Bicycle is great for everyone — communities, businesses, schools, and people. It promotes active lifestyles, reduces traffic congestion, and improves air quality — and it’s fun! Let’s work toward a more bicycle-friendly city.

Every trip by bike is one less car on the road; it’s healthier for you and the environment.

Safety Tips:
- Always wear a helmet.
- Use the “ABC Quick Check™” before every ride. (Air in the tires, functioning brakes, a chain that shifts correctly and is properly lubed, quick release tightened and a functional check of the bike for loose parts.)
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. Wearing pants, make sure to strap/roll the right pants.
- If riding at night, have proper reflectors, a headlight, and a tail light.
- Keep a safe distance from parked cars.

Rules of the Road (on your bike)
- Ride on the right. Always ride WITH the flow of traffic and never against it.
- Ride predictably. Follow the same rules motorists do, and ride in a straight line without swerving (unless avoiding an obstacle).
- Obey traffic control devices (signs, lane markings). Bicyclists must follow the rules of the road, too.
- Enter streets and intersections cautiously. Check for oncoming traffic.
- Protect your head. Always wear a helmet, even on a short trip. In an accident, a helmet can prevent serious injury to your brain.
- Follow lane markings. Don’t turn left from the right lane or ride straight through an intersection in a lane marked “Right Turn Only.”
- Ride correctly through intersections. Use the right/correct lane that goes in your direction. If heading straight, get in the “for” lane.
- Signal before you move or stop. Hand signals let drivers and others know what you intend to do.
- Ride defensively. Anticipate hazards and be ready to adjust your position in traffic.
- Be visible and be seen. Wear bright colors to increase visibility and make eye contact with drivers.
- Look behind you. Practice how to look over your shoulder and not swerve or lose balance. Rear-view mirrors are an option.

Shared Roadway Bicycle Marking (Sharrow)
A sharrow is used to assist bicyclists with positioning on a bike route and to remind motorists to share the road with cyclists.

Bike Chula Vista
A Bicycle-Friendly Community

Local Shops for Bikes and More

Chula Vista Bikes
305 Palomar Street
Suite E
(619) 423-1688
Cycling retailer
- Service/Repair
- Parts
- Bike Restoration
- Accessories/Apparel
- Bicycle Trade-ins
- Service/Repair
- Parts

South Bay Bicycles
250 Third Avenue
(619) 477-1445
Recreational equipment
- Accessories/Apparel
- Service/Repair
- Parts

South Bay Bicycles
390 East H Street
(619) 476-7234
Recreational equipment
- Accessories/Apparel
- Service/Repair
- Parts

Baja Bikes
2051 Main Street
(619) 427-3627
Cycling retailer
- Service/Tune Ups
- Accessories
- Repair BMX and MTB
- Low Rider Accessories

Bicycle Warehouse
868 L Street
(619) 428-4300
Cycling retailer
- Accessories
- Bicycle Trade-ins

Cycle Warehouse
895 Palomar Street
Suite E
(619) 427-3627
Cycling retailer
- Service/Tune Ups
- Accessories
- Repair BMX and MTB
- Low Rider Accessories

Trek Bicycle
Superstore
901 Lane Avenue
(619) 216-9123
Bicycle superstore
- Accessories/Apparel
- Service/Repair
- Parts

Trek Bicycle
Superstore
390 East H Street
(619) 476-7234
Recreational equipment
- Accessories/Apparel
- Service/Repair
- Parts

Pulse Endurance Sports
1020 Tierra Del Rey
Suite A
(619) 556-5300
Professional bicycle and running specialty store
- Bikes & Accessories
- Running Shoes & Gear
- Bike Service/Pro Fitting

REI Chula Vista
Otay Ranch Town Center
2015 Birch Road, Suite 150
(619) 591-4924
Outdoor recreation equipment
- Accessories/Apparel
- Service/Repair
- Parts

For more information about bicycling and other alternative transportation options in Chula Vista, visit www.chulavistaca.gov/bike or call (619) 423-1683.

Be Active, Get Involved
Whether you bike for health, recreation, competition, or transportation, we want you to become a member of Chula Vista’s cycling community. Bicycling rewards riders with exercise, lower stress levels, increased connectivity in their neighborhood, and a smaller carbon footprint.


Check out the San Diego Bicycle Coalition for ways to get involved in San Diego’s biking movement and advocacy. Don’t forget to check out their calendar of community events and bike rides! www.sdcb.org

You can also learn more on how to promote cycling in your organization, business, and community by visiting the League of American Bicyclists website at www.bikeleague.org.

For more information about bicycling and other alternative transportation options in Chula Vista, visit www.chulavistaca.gov/bike or call (619) 423-1683.

Signaling:
- Stop/Go:
  - Point LEFT arm in the air, and slightly off to the side.
  - Right Turn: Option 1: Send LEFT arm in the air and slightly off to the side.
  - Left Turn: Extend LEFT arm straight out.
  - Option 2: Extend RIGHT arm straight out.

NOTE: See map on reverse side for locations.