



CYCLE ARIZONA

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Your Guide to Cycling in Arizona

Published with the interest of bicycling in Arizona by the Arizona Department of Transportation

Legend

- State Line
- County Line
- Rivers & Streams
- Lakes & Reservoirs
- National Park
- State Park
- Campsite
- Point of Interest
- National Monument
- Tourist Information
- Rest Area
- Population less than 1,000
- Population greater than 1,000
- ★<XX>★ Distance Between Points

Route Characteristics

- Effective Shoulder Width = 4 ft or greater
- Effective Shoulder Width < 4 ft
- Rumble Strip with Effective Shoulder Width < 4 ft
- Bridge with Effective Shoulder Width < 4 ft
- Low Traffic Volumes
- Medium Traffic Volumes
- High Traffic Volumes
- Bicycles Prohibited
- Dirt Roads
- Interstate Frontage Roads
- Other Roads
- Regionally Significant Routes (Non-ADOT)
- Extreme Grade
- Moderate Grade
- Varied Grade

Facilities conditions as shown on this map often vary from one side of the road to the other. Bicyclists should use extreme caution while riding on Arizona highways.

TRAFFIC VOLUMES

All traffic volumes on this map are Annual Average Daily Traffic (AADT). AADT is the total number of vehicles passing a given point, in both directions, during a year, divided by 365 days, given in vehicles per day (vpd).

Low Traffic Volume	< 2,500 vpd
Medium Traffic Volume	2,500-7,500 vpd
High Traffic Volume	> 7,500 vpd

A typical hourly traffic volume in one direction is approximately equal to 6% of the AADT, so a 7,500 AADT is approximately 450 vehicles per hour (vph), and a 2,500 AADT is approximately 150 vph.

GRADES

Arrows are shown in direction of grade ascent. Gradient information is provided as a general aid to cyclists in planning tours and is not intended to be all inclusive of grade conditions along the bicycle routes shown. Their purpose is merely to advise cyclists of some of the steeper climbs which may be encountered throughout the state.

CAUTION

At certain times of the year, severe blowing dust conditions may be encountered in the lower desert regions. Extreme caution should be taken. And remember, the Arizona air is very dry. Drink often, and carry lots of water.

LITTERING IS UNLAWFUL

Please take your refuse home or deposit it in receptacles provided for this purpose.

PLEASE NOTE

This map was prepared for the Arizona Department of Transportation as an aid to bicyclists. All ADOT highways not designated as bicycles prohibited are open to bicycle use. Roads shown are regular roads of the highway system used by automobiles and trucks. The Department in no manner warrants the safety of the roads indicated on this map for use by bicyclists. Bicyclists assume the risk of their own safety when using the roads indicated on this map. There are no warranties made in connection with this map, and the Department shall not be responsible for any damages (consequential, special or otherwise) arising from its use. Local area maps are intended to provide connections for routes into and out of the area. They are not meant to provide a comprehensive guide to bicycle routes in these communities. Future updates of this map can be found at www.azbikeped.org. Contact the ADOT Bicycle and Pedestrian Coordinator at azbikeped@azdot.gov with comments on route conditions.

SELECTED ARIZONA BICYCLE LAWS

28-735
When overtaking and passing a bicycle, drivers must leave a safe distance between the vehicle and the bicycle of at least 3 feet until the vehicle is safely past the overtaken bicycle.

28-756
A. A person shall give all hand and arm signals required by this article from the left side of the vehicle in the following manner, and the signals shall indicate as follows:
1. Left turn. Hand and arm extended horizontally.
2. Right turn. Hand and arm extended upward.
3. Stop or decrease speed. Hand and arm extended downward.

B. A person operating a bicycle may give a right turn signal by extending the right hand and arm horizontally to the right side of the bicycle.

28-811
Parents are responsible for seeing that their children obey all traffic laws.

28-812
Bicyclists have all the same rights and responsibilities of other operators except for the unique situations described below.

28-813
Every person on a bicycle must have a regular seat to sit in.

The text of the selected Arizona Bicycle Laws are not included in their entirety. Please refer to Arizona Revised Statutes for complete text. Available at <http://www.azleg.gov/>

28-814
A person riding on a bicycle shall not attach the bicycle or that person to a vehicle on a roadway.

