

About this map

We welcome your questions and comments!  
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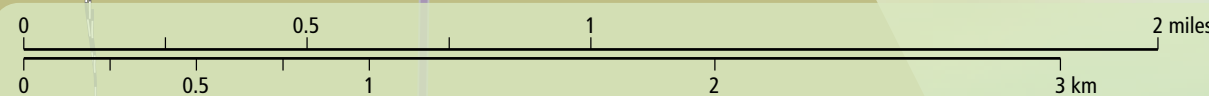


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Map contents © 2017 Russell Reagan, Open Street  
Map contributors, and The Bike Campaign



WOODLAND  
BIKE MAP



Sacramento (downtown)  
15.5 miles

Sacramento Int'l Airport  
7 miles

Map  
Symbols



Crosswalk with warning lights



Off-street path  
shared with  
pedestrians

Woodland  
Bike Loop via  
off-street path

Woodland Bike  
Loop via streets

Street with bike lanes and  
low or moderate car traffic

Busy street or rural road with bike lanes and  
faster, higher volume of traffic

Rural road without bike lanes

Arterial street with no  
bike lanes, higher traffic, etc.

Street through freeway interchange, merge ramps

Avoid  
car traffic

For faster,  
confident  
cyclists

Important buildings/locations

- DMV Dept. of Motor Vehicles
- GHM Gibson House Museum
- HCH Historic Courthouse
- LIB Woodland Public Library
- OH Opera House and Heritage Plaza
- PO Post Office
- SDO School District Offices (WJUSD)
- WCH Woodland City Hall
- WPD Woodland Police Department
- YCH Courthouse (Yolo County Superior Court)

Grocery/retail stores

- BA Bel-Air
- CO Costco
- CVS CVS Pharmacy
- DT Dollar Tree
- F4 Food 4 Less
- GO Grocery Outlet
- HD Home Depot
- LS La Superior
- N Nugget
- OSH Orchard Supply Hardware
- R Raley's
- T Target
- WG Wallgreens
- WM Wal-Mart

This guide supported in part by

Yolo County Health and Human Services Agency  
and Yolo Solano Air Quality Management District.



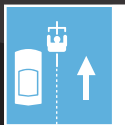


# TIPS

## Bicycling Tips

### BE EQUIPPED

Always wear a helmet. It's the law for 17 year-olds and younger. Wear highly visible clothing and use lights when riding at night.



**RIDE IN THE DIRECTION OF TRAFFIC**  
Never ride against traffic.



### DO NOT RIDE ON SIDEWALKS

Riding a bike is prohibited on sidewalks in downtown Woodland and other places with high pedestrian use.



### OBEY TRAFFIC SIGNS, SIGNALS AND LAWS

Bicyclists must follow the same laws as motorists. Stop at red lights and stop signs just as you would in a car.



### USE HAND SIGNALS

Hand signals tell others what you intend to do. Signal as a matter of courtesy and of self-protection.



### SCAN THE ROAD AROUND YOU

Look ahead and anticipate what other traffic is likely to do. Learn to look back over your shoulder without losing your balance or swerving.



### SHARROWS

Short for "Shared Lane Markings," these pavement symbols indicate the best lane position for cyclists to avoid possible collisions with car doors, usually in a lane that is too narrow for cars to pass bikes safely.



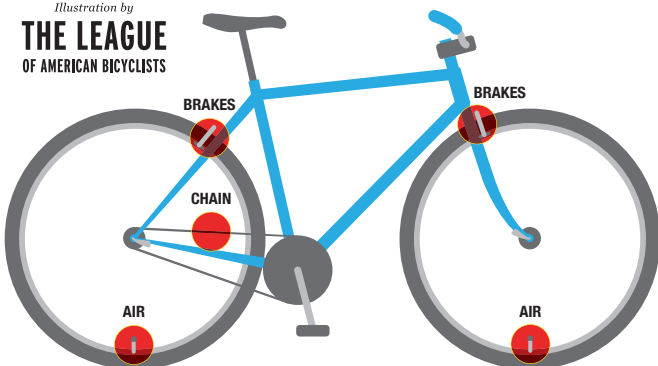
### THE LEAGUE OF AMERICAN BICYCLISTS

has designated Woodland as a bronze level Bicycle Friendly Community. The award is given only to cities with a strong commitment to the promotion bicycling within their community.

## AS SIMPLE AS ABC

- A: AIR** If your tires give a bit when you press with your thumb, they need some air.
- B: BRAKES** When you squeeze your brakes hard, you should still be able to fit your thumb between the brake levers and the handlebars. Check that your brake pads aren't worn out – if they are, replace them.
- C: CHAIN, CRANK, CASSETTE** Make sure your chain is running smoothly – lightly oiled and free of rust and gunk – by spinning it backwards a few revolutions.

Illustration by  
**THE LEAGUE**  
OF AMERICAN BICYCLISTS



## USE THIS MAP TO PLAN A GOOD BICYCLING ROUTE

Bicycling is most enjoyable when you can find a route that avoids high-traffic streets, and takes advantage of bike lanes (space on streets set aside for bikes), and off-street bike paths. **Local streets shown in white** on this map are generally low traffic, except for some in the downtown area. **Busy streets are shown in gray and light blue.** When planning your route, find intersections across busier streets with traffic signals (indicated with symbol). **Recommended routes for cross-town travel are darker blue** (less busy streets with bike lanes), and **yellow dashed lines (Woodland Bike Loop).** Enjoy the ride!

