

Tips for Bicycling in Monterey County

- ✓ **Routes, maps, suggested rides** (*for various fitness levels and time frames*)
- ✓ **Bike-and-ride options** (*the bus—and other transportation—for people and their bikes*)
- ✓ **CA bike laws and personal safety tips for children, teens, adults**
- ✓ **Bike tips for elementary, middle, high schools, and local colleges**
- ✓ **History spots, shopping, worship, wineries, farmers markets, more**
- ✓ **Bike valet service, and other bicycle parking; bike security tips**
- ✓ **Local bike shops, services, clubs, group rides, other resources**
- ✓ **Rental info** (*for beginning bikers to conditioned racers, from infants to elders*)
- ✓ **Maintenance and repair** (*where to get help seven days a week, plus DIY tips*)
- ✓ **Shower locations for bike commuters and day visitors**
- ✓ **Volunteer opportunities, including improving bike infrastructure**

Established 2009 by Mari Lynch, a county resident since 1981, the Bicycling Monterey website and projects are provided as a public service. Not online? Questions? **(831) 375-6278**

BikeMonterey.org

Also available: Un poquito de información en español sobre las bicicletas:

<http://marilynych.com/blog/resources/en-espanol>