

# Enjoy Arlington by Bike!

## PAL: Share Our Streets

As more people go on Arlington's Car-Free Diet, there are more cyclists and walkers sharing the street with drivers. Whether you're on two feet, two wheels or four wheels, everyone needs to be a PAL to safely share the streets.

- Being a PAL means being:
- Predictable—travel in a predictable way; don't make sudden unexpected moves
  - Alert—pay attention to your surroundings and others
  - Lawful—obey traffic laws, whether in a car, on a bike, or on foot

Visit [CommuterPage.com/PAL](http://CommuterPage.com/PAL) for more information.

## More Safe Riding Tips

Bicycles offer many opportunities for recreation, exercise and personal transportation, but they must be ridden with safety in mind. Following the tips listed below will make you a safer and more confident bicyclist.

- Obey all traffic signals, signs and lane markings.
- Ride on the right side of the road with the flow of traffic. Pass slower moving or stopped vehicles on their left.
- Ride far enough away from the curb to stay clear of potholes, debris and sewer grates.
- Be alert, scan the route ahead for traffic, opening car doors, pedestrians and obstacles on the road surface.

- Ride predictably so others can see you and predict your movements. Use hand signals to indicate turns.
- Make eye contact with motorists and pedestrians before crossing paths.
- Except when signaling, always keep both hands on the handlebars and be ready to brake. Use secure racks or packs for carrying items or packages.
- Go slower and use caution when the road is wet or icy, or when visibility is limited.
- Be visible; lights and reflectors are required when riding at night. Brightly colored or reflective clothing can help increase visibility.
- Avoid bicycling on sidewalks, especially in areas where motorists may not expect bicyclists or may have obstructed visibility.
- Keep your bicycle in good working condition. Also, only ride a bicycle that is sized and adjusted to fit you.

The Virginia Department of Transportation (VDOT) offers an extensive list of laws and safety tips for bicyclists, including where to ride, signaling and changing directions, and helmet use on their Laws and Safety Tips page ([virginia.gov/programs/bikeped/default.asp](http://virginia.gov/programs/bikeped/default.asp)).

## Bikes on Transit



Arlington offers many transit options, and bicycling combines well with them all. Park your bike at a Metro station or bus stop and take the bus or rail. You can even take your bike

with you on Metrorail, Metrobus, ART, and most other local bus systems. Bicycles are welcome on Metrorail during all hours; however, we encourage bicyclists to be considerate of other customers and adhere to these rules when traveling with a bicycle. See [Wmata.com](http://Wmata.com) for more information. For more commuting information please visit: [BikeArlington.com](http://BikeArlington.com)

## Keep Your Bike Secure



The Arlington County Police Department can help you register your bicycle, report a theft and even help recover your bicycle if it is stolen. You can report an abandoned bicycle by calling 703-228-4057.

Registering your bicycle with the Arlington County Police Department (703-228-4057) is not mandatory, but strongly recommended. There is no cost for registration. For more information on keeping your bike secure, or to register online go to: [BikeArlington.com/BikeSecurity](http://BikeArlington.com/BikeSecurity)

Bike parking tips include:

- Lock your bike whenever it's not being ridden. Most stolen bikes are not locked up. Lock up even when in a garage or storage shed and lock the shed and garage doors. Always lock your bike to a solid object and double check to make sure your lock is closed.
- Choose a parking location visible to passersby. Bikes are less likely to be stolen in high visibility areas.
- For bicycles with quick-release wheels, lock both wheels and the frame to a secure structure.
- Remove easily detached items, such as packs, pumps and lights, before leaving a bicycle unattended.
- The Arlington County Police Department strongly recommends the use of a U-lock due to larcenies of bikes using chains and cables.

# HEY PAL

We're building a community driven movement to make Arlington's streets more safe—and we need your help!



## Tips for being a PAL

When you walk, drive or bike.

- Don't text, or really do anything with your phone, while driving.
- Communicate with your eyes, turn signals, or hand signals.
- Be sure to stop at all stop signs and signals and wait your turn.
- Pass people on bikes with caution and at least three feet of space.
- Give people on foot the right-of-way, space, and lots of patience.



be a PAL

Predictable | Alert | Lawful

## Connect with BikeArlington

- [BikeArlington.com](http://BikeArlington.com)
- @BikeArlington
- BikeArlington
- BikeArlington
- @BikeArlington

Connect with other local riders: [WashingtonAreaBikeForum.com](http://WashingtonAreaBikeForum.com)

Help us make Arlington a better place to bike for everyone. Become a volunteer to assist us with guided rides, outreach events and more! Email volunteer@BikeArlington.com.