## CYCLING TO WORK CAN CUT CANCER AND HEART DISEASE BY UP TO 50%, SAYS STUDY!

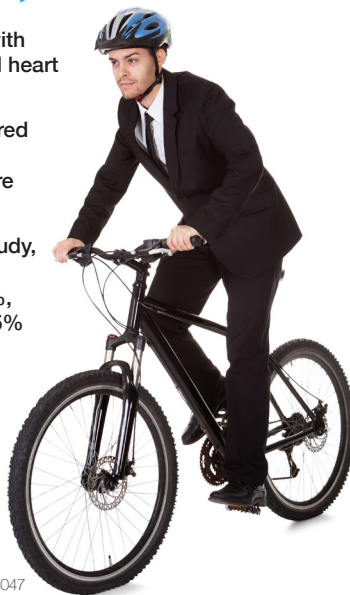
■ The biggest study into the issue linked regular cycling with halving the risk of cancer and heart disease.

■ The five-year study compared people who had an "active" commute with those who were mostly stationary.

■ During the course of the study, regular cycling cut the risk of death from any cause by 41%, the incidence of cancer by 45% and heart disease by 46%.

■ The cyclists clocked an average of 30 miles per week, but the further they cycled the greater the health boon.

Ref: British Medical Journal 2017  
<http://www.bbc.com/sport/get-inspired/29064047>



## WHY BIKE?

**IT'S FUN!** Walking and bicycling bring a sense of joy and independence.

**COMMUNITY BENEFITS** Reducing traffic congestion, boosting a sense of community, and improving neighborhood connections benefits everyone!

**HEALTHIER HABITS** A bike trip is a fun way to get the physical activity and psychological benefits we all need.

**CLEANER ENVIRONMENT** Reducing car trips to work and school with bicycling reduces traffic congestion and pollution.

**PROMOTING SAFETY** Building sidewalks, providing educational programs and adding traffic calming measures are some of the ways to improve safety. Biking to work, school and shopping builds support for infrastructure improvements.



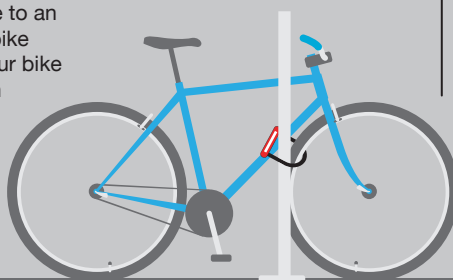
## MEET THE NEW ZERO EMISSION VEHICLES



## LOCKING YOUR BIKE

To lock your bike, use a u-shaped lock. Secure the frame to an immovable object or bike rack. Avoid leaving your bike outside overnight or in the sun/rain all day.

Illustrations by  
**THE LEAGUE**  
OF AMERICAN BICYCLISTS



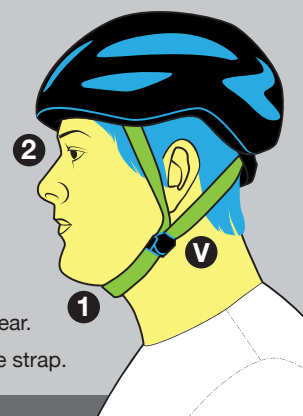
## HELMET 2V1 RULE

When you shake your head from side to side, a correctly fitted helmet will stay in place.

**2:** Two-fingers width between eyebrows and helmet.

**V:** Side straps make a "Y" below the ear.

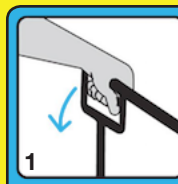
**1:** One finger between your chin & the strap.



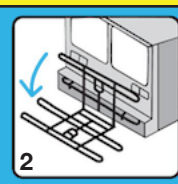
## LOADING YOUR BIKE ON BUSES WITH FRONT RACKS

Travel car-free with your bicycle to Davis, Sacramento, West Sacramento, and SMF Airport on Yolobus, route 42A/42B. Use the bike rack on the front of the bus. For routes, stop locations and schedules, visit [yolobus.com](http://yolobus.com)

Make sure you have the driver's attention before loading your bike. Let them know where you plan to get off the bus.



**1**  
PULL HANDLE



**2**  
DEPLOY RACK



**3**  
LOAD BIKE



**4**  
SECURE BIKE

**COME TO THE BIKE GARAGE**  
WE ARE VOLUNTEERS. BE A VOLUNTEER.



**LOWEST PRICES ON QUALITY PRE-OWNED BIKES IN YOLO COUNTY. MECHANIC-TESTED, STREET LEGAL AND READY TO ROLL.**

Sat & Wed 9:00–Noon in the summer

and Saturdays 9:00–Noon and Wednesdays 2:00–5:00 during the school year.

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**BIKE CURIOUS?  
NEED A BIKE?  
BIKE NEED FIXING?  
WE CAN HELP!**

**OFFICIAL BICYCLE RECYCLE CENTER**

*Visit Us!*  
[TheBikeCampaign.com](http://TheBikeCampaign.com)



# THE NEW WOODLAND BIKE MAP

*"Together, we're making Yolo County a cleaner, healthier, friendlier, more prosperous place through bicycling."*