

SHARE THE TRAIL - CODE OF CONDUCT

GENERAL Keep Right
All users must keep right, except when passing or turning left. Move off the trail to the right when stopping.

Stay Alert
Control speed based on activity, ability, terrain, visibility and traffic. Use caution on blind corners, during poor weather conditions, and on unfamiliar trails.

Be Visible
Ensure your visibility, both day and night.

Yield
Yield to slower moving traffic: cyclists to pedestrians, joggers to passers. Move off to the side of the trail for less mobile users.

Share the Responsibility
The multi-use trails in the River Valley provide opportunities for all. Help teach each other proper trail etiquette; lead by example. Remember, others will judge by your actions.

Earphone Dangers
Earphones are dangerous to both you and other trail users, particularly the inability to hear others.

Trail Impact
Avoid other user trail lines. For example, avoid walking on ski trails. Stay on trails and practice minimum impact. Do not cut or forge new trails.

Orderly Fashion
Groups of users should not open more than half of the trail width so that others may pass.

Control Your Dogs
Animals must be leashed except in the off-leash areas. Please restrain animals near other users and wildlife on trails. Avoid cycling with a dog. You must clean up after your dog.

CYCLISTS Be Courteous - Signal Others
Make contact with others pleasantly, no matter how brief. Always make the first move to avoid conflicts. Inform others of your presence by ringing your bell.

Ride Appropriately
Use caution on hills, under low bridges and especially when trails are busy. Selecting the right location is safer and more enjoyable for all.

Observe
Honour and respect all trail closure signs, seasonal and permanent. Observe all bylaws and regulations concerning trails.

Be Aware
Check ahead and behind, left and right before crossing or merging with trails. Move completely off trail when stopping so that no conflicts occur.

IN LINE SKATERS Control
Always skate under control. Do not endanger others. Keep poles close to your body when passing.

Use The Gear
Wear a helmet, knee pads, elbow pads and wrist guards for your safety.

Caution
Use the same guidelines for trail travel, passing and speed as cyclists. Be aware of proper stalling and braking techniques before going on trails. It is illegal to stall on city streets. Skiing is permitted on sidewalks, except Jasper Avenue and Whyte Avenue.

TRAIL USE IN THE RIVER VALLEY

The Parkland Bylaw defines two types of trails: improved and unimproved. In both cases, 'trails' refers to an identifiable path, track or public right-of-way intended for use by pedestrians, cyclists, skaters and other non-vehicular modes.

Improved trails have a width of at least 1.5 m and are improved surface such as pavement or granular material. There are 160 km of improved trails.

Unimproved trails have a width of at least 0.5 m and a natural surface. There are 450 km of unimproved trails.

Paths or tracks that are less than 0.5 m wide are not trails. These narrow 'animal paths' are considered natural areas. Human access is not permitted to ensure they are not enlarged.

Certain trails may be closed to all activities if there is a safety concern, to enable trail repair or to minimize risks to environmentally sensitive areas. Practice good trail stewardship and respect all trail closures.

The Parkland Bylaw requires people to remain off unimproved trails if damage to parkland is reasonably likely. During rainy conditions, for example, unimproved trails are susceptible to damage when individuals go off the trail to avoid a puddle, eroding surrounding areas. Always exercise minimal impact on trails.

MOUNTAIN BIKING IN THE RIVER VALLEY

The Parkland Bylaw was amended in 2005 to allow multiple uses on all trails. There are an additional 450 km of unimproved trails in the river valley for use by pedestrians, joggers and mountain bikers. Yippee!

As a guideline, you can ride on an unimproved trail if it is wider than your handlebars. Always remember that trails are shared with other users. Yield to slower moving people and use reasonable care when passing others. Cyclists are required to ring their bell before overtaking.



PERSONAL SAFETY

Be sure to talk others or leave a note if you are cycling alone.

Be cautious of suspicious persons and of using secluded areas of the park. Stay alert - if a situation doesn't seem right, get out fast and seek assistance!

You are not alone in the park, so have a plan of action ready in the event that you witness or experience criminal activity.

If you call for help using a cell phone or payphone, you will need to describe where you are located, the assistance you require and other relevant information.

If you drive your car into the park, park in a well-lit spot and lock your valuables in the trunk.

