Riding Tips

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

Before you ride:
- Keep your bike properly maintained. Check your brakes, tires, and chain.
- Make sure your bike fits you comfortably. Check your seat height and handlebar drop.
- Use lights and a bell when you ride. For longer trips, consider a back-up light and a pump.
- Select a comfortable route. The preferred route for driving may not be the best for biking.

While on the road:
- People riding bikes have the same rights and responsibilities as people driving cars.
- Carbon fiber requires everyone younger than 16 wear a helmet.
- Use a lock or bracade to keep your hands free. It’s more comfortable too.
- At night, the lens 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 turn.
- Avoid using headphones or 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 given traffic light.

Bike Parking

As part of the MTS Bike Regional Bike Network, bike lockers are available at all COASTER and SPRINTER stations, most Trolley and Rapid stations, and some Park & Ride lots. All bike lockers require pre-registration and some require a key deposit.

Bike racks

Most locations offer racks to which you can securely lock your bike. Always secure both wheels and the frame to the rack. Take items that can easily be removed from your bike with you.

One U-lock

U-lock w/cable

Two U-locks

Rules of the Road

Be aware of traffic laws. The California Vehicle Code (Division 11, Chapter 1, Article 4) is available at direct-cal.gov.

Three-foot passing law

As of September 13, 2014, people driving can move over at least three feet of space when passing people riding bikes. If the street is not wide enough to allow the three-foot distance, the person driving must stop when there is enough room to legally pass or change lanes to pass if necessary.

Sharrows

"Sharrows" markings are a reminder that the lane is shared by people riding bikes and people driving cars. Sharrows are a guide to help people on bikes position themselves safely in the travel lane and encourage drivers to safely pass people on bike.

Bikeways in the San Diego Region

multi-use path

bikeway lane

bike route

bikeway shoulders bike access

other suggested routes

bikeways coming soon

Additional Resources

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

San Diego County Bicycle Coalition

Visit sdcbike.org for more information on bike education programs, regional events, bike safety, and legislative advocacy.

Decobike San Diego

The San Diego Bike Share program offers 1,800 bikes at 183 stations throughout the City of San Diego. Visit decobikesandiego.com for more information.