

CDMX CYCLIST GUIDE



LET'S RIDE!



GOBIERNO DE LA
CIUDAD DE MÉXICO



CREDITS

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CDMX CYCLIST
GUIDE
LET'S RIDE!

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INTRODUCTION

CYCLING IS POSSIBLE

Most of our daily trips in Mexico City are less than 8 kilometers, so using a bicycle as a mode of transportation is a quick and convenient way to move with enormous advantages: you save time and money, exercise, avoid traffic and it is a zero emissions transport.

Trips by bicycle are experienced in a different way than other modes of transport. Do you know how far you are from your work, school, or even from your family or friends' house? Riding you will realize that they are journeys that can become shorter and even more pleasant.

For all the individual and collective advantages of riding a bike, Mexico City included the right to sustainable mobility on foot or by bike in our Constitution, in all laws and regulations.

Anyone can enjoy the advantages of this mode of transport if they learn to ride correctly, safely and responsibly. This guide will teach you everything you need to know to ride safely and confidently in this city.

We understand that this change may seem difficult or risky. Sometimes, as people, we avoid trying something new, however, the transition may be easier if we prepare.

50% of journeys in CDMX are less than 8 km. By car or public transit, they seem longer, but by bike you can do them in a more fun and efficient way. If your journey involves traveling more kilometers and you use public transport, we understand that it is not so practical to use a bicycle during the whole journey. However, you can complement your daily trips with either your own bicycle, safely storing it in one of the Massive Bicycle Park-

ing structures, or using ECOBICI, if you're traveling in areas where their service operates.

Allow us to ride with you in this transformative process. In the following pages you will find basic knowledge to ride safely when you decide to use a bicycle to make your first trip to work, school or to get to know the city by bike.

The key is to respect others and expect the same from them. Courtesy between people will make our city a better place to live and pedal.

Within CDMX, you are free to choose the way to get around. Know and exercise your rights to mobility and security.

INTRODUCTION



MOBILITY HIERARCHY

80% of public space in our city is comprised of streets designed for motor vehicles. In response, the creation of the Mobility Law in CDMX seeks to allocate more space to pedestrians and people on bicycles, in order to improve the quality of life through efficient mobility.

The Mobility Law of CDMX establishes the foundation to plan, regulate and manage the way people and goods move around the city. It establishes that mobility is our right and that in terms of movement, the most vulnerable people must be protected: primarily pedestrians and secondly, cyclists.

At some point in the day all people walk: when getting out of the car, while using public transport or biking. Therefore, security conditions must be created for free transit no matter how we choose to move.

Since most of the population uses public transport, it has a higher priority on the mobility pyramid than private cars and motorcycles.

ARTICLE 5°

Mobility is the right of every person and of the community to carry out the effective movement of individuals and goods to access, through diverse modes of transportation recognized by the Law, to a mobility system that conforms to the hierarchy and principles that are established in this hierarchy, to meet their needs and full development.

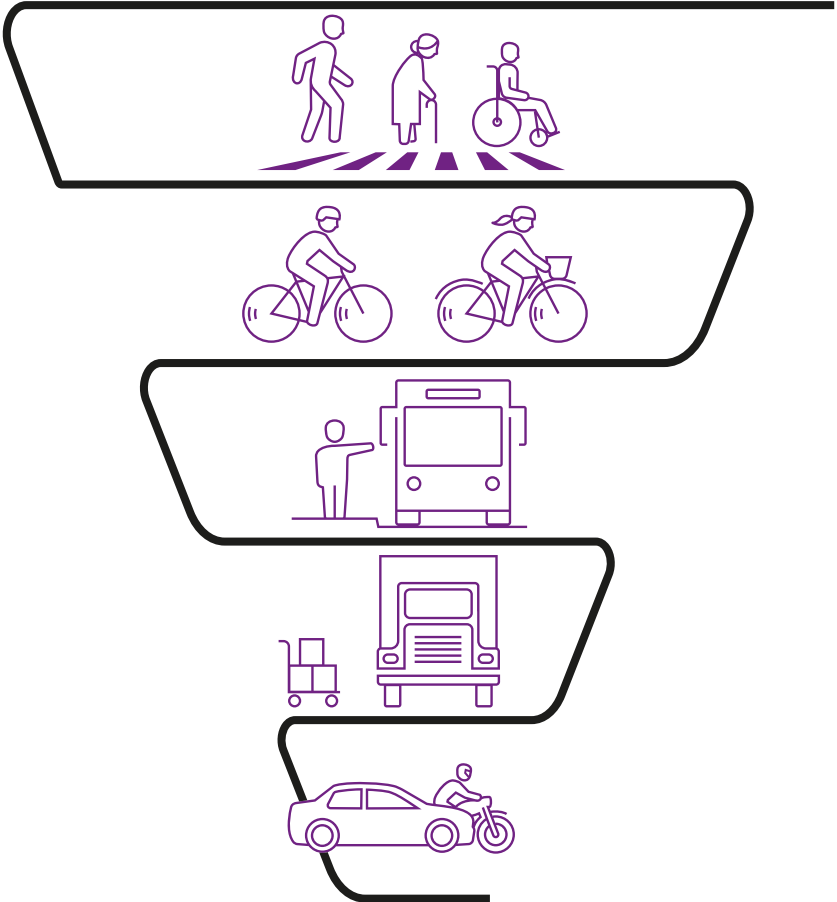
CDMX MOBILITY ACT



Check the CDMX Mobility Law at:
<http://data.consejeria.cdmx.gob.mx>

INTRODUCTION

In the pyramid of the Urban Mobility Hierarchy, cyclists are in second place of priority due to the vulnerability and speed of the bicycle compared to a motor vehicle, as well as the social benefits involved in cycling.



The criteria of the hierarchy are ordered by the common good and sustainability.



CHAPTER 1

SHARED CITY

I WANT TO GO BY BIKE, WHAT SHOULD I KNOW?



THE BEST BICYCLE TO START WITH IS THE ONE YOU ALREADY HAVE AT HOME

Congratulations! Your decision helps reduce the overabundance of cars and pollution, not only here but around the entire world.

The first step to safely travel on a bicycle is to know the Traffic Regulations of Mexico City (RTCDMX).

These rules establish the rights and obligations of all people who use our streets, regardless of the mode of transport they have selected. For the well-being and safety of those of us who use the streets, it is mandatory to comply with this regulation.

The purpose of this document is to prepare you to ride around the city and to do so while preserving the safety of the most vulnerable people, that is: disabled or handicapped persons, pedestrians, and also, cyclists.

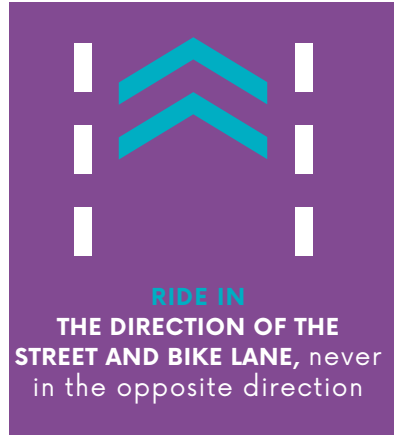
In this document you will learn the traffic rules that you must uphold, how to communicate with other drivers, and we will give you some recommendations to ride in different conditions and how to map a route. Also, you will find information about how to share the road with others and behaviors to avoid while biking.

RIDING IS MORE THAN JUST COASTING

Beyond maintaining balance on two wheels, **riding involves understanding your role on the street, learning to behave and communicate with other people.** We must pay attention to what happens around us, and try to make these good practices into habits:



THE BICYCLE
is a vehicle that must be
used on the street, with its
own individual
characteristics

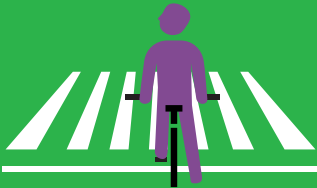




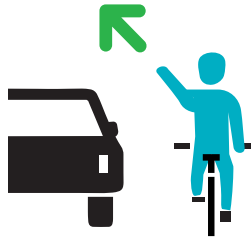
YIELD
to pedestrians and
respect their space



RESPECT STOP SIGNS
on major roads, such as
main arteries and avenues



At the traffic light,
**WAIT BEHIND THE
CROSSING** or in the
moped box



WARN WHEN YOU TURN,
extend your arm and use it
as a turn signal



PASS ON THE LEFT
and be careful with
the doors of parked cars



**USE LIGHTS AND REFLECTIVE
MATERIALS:** red in back,
white in front, a
vest and accessories

MY RIGHTS AS A CYCLIST

If you travel by bicycle in the city you must know the most important rights for cyclists. Here we summarize the Transit Regulations and other relevant documents. **Please read each one carefully:**

WE CAN USE THE FULL LANE



The safest way to ride on the street is in the middle of the lane, where cars and trucks can see you.

PREFERENCE

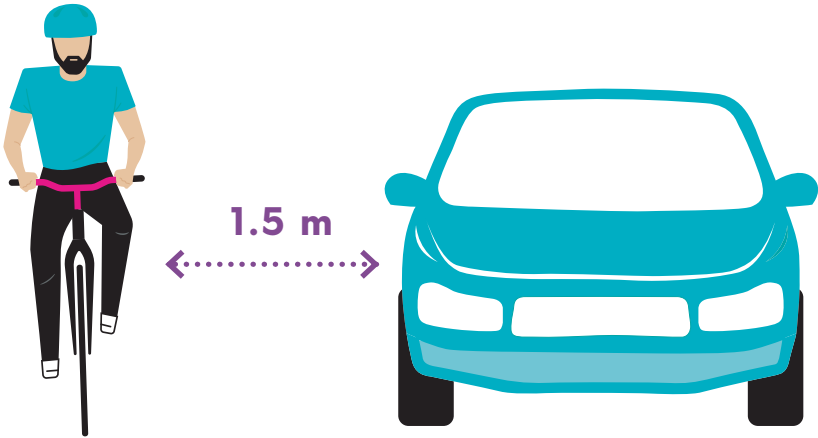
As cyclists we have, at the moment of turning, the right of way over motor vehicles.

INFRACTION

In case of a violation of the rules of RTCDMX, police can only admonish us verbally. In case of hitting a pedestrian, you can be referred to a Civic Judge.

OVERTAKING VEHICLES

Cyclists must be overtaken by other vehicles by a distance of 1.5 meters (4.9 ft).



BIKE LANES

Must remain unobstructed. Under no circumstance can they be occupied by parked or moving motor vehicles.

CROSSINGS

In secondary or neighborhood streets with intersections and traffic lights, you can cross without waiting for it to change to green, always with caution. Check that no pedestrian or vehicle approaches and reduce speed.



