Riding Tips

The following guidelines are intended to provide useful information for people to have a safe, enjoyable ride on bikeways throughout the San Diego region.

Before you ride:
• Keep your bike properly maintained. Check its brakes, tires, and chain.
• Make sure your bike fits you comfortably. Check your seat height and handlebars.
• Carry lights and a lock when you ride. For longer trips, consider a lock and a key pair.
• Select a comfortable route. The preferred route for driving may not be the best for biking.

While on the road:
• Respect riding laws by following the same rights and responsibilities as people driving cars.
• Carbonate requires anyone younger than 18 to wear a helmet.
• Use a helmet to keep your hands free. It’s more comfortable too.
• At night, the lamp requires front and rear lights and reflectors, as well as wheel and pedal reflectors. Bright or reflective clothing improves visibility.
• Use hand signals to indicate your turns.
• Avoid using headphones or a cell phone.
• Don’t ride under the influence.

Bike loop detectors
Bike loop detectors help minimize delays and keep traffic moving efficiently through intersections. Bike detector markings indicate where to position your bike to trigger a green traffic light.

Bike Parking
As part of the GO by BIKE Regional Bike Network, bike lockers are available at Coaster and SPRINTER stations, most Trolley and Rapid stations, and some Park & Ride lots. A secure group bike parking facility associated with several bike-friendly rail stations, air pumps, and a repair work area is available at the Santee Springs/ Rancho Bernardo Transit Center and Santee Transit Center.

For more information visit 511sd.com/Commute.

Additional Resources
Explore the great places to ride in the San Diego region with these resources.

San Diego County Bicycle Coalition
Visit SDCCB.org for more information on bike education programs, regional events, bike advocacy, and safety.

Bikeways in the San Diego Region

Coaster path
A completely separate path is provided along the trolley to provide a bike lane, pedestrian, and other user multiple-use areas right next to the trolley tracks. Some paths may have red route access or speed limits.

Bike lane
A striped lane for primary bike travel on a street or highway.

Bike route
A shared right-of-way designated by signs only, unless bike lanes share the roadway with motor vehicles. The Coaster bike path is designated as an expanded bike route.

Bikeway shoulder bike access
Space provided at the shoulder for encountering bike Park at the rear of the vehicle.

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