CYCLE-ADVICE #1
Medicine on wheels. The use of the bicycle in daily trips improves health. Checked!
By pedaling you make a good cushion... of savings.
The fastest in the far-west. The bicycle is the fastest means of transport in the city for journeys of less than 4-5 km.
How is your bike? To drive safely, your bike must be in good condition, particularly brakes, wheels, lights, bell, chain and gear change.
The maximum speed on the bike lane is 30 km/h. If you go faster, get on the road.
For your safety, check that your bike's lights work properly: red light at the back and white light at the front.
Remember that the pedestrian has priority over the sidewalk. If the bicycle lane is on the sidewalk, reduce your speed to 10 km/h.
Get noticed on the bike lane! Ring the bell to alert absent-minded pedestrians who occupy it.
Let's leave the sidewalk to the pedestrians. You can only circulate on it if it's wide enough (more than 5 meters and 3 meters free space). If the sidewalk is narrow or with many pedestrians, you have to get off your bike and walk.
CYCLE-ADVICE #10

If you drive through spaces reserved for pedestrians or through parks, limit your speed to 10 km/h.
How are your lights? At night or in poor visibility, drive with the lights on.
Anticipate! Constantly monitor other vehicles and pedestrians to foresee possible risk situations.
CYCLE-ADVICE #13

Anticipate! For your safety, warn other road users in advance of your turns, overtaking and stops.
We like long-distance relationships. Keeping a safe distance from other road users allows you to react when there is a risk situation.
Let's focus... The safest place to drive on the road is in the center of the lane. You will avoid the car doors that magically open and you will gain visibility.
Which is my lane? You can drive in the lane closest to the sidewalk that you want, except in those reserved for public transportation.
Your bike loves you and wants to stay with you... Lock your bike with security locks everywhere: frame, both wheels and seat.
Look for parking in the spaces with an inverted U, they are the ones that allow you to safely hold the different parts of the bike.
CYCLE-ADVICE #19

Emergency! If you want to be prepared in the event of a breakdown, take a basic tool kit with you so you can keep riding.
Extreme vigilance at crossings. Make sure that other vehicles see you, even if you have priority.
On the bike you are not the weakest. In addition to respecting the priority of the pedestrian, be prepared to warn with the bell and brake when a pedestrian crosses your path.
Stay safe! In every way. Lock your bike, ride safely, and take out an insurance that covers you in the event of an accident.
On a bike without hands and eyes? Impossible! Using your cell phone while cycling is not an option.
It goes without saying, doesn't it? Always respecting traffic signs, both horizontal and vertical, will avoid a lot of accidents.
Get noticed! Wear brightly colored clothing with reflective elements, ride in the center of the lane and use lights when visibility is poor.
When you ride your mind relaxes, if you receive any verbal aggression, go your way and deflect the attack.