

THE MISSISSAUGA  
**CYCLISTS**  
HANDBOOK



**MISSISSAUGA**  
Leading today for tomorrow

**HCS**  
HEALTHY CITY  
STEWARDSHIP CENTRE



Ontario

English

# 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!

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# **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.

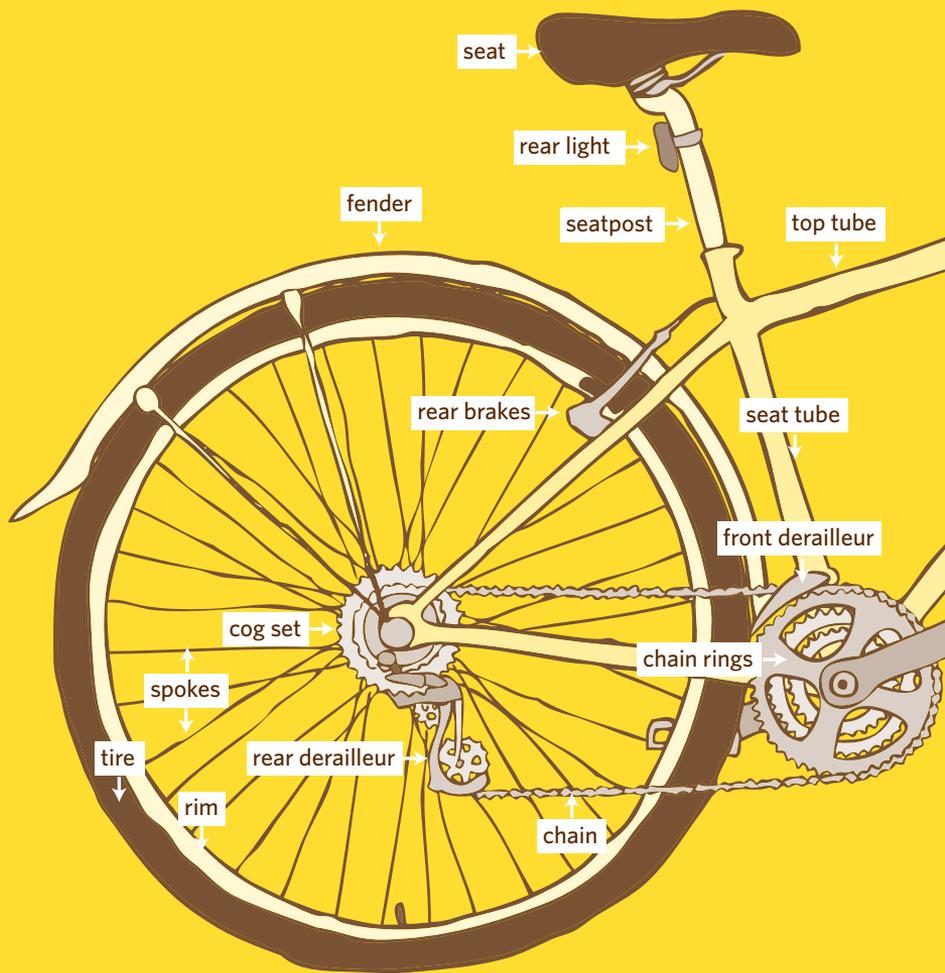
**maintain your bike** Check regularly that your brakes allow you to quickly and easily stop and your crank arm does not move back and forth. A well-inflated tire will reduce the chance of a flat tire.