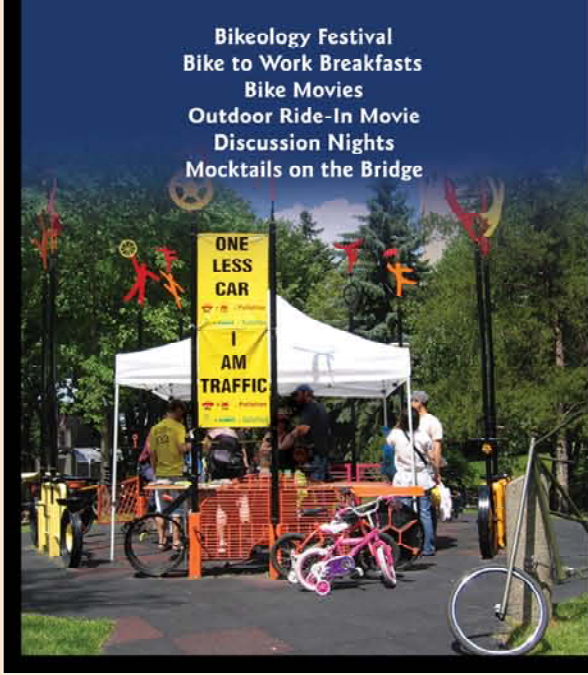
FITTING A HELMET

- Place helmet on head, level from front to back.
- The helmet must sit 1-2 finger widths (approximately 3 cm) above the eyebrows.
- Make sure the helmet fits snugly. Add or remove sizing pads if necessary. The helmet should not move when you shake your head.
- Adjust the straps to form a "V" just below and in front of the earholes.
- Do up the chin strap.
- Adjust the chin strap so that only one finger fits between the chin and the chin strap.
- Make sure the helmet can only be removed by undoing the chin strap.
- Check helmet fit regularly, particularly for child cyclists.



JUNE IS BIKE MONTH

Celebrate the bicycle at the many events throughout June



FOR BIKE MONTH DETAILS VISIT: www.bikeology.ca

PARK HOURS

5 a.m. to 11 p.m.
Police and Park Rangers require you to leave all city parks by closing time.

Weekday hours for bicycle travel on the LRT have changed. For more information visit www.edmonton.ca/cycling and for more bikes on transit info, check out the other side of this map.

RIDING IN TRAFFIC

Use Hand Signals
Hand signals let motorists see your intentions. Signal as a matter of law, courtesy and self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.

Keep Both Hands Ready to Brake
You may not stop in time if you brake with one hand. Always have both hands on the handlebars, even in the rain, since wet brakes are less efficient.

Ride in a Straight Line
Whenever permitted by signs to use the sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach. Be especially careful when re-entering the roadway.

Never Ride Against Traffic
This is illegal and extremely dangerous. Motorists are not expecting cyclists on the wrong side of the road.

Ride in the Middle of A Narrow Lane Or When Traffic is Slow
Cyclists should ride as near as practicable to the right hand curb or edge of the roadway. In narrow lanes or slow traffic, it may be preferable to ride in the middle of the lane to be more visible.

Lock Bike When You're Gone
Lock up to a bike rack or another immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number.

Use A Flag On Trailers
Trailers may be difficult for motorists to see. A red flag on the trailer at rider height alerts motorists to your presence.

Dress Appropriately
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes.

Use Pack Or Rack
Saddlesacks, rucksacks, panniers and small backpacks are all good ways to carry packages, freeing your hands for riding.

Scan the Road Behind
Learn to look back over your shoulder without losing your balance or swerving left.

Avoid Road Hazards
Watch out for parallel-slot sewer grates, oily pavement, slippery utility covers, painted lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control and comfort, stand-up on your pedals as you cross bumps.

Watch For Chasing Dogs
Ignore them or try a firm "No!" if the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with the dog with a vehicle while trying to avoid the dog.

Choose Best Way To Turn Left
There are 2 ways to make a left turn:
1) Shoulder check, signal, shoulder check, move into the left lane and turn.
2) Ride straight to the far crosswalk and walk your bike across when appropriate.

Don't Pass On The Right
This is illegal and dangerous, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.

Use Caution On Shared-Use Facilities
Whenever permitted by signs to use the sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach. Be especially careful when re-entering the roadway.

Don't Weave Between Parked Cars
This is illegal and extremely dangerous. Motorists may not see you until you are sure they do. Watch for cars pulling out or try to move back into traffic. Riding in a continuous straight line is more predictable.

Make Eye Contact With Drivers
Assume they don't see you until you are sure they do. Watch for cars pulling out.

Follow Lane Markings
Don't turn left from the right lane. Don't go straight through in a lane marked 'right turn only'. Shoulder check and move to the correct lane for your destination.

