



## Cycling in Port Coquitlam:

# Stress-free transportation for all seasons

### Winter: Be safe, be seen!

Our road and bike route network can be enjoyed in all seasons but during the winter, daylight hours are reduced and winter weather conditions make cyclists less visible. Use proper equipment and cycling skills to stay safe.

Stay visible with bright or neon-coloured clothing and use a reflective safety vest. Put reflective materials on your bicycle and clothes, including front forks and rear stays, wheels, pedals, helmets, wrists and ankles. Use a white front light and a rear red light at all times.

### Spring: Get active!

Springtime means another opportunity to join the growing number of cyclists who leave their cars at home and enjoy their ride to work.

Try out new routes by combining low volume roads, connector trails, and designated bicycle routes to make your commute healthy and enjoyable.

**Cycling:**  
*connecting you  
to your community*



### Summer: Exploring is for everyone!

Summer means fun family time. What better way to start the adventure than with a bike trip along the scenic Coquitlam River, through historic and natural Colony Farm and along Argue Street, with its views of the mighty Fraser River and its Citadel Landing wharf.

Make a day of it! Pack a picnic and continue a little further east along the dike to Peace Park (1470 Kebet Way), with its grassy area, picnic shelter and benches.

### Autumn: Stay active — plan ahead!

Autumn is an ideal time to teach road safety skills to children and to plan or update your commuting route to school. Cycling to school provides low-impact exercise, reduces pollution and traffic congestion around schools and reduces the need for parking. It's a low-cost, healthy way to begin your day and you'll be doing something good for the environment!



## Connect to your community on two wheels

Port Coquitlam's bike routes offer something for every skill level—from wide, flat paved lanes to winding forest paths—and they connect to major amenities and business centres, making it a convenient way to get around the city.

Hop on your bicycle to complete a few errands or as part of your commute – you'll enjoy the trip and burn a few calories in the process.



#### Contact

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#### Email

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#### Location and Mailing Address

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#### Business Hours

8:30 am to 4:30 pm  
Monday to Friday  
(excluding statutory holidays)

For more information:  
[www.portcoquitlam.ca](http://www.portcoquitlam.ca)



**NEW!**  
**UPDATED**  
**MAP INSIDE!**

# Cycling & Bike Routes



[www.portcoquitlam.ca](http://www.portcoquitlam.ca)

## Choose Your Route

Rethink your stressful commute: our bike routes, shared paths and connecting roads are an integral part of our transportation network and offer cyclists of all abilities a healthy, fun and convenient way to explore the community and access local services and amenities. En route, you'll be surprised at how many of your neighbours are also choosing to leave their cars at home.

### When planning your route, consider:

- Will you be cycling alone or in a group?
- Do you want to get there quickly, or do you have extra time to reach your destination?
- Which intersections have bicycle-actuated signals to allow for safer crossing?
- Will you need different routes depending on the weather (paved and unpaved)?
- Do you need to incorporate transit as part of your cycling to work?
- Do you want to get lost in your thoughts and de-stress as you pedal along serene forest and dike trails?
- Do you need to plan the safest route for cycling with children?
- Do you want to re-connect with friends and family while exploring the trail network and enjoying some fresh air and exercise?

**Test-ride your commuter route on the weekend, and explore alternative routes. Consider starting gradually by riding to work one or two days a week. Keep it fun!**

## Tips for Safe Commuting

- Stay alert and follow the rules of the road
- Ride defensively, especially near intersections and driveways—make eye contact with drivers
- Listen for traffic—never wear headphones
- Always use your hand signals, or point to the direction that you intend to turn
- Be seen—use bright clothing with reflective patches, bike reflectors, and a white front light and a red back light at night or in rainy weather
- Keep to the right of the lane
- Obey red lights and stop signs
- Use caution when passing parked cars—watch for opening doors or cars pulling out
- On shared paths, keep to the right except to pass other cyclists or pedestrians
- Ring your bell or call out when you approach pedestrians from behind, and pass slowly

*...and of course, always wear your helmet!*



**See the map inside this brochure for options on planning your route**

## Cycling and Transit

- When **using transit** for a portion of your route, you may take your bike onto buses, West Coast Express, SkyTrain and SeaBus.
- For more information about taking your bike on transit: [www.translink.ca/en/Cycling/Bikes-on-Transit.aspx](http://www.translink.ca/en/Cycling/Bikes-on-Transit.aspx)
- **Bike racks** are at all WestCoast Express and SkyTrain stations; **bike lockers** are at all WestCoast Express and some SkyTrain stations
- For more information about riding your bike and the **WestCoast Express**, visit [www.westcoastexpress.com](http://www.westcoastexpress.com) (search "bike")
- For more information on route planning visit [www.translink.bc.ca/cycling/cycling\\_routes](http://www.translink.bc.ca/cycling/cycling_routes)



## Bike-to-Work Week Bike-to-School Week

are initiatives of Bike to Work BC whose mandate is to encourage and promote the use of the bicycle as transportation to work.

Some of the Bike to Work BC Goals include:

- To implement Bike to School programs in all communities
- To make Bike to Work Skills Courses available to all communities by 2012
- To increase public awareness of the benefits of cycling to work
- To improve the image of cycling to work as a viable and safe means
- To support Bike to Work and Bike to School events in all BC communities by sharing knowledge, resources and best practices
- To increase the number of BC residents regularly cycling to work

## June is Bike Month

**It's your neighbourhood. It's your community. It's right next door. It's within a few kilometers of where you live.**

And one of the best ways to get to know it and be part of it, right on the ground, is to ride a bike.

Riding a bike around the neighbourhood to shop and do errands, to go to appointments, soccer games, the community centre, movies, and socializing is FUN. It's also EASY, CHEAP, HEALTHY, and makes a difference to QUALITY of LIFE.

Anything within 3 km of where you are can be reached in a comfortable 10-15 minute bike ride, even by casual cyclists (less if it's downhill!).

Experience it for yourself during Bike Month this June. Get out and ride, and have FUN! For more information on bike Month and other events, please visit [www.bikemonth.best.bc.ca](http://www.bikemonth.best.bc.ca).

## Kids and bikes

- Teach kids the rules of the road and set a good example
- Cycling to school is useful for teaching road safety skills
- For more tips, visit [www.icbc.bc.ca](http://www.icbc.bc.ca), search "bike smarts"





## LEGEND

- |                                       |                              |                        |
|---------------------------------------|------------------------------|------------------------|
| Connecting road network               | Bridge or Overpass/Underpass | Parks                  |
| Bike Routes                           | Bicycle Actuated Signals     | Schools                |
| Future Bike Routes                    | Access Points                | Commercial District    |
| Connector Trails                      | Neighbourhood Access Point   | WCE West Coast Express |
| Traboulay PoCo Trail                  | Washrooms                    | Parking                |
| Paved Section of Traboulay PoCo Trail |                              |                        |

NOTE: MAP IS NOT TO SCALE