28-815
A. Bicyclists, when traveling on a roadway at less than the normal speed of traffic, shall ride as close as practicable to the right-hand curb or edge of the roadway except when passing another bicycle or vehicle, when preparing for a left turn at an intersection or driveway, when necessary to avoid obstacles in the roadway such as potholes and other hazards, or when the travel lane is too narrow for a vehicle and a bicycle to safely travel side by side.
B. Bicyclists should not ride more than two side-by-side except on paths or parts of roadway set aside for the exclusive use of bicycles.

28-816
A person shall not carry a package, bundle or article while operating a bicycle if the package, bundle or article prevents the driver from keeping at least one hand on the handlebars.

28-817
A. Every bicycle used at night must have a white headlight visible from 500 feet away and a red reflector visible up to 300 feet away. Red tail lights may also be used in addition to the reflector.
B. Bicycles may not be equipped with sirens or whistles.
C. Every bicycle must have at least one brake in good working order.

ROADWAY AND SAFETY TIPS

CYCLIST/MOTORIST COOPERATION IS ESSENTIAL...
When cyclists remember to follow the same "rules of the road" as motorists, both know what to expect of each other and can cooperate in sharing of the road.

CYCLING "LAYERS OF SAFETY" (OSWALD, 2004)
1. Don't CAUSE collision (follow rules of road): About half of bicycle crashes are the fault of the cyclist (run red lights, no lights, wrong way).

2. Deter motorist mistakes: Motorists may underestimate your speed or misjudge space for passing. If you take control, you can often prevent motorist mistakes.
3. Drive defensively to escape hazards: Anticipate problems and leave room to escape.
4. Use safety equipment to prevent injury: A helmet may allow you to walk away from a crash. Gloves protect hands.

CLOTHING...
Wear bright colored clothing to increase visibility to motorists. This will reduce your chance of being in a crash. Your body is half the visible surface area of the rider/bicycle unit.

Arizona's climate is ideal for bicycling. However, certain weather conditions can be a deterrent to bicycling. Be prepared for extreme high temperatures during the summer months in the lower desert areas. Dress appropriately.

POSITION FOR BEING SEEN...
The main idea of positioning yourself to be seen is to ride in the portion of the lane where it is most likely that you will be seen. Although the laws require a bicyclist to ride as far to the right as practicable, there will be cases where it is both legal and safer to move towards the center of the lane (steep descents, curves with minimal or no sight distance, or "blind" intersections).

MAINTAINING YOUR BIKE...
Make sure your bike can do what you want, when you want to! Brakes should grip the wheel firmly when activated. Wheels should be round and have no side-to-side wobble. Check spokes for tightness and have bent or missing ones replaced. Tires should be inflated to the pressure shown on the sidewall and have visible tread. Clean and lubricate the chain regularly. Make sure the handlebars, seat and other adjustable parts are tight so they will not slip.

CARRYING LOADS...
Loads can be carried safely if they are positioned and fastened properly. Use panniers (saddlebags) if possible. Keep the load low, placing it high raises the bicycle's center of gravity, making it more difficult to safely handle the bicycle. Fasten panniers

securely and make sure that there are no loose connections. Stop and check the load periodically to make sure it is secure.

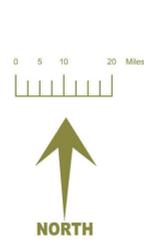
GETTING OFF THE ROAD...
If you need to leave the road to check the bicycle or just to rest, be sure to get as far off the road as possible. It can be very difficult for a motorist to spot a bicycle by the side of the road.

CATTLE GUARDS...
Cattle guards are a series of closely spaced iron rails perpendicular to the road, covering a shallow pit. Always cross cattle guards straight on, not at an angle. Watch for gaps between the grates parallel to your direction of travel. These gaps are located where individual grates come together or where an individual grate meets the concrete or asphalt abutment and are a necessary feature of a cattle guard to allow for the expansion and contraction of metal during varied temperatures. Avoid these gaps at all times and always cross straight on a solid piece of grate. As you approach, rise off of your saddle and be sure your elbows are bent slightly, in order to absorb any shock. Be especially careful if the cattle guard is wet.