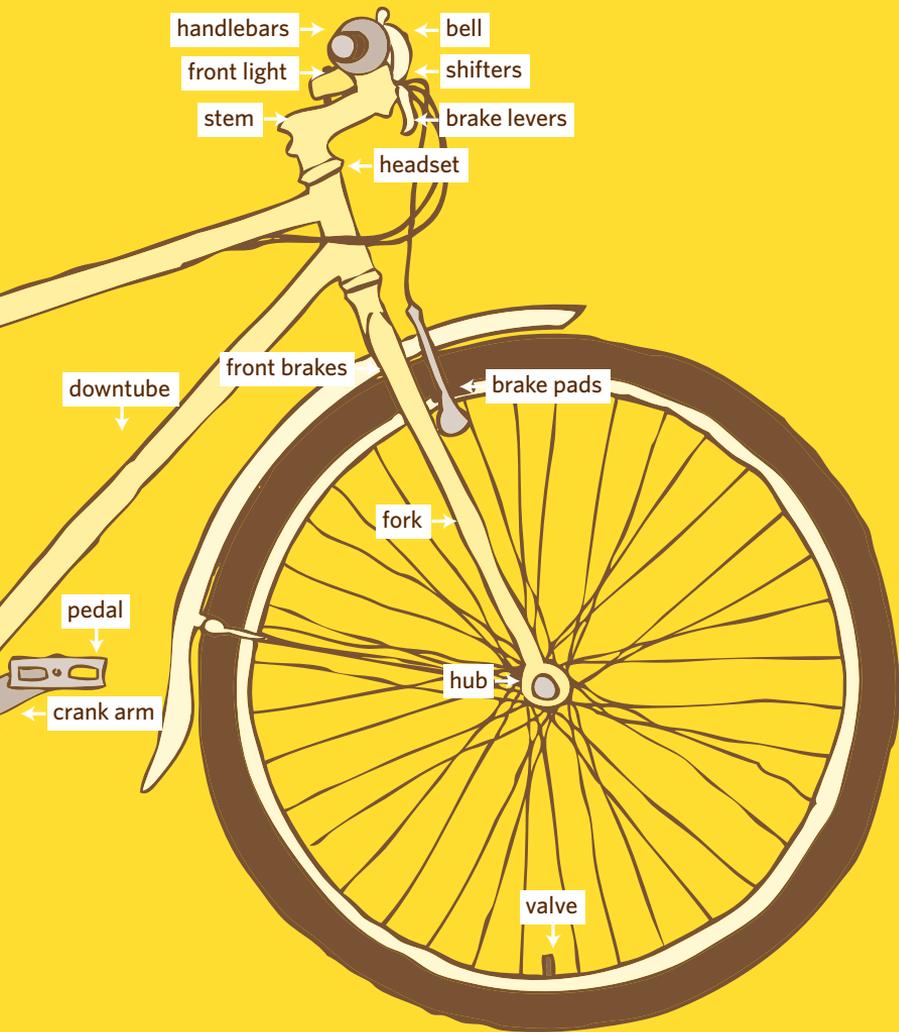
**your bike should fit** Make sure you can stand over the crossbar of your bike. When sitting you should comfortably reach the handlebars and your leg should be slightly bent while touching the pedal at its lowest point.

**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](http://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](https://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.



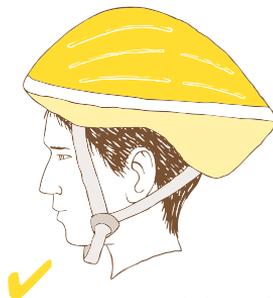
*a cyclist is easier to see in the daytime*



*at night you become invisible*

*with lights & reflectors you can be seen again*

**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.



*correct position — lookin' good*



*too far forward, strap too loose*



*too far backwards*

**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.

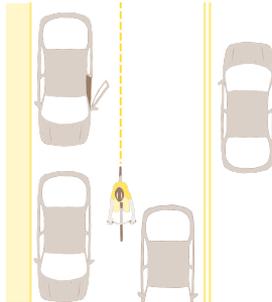
**stay safe in traffic** Always keep control of your bike and be aware of traffic and pedestrians. Stay alert and ride predictably in the safest part of the road to avoid collisions. Treat other road users with respect.

**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.

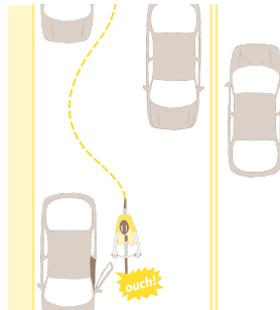
**obey traffic laws** You must stop at red lights and stop signs and always ride in the same direction as traffic. Under Ontario law, the slowest moving vehicles occupy the road closest to the curb.

## 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.

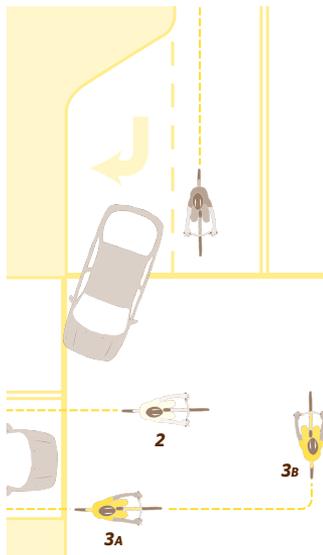


✓ *keep a good distance from parked cars*



✗ *resist the temptation to ride into gaps*

**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.



*do not enter right-turn lane if going straight  
left-hand turn from left of lane  
two-part left-hand turn from right of lane*

**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.



*left-hand turn*



*stop*



*right-hand turn*



*right-hand turn*

## **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.



### **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](https://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

carry passenger under 16 not wearing proper helmet	\$110
disobey stop sign or fail to stop	\$110
fail to signal for stop or turn	\$110
cyclist riding in or along crosswalk	\$110
red light – fail to stop	\$325
careless driving	\$490



### 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: [cycletoronto.ca/general-resources](https://cycletoronto.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.



### cycling map

View the Mississauga Bikeways and Trails map online at [mississauga.ca/cycling](https://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](https://walkandrollpeel.ca) and you can access route maps from other neighbouring municipalities at [findtheway.ca](https://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.



*lock your front wheel & frame to the post, not ring*

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.



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](http://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](http://mississauga.ca/stewardshipcentre)



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This handbook is available in:  
Arabic [عربي]  
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Spanish [Español]  
and Urdu [اردو].

For more copies email  
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