Review the CDMX Transit Regulations at:
<http://ssp.cdmx.gob.mx/reglamentodetransito/>

I NEVER, EVER



I NEVER
go against traffic or zigzag



I NEVER
use my cell phone when
I'm on the move



I NEVER
use headphones that isolate me
from road noise

I NEVER
ride under the influence
of alcohol or drugs



I NEVER

transport someone else if I only have one seat



I NEVER

hold on to other vehicles



I NEVER

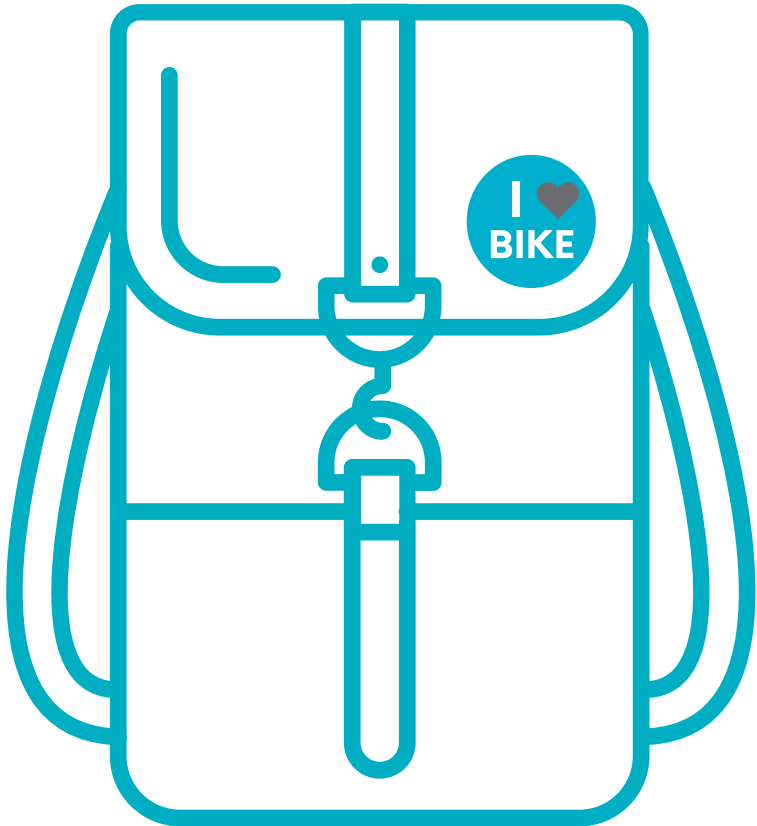
transport objects that limit my vision



CHAPTER 2

TO BEGIN

WHAT I **NEED** TO RIDE



**GOOD DIET AND HYDRATION
ARE YOUR BEST FUEL**

TO BEGIN

The equipment we at first deem necessary to cycling, once riding, are irrelevant, and yet we often forget items that give us greater security and with practice make our ride more comfortable.

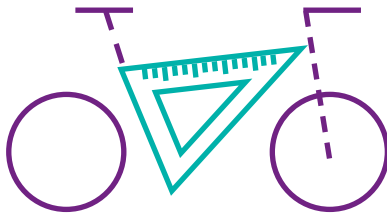
We will mention the basic, yet important, items for you to build your own list of needs and accessories that will turn your experience on the bike into something you want to repeat on a daily basis.

The more comfortable your ride, the easier it is for you to venture out to make longer routes and diversify your trips. That is to say, for you to use your bicycle not only to enjoy the weekends or to go on the Sunday Ride. If you prepare, you can make any trip a ride on two wheels no matter the season.

The obvious question before starting to ride is **which bike is the most suitable** for you; there is no single answer, due to the great diversity of factors that must be taken into account, as well as what you want to use it for. **Take into account that you must bring some mandatory accessories to make your trip safer.**

SIZE AND NEEDS

Almost any bicycle will work to ride in this city. It is said that the best equipment to start with is the one you have at home, but if you are going to buy one, answer these questions:



WHAT IS MY SIZE

It is based on your height and specialized stores will usually help you determine it. Never buy a bicycle that is too small or too large for you, no matter how much you like it.

Height	frame	
	m	cm
1.50	45	16
1.55	46	17
1.60	47	18
1.65	48	19
1.70	51	20
1.75	53	20-21
1.80	55	21-22
1.85	57	22
1.90	59-61	23

WHAT I'M USING IT FOR

Do you want it to ride to school, transport children or as a work tool? Choose a bike that allows you to comfortably carry everything you need.

TRAVEL DISTANCE

Think about the trips you want to do with it and the average speed you'll go. The size of the tires, that is to say the diameter, is also something to consider.

HOW I FEEL

Ask for a test ride before deciding on one. Whether new or used, yet similar to what you're looking for. The most important thing about a bike is that you feel comfortable with the height of the saddle to pedal and saddle to handlebar.

PLAN YOUR TRIP

Some aspects to consider in order to make your trips more pleasant are:



SWEAT

This is the body's response to physical exertion. Cotton clothes and pedaling at a moderate pace are good options to bike without sweating too much. Consider bringing an extra change of clothes, wet wipes or deodorant to quickly freshen up when you arrive at your destination.

THE WEATHER

Any style of clothes will allow you to ride, as long as you can maneuver freely. In hot weather wear thin and light colored clothing; for rainy days do not forget to get windbreaker, raincoat and fender; for cold days, a moderately warm jacket, scarf or bandana and gloves.

FOOD AND DRINK

Your heart is the engine and your legs the strength. Eat enough, healthily, and half an hour before getting on the bike so you never lack energy or are too full. Drink water constantly: carry a refillable bottle and drink a sip every 15 minutes of riding.

Explore and enjoy the city responsibly. When you ride with other people, follow the safety rules, but pay extra attention when passing or the sudden stops of others. Always be visible and predictable.

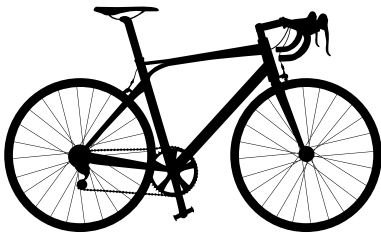
BICYCLE TYPES



MOUNTAIN



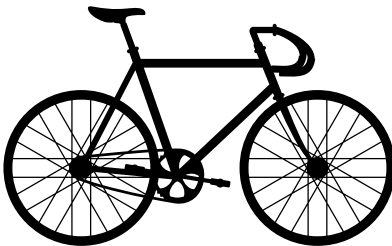
HYBRID



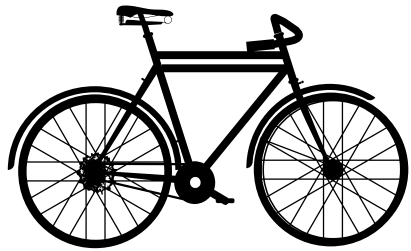
ROAD



URBAN



FIXED GEAR



GRAN TURISMO

TO BEGIN

Choose a bicycle that suits your needs, consider aspects such as the distance you will travel, if you will travel with others, what you need to take, if you have a place to park it and if you want it for recreational, sporting or transportation purposes.



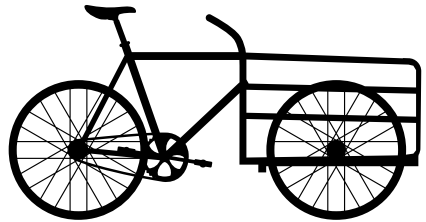
BMX



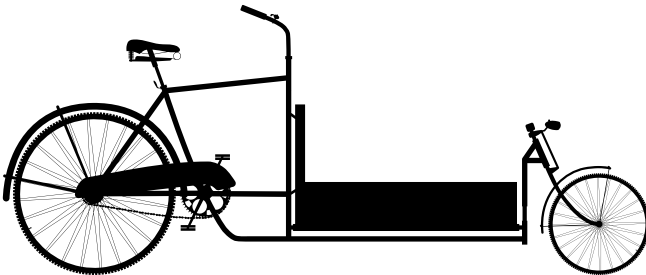
FOLDING



ELECTRIC



CARGO TRICYCLE



CARGO BIKE

BASIC EQUIPMENT

Equip your bicycle only with necessary items to ensure your safety and that of your bike, they can be basic at first and upgraded to higher quality later on.



HELMET

Even though using a helmet is not mandatory it is highly recommended, we suggest you always ride with it.

PADLOCK

Always carry a good quality lock and look for a safe place such as a post or bike parking.

BASIC TOOL

Always bring tire patching equipment and learn how to use it. Locate gas stations and bike shops along your route.

LIGHTS

Use a white front light, preferably with a three-meter (9 feet) range, a red rear light and reflectives.

BELL

A good way to make others notice you and your bike is ringing it.

BRING YOUR THINGS

Do not carry objects in your hands; use a backpack and if you carry a lot of weight, install a rack, grill, basket, pannier or box.

TO BEGIN



RACK

It goes over the rear wheel and serves to transport medium-sized objects. Using straps is recommended to firmly hold the load.

BASKET

Used to transport small objects, some have a cover to prevent your things from falling out due to the pavement vibration.

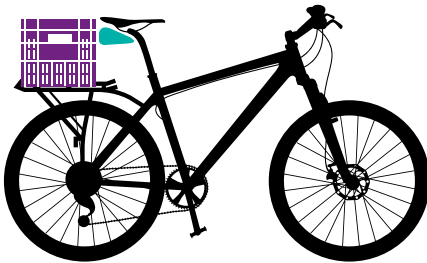


PANNIER

They are waterproof and some have reflective details. They work well to transport computers and a change of clothes.

BOTTLE CAGE

The most practical way to carry water and always have it available. Almost all bicycles have holes to mount it.



BOX

Given its durability, it's useful for transporting medium-sized but heavy objects, such as groceries or to make deliveries.

SADDLE BAG

You can carry a basic tool under your saddle and after parking, place it in your backpack or bag.

CHOOSING MY ROUTE

When we get off public transit or a car to ride our bicycle, we must take into account that the usual or shortest routes are not necessarily the most appropriate or safe.

Think about how many main arteries or avenues like Periférico you use every day. Well, riding on them is not a viable option. Remember that the side streets or neighborhood streets, in addition to bicycle lanes, are usually the best choice for riding a bike, since the car speeds are lower and there are not so many freight vehicles.

WHAT SHOULD I KEEP IN MIND?

TYPES OF ROADS AND LANES

Opt for neighborhood roads, side streets or ones with shared lanes and bike lanes. Stay off the restricted access lanes.

OPTIONS TO GO FROM ONE POINT TO ANOTHER

Check the direction of all streets, do not ride in the opposite direction. Within your route, locate bike shops, coffee shops, bike parking and other places that could be useful.

BIKES AND OTHER MODES OF TRANSPORTATION

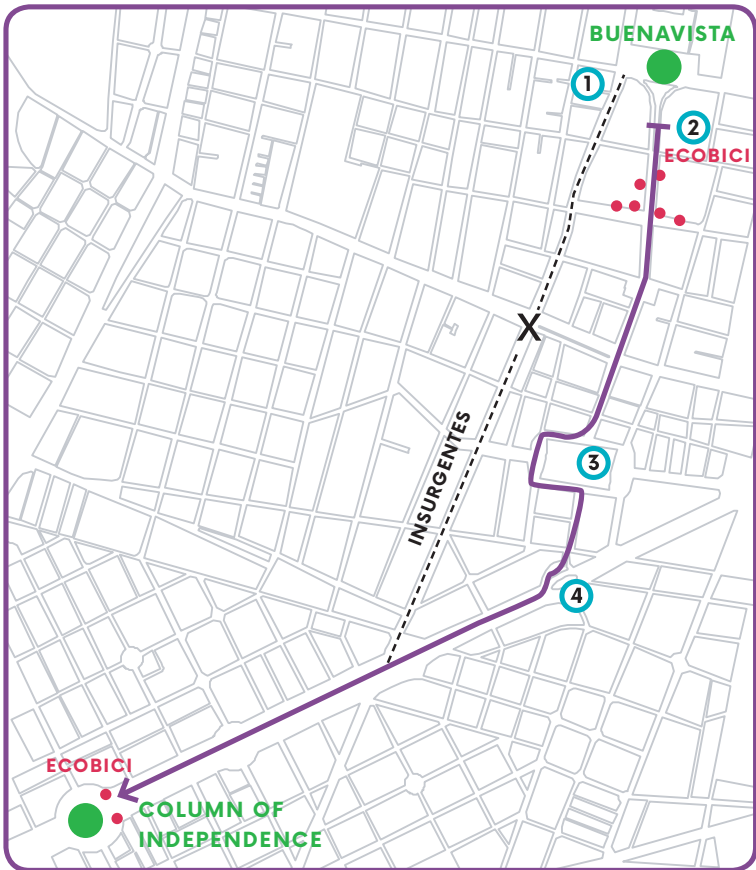
Complement your trips with other modes of transportation and public infrastructure: short-stay, massive and semi-massive bike parking and ECOBICI; combine them, they will make for a more efficient journey.

