

Sharing the Road

Biking on Streets

Obey all traffic regulations.
Riding predictably and following the law are the keys to safe bicycling. Knowing and following the rules help all road users properly anticipate and react to each other.

Ride in a straight line.
Avoid weaving between parked cars. Ride in a straight line at least 4 feet away from parked cars to avoid the **Door Zone** (see below).

Don't ride on the sidewalks downtown.
Juneau law prohibits riding sidewalks in the Central Business District.
Remember: Wheels yield to heels.

When necessary, use entire travel lane.
Move toward the center when the lane is too narrow for motorists to pass safely or when you're moving at the same speed as traffic.

ALWAYS make eye-contact & yield if you're unsure or can't.

To cross an intersection, use the lane farthest to the right that points to where you are going.
Follow lane markings to cross an intersection. If you can't change lanes to turn left, ride across the street to the other side and align your bike with traffic.

The Door Zone

Tips to Avoid Injuries

The Door Zone is the 4-foot area along the side of a parked car where an opening door can hit and seriously injure a cyclist.

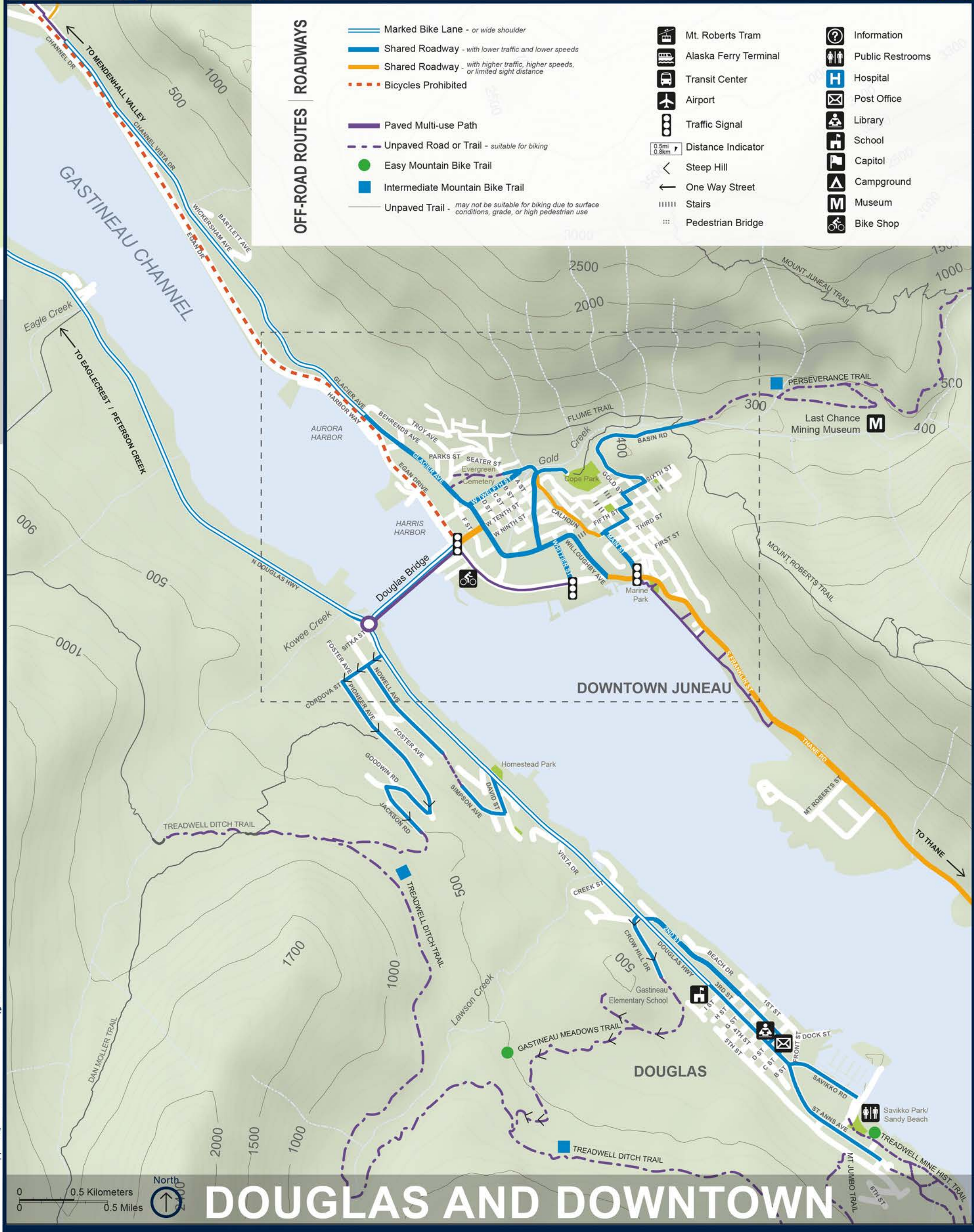
When riding alongside parked cars, stay at least 4 feet to the left.

Look inside each parked car before you pass it.
If you're unable to see inside the cab or you spot someone inside, move outside the **Door Zone**, slow down and pass carefully.

Watch behind you.
Keep track of traffic behind you, so you'll know whether you have enough room if you must swerve suddenly to avoid an opening door. A mirror helps you see traffic behind you as you pedal forward.



