

....WHILE CYCLING.....



Make yourself noticed

In the evening, at night, in the early morning, in tunnels, and underpasses:



It is **mandatory to turn on the front and rear lights** and carry a **rear reflector**



Additionally, **on the road, a visible and reflective clothing should be worn** and have to be visible from at least 150 meters away

Without surprises or misunderstandings

- 1. Observe and signal** before making a maneuver
- 2. Try to maintain your trajectory** to not surprise anyone
- 3. Watch out at intersections** and **respect right-of-way**
- 4. Always ride in the correct direction**

Be careful! It is prohibited...



Riding under the influence of alcohol and drugs (the maximum alcohol level is 0.25 mg/l; for minors, it is 0)



Using headphones and manipulating mobile phones or other devices while riding

Essential elements



You should wear a helmet for your safety. In urban areas, it is mandatory for minors under 16. **On the road, it is mandatory for everyone**

Bicycles must have a **bell and braking system**



If you are of legal age, you can carry a child up to 7 years old in an **approved additional seat**



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**Generalitat
de Catalunya**



If there is space for bicycles, use it (bike lane, bike path...)



In urban areas



As a general rule,
riding on the sidewalk is prohibited



Respect pedestrians. You must **maintain a safe distance** and **ride slowly**



Maximum speeds
also apply to bicycles



Avoid zigzagging driving and **watch out for the unexpected opening of other vehicle doors**

Respect priorities

You have the **right of way** over motor vehicles when riding in a **bike lane, cyclist crossing, or marked shoulder**

On the road



Ride on the edge if it is passable and **wide enough**. If not, use the **essential space on the driveway**



In long descents with turns and under **safe conditions**, you can leave the edge and ride on the **right side of the driveway**

Wherever you go, be visible and predictable