TIME AND AVAILABILITY

Set aside a day to travel the route you've planned, familiarize yourself with the streets and the time you need to reach your final destination, or adjust as necessary.

Plan your route with other cyclists and, if you have doubts about how to ride on certain routes, ask to be accompanied the first few days or on a weekend. This way you will know if your route needs changes.

TO BEGIN



EXAMPLE OF A BIKE RIDE BUENAVISTA - COLUMN OF INDEPENDENCE

Imagine a trip from the Buenavista Suburban Train to the Column of Independence using ECOBICI, side streets and bike lanes:

1) We avoid Insurgentes Norte because **it is a major road with a special lane reserved** for Metrobús.

2) We look for **parallel side streets**. In this case Buenavista street, which has a bike path in both directions.

3) When we get to the Monument to the Revolution we ride around it in the **correct direction**.

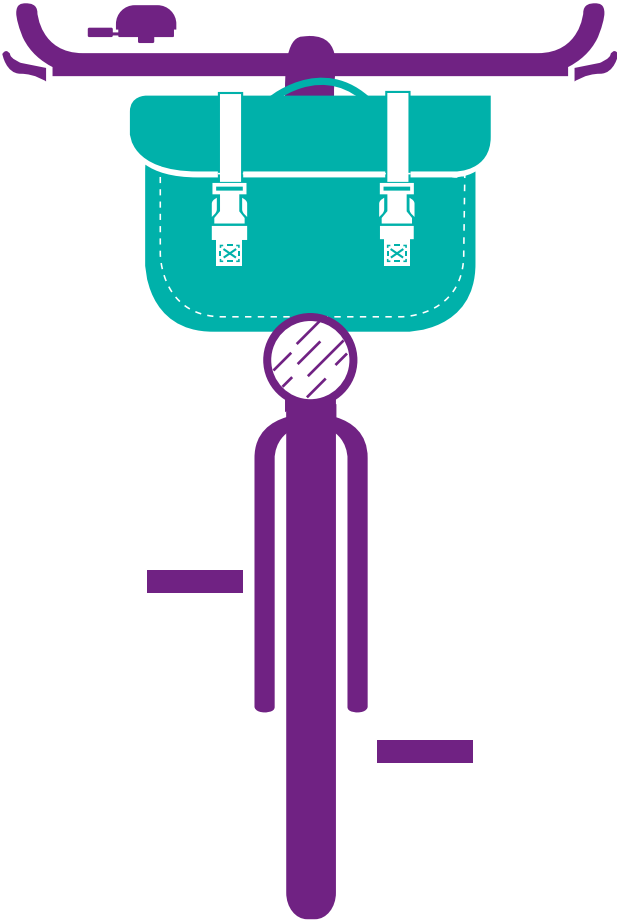
4) We join Paseo de la Reforma, even though it is an avenue, it has a **slower traffic zone** and **cycling infrastructure**.



CHAPTER 3

DAILY
COMMUTE

RIDING A BIKE TO WORK



ALWAYS BRING LIGHTS AND A BELL

Getting to work on time can make this trip the most stressful part of the day, but going by bike can save you time, money and make the journey a fun and healthy routine. To achieve this, you need to prepare, organize and make it a habit.

It is becoming easier to commute to work by bike. We have infrastructure such as bicycle lanes, massive bike parking, Public Bicycle System (ECOBICI) and inter-modality as an option to combine the use of public transport with biking. There is an increase in buildings, shops and public spaces that are creating alternatives for access on two wheels. Some companies even offer incentives that may give you the last little push to choose the bicycle as a vehicle.

The majority of CDMX inhabitants live less than eight kilometers from their work. Therefore, the bicycle is a great option for mobility. In addition, it is very likely that biking makes our trips faster. On the bike, travel time will almost always be the same, regardless of whether there is more traffic than expected or if there is an accident on the street, so you won't be surprised.

ON YOUR MARKS

Once you decide to ride to work, make sure you can park your bike in the building where you work or in a nearby space. If there is no place for bicycles in your office, talk with the company or institution to create these alternatives that benefit people who, like you, want to commute in a more sustainable and fun way.

A GOOD PADLOCK

In addition to finding a safe place to park, get one or two locks. These are classified according to the level of resistance they have, that is, the degree of difficulty in opening them. Currently the security levels are from 1 to 15 and, depending on the type of lock, you might need to get a chain. The minimum security level starts from 7.



No matter where you are parked, lock the chain around three elements: the tube of the bike parking rack, the bike frame and rear tire.

DAILY COMMUTE



THE ROUTE

Spend a holiday morning or weekend to explore possible routes between your home and work, so you can choose your favorite one. Travel it accompanied by a more experienced cyclist, so that they can share opinions on the route and decide if it is the most suitable one for you. Take advantage of these trips to locate bike shops on what will be your usual route.

HOW TO DRESS

To avoid excessive sweating try to ride calmly and with clothes that allow perspiration. Any style of clothing is suitable for riding as long as it does not prevent you from maneuvering freely or may get stuck in the bike. If you still feel overheated, consider bringing a change of clothes, wet wipes and a deodorant to freshen up when you arrive.

HOW TO CARRY MY THINGS

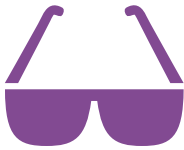
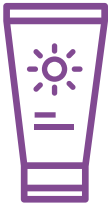
If you need to bring a computer, a change of clothes, food or other materials, we suggest using a backpack or panniers to carry everything you need comfortably and without it being too heavy. There are lots of sizes and prices, even waterproofed ones if you have to ride in the rain.

LUNCH

If you prefer to bring your lunch to work so you can eat your favorite food, save money or have a much more controlled diet, you can continue doing it by bike, just as you do in public transit: make sure that the containers are not heavy or fragile and that they close hermetically. Remember not to pack cold or hot food to avoid their opening and spilling in your panniers or backpack. It never hurts to put everything in a tightly wrapped plastic bag.

CYCLING AND WEATHER

It is important that you take into account the season and changes in temperature and humidity that you will face every day on your ride. Weather plays an important role in your planning as a cyclist.



HEAT

Riding in this type of weather involves wearing light, breathable clothing that dries quickly. You must maintain a higher level of hydration, so we recommend that you drink water every 15 minutes during your bicycle trip. It is also important to use sunscreen and bring a towel to dry off sweat.

COLD

This type of climate involves some risk because the body does not react so quickly. Sometimes we wear too many layers; this is recommended when walking, but when doing aerobic physical activity such as riding a bike, it becomes uncomfortable and hinders your mobility. Wear clothing designed for physical activity in cold situations. Also wear gloves and glasses to retain heat.

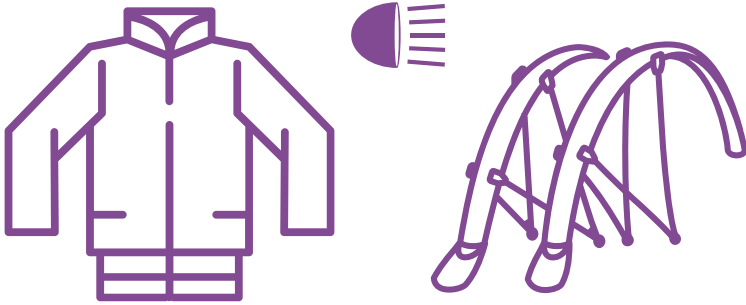
In any climate it is important that the tire pressure is correct so you don't get a flat.

DAILY COMMUTE

RAIN

Rain might surprise you any day: pavement becomes slippery and you need more control of the handlebars and brakes, general visibility is reduced and temperatures could go down, causing your body to get tired faster.

We recommend you get the following for this weather: raincoat, lights and fenders.



RECOMMENDATIONS FOR RIDING ON WET GROUND

1

Brake softly.

4

Avoid puddles.

2

Keep a safe distance from vehicles in front of you.

5

Slow down and take corners cautiously.

3

Watch out for colorful rainbows, it's oil on the ground.

6

If it rains or hails too hard, stop and wait for it to pass.

SHARING THE ROAD



**IT IS IMPORTANT THAT YOU KNOW THE
CITY TRANSIT REGULATIONS**

DAILY COMMUTE

In our streets we circulate in the company of a large number of vehicles, from private cars to trucks, at the same time we might also see people who sell tamales by bike. We share these spaces with pedestrians, so we should always consider their presence.

The street is a public space. If we keep this in mind, it will be easier to think of those who travel with us every day. We respect their rights and interact with them in a responsible manner.

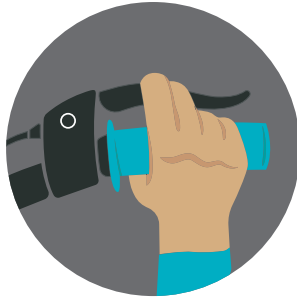
Now that you know the basic rules of the game, remember that when you use public roads your behavior not only speaks for you, but for all cyclists. Not all vehicles are driven in the same way, be it their size, height or the speed they can reach.

Let's start sharing these spaces and roads, in the following pages we will help you understand the perspective of other people and how to communicate with them.

HANDLING SKILLS

No matter how fast you go, the handlebar is your instrument to turn and stop. Many of the necessary skills to ride safely and confidently depend on it. **You should hold it firmly with both hands so that you can turn gently.**

BRAKES



HAND POSITION

Place your index and middle fingers on the brake lever and the rest on the handlebar, so that you can react quickly to unforeseen events.

HOW TO STOP

Identify the front brake (usually the left one) and the rear brake. Stop by using the rear brake first and then the front, otherwise you will be thrown forward.

IN RAIN

When it rains the asphalt becomes very slippery, we recommend you practice gentle braking to avoid blocking the wheels and skidding.

BALANCE

LOOKING BEHIND

Without losing balance or changing direction, learn to ride slowly and turn your head over your shoulder to see what's happening behind you.



EVADING OBSTACLES

Learn to dodge obstacles on the road such as potholes or storm drains. This will help you react to surfaces changes such as sand, oil or soapy water.

Practice these skills in parks, Sunday rides and other public events; or by attending permanent and free of charge bike courses offered by the CDMX government and some delegations.

DO DRIVERS SEE ME?

Sometimes they do not. People who drive cars and have not ridden a bike around the city often do not know the rights, obligations and needs of those who walk and bike. That is why, as a cyclist, there are actions that we must carry out so that coexistence with cars is friendly and efficient:

RIDE SAFELY

Ride with courtesy, safety and without hesitation. Confident movements help others around you predict and respect your path. It is important that you take your place on the road, remember that you're also operating a vehicle and have rights; use them without shyness but always with respect.