DOWNTOWN JUNEAU



DOUGLAS AND DOWNTOWN

Sharing the Trail

Off-street Biking

Keep to the right.
Yield to pedestrians and slower moving traffic except when passing.

Be cautious at driveways and street crossings.
Motorists may not be expecting oncoming trail traffic above walking speed.

Advise others when passing.
Sound your bell or horn or call out when approaching pedestrians or slower cyclists. Then pass safely on the left.

Slow down when there are lots of users on the trail.

"Passing on your left."

Street-Smart Cyclist

Tips for Safety and Comfort

Use your Head.

Always wear a bicycle helmet to reduce the risk of head injury in the event of a crash. Helmets are required by law for all riders under the age of 18 in Juneau.

Does your helmet fit?

Three simple steps to adjust your helmet:

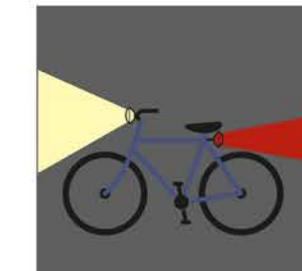
Eyes: When you look up, you should see the front rim. The helmet should sit straight, not tilted.

Ears: The side straps should come to a "Y" just below each ear.

Mouth: When you open your mouth wide, you should feel the helmet push down on your head.

Be Safe. Be seen.

Use lights at night or when visibility is poor. A white headlight and rear red reflector are required by law. Use flashing tail- and headlights for visibility, and a solid white light to illuminate your path.



Lock it down.

Never leave your bike unlocked—not even for a second.

Always use a high-quality U-lock or chain. For added security use both.



Always lock the frame and front wheel to either a rack or pole (see illustration 1).

For extra security, remove the front wheel and lock it with the frame and rear wheel (see illustration 2).

Equip yourself for success.

Your ride will be a lot more enjoyable if you feel safe and comfortable. Outfitting yourself with the gear below can help.



Wildlife Safety

Stay Alert Stay Aware

The Alaska Department of Fish & Game advises that you **NEVER** approach, feed, or surprise our local wildlife. If an encounter is unavoidable, follow the safety tips below.



BLACK BEAR

- Travel in groups; make noise to avoid surprising a bear.
- Never approach cubs. Mother bears will aggressively protect them.
- Put your bike between you and the bear.

- NEVER** turn and run from a bear; it may chase.
- Avoid bad-smelling areas.
- Make yourself as big and as loud/scary as possible.
- If it attacks, fight back.



JUNEAU

A Letter from the Chief



Thanks for picking up a copy of the Juneau Bike Map. Riding a bike is a great way to get some exercise and see Juneau from a different perspective. The roads, paths and trails marked on this map are meant to help you navigate the city by bike, whether you are headed out for a weekend ride, commuting to work or school, or sightseeing during your visit to Juneau.

Although many of the routes shown on this map are separated paths, many more are low- or moderate-traffic roadways where a bike rider must share the travel lane with people in cars. Use caution and choose a route that meets your comfort level. Cyclists have a right to ride on all roadways in Juneau (unless otherwise marked), as well as the responsibility to follow all traffic laws. It is up to all of us, whether we are in a car or on a bike, to observe all traffic laws and share Juneau's roadways with caution and courtesy.

I'll see you on the road,

Bryce Johnson
Chief of Police
Juneau Police Department

Feedback? Comments? Want to know more about cycling in Juneau?

www.juneaurides.org



Bicycle routes depicted on this map are for advisory and illustrative purposes only. The user of this map is entirely responsible for his or her own safety. In providing this information, Juneau Rides does not assume liability for bicyclists who choose to travel upon any of the routes or trails shown on this map. Juneau Rides guarantee the stability, condition or fitness of any of the listed routes or trails for bicycling.

Acknowledgements

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2016

MENDENHALL VALLEY

Mendenhall Valley

Lemon Creek

Twin Lakes

Douglas Island

AUKE BAY

GASTINEAU CHANNEL

OFF-ROAD ROUTES

Marked Bike Lane - or wide shoulder

Shared Roadway - with lower traffic and lower speeds

Shared Roadway - with higher traffic, higher speeds, or limited sight distance

Bicycles Prohibited

Paved Multi-use Path

Unpaved Road or Trail - suitable for biking

Easy Mountain Bike Trail

Intermediate Mountain Bike Trail

Unpaved Trail - may not be suitable for biking due to surface conditions, grade, or high pedestrian use

Mt. Roberts Tram

Alaska Ferry Terminal

Transit Center

Airport

Traffic Signal

Bike Shop

Information

Public Restrooms

Hospital

Post Office

Library

School

Capitol

Campground

Distance Indicator

Steep Hill

05 Kilometers

05 Miles

North

This topographic map illustrates the Mendenhall Valley region, including Mendenhall Lake, Auke Lake, and Auke Bay. The map features a network of trails and roads, with color-coded lines indicating their suitability for different types of travel. Key locations such as Mendenhall Glacier, Mendenhall Recreation Area, and various schools and parks are marked. The map also shows the surrounding terrain with contour lines and elevation markers. A legend in the bottom left corner provides a key for the symbols and line styles used throughout the map. A scale bar and a north arrow are located in the bottom right corner.