

Urban Cycling Tips

Created by the Recreation and Transportation Committee,
Manitoba Cycling Association



Dismount & Walk

If you are uncomfortable crossing multi-lane traffic or a busy bridge or underpass, take the option of dismounting and walking your bicycle at the pedestrian crosswalk or on the sidewalk.

Be Highly Visible

Motorists, particularly in busy or high-speed traffic, need to see bicyclists well in advance. Wear brightly coloured or reflective clothing.

Share the Path

On a multi-use path: Yield to pedestrians, ride in a straight line on the right hand side of the path and check behind you before turning or moving across the path. Travel at a moderate speed and use caution around other path users.

Be Courteous

Motorists, pedestrians and cyclists get along much better when they show courtesy and consideration towards each other.

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Lock Your Bike

Lock your bicycle whenever you park, including at home. Secure your bike to a post, tree or rack in a highly visible location, preferably with high pedestrian traffic. Invest in a quality lock (u-shaped locks are the best). If your bike has quick release wheels or seat, lock both wheels to the frame and take the bike seat with you.

Be Prepared For Flat Tires

Flat tires are the most common bicycle problem. Carry a spare tube, pump, patch kit and tire levers with you. Also consider carrying change for an emergency phone call, and a spare bus ticket.

Use Caution at Intersections

The majority of collisions occur at intersections. Stop at all stop signs and red lights. Be prepared to yield to pedestrians and watch for turning motor vehicles. Proceed with care.

Year Round Cycling

Bicycle commuting can be done year round. Take extra care in slippery conditions. Plan for sudden weather changes and adjust your route and speed for the conditions. (Check out www.icebike.org for all-year cycling information.)

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