

Trail Etiquette

Multi-use paths (bike paths, recreational trails, paved pathways, asphalt trails) are intended to be SHARED for use and enjoyment by a diverse group of non-motorized users including cyclists, inline skaters, pedestrians and others. These basic guidelines will help to ensure yours and other user's safety.

For all Cyclists:

- Travel at a pace safe for conditions
- Slow down in congested and populated areas
- Control your speed and yield to pedestrians and horse riders
- Stay right except to pass. This is especially important on corners
- Pass only when it is safe to do so. Pass with care
- Signal you are passing with a polite warning bell, whistle or by stating "passing"
- Share the path; don't impede other users
- When stopping pull off to the side of the path
- Use caution when crossing intersections, yield to traffic
- It's best not to ride with headphones, if you do make sure they are kept low so you can hear approaching traffic

If you are using the trail at dark, please have your lights so you can see and be seen.
BC Helmet Laws apply on trails.

Bike Safety Inspection

Regular bike inspections only take a minute and are important to ensure that you have a safe and enjoyable ride. The following key areas should be checked regularly.

Tires:

Is there sufficient air pressure? You will find the psi (pounds per square inch) on the tire wall. The tire performs best when properly inflated and will ensure a more comfortable ride.

Are the tires cracked? If they are, then check with your local bike shop to see if they need to be replaced.

Brakes:

Do the brakes grip well? Are you able to stop easily or do the brakes drag, squeak and bring you to a slow stop? If so, get them tightened.

Make sure that the brake pads are not dragging on the rim and that they are not overly worn.

Chain:

Your chain should be tight and not rusty or gritty. A loose chain will come off the sprockets easily and a rusty or dirty chain will be less responsive and may potentially break.

Cables:

Check your cables to make sure that they are tight and are not fraying.

Loose parts:

Check Quick releases, Handlebars, seat, fenders & carriers for tightness