Crosswalks
When entering a crosswalk, if you don't dismount and walk your bike across then you don't have the right of way. Be safe and yield to vehicles.

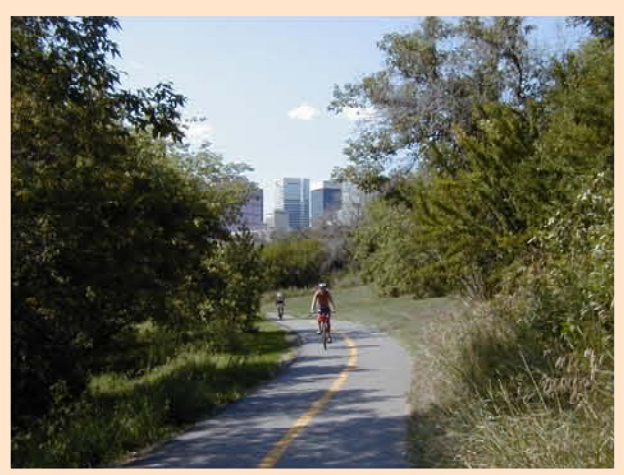
Emergency BLUFONE Service in CITY PARKLAND
Dial 311 to request emergency 911 services. Only call for emergency services except POLICE, AMBULANCE, FIRE, etc.

Legend
- Separated Shared-Use Sidewalk
- On Road Signed Bike Route
- Paved Multi-Use Trails in Parkland
- Granular Multi-Use Trails
- Granular Pedestrian Only Trail
- Multi Purpose / Equine Trail
- Blue / Trail / Bicycle (24 Hours)
- Dogs Off-Leash
- Stair Access
- Blufone
- Trans Canada Trail

All Distances are in Kilometres

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Terrillinger	0	0.6	1.3	1.9	2.6	3.2	3.9	4.5	5.2	5.9	6.6	7.3	8.0	8.7	9.4	10.1	10.8	11.5	12.2	12.9	13.6	14.3	15.0	15.7	16.4	17.1	17.8	18.5	19.2	19.9	20.6	21.3	
Fl. Edmonton	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Whitemud N	7	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Whitemud S	0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31	
Laurier	0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31	
Hawleak	11	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160
Emily Murphy	12.5	6	13	19	26	33	40	47	54	61	68	75	82	89	96	103	110	117	124	131	138	145	152	159	166	173	180	187	194	201	208	215	222
Gort's House	13.2	7.2	13.7	20.4	27.1	33.8	40.5	47.2	53.9	60.6	67.3	74	80.7	87.4	94.1	100.8	107.5	114.2	120.9	127.6	134.3	141	147.7	154.4	161.1	167.8	174.5	181.2	187.9	194.6	201.3	208	214.7
McKinnon	15.5	8.5	16.4	23.4	30.4	37.3	44.3	51.3	58.3	65.3	72.3	79.3	86.3	93.3	100.3	107.3	114.3	121.3	128.3	135.3	142.3	149.3	156.3	163.3	170.3	177.3	184.3	191.3	198.3	205.3	212.3	219.3	226.3
Victoria Park	14	8	16	24	32	40	48	56	64	72	80	88	96	104	112	120	128	136	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256
Kransmen	16.7	9.7	19.4	29.1	38.8	48.5	58.2	67.9	77.6	87.3	97	106.7	116.4	126.1	135.8	145.5	155.2	164.9	174.6	184.3	194	203.7	213.4	223.1	232.8	242.5	252.2	261.9	271.6	281.3	291	300.7	310.4
Queen Elizabeth	16.8	10.5	20.3	30.1	39.9	49.7	59.5	69.3	79.1	88.9	98.7	108.5	118.3	128.1	137.9	147.7	157.5	167.3	177.1	186.9	196.7	206.5	216.3	226.1	235.9	245.7	255.5	265.3	275.1	284.9	294.7	304.5	314.3
Coverdale	19	13	27	40	54	68	82	96	110	124	138	152	166	180	194	208	222	236	250	264	278	292	306	320	334	348	362	376	390	404	418	432	446
Mill Creek N	22	16	32	48	64	80	96	112	128	144	160	176	192	208	224	240	256	272	288	304	320	336	352	368	384	400	416	432	448	464	480	496	512
Mill Creek S	24.2	18.2	36.4	54.6	72.8	91	109.2	127.4	145.6	163.8	182	200.2	218.4	236.6	254.8	273	291.2	309.4	327.6	345.8	364	382.2	400.4	418.6	436.8	455	473.2	491.4	509.6	527.8	546	564.2	582.4
Louise McKinney	29.8	19.8	39.6	59.4	79.2	99	118.8	138.6	158.4	178.2	198	217.8	237.6	257.4	277.2	297	316.8	336.6	356.4	376.2	396	415.8	435.6	455.4	475.2	495	514.8	534.6	554.4	574.2	594	613.8	633.6
Dowson	21.5	15.5	31	46.5	62	77.5	93	109	124.5	140	155.5	171	186.5	202	217.5	233	248.5	264	279.5	295	310.5	326	341.5	357	372.5	388	403.5	419	434.5	450	465.5	481	496.5
Forest Heights	21	15	30	45	60	75	90	105	120	135	150	165	180	195	210	225	240	255	270	285	300	315	330	345	360	375	390	405	420	435	450	465	480
Capilano	25.5	19.5	39	58.5	78	97.5	117	136.5	156	175.5	195	214.5	234	253.5	273	292.5	312	331.5	351	370.5	390	409.5	429	448.5	468	487.5	507	526.5	546	565.5	585	604.5	624
Goldbar	27	21	42	63	84	105	126	147	168	189	210	231	252	273	294	315	336	357	378	399	420	441	462	483	504	525	546	567	588	609	630	651	672
Rundle	28.6	22.6	45.2	67.8	90.4	113	135.6	158.2	180.8	203.4	226	248.6	270.8	293	315.2	337.4	359.6	381.8	404	426.2	448.4	470.6	492.8	515	537.2	559.4	581.6	603.8	626	648.2	670.4	692.6	
Hermitage S	32.3	26.3	52.6	78.9	105.2	131.5	157.8	184.1	210.4	236.7	263	289.3	315.6	341.9	368.2	394.5	420.8	447.1	473.4	499.7	526	552.3	578.6	604.9	631.2	657.5	683.8	710.1	736.4	762.7	789	815.3	841.6
Hermitage N	35.1	29.1	58.2	87.3	116.4	145.5	174.6	203.7	232.8	261.9	291	320.1	349.2	378.3	407.4	436.5	465.6	494.7	523.8	552.9	582	611.1	640.2	669.3	698.4	727.5	756.6	785.7	814.8	843.9	873	902.1	

