**Tips for Bicyclists**

**Bicycling the Way to Montana**

- Always wear helmets. Properly fitted helmets save lives and reduce injuries!

**Wear the Law**

A bicycle is a legal vehicle with the same rights and responsibilities as a motor vehicle.

**Bicyclists operating at less than the normal speed of traffic shall ride on or as close to the right side of the roadway as possible unless passing another vehicle preparing for a left turn or avoiding an unsafe roadway condition or hazard.** Ride single file and NEVER ride against traffic.

**Stay Visible**

Always wear helmets. Properly fitted helmets save lives and reduce injuries!

**Stay Safe**

Use a front light and rear light when riding at night. Increase visibility by wearing bright colors.

**Stay Calm**

Plan your ride and ride defensively. Be aware of your surroundings.

**Share the Road**

A bicycle is a legal vehicle with the same rights and responsibilities as a motor vehicle.

**Bicyclists must follow all traffic rules, including stopping at signals and stop signs.**

**Stay Alert**

The operator of a bicycle on a one-way roadway with two or more marked traffic lanes may ride as close to the left side of the roadway as judged safe by the bicyclist.

**Private Physicians**

Bicycling on a roadway is safe and enjoyable when following the rules of the road. The following tips are provided for the protection of cyclists.

- Check your bike before each ride.
- Wear a helmet and other appropriate safety gear.
- Be visible to drivers.
- Follow traffic rules.
- Use hand signals when turning or stopping.
- Be alert and anticipate what drivers are doing.
- Share the road with other users.
- Ride defensively.
- Be courteous to other users.

**Planning a Bike Trip?**

Check out MTD’s Bike & Pedestrian website for events, touring information, safety tips, and other important information for your trip.

**MDT Travel Info**

Online: www.mt.gov/MDT/travelinfo/MTbikes

**MTD Bike & Pedestrian**

Online: www.mt.gov/MDT/travelinfo/MTbikes

**Additional Resources**

- MONTANA OFFICE OF TOURISM
  - 406-444-6084
  - visitmt.com
  - goteammt.com

- MT HIGHWAY PATROL
  - 406-844-3700
  - www.mtdot.mt.gov

- MONTANA STATE PARKS
  - 406-844-3700
  - www.montana.state.us/SP

- USFS NORTHERN REGIONAL OFFICE
  - 406-329-3517
  - reservation.usfs.gov

- GLACIER NATIONAL PARK
  - 406-888-7800
  - nps.gov/glac

- YELLOWSTONE NATIONAL PARK
  - 307-344-7381
  - nps.gov/yell

- ADVENTURE CYCLING ASSOCIATION
  - 800-669-2222
  - adventure.org

- MONTANA DEPARTMENT OF TRANSPORTATION
  - 406-444-3700
  - www.dot.state.mt.us

This map and the information provided in this brochure are to be used in conjunction with the Official Montana highway map. To request a vacation package visit: visitmt.com/city/glpak.asp or to request a copy of this bike map visit: mtd.mt.gov/travelinfo/MTbikes

This map illustrates traffic volume for general reference only. These data are not exact numbers or estimates of traffic volume for any segment of roadway. Construction dates and similar events may increase or decrease than actual volumes along a segment.

There are two numbers for each road segment. The larger (red) number is the average daily traffic volume for all classes of vehicles present on that segment of roadway. The smaller (black) number is the average daily commercial truck volume on that segment of roadway.

The shoulder width is indicated by the width of the dashed line on the map. This width may contain a rumble strip. On divided highways, they are typically installed on the middle side (left shoulder) of the roadway as well as on the outside of the right shoulder.

Prevailing winds for Montana are generally west to east and can be 50-50 miles per hour in the plains region.

For current road conditions and construction zones, dial 511 in Montana, or 1-800-226-7623 anywhere else.