Find and share a place to park your bike: [RackSpotter.com](http://RackSpotter.com)

## capital bikeshare

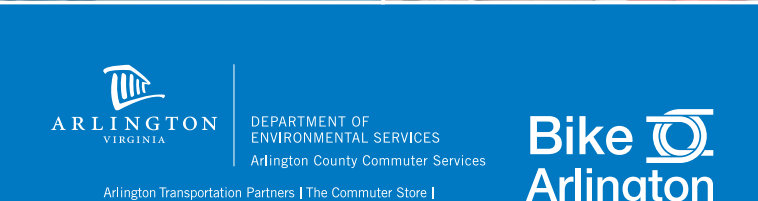
With more than 90 stations in Arlington, Capital Bikeshare is convenient for commuters and tourists. You can ride to and from Metrorail stations, or check out recreational destinations, like Gravelly Point, Roosevelt Island, Barcroft Park and the Iwo Jima Memorial.

## ARLINGTON COUNTY

# Bike Map

2019

## BikeArlington.com



ARLINGTON COUNTY DEPARTMENT OF ENVIRONMENTAL SERVICES Arlington County Commuter Services

## Bike Arlington

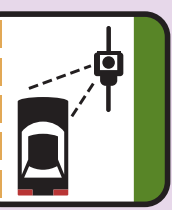
## On Street: Safe Cycling on the Road

Share the road and share the responsibility for making your bike trip a safe one. Cyclists, motorists, and pedestrians get along better when they show courtesy and consideration.



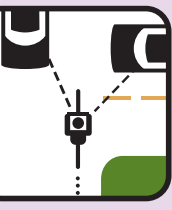
**Use appropriate hand signals**

- Tell motorists, cyclists and pedestrians what you intend to do. Be predictable.



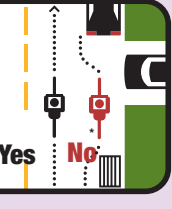
**Be alert, scan the road**

- Always know your surroundings.



**Be careful at intersections**

- Use caution since most collisions occur at intersections. Watch for turning vehicles.



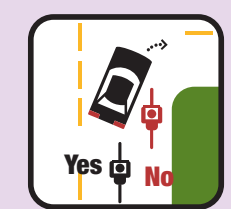
**Ride in a straight line**

- Do not dodge between parked cars.



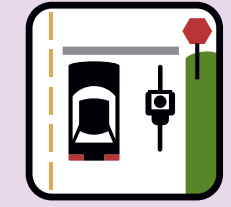
**Beware of car doors — they can open at any time**

- Ride at least 5 feet away from parked vehicles.



**Ride in the appropriate position and lane**

- Do not ride in a right turn only lane if you are going straight.
- Move into the appropriate lane early.
- In narrow lanes or slow traffic, it may be safer to take the whole lane.



**Follow all traffic laws**

- Bikes are required to obey all regulatory signs and traffic lights.

## Important Accessories



**Lights for your bike**

- Use lights when riding in low visibility conditions, including darkness. At least one front white light and one rear red flashing light.

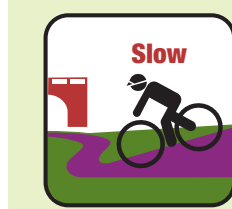


**Wear a helmet**

- Helmets dramatically reduce the risk of head injury in a bicycle crash.

## Off Street: Share the Trail

Share the trail and share the responsibilities. Those who use the trail get along better when they show courtesy and consideration.



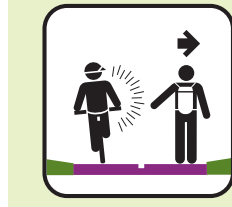
**Control your speed**

- Slow down when the trail is busy, potentially slippery, or if sight lines are obstructed.



