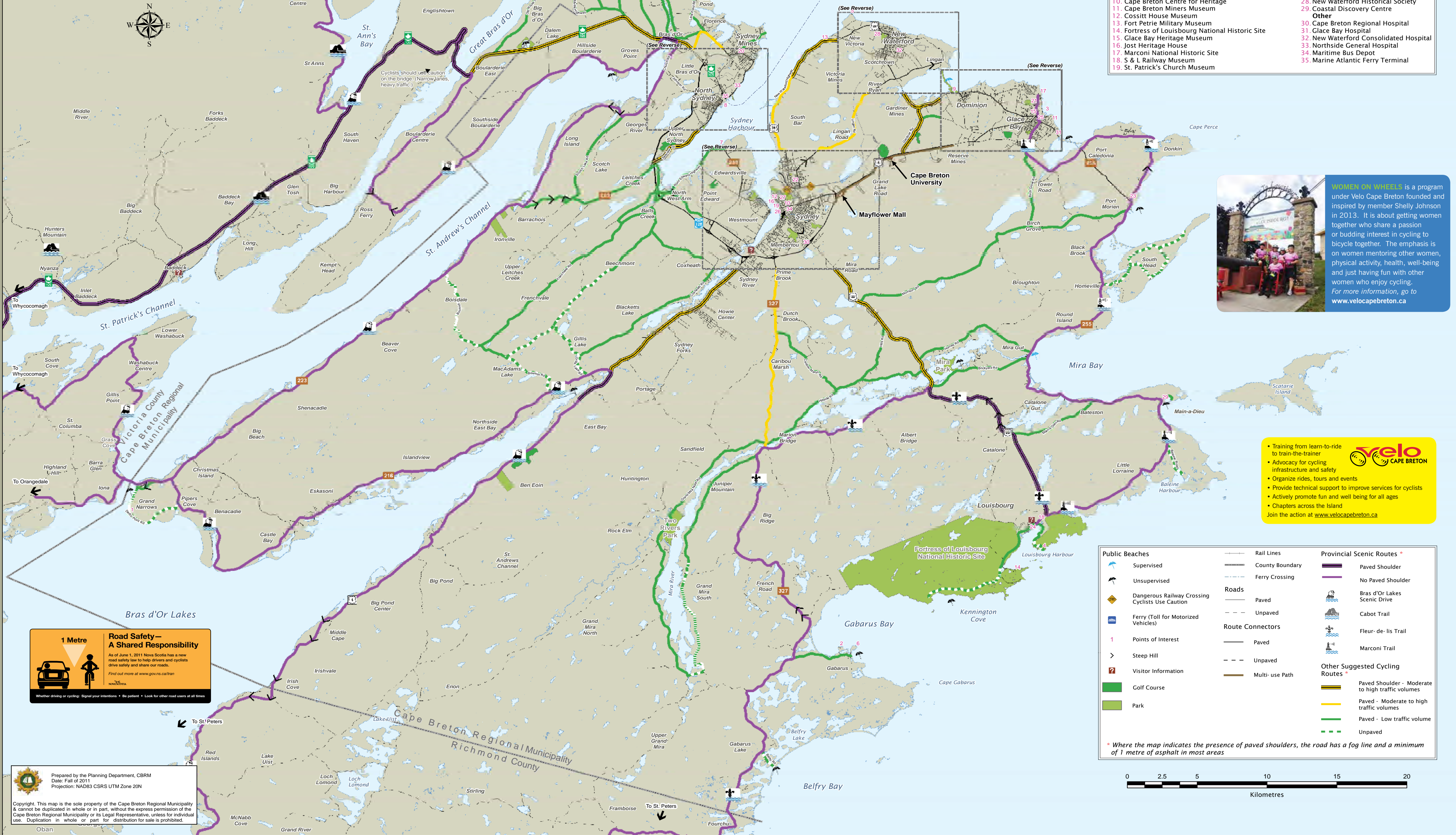


SCENIC ROUTES

CAPE BRETON REGIONAL MUNICIPALITY



Points of Interest

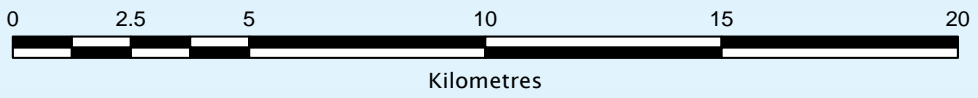
1. Derby Point Lighthouse
2. Gabarus Lighthouse
3. Glace Bay North Breakwater
4. Louisbourg Lighthouse
5. Low Point Lighthouse
6. Rouse Point Lighthouse
7. Sydney Front Range Lighthouse
8. North Sydney Heritage & Cultural Community Centre
9. Dominion School Heritage Museum
10. Cape Breton Centre for Heritage
11. Cape Breton Miners Museum
12. Cossitt House Museum
13. Fort Petrie Military Museum
14. Fortress of Louisbourg National Historic Site
15. Glace Bay Heritage Museum
16. Jost Heritage House
17. Marconi National Historic Site
18. S & L Railway Museum
19. St. Patrick's Church Museum
20. Sydney Mines Community Heritage Museum & Fossil Centre
21. UNIA Cultural Museum
22. Whitney Pier Historical Society
23. Port Morien French Mine Monument
24. Louisbourg Playhouse
25. Savoy Theatre
26. Highland Arts Theatre
27. Centre for Social Innovation
28. New Waterford Historical Society
29. Coastal Discovery Centre
30. Cape Breton Regional Hospital
31. Glace Bay Hospital
32. New Waterford Consolidated Hospital
33. Northside General Hospital
34. Maritime Bus Depot
35. Marine Atlantic Ferry Terminal

WOMEN ON WHEELS is a program under Velo Cape Breton founded and inspired by member Shelly Johnson in 2013. It is about getting women together who share a passion or budding interest in cycling to bicycle together. The emphasis is on women mentoring other women, physical activity, health, well-being and just having fun with other women who enjoy cycling. For more information, go to www.velocapebreton.ca

• Training from learn-to-ride to train-the-trainer
• Advocacy for cycling infrastructure and safety
• Organize rides, tours and events
• Provide technical support to improve services for cyclists
• Actively promote fun and well being for all ages
• Chapters across the Island
Join the action at www.velocapebreton.ca

Public Beaches	Rail Lines	Provincial Scenic Routes