AVOID CONFLICT

The conditions in which we ride, as well as personal, economic, family or social problems can cause us stress.

With courtesy and a smile, you can prevent unpleasantness. Let's be empathetic, breathe and try to stay calm. Appeal to traffic officers so that they can impose infractions or punish those who commit a violation of the regulations or endanger your integrity.

BE VISIBLE

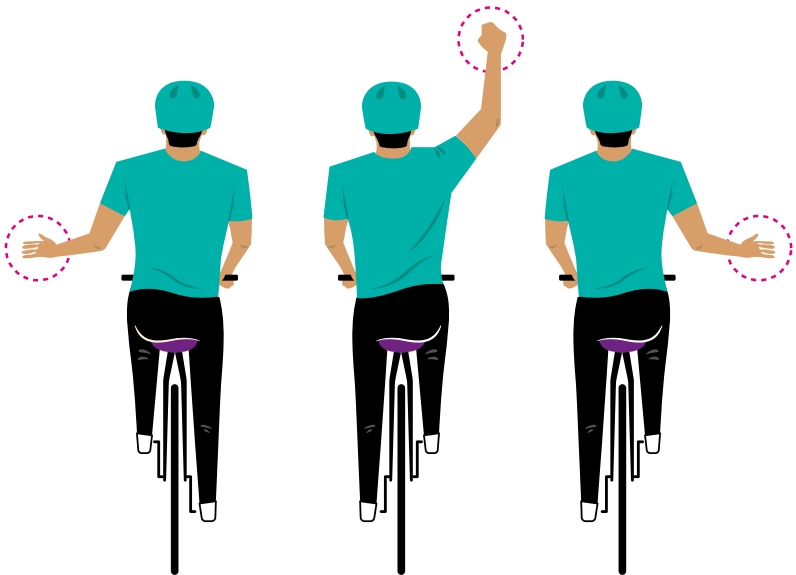
As indicated in the Traffic Regulations, you must wear reflective elements and lights during the night to make it easier for people to see you. We also suggest you use a bell, whistle or horn to indicate your presence. If possible, establish eye contact with drivers, this helps both parties be aware that they are interacting with other people and not only with vehicles.

USING LIGHTS AT NIGHT

The rear light is red and is used so cars can locate you; the front is white to light the way. Using them is not a suggestion but a mandatory rule of the Traffic Regulations. Before your first night ride, give yourself time to test the lights on a quiet street to know their reach.

SIGNAL YOUR MOVEMENTS

Hand and body signals are a great communication tool, use them to indicate to drivers around you if you are going to turn or stop. To do this, practice taking off one hand from the handlebar without losing control of the bike.



Left turn

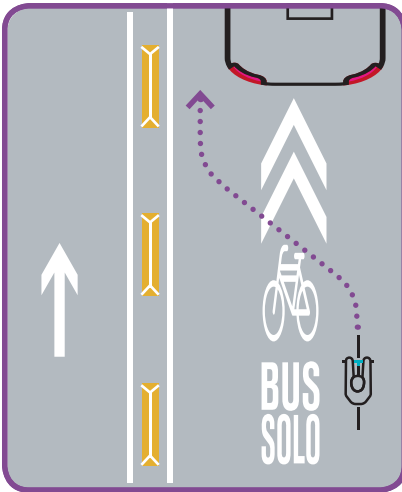
Stop

Right turn

SHARED LANES AND BIKE LANES

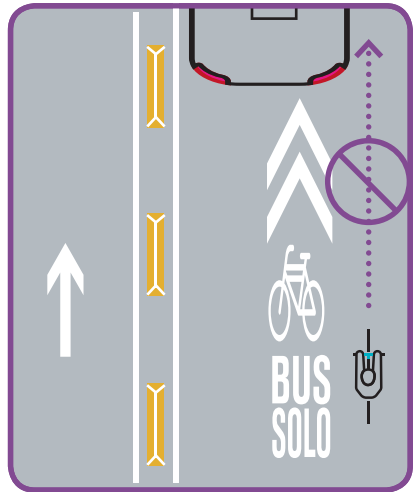
Make the most of cycling infrastructure by using it correctly. Using the full lane is your right, but keep in mind the specific dynamics of the spaces you share with public transit:

PASSING IN SHARED LANES



ALWAYS ON THE LEFT SIDE

When public transit stops to let people on and off, you can pass it exclusively on the left, always making sure you do not leave the shared lane.



NEVER ON THE RIGHT

If for some reason you can't pass, wait behind the bus, where the operator can see you with their mirrors. Never pass on the right, you could collide with people or get in the way of them getting on and off.

Move in the same direction of the road, never in the opposite direction or on the sidewalk, as you could cause an accident.

PEDESTRIANS

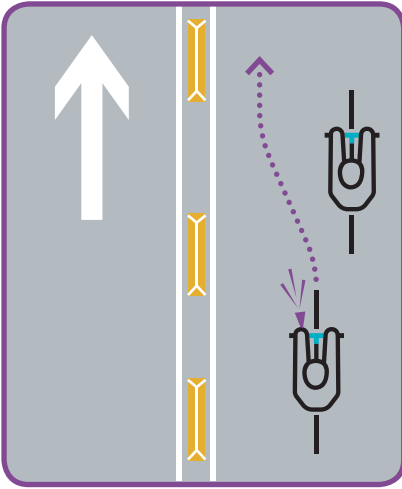
Respect and watch for pedestrians. The bike lane is not designed for them, but sometimes they use this space.

Yield to the handicapped or people in wheelchairs if you encounter them in the bike lane.

At crossings and traffic lights do not obstruct the passage of pedestrians. Stay in the moped box or behind the pedestrian crossing.

The platforms for getting on and off public transit are a shared space, where those who walk have preference.

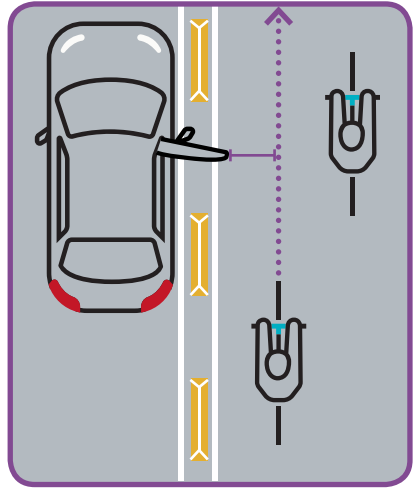
BE AWARE IN BIKE LANES



PASSING CYCLISTS

Move to the right side of the lane and allow other bikes to pass on the left.

Warn when you are going to pass. You can use the bell, a whistle or shout to announce your presence. Be alert to listen or watch for cyclists behind you to prevent collisions.



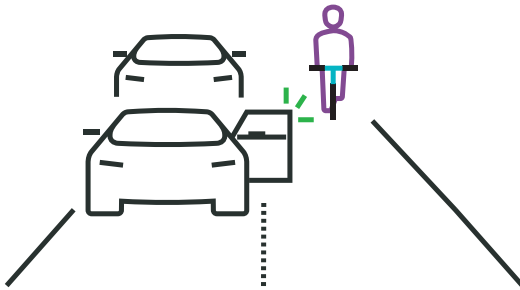
INTERACTING WITH CARS

Pay attention to cars parked next to the bike path, someone can open the door or get out. Reduce speed and give yourself space to pass them.

Beware of parking lot exits. If you see a car leaving, ring the bell, shout or whistle so they notice you.

DOORS AND BLIND SPOTS

There are two recurring incidents among cyclists and motor vehicles: being hit by opening doors and, less frequently, collisions with buses and cargo trucks, due to the vehicles' blind spots. In both cases, there is information that you can keep in mind to prevent them.



WATCH OUT FOR DOORS

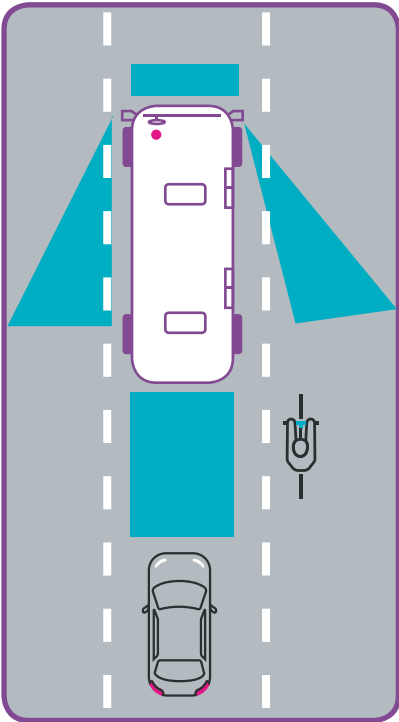
This is the most common incident between cyclists and motorists. When you are riding on a street where there are parked cars try not to ride too close to them, because if a door suddenly opens you will not be able to avoid it. We suggest you leave at least one meter (3 ft.) between your bike and vehicles.

One way to know if there are people that might get out of a car is by looking at its rearview mirrors.

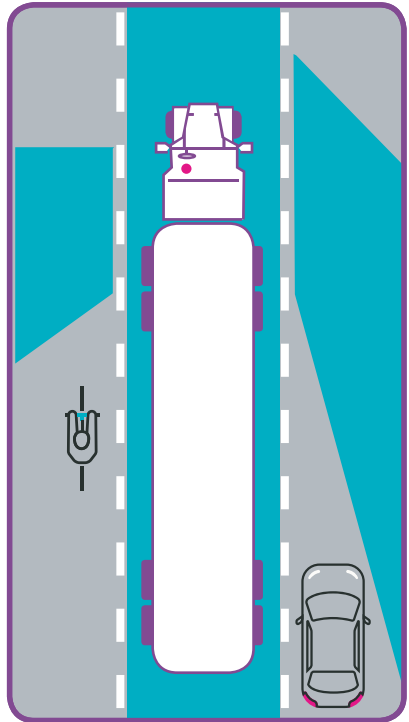
BLIND SPOTS

These are areas of the road that are not within the view of side and rear mirrors of a motor vehicle. While vehicles are in motion, these zones accompany them and, depending on the length of the vehicle, can be large enough to not be able to see a whole car.

BUS BLIND SPOTS



SEMI-TRAILER BLIND SPOTS



HOW TO EXIT A BLIND SPOT

The easiest way is to make eye contact with the driver by using their mirrors. By doing this you will make sure that you are out of their blind spot, that they can see you and adjust their movements.

ADAPTING TO YOUR NEW TRANSPORTATION

The first days you may feel uncomfortable while riding. Like any change, the body and mind might resist and you can experience fatigue, stress and at the same time excitement and physical well-being. All this is normal; many people experience it.

It persists during this new period, most likely after a month you overcome what initially made you uncomfortable. In that time, you may have to face a lack of understanding, or questions from your family or your work colleagues regarding your choice of transportation. Don't be discouraged!

The more you ride, the more strength, skill and confidence you will develop, so much that your bike ride will become one of the most pleasant parts of your day.

Commuting to work by bike reduces road congestion, waste of time and costs associated with parking vehicles; improves your health, work performance and reduces absenteeism due to sickness. In addition, some companies and offices offer incentives for contributing, with your cycling, to the benefit of the city.