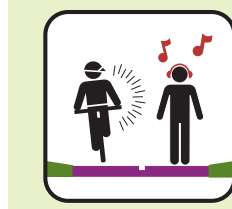
**Be visible**

- Wear bright or light colored clothing with reflective material or straps.
- Use lights when riding in low visibility conditions, including darkness. At least one front white light and one rear red flashing light.



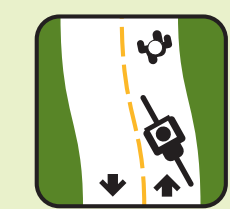
**Signal when passing**

- Warn pedestrians at least 2-3 seconds before passing them. Bells are best. Use verbal warnings only when necessary.
- Those being passed can acknowledge with a wave.



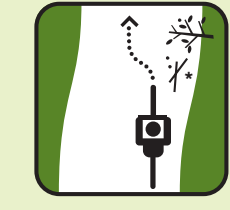
**Cell phone and headphone dangers**

- Keep the trails safe and communication with other trail users clear by avoiding using cell phones and keeping one ear clear when using earphones.



**Keep to the right**

- All trail users should keep to the right except when passing.
- Move off to the right of the trail when stopping.



**Be alert**

- Be alert to trail conditions.
- Watch for slippery surfaces such as bridges, wet sections, ice and gravel.
- Watch for debris in the trail.
- Ring bell for others where visibility is restricted.

## Two Wheels or Two Feet: Sharing the Way

Arlington's multi-use trails are shared and enjoyed by bicyclists, pedestrians, runners, skaters, cross-country skiers, dog walkers, baby strollers, persons in wheelchairs and others. Use courtesy and common sense to avoid collisions — especially when the trails are most crowded. For more information on proper trail use, please visit [BikeArlington.com/SharingTheWay](http://BikeArlington.com/SharingTheWay).

SAFETY/ICONS COURTESY OF THE CITY OF CALGARY

## capital bikeshare

Capital Bikeshare puts thousands of bicycles at your fingertips. Check out a bike from one of hundreds of stations across the District, Arlington, Alexandria, Fairfax, Falls Church, Prince George's County and Montgomery County to get where you need to and return it to any station near your destination.

- [BikeArlington.com](http://BikeArlington.com)
- @BikeArlington
- BikeArlington
- BikeArlington
- @BikeArlington

**join. take. ride. return.**

**YOUR COST = Membership fee + Usage fee (per trip)**

The first 30 minutes of EVERY trip are FREE throughout your membership period.

Trips beyond 30 minutes will incur usage fees.

Visit [capitalbikeshare.com/pricing](http://capitalbikeshare.com/pricing) for membership costs and usage fees.



**Real Time Bike and Station Information**

For current bike availability and a map of stations, please visit [capitalbikeshare.com](http://capitalbikeshare.com) or download the official Capital Bikeshare mobile app, for on-the-go information on your smartphone.

FOLLOW US: [f](http://Facebook) [t](http://Twitter) [i](http://Instagram)

**CapitalBikeshare.com 1-877-430-BIKE (2453)**

## Going Places on the Arlington Loop

This "Arlington Loop" connects you to almost every amenity in Arlington. The entire Loop is 16 miles long, but you don't have to ride it all at once—most trips on the Loop are much shorter.

Arlington has 50 miles of off-street trails that make getting to where you need to go by bike incredibly easy. There are 4 trails in particular that create a sort of loop around the center of Arlington: the Mount Vernon, Custis, W&OD and Four Mile Run trails.



For more information on things to do in Arlington, go to [CarFreeDiet.com/partners](http://CarFreeDiet.com/partners)

For tips on how to be a PAL and share our streets safely and courteously go to [CommuterPage.com/PAL](http://CommuterPage.com/PAL)

This map is representative—not geographically accurate.



## Bicycle Education Classes

To promote safe and fun riding, Arlington County and the Washington Area Bicyclist Association (WABA) offer classes to educate you on the skills you need to incorporate bicycling into your daily routine. Classes range from the basic "Learn to Ride" class for adults who never learned to ride a bike to the urban road riding class for people looking for on-bike safety instruction. Visit [bikearlington.com/rides-classes/](http://bikearlington.com/rides-classes/) and [waba.org/adult-education/](http://waba.org/adult-education/) for the full schedule of classes in Arlington and around the region.

