



- ### Legend
- Paved regional trail
 - Soft surface regional trail
 - On-street bicycle lane
 - Low traffic street with or without curb lane
 - Moderate to heavy traffic with wide curb lane or paved shoulder
 - Moderate traffic street without wide curb lane or shoulder
 - Heavy traffic street without wide curb lane or shoulder
 - Use routes with caution
 - Major trail access points
 - Steep grade (arrows indicate direction of climb)
 - Park and Ride/Transit Center
 - Park and Ride/Transit Center with lockers
 - Park
 - Trail Parking
 - Public Restrooms
 - Major Employers
- ### Landmarks
- Points of Interest
 - Seattle Parks
 - Shopping Centers
 - Tram Depots
 - Airports
- ### Colleges
- A. Bellevue C.C.
 - B. Evergreen State C.C.
 - C. Green River C.C.
 - D. Highline C.C.
 - E. Rainier C.C.
 - F. Northwest College
 - G. Seattle Pacific University
 - H. Seattle University
 - I. Seattle C.C.
 - J. University of Washington
 - K. University of Washington - Bothell (UW Bothell)
- ### Museums
- A. Bellevue Art
 - B. Black Diamond Historical Society
 - C. Burke
 - D. Center
 - E. Everett
 - F. Museum of Flight
 - G. Museum of History and Industry
 - H. Roman Historical Society
 - I. Seattle Art
 - J. Spokane Historical Society
 - K. Underground Tour & Museum
- ### KC Libraries
- A. Auburn
 - B. Bellevue
 - C. Bothell
 - D. Burien
 - E. Carnation
 - F. Federal Way
 - G. Issaquah
 - H. Kirkland
 - I. Maple Valley
 - J. North Bend
 - K. Redmond
 - L. Renton
 - M. Shoreline
 - N. Skyway
 - O. Woodinville
 - P. Allyn
 - Q. Rainier
 - R. D. White Center
 - S. Seattle
 - T. South End
 - U. Northgate
 - V. Sammamish
 - W. Burien Branch
 - X. Issaquah
 - Y. Southworth
 - Z. University
 - AA. Kirkland
 - AB. West Seattle
- ### Seattle Libraries
- A. Ballard
 - B. Beacon Hill
 - C. Broadway
 - D. Capitol Hill
 - E. Central
 - F. Columbia
 - G. Denny
 - H. Duwamish
 - I. Eastlake
 - J. Green Lake
 - K. Greenwood
 - L. High Point
 - M. International District
 - N. Lake City
 - O. Madrona
 - P. Madrona/Solo Goldbeck
 - Q. Rainier
 - R. Rainier
 - S. University
 - T. University
 - U. University
 - V. University
 - W. University
 - X. University
 - Y. University
 - Z. University

King County boasts a strong contingent of bicyclists who contribute to healthy, active communities by participating in this popular sport. Bicycling has become both a recreational activity and a smart alternative to more resource-consuming and polluting forms of transportation.

This information guide is provided to help bicyclists plan their rides. It is not a definitive guide and should be used with common sense and other resources to ensure a safe and happy bicycling experience.

King County appreciates the ongoing partnerships with Group Health Cooperative, Cascade Bicycle Club, and the Marymoor Velodrome Association in their support of bicycling activities.



"Cycling is one of the best ways for people of all ages to get in shape and have fun. It's a great way to promote overall cardiovascular and muscle training."

Hugh Straley MD
Group Health Cooperative Medical Director



We value your comments

If you have suggestions on how to improve this map, please let us know.

King County Road Services Division
Department of Transportation
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Seattle, WA 98104-3856
206-263-4741
E-mail: roads@metro.gov
www.metro.gov/roads

The King County Bicycling Guide is a collaboration of the Road Services Division, the GIS Center Parks, and the Cascade Bicycle Club.

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Common questions about state bike laws

Riding on the road When riding on a roadway, a cyclist has all the rights and responsibilities of a vehicle driver (RCW 46.61.750). Cyclists who violate traffic laws may be ticketed (RCW 46.61.750).

Roads closed to bicycles Some designated sections of the state's limited access highway system may be closed to bicycles for safety reasons.

Obtaining a license Parents of guardians may not knowingly permit bicycle traffic violations by their ward (RCW 46.61.700).

Riding side-by-side Cyclists may ride side-by-side, but not more than two abreast (RCW 46.61.770).

Riding at night For night bicycling (riding a white front light and a red rear light), a white front light and a red rear light are required. A red rear light may be used in addition to the required reflector (RCW 46.61.780).

Bicycle helmets All cyclists throughout King County are required to wear a certified bicycle helmet (RCW 46.61.780).

Shoulder vs. bike lane Cyclists may choose to ride on the path, bike lane, shoulder or travel lane as suits their safety needs (RCW 46.61.770).

For more information, visit www.wa.gov/roads/bike

Group Health Velodrome at Marymoor Park

The track is just for racers—spectators are welcome! Watch the races from the stands or spread out a picnic on the grassy banks above the track.

May-August 2006
Races at the Group Health Velodrome are held all summer long on Monday, Wednesday and Friday nights. Sponsor admission is free on Monday and Wednesday and only \$4 for adults on Friday (kids free!). For more information, visit www.velodrome.org

BikeStation Seattle

BikeStation Seattle is a full-service facility offering a wide range of services including bicycle repairs, bike washing, bicycle repair, sale of commuter accessories, bicycle rental, alternative transportation information (including bike maps), and bicycle maintenance workshops. Bicycle parking is free to the public during business hours. Bicycle parking located at 311 Third Avenue S., in the heart of Pioneer Square. Hours are 9 a.m. - 5 p.m., M-F, 206-332-9795. www.bikestation.org/Seattle

King County Parks Regional Trail System

King County Parks is the key provider of regional parks, trails, and recreation facilities. King County Parks is currently in the process of updating its Regional Trail System map. The map will include information on trail types, trail conditions, trail closures, and trail maps. The map will be available on the King County Parks website and in print form. For more information, visit www.metro.gov/parks

Prepare for emergencies

Planning ahead can save precious moments in a bicycling emergency. Be prepared and always carry a kit with the following items:

- Your name
- Emergency contact name and phone number
- Any ongoing health conditions
- Current medications and dosages

Bicycling Guidemap

A comprehensive directory for commuting and recreational bicyclists.

Bicycling resources

www.metro.gov/bike

King County Department of Transportation
Bicycling map and information: roads@metro.gov; 206-263-4741
Commuter Trip Reduction Program: 206-461-1444
www.metro.gov/roads/bike

King County Parks
Regional Trail System: www.metro.gov/parks; 206-296-4227
City of Bellevue - City of Everett
City of Everett - City of Everett
City of Everett - City of Everett

Washington State Department of Transportation
Metro: 206-461-1444
Metro: 206-461-1444
Metro: 206-461-1444

Cascade Bicycle Club
Metro: 206-461-1444
Metro: 206-461-1444

Blue Bikes
Metro: 206-461-1444
Metro: 206-461-1444

King County Parks, DSN: 206-461-1444
DASANI Blue Bikes Community Bicycle Program
Metro: 206-461-1444
Metro: 206-461-1444

Blue Bikes are 8700H-style year-round mountain bikes.