You can start with just one day a week, choosing the one by the most relaxed dress code, or by a lesser load of tasks and little by little add days until you get used to it.

To gain confidence, ask your friends or fellow cyclists if someone can accompany you the first few days of your trip.

DAILY COMMUTE



Little by little you will learn how many things you can transport on your bike trips.



Even if you ride your bike, calculate your travel time so you do not rush.

ANYONE CAN RIDE



**FROM THE FIRST YEAR OF AGE, A BABY
CAN BE A PASSENGER ON A BIKE**

When children go by bike or on foot to school, they acquire healthy habits that will help them in other areas, as well as improving their quality of life and that of the people in their environment. Physical activity helps prevent childhood obesity and creates a habit of healthy morning exercise.

Exercise at all ages improves school performance and helps prevent disorders such as anxiety and depression.

Those of us who from an early age walk and cycle interact with people outside of our family. We learn to orient ourselves in the city, we adapt with greater confidence to a changing environment, we enjoy travel, we learn to take care of ourselves and we become more independent individuals.

It is a learning opportunity and gradual training for autonomy, it provides tools that in adulthood will make it easier for us to adapt to changing environments. Going by bike or on foot to school provides unparalleled moments of coexistence between adults and children, as well as between colleagues.

I'LL TAKE YOU

If you ride in the company of younger people, it is important that you also enjoy the journey. It should be a pleasant experience for those who guide and for those who explore the city for the first time on board a bicycle. Generating pleasant experiences will make sure cycling becomes a desirable habit and even a great childhood memory.

BABY ON BOARD

Do not place your baby in a chair or bike trailer before they are one year of age. To be able to ride with you they must be able to hold their head without help, and without any effort. Remember that their head requires a lot of protection.

IF YOU TRANSPORT MINORS

Learn about and test the accessories that best suit you to transport them safely by bicycle. There are different models for different needs and tastes. We recommend you ride with your infant before buying. Check that your bike is in good mechanical condition before each trip.

All persons under 12 years old must, obligatorily, ride with a helmet.

DAILY COMMUTE



REAR SEAT

CHILDREN FROM 1 TO 3 YEARS

It anchors to the seat post or on the rack. It supports a maximum of 20 kilos (44 lbs.).

FRONT SEAT

CHILDREN FROM 1 TO 3 YEARS

It's mounted under the handlebar, between the top tube and head tube. It supports up to 15 kilos (33 lbs.).



TRAILER

CHILDREN FROM 2 TO 7 YEARS

It allows you to carry up to two children or even pets. It is anchored to the rear axle and supports between 25 and 45 kilos (55 to 99 lbs.). Some have rigid saddles.



EXTENSION

CHILDREN FROM 4 TO 8 YEARS

They serve to take minors who can also pedal. The biggest wheel size is 24" and some have gears.



CHAPTER 4

SPACES FOR YOUR BIKE

LANES



**PRIORITY IN PUBLIC SPACES IS HELD BY
PEDESTRIANS FIRST AND CYCLISTS SECOND**

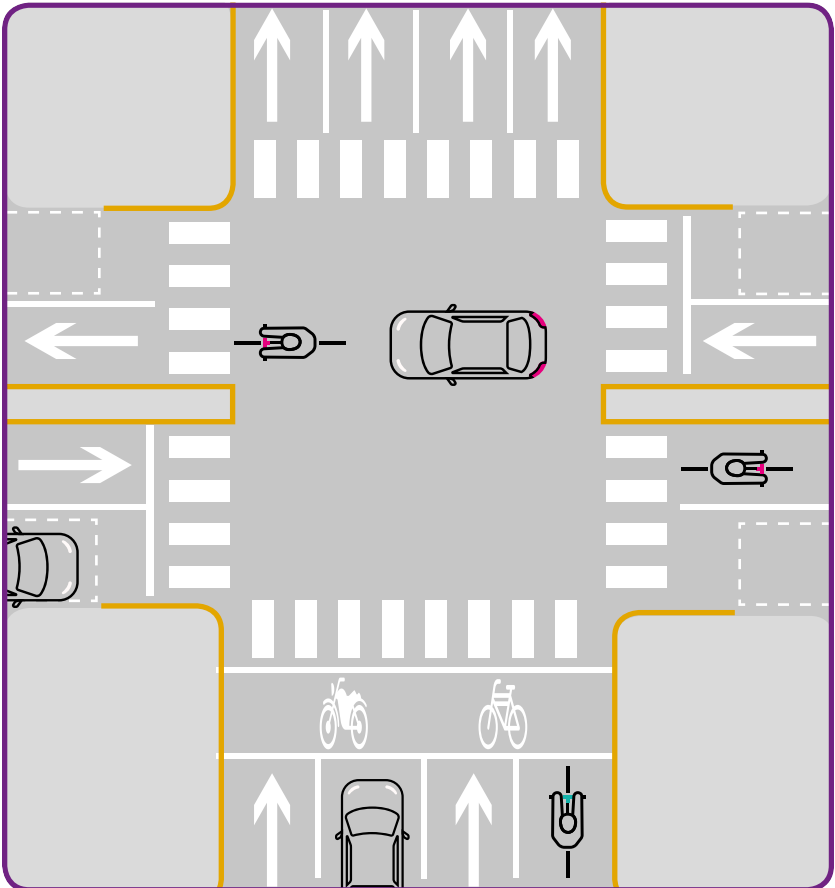
In our city there is a wide variety of roads, from urban highways to pedestrian lanes, so it is important to keep in mind which spaces you can ride your bike in, and which are restricted for people who drive cars or public transit.

It is important that you know all the infrastructure available in the city so that you can choose the bicycle as a mode of transport. Bike lanes and preferred lanes are just one of the types of infrastructure available to ride comfortably and safely. You also have different types of bike parking and the Public Bicycle System (ECOBICI).

Here you will find suggestions for using existing infrastructure in an appropriate way, as well as important information to safely ride in spaces that, although were not built exclusively for the bicycle, you also have the right to use. We want to remind you that, although the use of bike lanes or shared lanes is not mandatory, we suggest you ride on them to contribute to the harmony of public space.

THE **STREETS** OF OUR CITY

The bicycle is considered a vehicle in the Traffic Regulations. For this reason, we can ride on a good amount of Mexico City's roads. The most common and safest are neighborhood roads and side streets. When you find a bike path, you should always ride in it, even if it is not mandatory.



SPACES FOR YOUR BIKE

Streets are classified according to the types of vehicles allowed and the type of lanes they have. When you plan your route you should think about the following roads to travel:

OPTIMAL ROUTES

MAIN ROADS

MAXIMUM SPEED 50 KM / H

The goal of major roads is for vehicles to move in a continuous and controlled manner, some of them have traffic lights and they are meant to connect different boroughs of the city.

NEIGHBORHOOD ROADS

MAXIMUM SPEED 40 KM / H

Most intersect with major roads and in some cases have traffic lights. These streets are the most recommended for cycling. When you ride on them remember to be careful with doors of parked cars to your right side.

QUIET TRANSIT AREA

MAXIMUM SPEED 30 KM / H

Their design causes fewer vehicles to use them. Their main goal is to securely allow pedestrians, cyclists and people who drive motor vehicles use them. Remember that pedestrians have priority.

ROUTES WITH RESTRICTIONS

RESERVED LANES FOR PUBLIC TRANSIT

They are restricted spaces that must remain free for buses to be efficient, since they transport a considerable number of people and their speed must be constant.

CONTROLLED ACCESS

MAXIMUM SPEED 80 KM / H

They are high-speed thoroughfares, such as the Periférico ring, Circuito Interior Río Churubusco and Viaducto. They have separate central lanes with a median strip on the sides, on which you can ride, but always with caution due to the speed of the other vehicles.

CROSSWALK

Only pedestrians can travel in this space. Access to motor vehicles is restricted and it remains accessible for people with disabilities and limited mobility. You will have to dismount from the bicycle and walk it next to you.

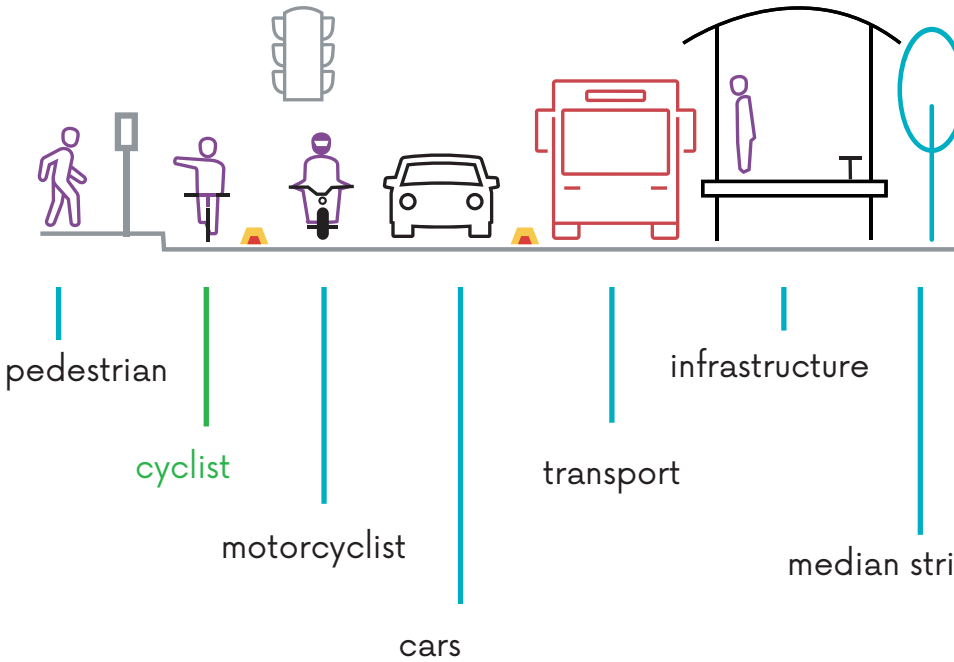


Check the Mexico City Cycling Infrastructure Guide:

http://data.consejeria.cdmx.gob.mx/portal_old/uploads/gacetas/0c37b1746512f388bf98ff67e80bcd33.pdf

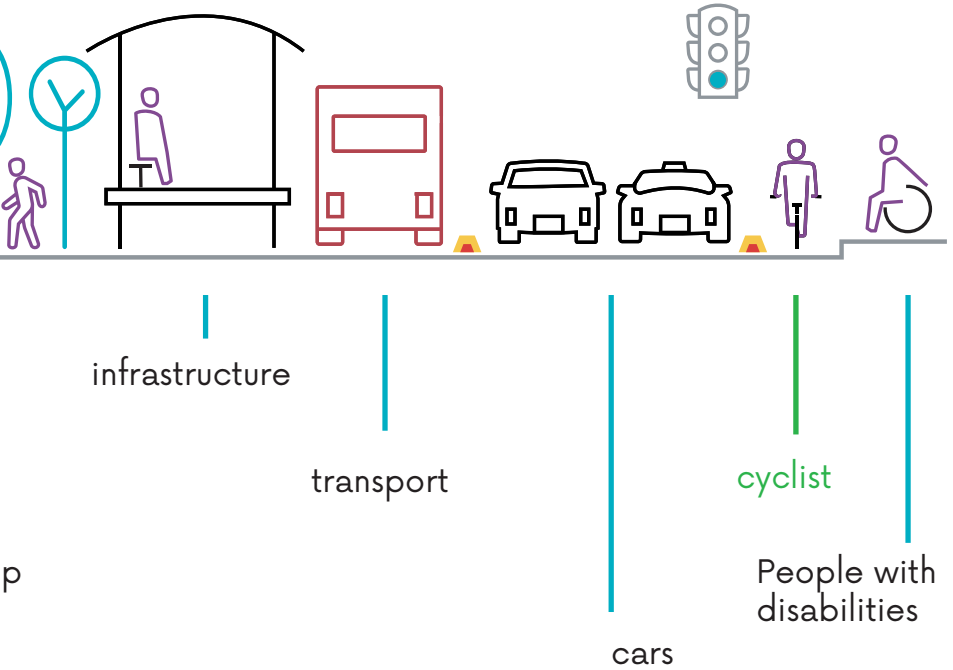
COMPLETE STREET

Has lanes for all types of vehicles: cargo, automobiles, public transport and bicycles. On these roads, pedestrian crossings allow pedestrians and those with disabilities to cross



SPACES FOR YOUR BIKE

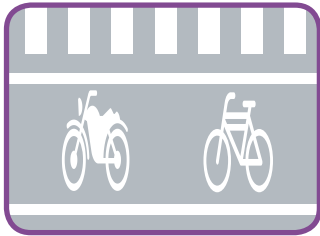
These roads distribute the space for different types of vehicles, prioritizing the mass transit Metrobús in a reserved lane to move a larger volume of people, and reduce their travel time. For cyclists, it has a bike lane with confinement elements that divide the space from that of the cars.