## FREE Group Seminars and Presentations

If you're interested in bicycling your colleagues, friends, family, students, classmates or others together to learn how to make the best of Arlington's plentiful bicycle facilities, whether it's by riding to work or to the grocery store, then we've got just the thing for you! We offer free group seminars and presentations that cover riding tips, route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting and more! To schedule a seminar or presentation, contact us at [info@bikearlington.com](mailto:info@bikearlington.com).

- Sightseeing
- Coffee
- Hiking
- Shopping
- Restaurant
- Movies
- Capital Bikeshare
- Bar
- Library
- Trail
- Bike Lane

## Information Directory

**Arlington County**  
[BikeArlington.com](http://BikeArlington.com)  
703-247-6980, [info@bikearlington.com](mailto:info@bikearlington.com)

**Arlington Bicycle Advisory Committee**  
[BikeArlington.com/GetInvolved](http://BikeArlington.com/GetInvolved)

**Trail Maintenance**  
Arlington County: 703-228-6524, [trail@arlingtonva.us](mailto:trail@arlingtonva.us)  
W&OD Trail: Nova Parks, 703-729-0596

**Capital Bikeshare**  
[CapitalBikeshare.com](http://CapitalBikeshare.com)  
877-430-2453, [customerservice@capitalbikeshare.com](mailto:customerservice@capitalbikeshare.com)

**Bike Shops & Rentals**  
[BikeArlington.com/BikeShops](http://BikeArlington.com/BikeShops)

**Other Organizations**  
**Alexandria Bicycle Program**  
[alexandriava.gov/GoAlex](http://alexandriava.gov/GoAlex)  
703-838-3800, [localmotion@alexandriava.gov](mailto:localmotion@alexandriava.gov)

**District of Columbia Bicycle Program**  
[ddot.dc.gov/bikesandpeds](http://ddot.dc.gov/bikesandpeds)  
202-673-6836, [ddot@dc.gov](mailto:ddot@dc.gov)

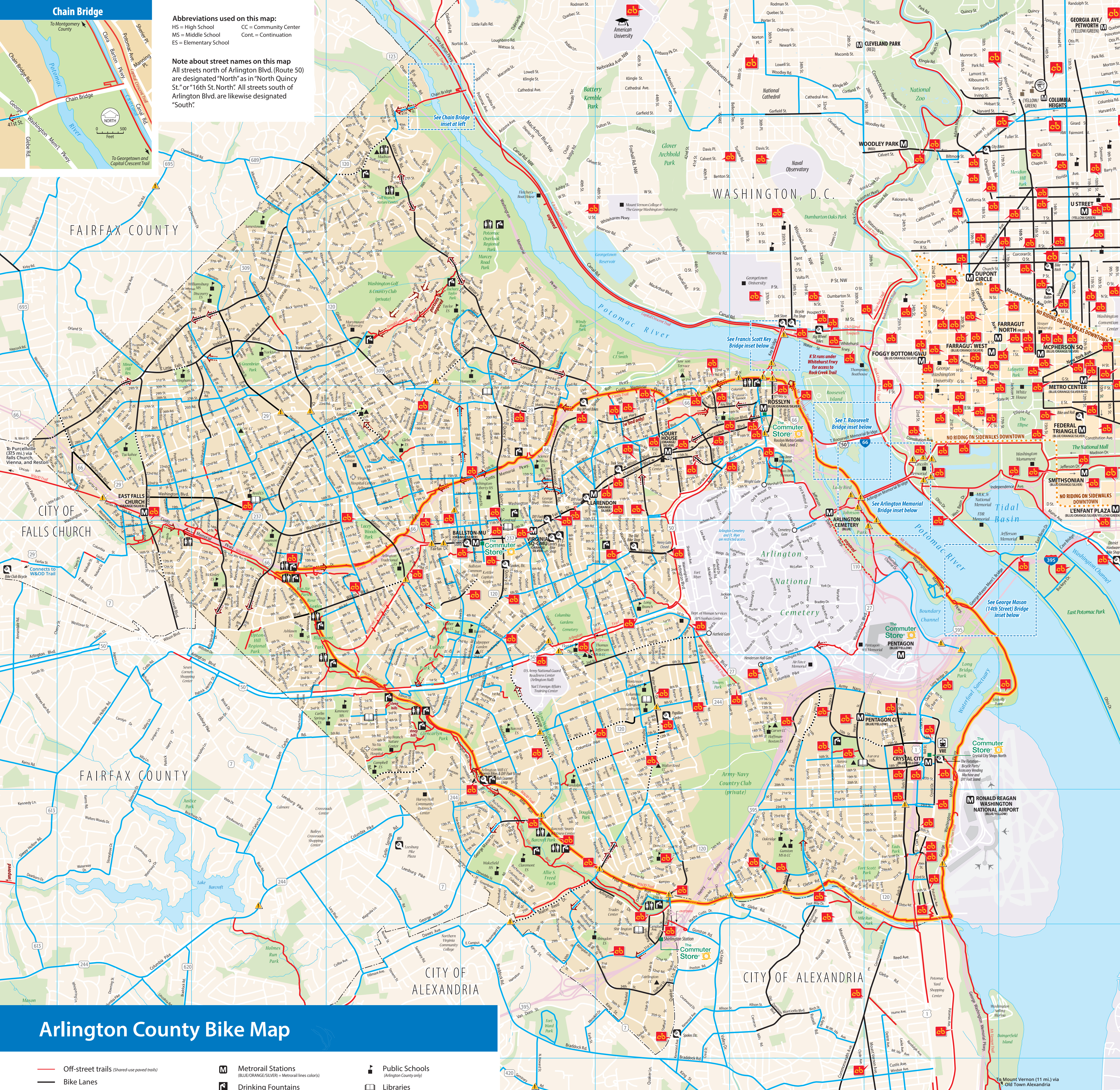
**Fairfax County Bicycle Program**  
[fairfaxcounty.gov/transportation/bike-walk/](http://fairfaxcounty.gov/transportation/bike-walk/)  
703-324-BIKE  
[bicycleprograms@fairfaxcounty.gov](http://bicycleprograms@fairfaxcounty.gov)

