

A Bicycle Guide Map for La Grande, Elgin, Cove, Union, Summerville, Imbler, and North Powder, Oregon

TIPS FOR A SAFE RIDE OR TIPS FOR THE CYCLIST OR TIPS FOR SAFE RIDING

- **Ride Defensively:**
 - Be courteous.
 - Ride with the normal traffic flow, never against traffic.
 - Stop off the roadway.
 - Watch for cars turning suddenly at driveways and intersections.
 - Wet pavement can be slippery.
- **Be Predictable:**
 - Obey traffic signs and signals.
 - Use hand signals well in advance of your actions.
- **Position Yourself Correctly at Intersections:**
 - Watch for cars, and merge carefully to the center of the turn lane.
 - Make your turn occupying the same space an automobile would.

- Watch for cars that may be crossing the bike lane.

Be Visible:

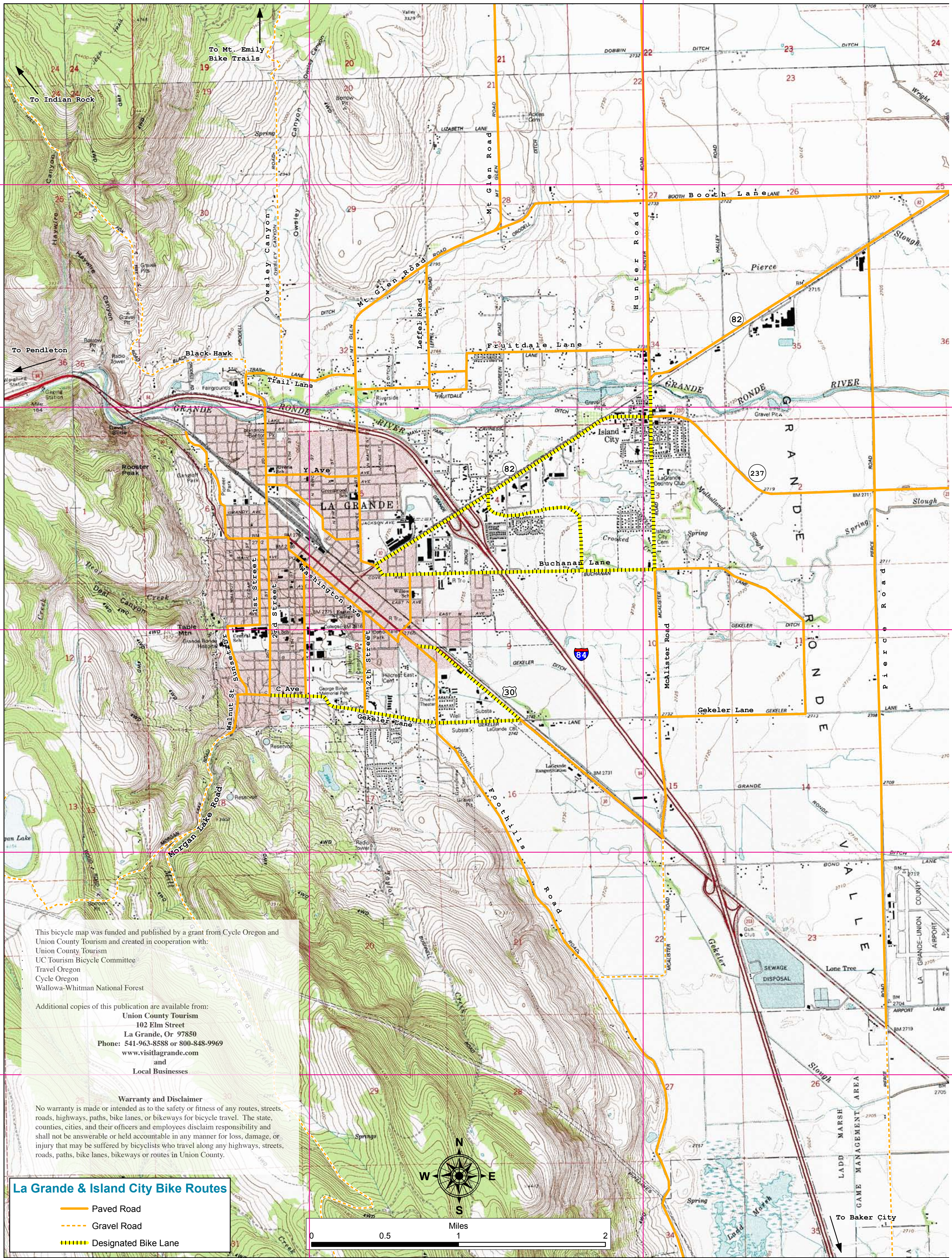
- When riding after dark, use a white light visible at least 500 feet to the front and a red light or reflector visible at least 600 feet to the rear. Consider adding reflective tape to your helmet and fenders.

Clothing:

- Wear bright or light-colored clothing with reflective materials.

Wear a helmet:

- By law, helmets are required for bicycle riders and are highly recommended for passengers under age 16.



To Indian Rock
To Pendleton
To Mt. Emily Bike Trails

To Baker City

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La Grande & Island City Bike Routes

- Paved Road
- - - Gravel Road
- - - - Designated Bike Lane