A complete street dignifies and redistributes public space in favor of all people, and the different modes of transportation, not just the automobile.

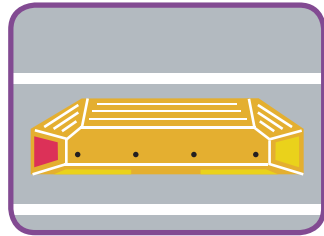
BICYCLE LANES

Yes, we can ride through most streets, but there are also cycling routes reserved exclusively for biking or with priority for cyclists, which gives us greater security when riding. They can be part of the street or separated from it. Get to know the options you can find while on your route:



BIKE/MOTORCYCLE BOX

Indicates to cyclists and motorcyclists where they should stop to wait for the traffic light.



CONFINEMENT ELEMENTS

A permanent element that signals the division between bike paths and automobile lanes.



BIKE PRIORITY TRIANGLE

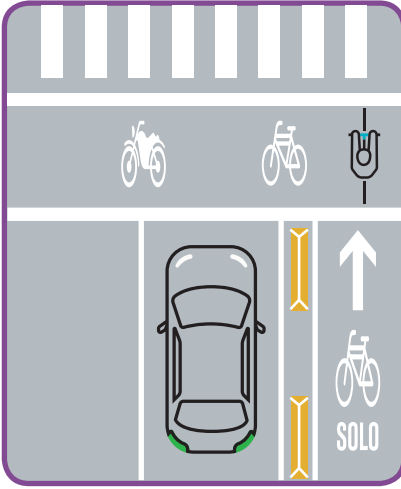
Indicates that bicycles have priority in this lane.



HORIZONTAL GREEN SIGNALING

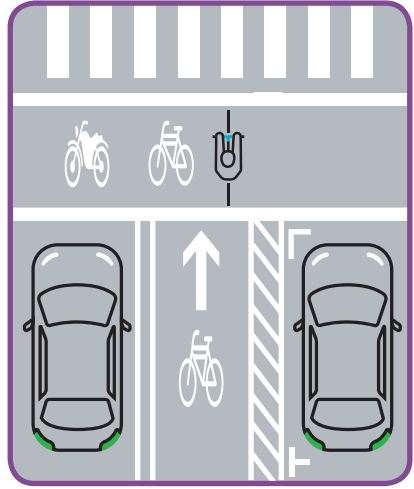
It defines the bicycle circulation area at an intersection when there are exclusive lanes for the use of bicycles.

SPACES FOR YOUR BIKE



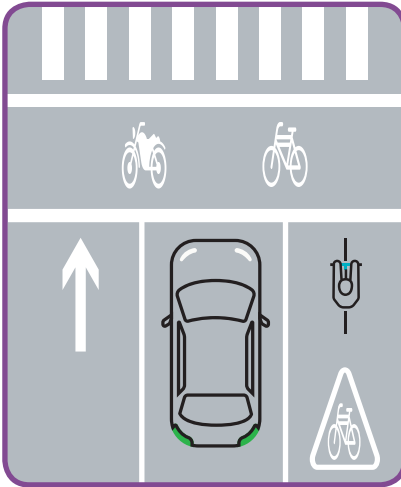
BIKE PATH

Exclusively for bicycle use, divided from cars by elements of confinement.



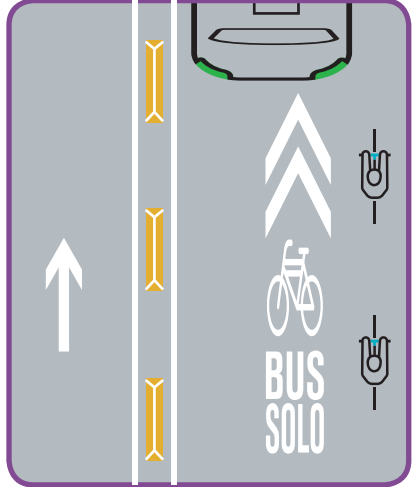
BIKE LANE

Designated by markings on the pavement, it is exclusively for the circulation of cyclists.



STREET WITH CYCLIST PRIORITY

Here we have priority, but other vehicles can also circulate. They have elements that orient and regulate traffic.



SHARED BUS/BIKE LANE

On the right lane of streets. Its width allows cyclists and public transport to share the road. They have speed reducers.

FACILITIES

CDMX

CIUDAD DE MÉXICO



CapitalSocial **Por Ti**

¿TARJETA BLOQUEADA O ROTA? *Acude antes de 3 meses*
Tel. 5627 4588, correo: tarjeta_recargable@metro.cdmx.gob.mx

**YOUR CDMX TRANSPORTATION CARD CAN
BE LINKED WITH ECOBICI AND BEM**

One of the main questions that we face when we choose to explore the city by bicycle, is figuring out the places where we can leave it, and how safe are they.

Can I leave it on the street? Yes, but you should consider several factors: from the time it will remain parked, to if you will be able to see it from the place where you are, in addition to the amount of pedestrians and vehicle traffic.

Although you can park practically on any pole that is high or resistant enough, it is essential to have a good padlock. Think of it as a way to take care of the investment you made in your vehicle. The most advisable thing is to use the bike parking available around the city.

A bike parking area is classified by the amount of time you will leave your bike there, the way you will secure it and the number of bikes that can remain protected at the same time. These features are also used to decide the padlock that will be used to secure it. According to these aspects we can establish three broad categories in which we can classify them and which have different advantages.

BICYCLE PARKING

In addition to bike riding infrastructure, the city has spaces to leave your bike. One thing that can stop people from city cycling is not finding adequate places to safely leave their bicycles.

SHORT STAY

These are on the street and require a good padlock: some have an inverted "U" shape or rectangle (staple), they are usually stainless steel and house up to two bicycles; others are called "bike parking racks", they have the shape of a car and space for twelve bicycles.

These are a good option if you go out shopping or to eat, and will not take more than two hours, since they are usually in areas with a large amount of foot traffic.

MASSIVE AND SEMI-MASSIVE

These are covered spaces, with controlled access and surveillance. To use them you must register as a user, as well as the bicycles with which you will use the service. This type of space is designed to shelter from 80 to 416 bicycles, they are safe spaces to leave your bicycle, even overnight.

In CDMX there are three large bike parking stations of this type located in three Modal Transfer Centers (CETRAM). They function as station stops and connection centers for different Public Transport Systems.

You can register for free for the massive and semi-massive bike parking stations with your Mexico City Transit Card.

SPACES FOR YOUR BIKE



Some short-stay bike racks have tool poles that can be used freely for quick repairs.



There are two massive bike parking stations (BEM) with capacity for more than 400 bicycles each, they are in Pantitlán and La Raza; there is also a semi-massive one in La Villa with capacity for 80. Service hours are from 5:00 am to 1:00 am the following day.

PUBLIC BICYCLE SYSTEM

They are part of the transit system of the CDMX Government. 60% of ECOBICI users say that without them they would not have tried a bicycle as a mode of transportation.

This system, an important part of the cycling infrastructure of the city, has the purpose of allowing more people to ride bicycles for their short or medium routes, which can be combined with other transport or forms of mobility.

For example, to spend less time on daily commutes to work or school, avoid traffic, to exercise or not spend two times for transport.

With ECOBICI you can take unlimited trips of up to 45 minutes. During longer trips, you should locate how to move between stations. **The system also has bikes with electric-assisted pedaling to ride longer distances.**

Any person older than 16 years can register for the system and pay the corresponding annuity, or any temporary membership available to Mexicans and foreigners who are visiting our city.

REQUIREMENTS

1. Valid ID, original and copy (IFE/INE, driver's license, professional degree, passport, FM2 or FM3).
2. Credit or debit card, VISA o MASTERCARD.
3. Urban biking test.

MEMBERSHIP TYPES

Annual, 7 day, 3 day and 1 day.

Check updated information at:

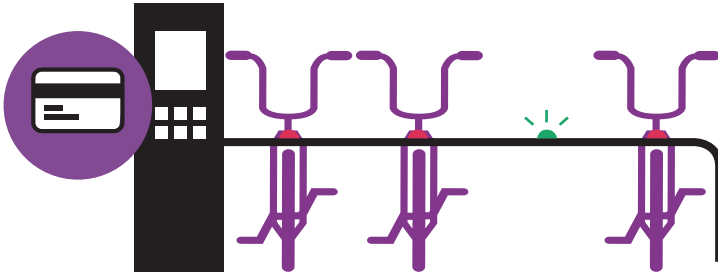
www.ecobici.cdmx.gob.mx/en

In case of an accident or any problem with ECOBICI, please dial

5005-2424 immediately.

SPACES FOR YOUR BIKE

ECOBICI



TAKE IT

1

Swipe your card on the reader or enter the access code and PIN.

2

The screen will indicate the bike number you can take, as well as a blinking green light in front of it.

3

You have two minutes to verify that there are no problems with the bicycle. If there are, return it and take another one.

RETURN IT

1

Anchor the bicycle in a space with green light on.

2

Check that the bicycle has been completely secured and cannot be removed.

3

Swipe your card on the reader or enter the code and PIN. The screen should say "bike successfully returned".

Download the ECOBICI CDMX app so you can locate all the stations and availability of bicycles in each of them. For Android and iOS devices.

INTERMODALITY

This concept is used to describe something that the inhabitants of the CDMX do every day: combine different transports on our daily trips. For the people who live here, it is common to use the Metro as the main transport and combine it with other systems, ending with a quick walk to our destination.

There are more and more alternatives that allow us to combine the use of the bicycle with other transportation; ECOBICI is a great example of this. However, the collective transport systems such as the Metro, Ecobus or the Metrobús, have been progressively added to the different efforts that are made in our city so that people choose the bicycle as a mode of transport.

On all public transport that allows bicycles, we must remember that more than the allowed timeframes, we must also think about availability; that is, if there is a lot of demand to use it, the security personnel will ask us to wait before boarding, since its priority is the mobility of people.

