Bicycles are under federal and state law for all users. Your helmet should fit snugly. Make sure it is level and not tilted back or forward. The front of the helmet should be at least above your eyebrow and the chinstrap should be buckled securely at your throat.

How to Load Bikes Onto SacRT Busses
- Prepare your bike before the bus arrives. Remove water bottles, bags, and other items that could fall.
- Ask the bus operator that you will be loading your bike. You must load from the curb side or in front of the bus. Never deep into oncoming traffic.

3 Simple Steps to Load Your Bike onto the Rack
1. Lower the rack, and roll the handlebars with one hand and lower the front wheel until it is level.
2. Lift your bike onto the tray, fitting the wheel into the square. Each rack is labeled "FRONT WHEEL." Line your bike up the end closed to the bus first.
3. During the winter months, avoid parking under the bike rack and place your bike on top of the bike rack.

How to Load Bikes Onto Light Rail
- Load bikes at the front or rear of train (except in occupied driver's cab) and keep bike up against platform. Avoid blocking doors or leaving room for passengers to clear doors at all times.

LOADING YOUR BIKE ON TRANSIT

LOCKING YOUR BIKE
- Lock your bike securely whenever possible.

BICYCLE PARKING
- Bike racks are available on downtown streets and at all Regional Rail, SACRT Busses, and most City Regional Rail stations.

BE READY TO ROLL
- Helmets are required for bicycle riders under 18 and are recommended for all riders.

SCOOTERS
- Scooters are not allowed to operate on the sidewalk, bike lane, or on streets.

COMMUNICATING WITH OTHER STREETF USERS
- Use hand signals to clearly indicate where you're going. Signal your turns and stops ahead of time.

Featured graphics courtesy of the City of Denver.

Sacramento Biking User Map
RELEASED 2024
NOTE: Not all bikeways shown outside of city limits have been verified.