I NEVER, EVER

I never go against traffic or zigzag.
I never transport objects that limit my vision.
I never transport someone else if I only have one seat.
I never hold on to other vehicles.
I never use headphones that isolate me from road noise.
I never use my cell phone when I’m on the move.
I never ride under the influence of alcohol or drugs.

Riding is more than just coasting.

The bicycle is a vehicle that must be used on the street, with its own characteristics.

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.
When you turn, warn the drivers and use it as a turn signal.
On the sidewalk, this is only allowed for those under 12 years old and the police.
In the pedestrian crossing, yield to pedestrians and respect their space.

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.

This guide will help you with this transformative phase. In it, you will find basic knowledge of safely riding to work, school or getting to know your city by bike.

Review the full guide:

CDMX CYCLIST GUIDE

Let’s Ride!
SHARING THE ROAD

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 you have rights; use them without shyness but always with respect.

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.

USE 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.

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.

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.

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
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.

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.

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.

PASSING IN SHARED LANES
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 bike/motorcycle box or behind the pedestrian crossing.

The platforms for getting on and off public transit are a shared space, pedestrians have preference.

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.

PADLOCK AND TOOLS
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.

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:

- 15 mm wrench or adjustable spanner
- Hand pump
- Glue and sandpaper
- Patching kit
- Allen wrench set
- Tire lever set

GLUE AND SANDPAPER