Trans Canada Trail is a nationwide project to complete 16,400 km of trail. In Edmonton the TCT extends from Terrillinger Park to Rundle Park.



RIVER VALLEY PARK ADDRESSES

- Buena Vista Park/Laurier Park - 13400 Buena Vista Road
- Capilano Park - 109A Avenue & 50 Street
- Cloverdale Park/Rangers Landing - 9325 - 97 Avenue
- Dawson Park - 10288 - 89 Street
- Emily Murphy Park - Saskatchewan Drive & Groat Road
- Fort Edmonton - 7000 Fort Edmonton Park Road
- Forest Heights Park - 103 Avenue & 84 Street
- Goldbar Park - 10975 - 50 Street
- Government House Park - Groat Road & River Road
- Hawleak Park - 9300 Groat Road
- Hermitage Park (S) - Victoria Trail & Hermitage Road
- Hermitage Park (N) - 137 Avenue & 24 Street
- Jackie Parker Park - Whitemud Drive & 50 Street
- Louise McKinney - 9520 Grimsen Hill
- Kinsmen Park - 9100 Waterdale Road
- McKinnon Ravine - 149 Street & Stony Plain Road
- Mill Creek Park (N) - 95 Street & 82 Avenue
- Mill Creek Park (S) - 87 Street & 71 Avenue
- Queen Elizabeth Park - 89 Avenue & 106 Street
- Rundle Park - 2903 - 113 Avenue
- Terrillinger Park - 156 Street & 36 Avenue
- Victoria Park - 12130 River Road
- Whitemud Park (N) - Fox Drive & Whitemud Freeway
- Whitemud Park (S) - 13204 - 45 Avenue

BICYCLE LEGISLATION

- PROVINCE OF ALBERTA TRAFFIC SAFETY ACT**
- It is mandatory for cyclists under 18 to wear an approved helmet.
 - A person operating a bicycle on a street has all the rights, and is subject to all the duties that a driver of a motor vehicle has.
 - All bicycles must be equipped with a bell, rear reflector, and front and rear lights when riding at night.
- CITY OF EDMONTON TRAFFIC BYLAW # 5590**
- Cycling is only permitted on sidewalks designated for shared use. These sidewalks are typically wider (2.5+ m) to accommodate both pedestrians and cyclists. Bicycles with a wheel diameter of 30