Supervised	County Boundary	Paved Shoulder
Unsupervised	Ferry Crossing	No Paved Shoulder
Dangerous Railway Crossing Cyclists Use Caution	Roads	Bras d'Or Lakes Scenic Drive
Ferry (Toll for Motorized Vehicles)	Paved	Cabot Trail
Points of Interest	Unpaved	Fleur-de-lis Trail
Steep Hill	Route Connectors	Marconi Trail
Visitor Information	Paved	
Golf Course	Unpaved	
Park	Multi-use Path	
		Other Suggested Cycling Routes
		Paved Shoulder - Moderate to high traffic volumes
		Paved - Moderate to high traffic volumes
		Paved - Low traffic volume
		Unpaved

* Where the map indicates the presence of paved shoulders, the road has a fog line and a minimum of 1 metre of asphalt in most areas



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 - 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 red rear reflector or light. A flashing red rear light, increases visibility. **Clothing** - In daylight wear brightly coloured and/or fluorescent 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 50km/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!



"Left Cross" - Motorists making turns which cross oncoming traffic must watch for cyclists as well as motor vehicles. Too 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.

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

Please keep in mind that bicycles are much more vulnerable in a collision. Motorists must realize that they are operating a large vehicle and with that comes the responsibility to ensure that it is safely operated.

Always follow the rules of the road!

FEEDBACK

It is intended that this map will be updated periodically, so map users are encouraged to contact CBRM to report errors or to suggest improvements to the map. Send all comments by email to ATMap@cbm.ns.ca

TO REPORT ROAD HAZARDS, PLEASE CALL:

(902) 563-5255 Sydney and Louisbourg
(902) 842-1171 Glace Bay, Dominion, New Waterford, and Louisbourg
(902) 794-5692 North Sydney and Sydney Mines
(902) 563-2240 Rural and Suburban roads

