



For trips under ten kilometres, cycling is often the fastest way to travel. Discover the freedom and independence that cycling offers to people of all ages!

Try getting active today by cycling to work or to run errands. Daily physical activity helps maintain your fitness level and can help prevent heart disease and diabetes.

Get cycling directions on Google Maps.

Plan your route by clicking “get directions” and then on the bike icon. You can find the trails, pathways and bike lanes in your area.

No bike shorts required. Cycling is for everyone! You can ride at a comfortable pace and in your everyday clothes.

Every GRT bus has a bike rack. If the racks are full, two bikes can also go inside the bus if space allows.

Visit www.grt.ca to learn how to use the bus bike rack.

Bring your bike on ION. Bikes are permitted on ION trains if space allows. Please hold on to your bike at all times.

Rules of the Road

In Ontario, bicycles are vehicles and cyclists have the same rights and duties as car drivers. For more information see the Ministry of Transportation’s Bicycle Safety page at www.mto.gov.on.ca.

To give children a chance to develop the skills necessary for riding on the road, bicycles with a wheel diameter of 50 centimetres or less can ride on the sidewalk but must be walked through crosswalks.



To build your family’s confidence take a CAN-BIKE course!

Visit www.canbikecanada.ca to find a course near you.



For more information please visit the Region of Waterloo’s Cycling page: www.regionofwaterloo.ca/cycling
519-575-4400



Bike tips and rules of the road



Riding on the road

- Ride single file and with the flow of traffic unless signed otherwise
- Ride one metre out from the curb to avoid grates and debris
- Your bike must have a white front light and a red rear light or reflector when you ride at night
- Be predictable – ride in a consistent path and signal your moves
- You must follow all traffic signs and lights

Riding on trails

- Keep to the right side of the trail
- Yield to pedestrians and ring your bell when passing
- You must dismount and walk your bike in crosswalks

Cycling near ION Light Rail Transit

- Look both ways and only cross at designated areas
- Always cross tracks at a right angle to help avoid a fall
- Tracks are for trains - never ride along the tracks
- Treat ION trains with the same caution as other vehicles

