Cycling is affordable, healthy and convenient.

Join thousands of Mississauga men, women and children who choose to ride a bicycle because it is inexpensive, healthy, fun and convenient.

Cycling is for everyone!

contents

| ready to ride | 4 |
| the bicycle   | 5–6 |
| cycle safely  | 7–9 |
| rules of the road | 10–11 |
| biking in your city | 12–13 |
independence

A bicycle lets you travel where you want to go, when you want to go and is often quicker than public transit or a car.

safety

Bicycles are increasingly popular in Mississauga. Bicycle lanes and multi-use trails make cycling safer for adults and children.

economical

When you own a bicycle your travel costs are almost free – hundreds of dollars less than the cost of transit and thousands of dollars cheaper than a car.

healthy

Exercising regularly on your bike will improve your mental and physical health and make you feel more energetic.

fun

Exploring Mississauga’s neighbourhoods, waterfront and parks with family and friends is one of the many ways to have fun on your bike.
before riding your bike
You’ll feel safe, comfortable, confident and happy if you have a bicycle that fits properly, is regularly maintained, and equipped with the right accessories.

maintain your bike Check regularly that your brakes allow you to quickly and easily stop and your crank arm does not move back and forth. A well-inflated tire will reduce the chance of a flat tire.

your bike should fit Make sure you can stand over the crossbar of your bike. When sitting you should comfortably reach the handlebars and your leg should be slightly bent while touching the pedal at its lowest point.

small children By law, small children must be seated in an approved child’s bicycle seat or bike trailer. It’s illegal for two people to ride on a bicycle in Ontario.

The City of Mississauga cycling web page at mississauga.ca/cycling is a good general resource that offers the latest city cycling news as well as information on city programs.
visit a bike shop

There are numerous bike shops in Mississauga that sell and repair bicycles. Bike shops are listed on the City’s Bikeway and Trails Map available at mississauga.ca/cycling
be seen, stay safe  Ontario law requires that bicycles be equipped with a front white light and rear red light or reflector. Lights, reflectors and bright clothing help drivers see cyclists at night.

At night you become invisible
With lights & reflectors you can be seen again

a cyclist is easier to see in the daytime

correct position — lookin’ good

too far forward, strap too loose
too far backwards

wear a helmet  A properly worn helmet will protect your head in a fall. In Ontario, cyclists 17 years of age and younger are legally required to wear one.

ring your bell  Ontario law requires that bicycles be equipped with a bell or horn. Cyclists should ring the bell whenever it is needed to notify pedestrians or others that you are approaching.
watch for pedestrians  
Pedestrians are the most vulnerable road users. Stop while pedestrians are on crosswalks and always be respectful. When passengers are getting on and off school buses, cyclists must stop a reasonable distance from the doors and allow them to safely cross the road.

stay safe in traffic  
Always keep control of your bike and be aware of traffic and pedestrians. Stay alert and ride predictably in the safest part of the road to avoid collisions. Treat other road users with respect.

pay attention  
Pay attention in traffic because drivers don’t always look for bicycles. Check for hazards such as potholes or car doors opening into your lane.

obey traffic laws  
You must stop at red lights and stop signs and always ride in the same direction as traffic. Under Ontario law, the slowest moving vehicles occupy the road closest to the curb.

ride in a straight line  
Drivers will understand your intentions if you ride confidently and predictably in a straight line and away from parked cars. Do not swerve in and out of traffic. Look back before changing lanes.
intersections  When travelling straight through an intersection try to make eye contact with drivers. Your bike can legally occupy the entire lane if that is the safest way to proceed.

signal your turn  Signal your intention to turn before you reach an intersection by using hand signals or clearly pointing. Reduce your speed on turns – especially on wet roads.

avoid large vehicles  Be very cautious when riding near trucks, buses and other large vehicles. Don’t pass them in an intersection unless absolutely certain they are proceeding straight.

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Take a safe cycling course

can-bike cycling courses for young cyclists and adults will boost your skills, safety and cycling pleasure: mississauga.ca/cycling
cyclists and the law
Riding a bicycle in Mississauga does not require a licence or special permit. However, cyclists must follow traffic rules and obey signs and signals or face fines.

Highway Traffic Act (HTA)
Ontario’s Highway Traffic Act specifies how all road users – including cyclists – must behave. Cyclists must obey all regular traffic laws as well as some regulations specific to bikes.

traffic laws & police
Police can stop cyclists they believe have disobeyed a traffic law. If stopped, cyclists must give their correct name and address.

no demerit points for cyclists
Cyclists do not receive demerit points on their driver’s licence for tickets issued while riding their bicycle.