METRO

Via the "Tu Bici Viaja en Metro" program, the Government of Mexico City seeks to encourage the use of bicycles. Some stations have bike parking stations.

Sunday and holidays

All day.

METROBÚS

Monday to Friday

4:30 to 6:30 am and 8:00 pm to midnight

Saturday

All day, except 12:00 to 5:00 pm

Sunday

All day

MI MOBILITY SYSTEM

Has 165 units with bicycle racks. You can also bring it inside the bus every Sunday, all year long.

Collaborative map to enjoy CDMX by bicycle (only in Spanish)
www.data.sedema.cdmx.gob.mx:8080/registro.html

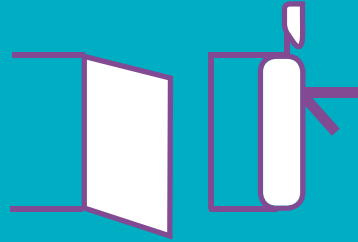
SPACES FOR YOUR BIKE

HOW TO TAKE YOUR BIKE ON THE METRO



STAIRS

Never use escalators and carry your bike carefully



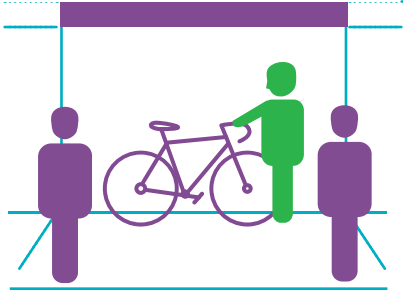
ENTERING AND EXITING

Pay at the turnstile and use the service door for the bike



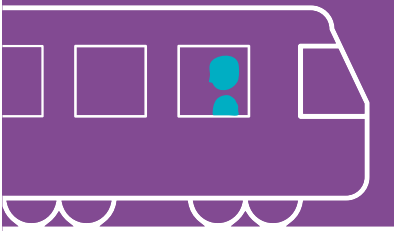
WALK YOUR BIKE

while inside, avoid incidents



WAIT

on the platform and lean your bike on the wall



RIDE AT EITHER END

If you bring your bike, ride in the first or last subway car



DO NOT BLOCK

Stand at the end of the car to leave the aisle clear



CHAPTER 5

CYCLING
CULTURE

LEARNING COLLECTIVELY



**IT NEVER HURTS TO ATTEND
A BIKE SCHOOL**

Moving actively, with your own energy, produces beneficial endorphins that make you feel happy. Daily exercise gives you energy and makes you healthier. Riding through the city allows you to enjoy the landscape and our architectural heritage, both natural and cultural; in short, it brings you closer to your neighborhood.

Your trip by bike will allow you to not depend on public transport and its schedules, as well as noisy or slow motor vehicles; in other words, you will have control of your mobility. You can go where and when you want to, without costs or unexpected issues stopping you. In case of emergency, the bike can ride on almost any terrain. **Going by bike gives you the opportunity to be in contact with yourself, your neighbors and your city.**

When you have all the equipment you need and you know a little more about the available infrastructure, you can start getting closer to cycling culture. Knowing the basic rules is a good start, but there are places where you can acquire more knowledge and, above all, put into practice what you already know. Learning to ride a bike is not just learning to pedal and keep your balance.

FUN ON A BIKE

Fortunately, there are different ways to improve our skills on the bicycle. You can follow teaching methods and be self-taught in spaces designed to carry out these activities, but we recommend you get to know the programs promoted by the government and community that fulfill this task:

BICYCLE SCHOOLS

City and municipal governments have free programs, but there are also citizen initiatives that help with this task via diverse teaching methods. The Mexico City Government offers these schools in urban forests, the Muévete en Bici Sunday Ride, as well as intensive summer courses.

Saturdays | 10:00 am to 2:00 pm

BEM Pantitlán (primary school)

BEM La Raza (primary school)

Tlalpan Forest

Forest San Juan De Aragón

Sundays | 9:00 am to 1:30 pm

Sunday Ride

Go by Bike:

Reforma

La Villa

Zapata

TOURS AND RIDES

In the city there are more than 60 civic organizations that coordinate night tours and rides every day of the year in all demarcations, for all tastes and skill levels. These rides are excellent opportunities to learn to ride at night, in rain and in groups, as well as to get to know our city better. There are short routes, for those who want to ride with their children; and long and difficult ones for those who want greater challenges.

These are all free activities. Find the closest one and learn to ride a bike.

CYCLING CULTURE



Bike School at the Muévete en Bici Sunday Ride.



Summer Biking School in the Chapultepec Forest Park.

RECREATIONAL BIKE LANES

They are carried out on streets that are normally intended for the circulation of motor vehicles. They are closed one day a week so pedestrians, people on roller skates or bicycles can enjoy the public space. These activities are almost always done on Sundays.

In Mexico City we have two great recreational bike paths: The Muévete en Bici Sunday Ride, which takes place every Sunday of the month, except the last, in which the Ciclotón takes place.

In addition, the Government of Mexico City also conducts theme

night tours at least four times a year, where people can enjoy emblematic sites such as Av. Paseo de la Reforma or Chapultepec Forest Park at night.

In these spaces people can learn to ride, to maneuver in a correct way and to practice before sharing the streets with other motor vehicles. The recreational bike paths are an excellent opportunity to enjoy the city in a different and fun way.

6 TIPS FOR SHARING THE ROAD ON A RECREATIONAL BIKE PATH

RIGHT LANE

If you ride slowly or are learning, use the farthest right part of the road and be aware of joggers and pedestrians.

SPEED

Remember that you share the road with other cyclists, moderate your speed.

DIRECTION OF THE ROUTE

Never ride against the traffic or on the sidewalk.

PASSING

Maintain a predictable trajectory and look before passing or changing lanes.

STOPPING

Respect traffic lights and road monitor instructions.

MEETING POINT

Establish a meeting place with your companions and a timetable in case someone gets separated from the group.

Supervisors, road managers and road monitors are the people who support and help along the route.

CYCLING CULTURE



Muévete en Bici Sunday Ride.



Night ride.



CDMX

12  = 1 

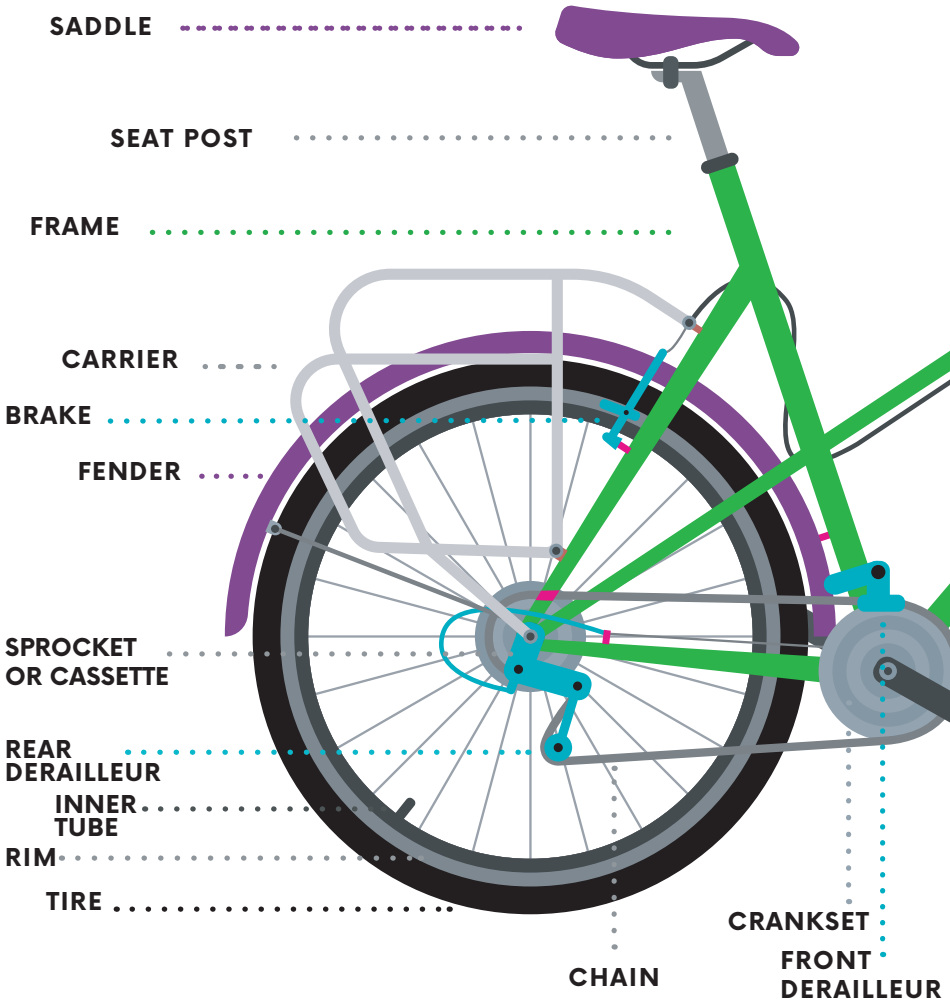
Capital District

APPENDIX

BASIC MECHANICS

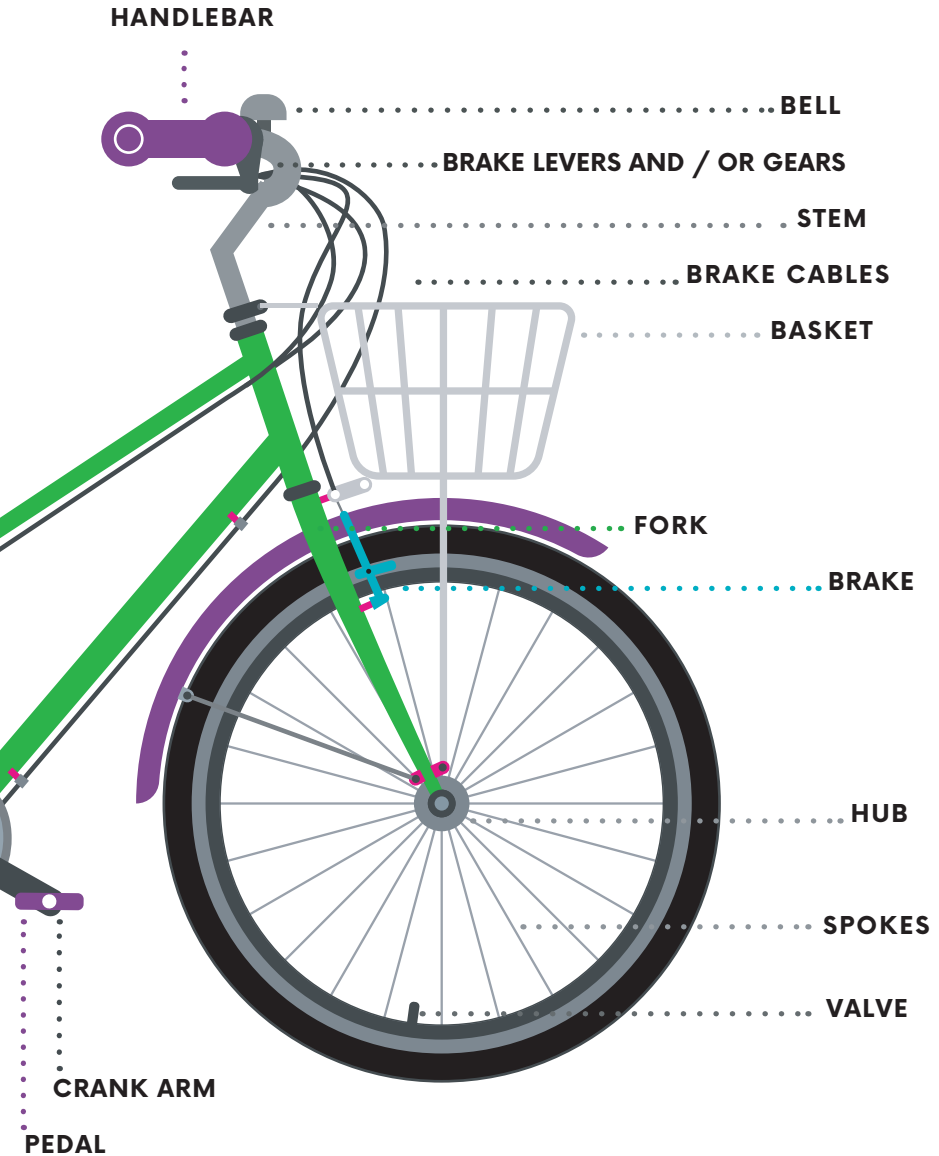
KNOW YOUR BIKE

Bikes are simple machines that are easy to get to know. It is important to know its mechanical parts to keep it in good state.