**gODCgo**  
[godcgo.com](http://godcgo.com)  
202-299-2186, [info@godcgo.com](mailto:info@godcgo.com)

**Virginia Department of Transportation**  
[VirginiaDOT.org](http://VirginiaDOT.org)  
800-835-1203, TTY 711, [va\\_biking@vdot.virginia.gov](mailto:va_biking@vdot.virginia.gov)

**Washington Area Bicyclist Association (WABA)**  
[WABA.org](http://WABA.org)  
202-518-0524, [waba@waba.org](mailto:waba@waba.org)





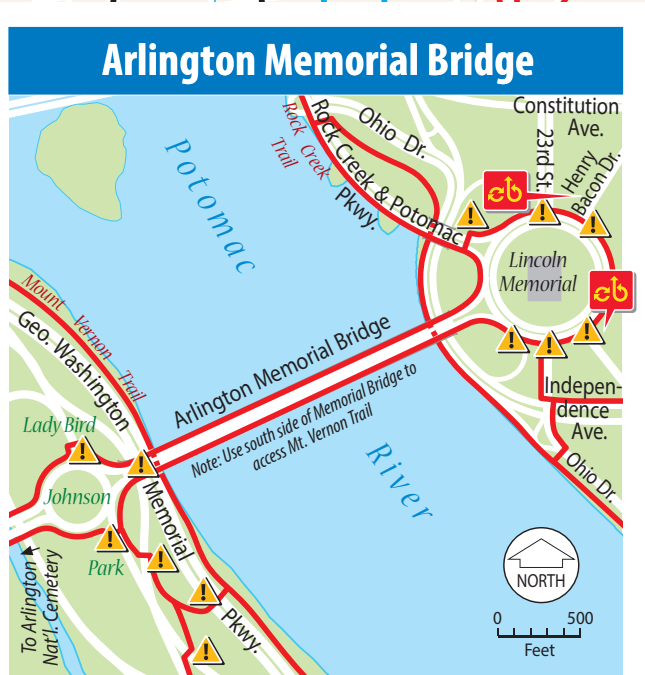
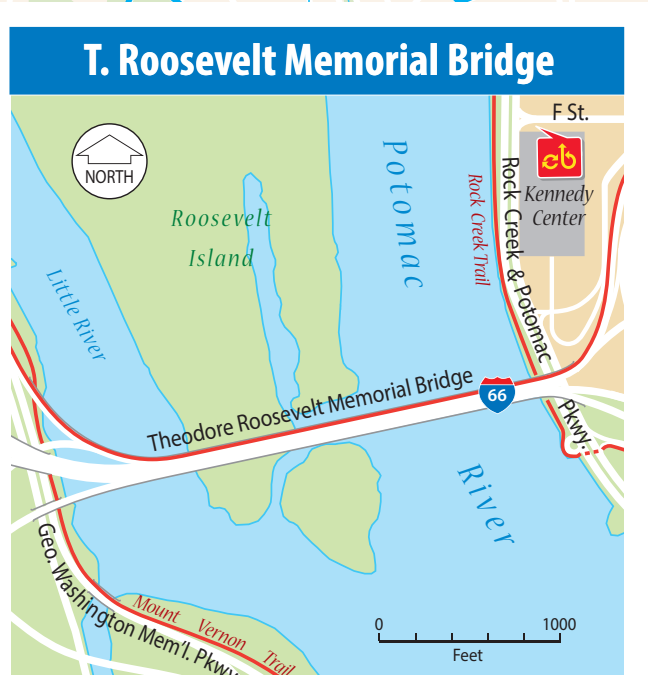
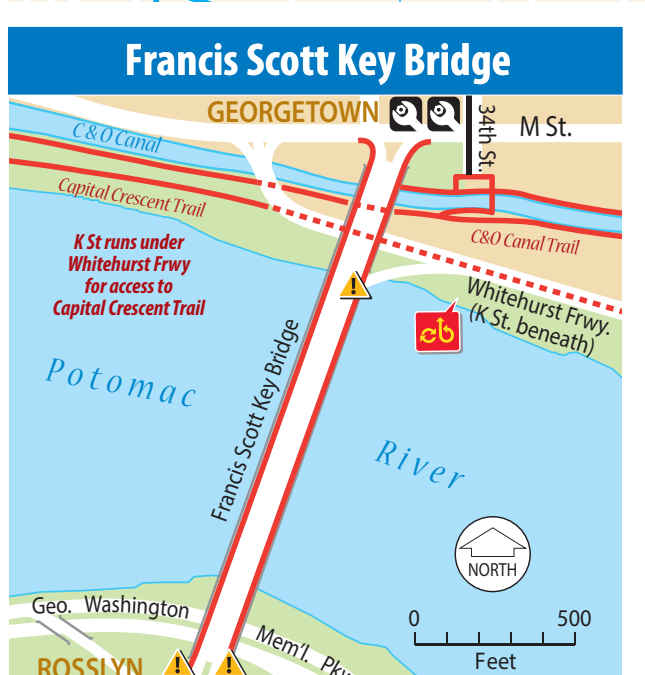
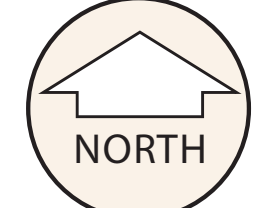
# Arlington County Bike Map

- Off-street trails (Shared-use paved trails)
- Bike Lanes
- Shared Lane Markings (Sharrows)
- On-street routes (Roads that have been determined to be bicycle friendly or provide important connections to the bicycle network)
- The Arlington Loop (Premier off-street facilities supporting County-wide and regional transportation)
- Capital Bikeshare Locations (Capital Bikeshare station locations may change. Check www.CapitalBikeshare.com for the most current listings, including stations with membership key dispensers.)
- Bike shops & DIY Fixit Stands (DIY stands for Do It Yourself!)
- Use caution
- Steep hills (arrows point uphill) (Arlington County only)
- Metrorail Stations (BLUE/ORANGE/SILVER = Metrorail line color(s))
- Drinking Fountains (Arlington County only)
- Public Restrooms (Arlington County only)
- Hospitals (Arlington County only)
- Parks and Open Space
- Restricted Areas
- Public Schools (Arlington County only)
- Libraries (Arlington County only)
- Community Centers (Arlington County only)
- Other Points of Interest

One grid square represents one mile

0 0.25 0.50 0.75 1.0 Mile

0 1,000 2,000 3,000 4,000 5,000 Feet



Bowling Cartographic, 12/2010