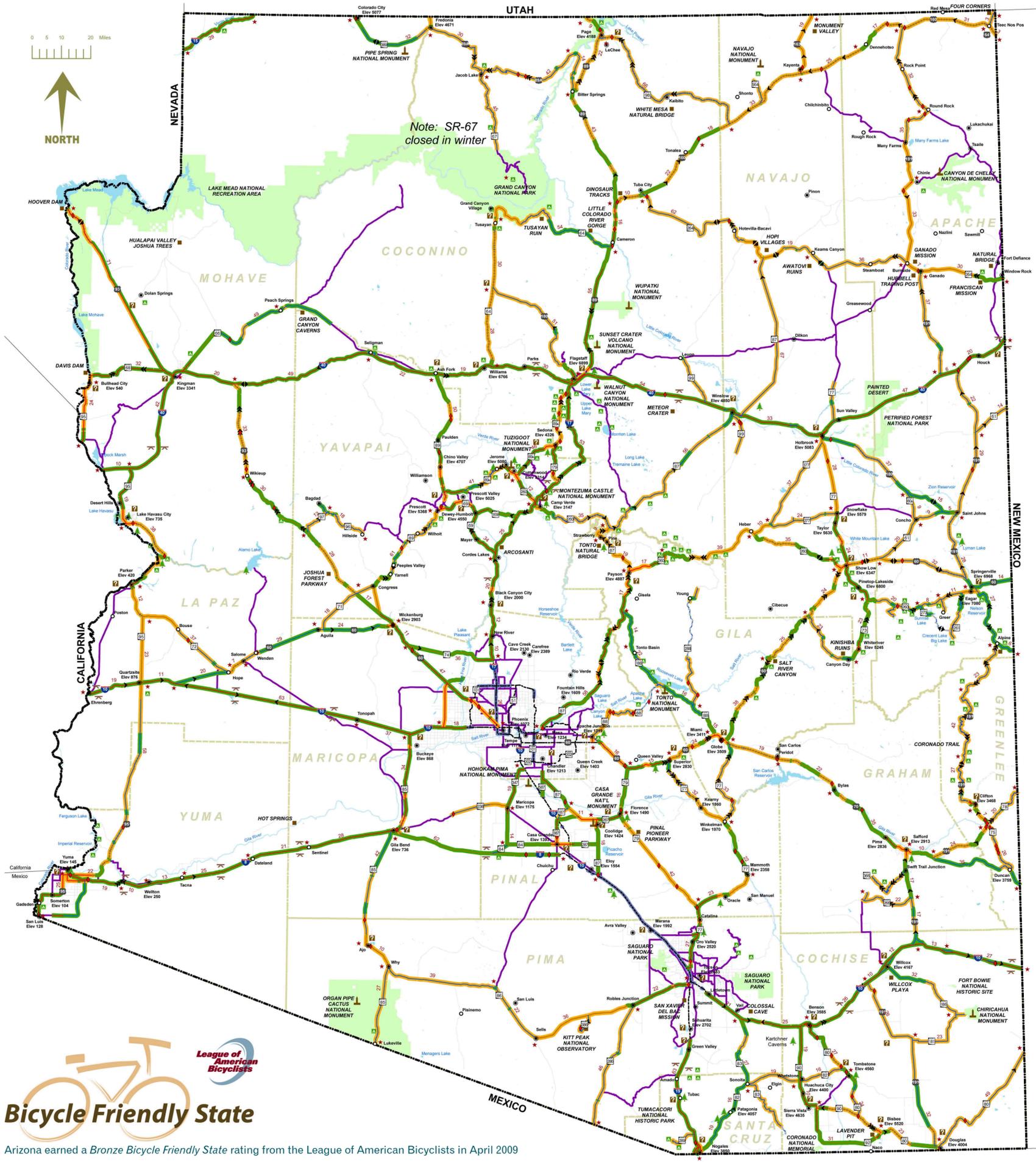
STORM GRATES...
Storm grates are very similar to a cattle guard, however, much smaller and often more difficult to see. These grates are supposed to be installed with full cross bars or with bars running perpendicular to your lane of travel. If you come across one that does not have these features, go around it. Other wise follow all instructions for crossing a cattle guard to include avoiding any gap where the grate meets the surrounding abutments of concrete or asphalt.

LOOKING FOR TROUBLE...
Don't count on eye contact as a sign that a driver has seen you. All too often a motor vehicle operator looks right at a bicyclist and still fails to see him or her. A good rider is always "looking for trouble", not to get into, but to stay out of. Experienced riders make a practice of looking ahead. While scanning the road ahead, look at road and traffic conditions and "escape" routes. Get a complete picture of the situation ahead and leave yourself plenty of time to adjust for problems.

DRINK WATER!!
Arizona's dry and arid climate makes for excellent bicycling conditions. However, be prepared for high temperatures during the summer months in the lower desert areas. Carry lots of water, and drink regularly.
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NORTH



Arizona earned a Bronze Bicycle Friendly State rating from the League of American Bicyclists in April 2009