List of select HTA offences and fines

<table>
<thead>
<tr>
<th>Offence</th>
<th>Fine</th>
</tr>
</thead>
<tbody>
<tr>
<td>carry passenger under 16 not wearing proper helmet</td>
<td>$110</td>
</tr>
<tr>
<td>disobey stop sign or fail to stop</td>
<td>$110</td>
</tr>
<tr>
<td>fail to signal for stop or turn</td>
<td>$110</td>
</tr>
<tr>
<td>cyclist riding in or along crosswalk</td>
<td>$110</td>
</tr>
<tr>
<td>red light – fail to stop</td>
<td>$325</td>
</tr>
<tr>
<td>careless driving</td>
<td>$490</td>
</tr>
</tbody>
</table>

find legal resources
The Cycle Toronto website has comprehensive information about bikes and the law, the rights and responsibilities of cyclists and advice on how to deal with tickets and insurance claims: cycleto.ca/general-resources
stay off the sidewalk

It is dangerous and illegal to ride your bicycle on the sidewalk and in cross-walks. Always let pedestrians proceed first when they cross your path. It may be best to dismount and walk your bike in these areas.

The City of Mississauga Traffic by-law prohibits bicycle riding on the sidewalk with the exception of bicycles with all wheels fifty (50) centimetres or less in diameter. The intent of this by-law is to allow young children to cycle on the sidewalk. The set fine for riding on the sidewalk is $35.

collisions

If you are involved in a collision, you are entitled to benefits – including money to replace your bicycle or pay health bills – even if you caused the accident. Be sure someone calls the police, exchange contact information with the driver, and write down their licence plate number and insurance information.
getting around your city
More than 60% of Mississauga households own bicycles. Nearly half of trips that Mississauga residents make to work or school are shorter than 5 km, or about a 20 minute bike ride. For short trips to shop, meet friends or travel to school or work, consider choosing your bike.

commute to work
Commuting by bicycle is considered a smart, affordable and convenient means of transportation. Studies show that people who cycle to work are healthier and more productive.

choose the best route
The Mississauga Bikeway and Trails Map will help you choose a route with bicycle lanes or multi-use trails, or side streets without trucks and lower traffic speeds. Try a new route on a Sunday to experience it without busy weekday traffic.

bike routes and bike lanes
Mississauga has hundreds of kilometres of cycling facilities including on-road bicycle lanes and signed routes, as well as trails that travel through parks, ravines and on the waterfront.

ride with an experienced cyclist
If you are a beginner, partner with a more experienced cyclist to learn how to ride safely in traffic and discover the best routes.

riding safely on trails
Trails in parks and on boulevards are shared with pedestrians. Share the trails courteously by keeping to the right side of the trail, using your bell or voice to let others know when you are approaching, and passing safely on the left. When trails cross streets and driveways, watch for vehicles. When riding along trails, cyclists should dismount and walk across intersections, except where a marked bicycle crossing is provided.

e-bikes
Power-assisted bicycles (commonly known as e-bikes) are legal to ride on any roadway within Mississauga where conventional bicycles are permitted. Only e-bikes weighing 40 kg (88 lbs) or less are allowed on trails, which is intended to restrict e-bikes that resemble motorized scooters.

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cycling map
View the Mississauga Bikeways and Trails map online at mississauga.ca/cycling or pick one up at a local community centre, library or bike shop. A map of trails in the Region of Peel is available at walkandrollpeel.ca and you can access route maps from other neighbouring municipalities at findtheway.ca
dress for the weather
Wear whatever you feel comfortable in. Layers of light clothing help in colder weather. Waterproof jackets and pants will keep you dry when it rains.

transit with your bicycle
Bike racks are available on the front of all MiWay and GO Transit buses, for no additional fee. Each rack can hold two bicycles. Bicycles are allowed on GO Trains, except during busy morning and afternoon periods during the week.

lock your bike
Always lock your bike frame and both wheels to prevent theft. A U-lock fixed to a city post-and-ring works best, otherwise try a secure post or pole. Use a second lock for extra security.
The City of Mississauga sees the importance of cycling as an active and environmentally sustainable transportation option and is actively working to improve cycling facilities across the city. The Mississauga Cycling Master Plan (2010) is a long term plan to foster a culture where cycling is an everyday activity, build a comprehensive cycling network, and adopt a safety-first approach to cycling.

mississauga.ca/cycling

The Healthy City Stewardship Centre is a unique multi-sector partnership that was created in 2004. It is a volunteer initiative that brings together key, decision-making, organizations in the City of Mississauga to advance the common vision for improving overall health, which includes physical, mental, spiritual, social and environmental health.

mississauga.ca/stewardshipcentre

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Start your journey to health, happiness and freedom

Riding a bicycle keeps us healthy and happy, and gives us unlimited freedom of movement. Explore your city with thousands of others and enjoy cycling for life.

Ontario
The support of the Government of Ontario is gratefully acknowledged. The information in this handbook is provided for educational purposes and does not necessarily reflect the position of the Government of Ontario or its ministries.

This handbook is available in:
Arabic [ العربي ]
Chinese [ 中文 ]
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Somali [ Af Soomaali ]
Spanish [ Español ]
and Urdu [ اردو ].

For more copies email cycling@mississauga.ca.

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