# Lower Montgomery County

## Off-Road Bikeways

- Major Shared Use Path
- Other Paved Trail or Sidewalk Bikeway
- C & O Towpath (crushed limestone)
- Major Mountain Bike Trail

## On-Road Bikeways

- Shared Roadway
- Bike Lane or Shoulder
- Bicycling permitted (speed limit 50 mph or lower)

## Bicycling Prohibited

- Roadway with speed limit > 50 mph

- Bike Shop

**US 29 Shoulders**
Although State law prohibits bicycling on roads with speed limits greater than 50 mph, a special exception allows bicycling on the shoulders of US 29. Warning: Use caution at ramps. Experienced riders only.

0 0.5 1 2 3 4 5 Miles

bicycling
montgomery county

THINK GLOBAL • RIDE LOCAL

WWW.BIKEMONTGOMERY.COM

## Resources

*Montgomery County:*

- Bikeways Coordinator, 240-777-7223, www.bikemontgomery.com
  E-mail: mcdot.dte.bike@montgomerycountymd.gov
- Bike Map: http://bikemap.montgomerycountymd.gov
- Bike Map Lite Mobile Version (iPhone/Android friendly):
  http://www6.montgomerycountymd.gov/content/gis/bikeways.asp
- M-NCPPC Bikeways Planner, 301-495-4525, www.montgomeryplanning.org
- Maintenance Issues: Within Montgomery County, Dial 311
- State Highway Administration, 301-513-7300

*Local Bike Organizations:*

- Montgomery Bike Advocates (MOBIKE), 301-503-9931, www.internetigloo.com/mobike
- Washington Area Bicyclist Association (WABA), 202-518-0524, www.waba.org
- Bike Maryland, 410-960-6493, http://bikemd.org/page.php?id=166
- Montgomery Bicycle Action Group (MCBAG), www.bikemontgomery.com

*Others:*

- Montgomery County Ride On, 240-777-RIDE (7433), www.montgomerycountymd.gov/rideon
- Metro Rail and Metro Bus, 202-637-7000, www.metroopensdoors.com

Printed May 2013

## Safety Tips

- Bicyclists are required to obey the same traffic laws as vehicles.
- Cyclists are classified as vehicles by Maryland State Law.
- Leave at least 3 feet of space between car and a cyclist when passing.
- Cyclists may take the entire lane when hazards, road width or traffic speed dictate.
- Bicyclists may use the sidewalk in Montgomery County. In the city of Gaithersburg, children are allowed to ride on sidewalks.
- Ride on the right side of the road with traffic. This reduces accidents.
- Use a headlight and reflectorized safety equipment when riding at night.
- Wear a helmet! Cyclists 18 and under are required to by law.
- The helmet should rest snug and flat on top, not too far forward or backward.
- Watch for shoelaces, pant legs, etc., that can get caught in your bike chain.

*Map created by Montgomery County Department of Transportation, Division of Transportation Engineering (MCDOT, DTE) and Department of Technology Services, Geographic Information Systems Team (DTS-GIS), May, 2012. Cartography by DTS-GIS. Special thanks to MCBAG members for valuable input on bikeways data.*

## Why bike?

**For Your Health –** Bicycling is one of the best forms of aerobic, low-impact exercise (approximately 375-600 calories burned per hour, depending on speed).

**For Your Wallet –** Car ownership is expensive and consumes a major portion of many Americans' income. AAA reports it costs over $9,000 per year to own and operate a car (compared to $120 per year to own and maintain a bicycle.

**For Your Schedule -** Combine your commute with your workout. Biking can get you there nearly as fast as driving for many local trips.

**For the Environment –** The U.S. puts between 25 and 45 percent of its total energy into vehicles: to make them, to run them, and to clear a right-of-way for them when they roll and park. Motor vehicles also create a substantial amount of pollution. Bicycles are as true a 'no emissions' vehicle as there is.

**For Fun!!!**

## Commuter's Checklist

**Bright clothing—Helmet—Lights—Fenders– Hydration– Tools, Pump, Patch kit**