BASIC MECHANICS

Get used to performing frequent maintenance, you will learn about your bike and it will be cheaper than paying for major repairs.

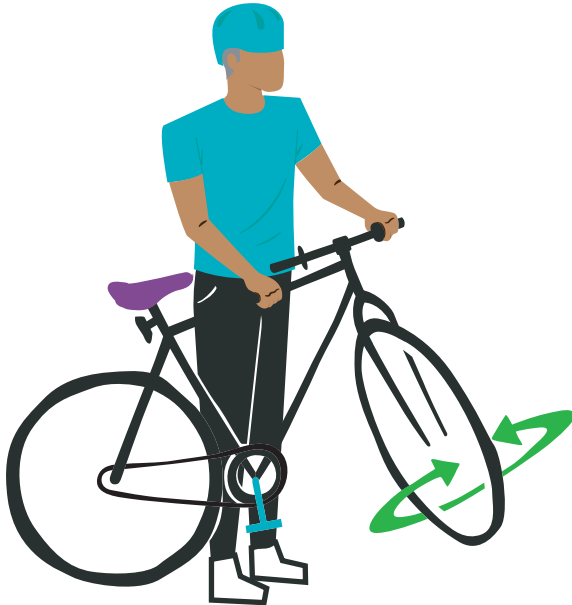


BASIC CHECKUP

Before leaving, check the mechanical state of your bike to avoid surprises along the way. Reviewing key components can save you time, money and, most importantly, guarantee your safety.

DIRECTION

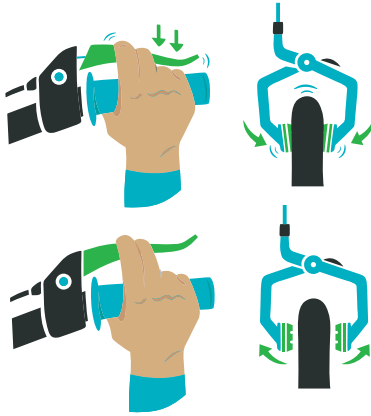
Lift your bike by the front wheel and turn the handlebar. The movement should be smooth and it should not be hard for you to do it. Put your hands on the brake levers and /or gears, they must be in a comfortable position and within reach.



BASIC MECHANICS

BRAKES

Adjust them frequently. They should be even and tight enough so that you can feel them brake with little effort. It is important that, when not in use, the wheel rotates freely.



TIRE PRESSURE

You are more likely to get a flat if you have low tire pressure, and if they are over inflated they can burst if you hit a pothole. The ideal pressure is marked by the manufacturer on the side of the wheel. Check the pressure every two weeks.

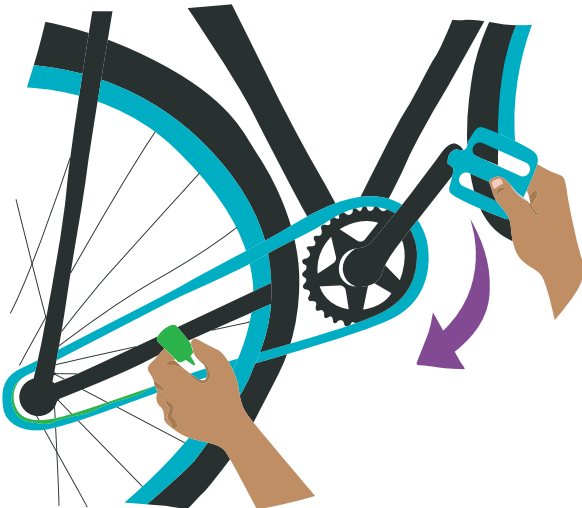


SERVICE YOUR BIKE

There is no rule about the time that should pass between general services, it depends on how you use it. Learn the basic care and find a trustworthy bike shop to give it a general check up a maximum of once every six months.

LUBRICATION

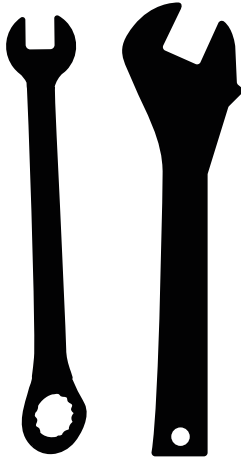
Pour a drop of oil for each link of your chain from the inside, while turning the crank arm counter-clockwise. Dry the excess lubricant with a paper towel.



BASIC MECHANICS

BASIC TOOL KIT

Although there are more and more bike shops, it is important that you learn basic mechanics and carry your own tools to make quick repairs like patching an inner tube; this is a brief list of tools:



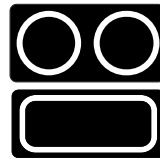
15MM WRENCH OR
ADJUSTABLE SPANNER



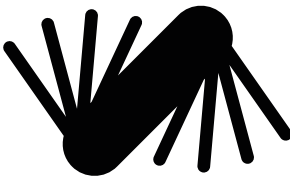
HAND PUMP



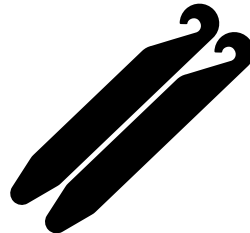
GLUE AND
SANDPAPER



PATCHING KIT



ALLEN WRENCH SET



TIRE LEVER SET



MY DIARY



MY BIKE!

WHEEL WIDTH:

TYPE:

SIZE:

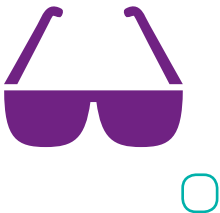
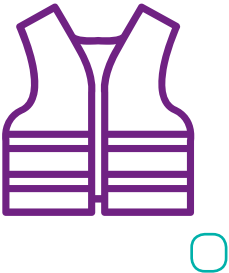
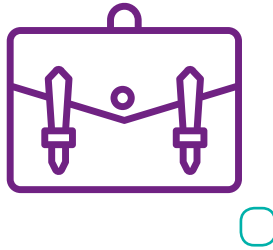
DESCRIPTION:

MY SIZE AND MEASUREMENTS



Head	in	Helmet	S	M	L
Shoulder width	in	Handlebar			in
Reach	in	Saddle height			in
Height	ft	Bike size			in

WHAT DO I HAVE, WHAT DO I NEED?



MY FIRST ROUTES

WHERE I AM:

WHERE I'M GOING:

MY STREETS:

TIME:

DISTANCE:

WHERE I AM:

WHERE I'M GOING:

MY STREETS:

TIME:

DISTANCE:

MY FIRST ROUTES

WHERE I AM:

WHERE I'M GOING:

MY STREETS:

TIME:

DISTANCE:

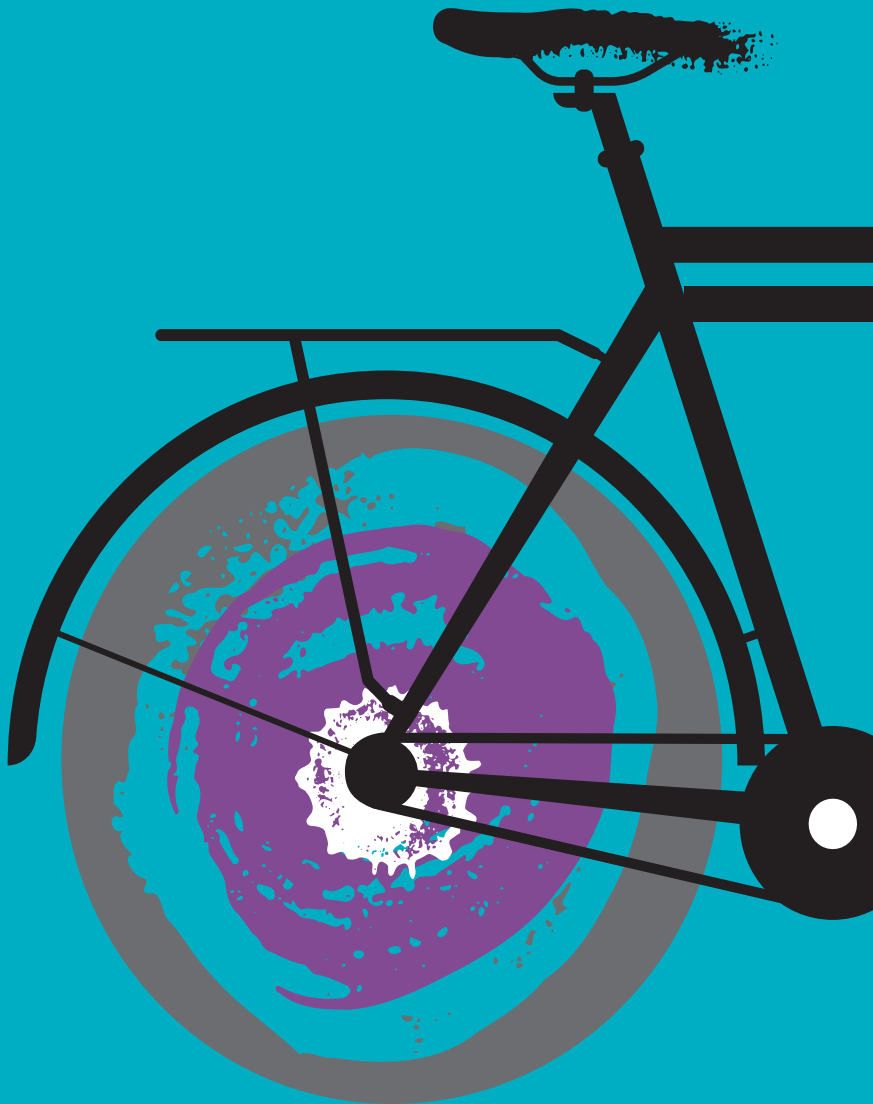
WHERE I AM:

WHERE I'M GOING:

MY STREETS:

TIME:

DISTANCE:



GOBIERNO DE LA
CIUDAD DE MÉXICO