**BICYCLE & PEDESTRIAN MAP**

**BICYCLE COURSES**
- **Bicycle Trails:**
  -riverwalk
  -pond trail
  -shoals trail

**PEDESTRIAN PATHS:**
- **Pedestrian Paths:**
  -waterfront trail
  -parks

**Traffic and Shoulder Info:**
- **Traffic:**
  -bicycles
  -motorcycles
  -pedestrians

**Roads:**
- **Roads:**
  -highway
  -state route
  -local street

**Traffic Signals:**
- **Traffic Signals:**
  -yield
  -stop

**Parking:**
- **Parking:**
  -street parking
  -parking lot

**TIPS FOR CYCLISTS**
- **General Tips:**
  -Always ride with and in the same direction as the flow of traffic.
  -Ride slowly and predictably.

- **Road Rules:**
  -Always yield to pedestrians.
  -Bicyclists must use the following hand signals:
    -Left turn: left hand extended, 90 degrees to the body.
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- **Precautions:**
  -Always check for traffic signals and signs.
  -Bicyclists must be aware of their surroundings.
  -When approaching an intersection, make sure to look both ways.

**ALBANY CASUALTY**

**ALBANY & MID-WILLAMETTE VALLEY**

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The central Willamette Valley is rich in history. Its covered bridges, national forests, and small towns are all part of a fascinating look into the life at the turn of the century. Rural roads still dominate the area and are ideal for bicycling, taking you through towns that still have that small-town charm such as Brownsville, Independence, and Brownsville. Back roads can lead you to Buena Vista where the river is still the only way to cross the Willamette River. Alongside the old is the new with newer roads providing alternative bicycling locations. Riders are opening up throughout the valley. With their rural locations tucked into the hills, they have become popular destinations for bicyclists. And no matter where you are, you are not far from a small town to replenish your supplies and have that ice cream you’ve been dreaming about.

The central Willamette Valley also has an ideal mixture of flat and hilly terrain. Riders can easily map out day routes that will match their fitness or challenge their endurance. Combine all this with easy access from314 cities in the area with an Amtrak station centrally located in Albany or a major airport outside of Eugene and you will see why this central Willamette Valley is a bicycling paradise. Enjoy your ride, and we’ll see you on the road!

For adjacent bicycle maps: North, refer to the Polk County/Marion County Bicycle Map; West, refer to the Corvallis Area Bikeways & ODOT Bikeways & Bike Rules guide; South, refer to the Lane County Bikeways Map. For further Oregon bike and pedestrian information, please visit www.oregon.gov/ODOT/SHV/BK02FZ.

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