

# Active Travel

## Planning 101:

### Before, During & After Your Walk, Ride, or Roll

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A resource guide for planning your next active transportation trip from start to finish so you can get where you need to go safely and efficiently.

Walk, bike, or roll to the park, grocery store and more!

Check out this guide for information and resources on:

1. Route Planning
2. Safety Tips & Checks
3. Traffic Safety & Transit Connections
4. Bike Racks & Locks



# Route Planning

Route Planning involves planning out your walking, cycling, or rolling route to a particular destination. Planning and practicing your route ahead of time enables you to:

- Arrive to your destination as quickly and efficiently as possible
- Focus on the road and your surroundings - not your map!
- Select routes that are best suited to your comfort and ability

## How to Plan Your Route:

1. Determine your start and end point.



2.

Use Google Maps, SacRegion511, or another tool of your choice to assess potential routes based on your comfort and ability.

3.

Test out and practice your route in person.



Visit [bit.ly/HowToRoutePlan](https://bit.ly/HowToRoutePlan) or scan the QR code for more tips and step-by-step tutorials of FREE mapping tools to help you plan your next active transportation trip.

Scan me!





# Safety Tips & Checks

Before you walk, cycle, or roll, it's important to make sure you have the appropriate protective gear and properly functioning equipment so you can stay safe and avoid injuries.

1. Depending on the time of day, weather, and your mode of travel, make sure you have the appropriate safety gear.

	 Helmet	 Bright/Reflective Clothing	 Lights	 Pads & Guards
WALKING		✓	✓	
CYCLING	✓	✓	✓	
ROLLING (Mobility device users)		✓	✓	
ROLLING (Skateboards, scooters, etc.)	✓	✓	✓	✓

2. If you are cycling or rolling, perform a quick maintenance check to make sure your equipment is functioning properly.

Visit [bit.ly/WalkingandRollingTipsandChecks](https://bit.ly/WalkingandRollingTipsandChecks) or scan the QR code for tutorials on how to perform a Helmet Fit Test, Quick Check for bicycles and manual wheelchairs, and more.





# Traffic Safety & Transit Connections

When walking, cycling, or rolling to your destination, you will likely travel along a roadway or even connect to transit at some point on your trip. Here are some helpful traffic safety reminders and information on how to bike-and-ride on bus and rail to get you to your destination safely and smoothly.

## Traffic Safety: Rules of the Road



Cyclists (and electric or motorized scooter riders) must obey the same right-of-way rules as drivers. That means:

- Stopping at all stop signs and red light signals
- Traveling in the same direction as traffic
- Using bike lanes (when available)
- Keeping off sidewalks when riding

Pedestrians can stay safe by:

- Using the sidewalk (when available)
- Stopping at all intersections and looking both ways before crossing
- Waiting for pedestrian signals at signalized intersections



## Bike-and-Ride on Bus and Rail with Sacramento Regional Transit

Visit [bit.ly/TrafficSafetyAndTransitConnections](https://bit.ly/TrafficSafetyAndTransitConnections) or scan the QR code for a tutorial on how to board bus and light rail with your bicycle. If you have accessibility needs, visit [sacrt.com/accessible](https://sacrt.com/accessible) to learn more about SacRT's accessible services.

Scan me!





# Bike Racks & Locks

Keep your bicycle as secure as possible by using a combination of the recommended racks, locks, and best practices below.

1. Choose the right rack. Depending on your trip destination or duration, there are several different short- and long-term bike parking options.

Short-term options - great for trips to the park, grocery store, or other day trip destinations!



"Comb" or  
"Toast" Racks



Wheel Well or  
"Stanford" Racks



Inverted "U" or  
"A" Racks

Least  
Secure



Most  
Secure

Long-term options - great for commuting, residential storage, and other longer-term destinations or activities! Contact your employer, building owner, or local transit agency to inquire about long-term bike parking options.



Bike Lockers



Two-Tier Parking



Secure Parking Areas

Short-term parking photos (left to right): [commercialsystems.com](http://commercialsystems.com); [transportation.stanford.edu](http://transportation.stanford.edu); [lot-lines.com](http://lot-lines.com). Long-term parking photos (left to right): [Erant Knight, Creative Commons](http://Erant Knight, Creative Commons); [neko-europe.com](http://neko-europe.com); : Freiburg Bike Mobility Centre, Paul Krueger



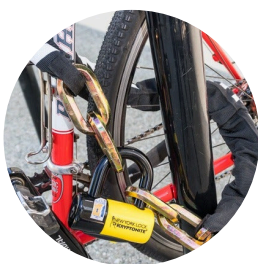
# Bike Racks and Locks

## 2. Use the right lock(s) - and technique.

The most secure way to lock your bike is by using a U-Lock or heavy duty chain to lock the frame to the rack. For added security, loop a cable lock between one or both wheels.



Cable Lock



Heavy Duty Chain



U-Lock

Least  
Secure



Most  
Secure

## 3. Follow general best practices.

- Visibility is key. For short-term parking, choose racks that are located in well-lit and high foot traffic locations, such as in front of busy storefronts, if possible.
- Remember: Right Rack + Right Lock + Right Technique = MOST SECURE
- Bike rack alternatives. If there are no racks available, find sturdy structures such as tall sign posts or metal fences to lock your bike to. Avoid locking to anything that can be easily cut or dismantled like chain link fences. DO NOT block accessibility ramps, hand rails, or building entrances with your bicycle.

Visit [bit.ly/BikeLocksAndRacks](https://bit.ly/BikeLocksAndRacks) or scan the QR code to learn more tips for securely parking and locking your bicycle.

Scan me!



Photos (left to right): cyclingweekly.com; Kyle Fitzgerald, nytimes.com; Abus, wired.com