



Legend

	Bike Shop (Tienda de bicicleta)		Library (Biblioteca)
	Bike Rental (Alquiler de bicicleta)		City Hall (Ayuntamiento)
	Fire Station (Departamento de bomberos)		High School (Escuela secundaria)
	Hospital		College (Universidad)
	Campground (Campamento)		Airport (Aeropuerto)
	Transit Center (Estación de tránsito)		Pacific Coast Route (Ruta de costa pacifico)
	Public Restroom (Baños público)		Caltrans Route (Ruta de caltrans)

	Bike Path		Proposed Bike Path
	Bike Lane		Proposed Bike Lane
	Signed Bike Route		Proposed Signed Route

Resources

The following transit systems can carry bicycles. Contact them for any restrictions.

Amtrak Conductor Bus to San Jose	800-USA-RAIL
Caltrain from San Jose to San Francisco	800-660-4287
Highway 17 Express Bus	408-321-3200
Monterey-Salinas Transit	888-MST-BUS1

To get Involved with bicycle programs in Monterey County contact:

Bicycle Pedestrian Committee	831-775-0903
Monterey County Bike Week	www.bike2work.com

All questions and comments are appreciated and can be addressed at tamcmontgomery.org. You can inform the Transportation Agency staff at tamcmontgomery.org/bike-request of any debris or potholes in bike facilities.

Bicycle Milage Chart

	Castroville	Gonzalez	Greenfield	King City	Marina	Monterey	Pacific Grove	Pebble Beach	Salinas	Seaside	Soledad
Castroville		27	45	57	71	16	22	20	9	13	41
Gonzalez	27		19	31	28	36	39	38	18	32	9
Greenfield	45	19		12	45	53	57	56	35	50	10
King City	57	31	12		57	65	69	68	47	61	22
Marina	7	28	45	57		10	12	14	11	7	36
Monterey	16	36	53	65	10		3	5	20	4	44
Pacific Grove	22	39	57	69	12	3		7	24	5	48
Pebble Beach	20	38	56	68	14	5	7		23	8	47
Salinas	9	18	35	47	11	20	24	23		17	26
Seaside	13	32	50	61	7	4	5	8	17		41
Soledad	40	9	10	22	36	44	48	47	26	41	

Riding Tips

When you are bicycling, always ride predictably and defensively, be visible, use hand signals and obey the rules of the road. Since the bicycle is a legitimate form of transportation, consider yourself to be a driver of a vehicle when you are cycling. For additional riding tips, visit: www.bikeleague.org. You can also contact the Transportation Agency for information about bicycling education at 831-775-0903 or visit us on the web at tamcmontgomery.org.

<p>Always ride with traffic. Motorists are not looking for bicyclists riding on the wrong side of the street. Ride with traffic to avoid potential accidents.</p> <p>Siempre monte la bicicleta con el tráfico. Los conductores de carros no buscan a ciclistas que viajan en el lado injusto de la calle. Viaje con el tráfico para evitar los accidentes potenciales.</p>	<p>Watch for cars pulling out or opening their doors. Make eye contact with drivers. Assume they do not see you until you are sure that they do.</p> <p>Fíjense en los autos que salgen. Haga contacto de ojos con el conductor del auto. Nunca debe de asumir que el conductor lo ha visto.</p>
<p>Do not swerve between parked cars. Motorists may not see you when you re-enter the traffic flow. Ride in the middle of the lane if traffic is moving slowly. At busy intersections and if you are going as fast as traffic, ride away from the edge of the lane.</p> <p>No viaje entre autos que estan estacionados. Los conductores del autos no lo pueden ver cuando usted reentra la circulación. Viaje en el centro del carril si el tráfico mueve lentamente. En intersecciones ocupadas y si usted va tan rapidamente como tráfico, viaje lejos del borde del carril.</p>	<p>Avoid road hazards. Watch for railroad tracks, storm drains, holes, oil, sand, gravel, and other hazards. Anticipate moving around hazards so that you can avoid conflicts with cars.</p> <p>Evite los peligros de la calle. Mire para vias ferreas, para las alcantarillas, para los hoyos, para el aceite, para la arena, para el grava, y para otros peligros. Anticipo mover alrededor los peligros.</p>
<p>Follow road markings. Do not turn left from a right-turn lane, or go straight from a turn lane. Choose the best method of turning left. Either turn like an automobile (from the turn lane), or get off the bike and walk in the crosswalks (like a pedestrian).</p> <p>Obedezca las marcas y se-ales del pavimento. No va a la izquierda de un carril de vuelta de derecho, ni va directamente de un carril para vuelta a la izquierda, dirijase al carril para dar vuelta tal como si fuera un vehiculo, u onlese a la banqueta, desmonte, y use el cruceo para peatones caminando con su bicicleta.</p>	<p>Keep your bike in good condition. Check the brakes and tires regularly. Use bells to alert traffic, and a rack or basket for carrying things.</p> <p>Mantenga la bicicleta en buen estado. Verifique los frenos y las llantas regularmente. Use una campana para poner sobre aviso el trafico, y un portaequipajes o cesta para llevar las cosas.</p>
<p>Choose the best method of turning left. Either turn like an automobile (from the turn lane), or get off the bike and walk in the crosswalks (like a pedestrian).</p> <p>Quando de vuelta a la izquierda, dirijase al carril para dar vuelta tal como si fuera un vehiculo, u onlese a la banqueta, desmonte, y use el cruceo para peatones caminando con su bicicleta.</p>	<p>Wear a helmet. Helmets reduce head injuries. Wear a helmet even on short trips.</p> <p>Lleve un casco. Los cascos reducen las heridas de cabeza. Lleve un casco en todas las viajes.</p>
<p>Do not pass on the right. Motorists may not see you to their right as you pass them. Instead, ride behind a car when you think it may be turning right.</p> <p>No pase en el derecho. Los conductores de auto no lo pueden ver a su derecho como usted los pasa.</p>	<p>Use lights at night. Make yourself as visible as possible. Use a headlight and a taillight. Wear light colored clothing. Reflective leg bands are very effective.</p> <p>Use luces de noche. Dese a notar. Degaste ropa blanca. Use un luz blanco al frente y luz roja de atrás.</p>
<p>Use hand signals. Hand signals tell motorists what you intend to do. Signal as a matter of law, as a courtesy, and for your protection.</p> <p>Use las senales de mano. Las senales de la mano dicen a conductores de carros lo que usted piensa para hacer. Senale como una cuestion de la ley, como cortesia, y para su proteccion.</p>	<p>STOP (ALTO)</p>

