



Cycling and Walking

Walking and Cycling in Durham Region?

Cycling and walking are healthy travel options in Durham Region! Walk or ride your bike to work, school, run errands or just for fun and exercise.

The Region of Durham is currently updating the Regional Cycling Plan. Visit the [Regional Cycling Plan 2020 webpage](/en/living-here/regional-cycling-plan-2020.aspx) (</en/living-here/regional-cycling-plan-2020.aspx>) to learn more about this project and how you can get involved.

Benefits of Walking and Cycling

Walking and cycling are both great ways for children and adults to achieve the recommended number of minutes of physical activity per week as recommended by the Canadian Society for Exercise Physiology (CSEP). Visit [CSEP's website](https://csepguidelines.ca/) (<https://csepguidelines.ca/>) to learn more about the Canadian 24-Hour Movement Guidelines.

Active modes of transportation, such as cycling and walking, can help people to:

- Achieve and maintain a healthier weight and improve cardiovascular and respiratory health.
- Improve mental health and well-being; manage stress and anxiety.
- Improve sleep, learning, concentration and memory.

Participating in physical activities like walking and biking can help lower your risk of developing chronic diseases such as heart disease, stroke, and diabetes.

Other benefits of walking, cycling and other forms of active transportation include:

- Reduced energy consumption and greenhouse gas emissions.
- Reduce pollution and congestion.
- Reduce the amount of money you spend on gas, vehicle maintenance and parking.

Cycling Safely

Before you head out on a bike, prepare yourself by learning about what equipment you will need, proper bike maintenance, the rules of the road and riding safely. Here are some resources that can help:

- [Ontario's Safe Cycling Guide](http://www.mto.gov.on.ca/english/safety/pdfs/cycling-skills.pdf) (<http://www.mto.gov.on.ca/english/safety/pdfs/cycling-skills.pdf>)
- [Durham Region Youth Cycling Guide](/en/discovering-durham/resources/Documents/TransportationandTransit/Youth-Cycling-Guide.pdf) (</en/discovering-durham/resources/Documents/TransportationandTransit/Youth-Cycling-Guide.pdf>)
- [CAN-BIKE Online Education](http://canbikecanada.ca/online-education/) (<http://canbikecanada.ca/online-education/>)

Taking Your Bike on the Bus

All DRT buses are equipped with bike racks. They hold up to two bicycles and are available on a first-come, first-served basis. You are responsible for loading and unloading your bicycle.

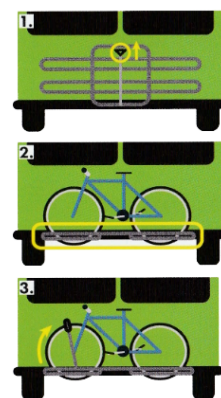
Before the bus arrives

Remove loose items from your bike, such as water bottles or items in your basket.

When the bus arrives

Make eye contact with the driver. Signal to them that you are going to be using the bike rack.

1. Open the rack: At the front of the bus, lift up the handle near the top of the bike rack and lower it.
2. Put bike on rack: If there is no other bike, place your bike on the slot closest to the bus.
3. Move the arm: Lift the support arm up and over the front tire.



Getting off the bus

Let the drive know that you will be taking your bike. To remove your bike, lift up the arm and place it down on the rack. Take your bike off the rack, and if there are no other bikes, lift the rack back onto the bus.

Where can I bike?

Trying to understand where you're legally allowed to ride a bike? Rules can vary from municipality to municipality.

On the Road

A bicycle is considered a vehicle under the [Ontario Highway Traffic Act](https://www.ontario.ca/laws/statute/90h08) (<https://www.ontario.ca/laws/statute/90h08>). Cyclists have the same rights and responsibilities to obey all traffic laws as other road users. A bike travelling on a roadway at less than the normal speed of

traffic should stay as close as possible to the right hand curb or edge of the roadway. You can legally ride your bike on any road in Ontario unless:

- The road is an expressway or freeway highway (such as Highway 401 or 407).
- No Bicycle signs are posted.

On multi-use trails

More than 350 kilometres of recreational trails weave throughout Durham Region. Here are some resources to help you plan your next cycling trip.

Cycling map and brochures

- [Ajax Trail Map](https://www.ajax.ca/en/play-and-discover/resources/Maps/Content-Boxes/BikeWalkMap_Web.pdf) (https://www.ajax.ca/en/play-and-discover/resources/Maps/Content-Boxes/BikeWalkMap_Web.pdf).
- [Clarington Cycling Map](https://www.clarington.net/en/tourism/resources/Clarington-Cycling-Map.pdf) (<https://www.clarington.net/en/tourism/resources/Clarington-Cycling-Map.pdf>).
- [Durham Cycle Tours Map](https://www.durham.ca/en/discovering-durham/resources/Documents/SportsandRecreation/DurhamCycleToursMap.pdf) ([/en/discovering-durham/resources/Documents/SportsandRecreation/DurhamCycleToursMap.pdf](https://www.durham.ca/en/discovering-durham/resources/Documents/SportsandRecreation/DurhamCycleToursMap.pdf)).
- [Durham Trails Interactive Map](https://maps.durham.ca/trailsmap/default.html) (<https://maps.durham.ca/trailsmap/default.html>).
- [Great Lakes Waterfront Trail Map](https://waterfronttrail.org/map/) (<https://waterfronttrail.org/map/>).
- [Oshawa Recreational Trails Brochure](https://www.oshawa.ca/things-to-do/resources/TrailBrochurepreview.pdf) (<https://www.oshawa.ca/things-to-do/resources/TrailBrochurepreview.pdf>).
- [Ontario Greenbelt Cycling Route](https://www.greenbelt.ca/explore) (<https://www.greenbelt.ca/explore>).
- [Town of Whitby Active Transportation Map](https://www.whitby.ca/en/townhall/resources/PW-Active_Whitby_Map---bottom.pdf) (https://www.whitby.ca/en/townhall/resources/PW-Active_Whitby_Map---bottom.pdf).

Learn more about trails and cycling in your municipality

- [Town of Ajax](https://www.ajax.ca/en/inside-townhall/cycling.aspx) (<https://www.ajax.ca/en/inside-townhall/cycling.aspx>).
- [Township of Brock](https://www.townshipofbrock.ca/en/index.aspx) (<https://www.townshipofbrock.ca/en/index.aspx>).
- [Municipality of Clarington](https://www.clarington.net/en/be-active/bike-routes.asp) (<https://www.clarington.net/en/be-active/bike-routes.asp>).
- [City of Oshawa](https://www.oshawa.ca/residents/Cycling.asp) (<https://www.oshawa.ca/residents/Cycling.asp>).
- [City of Pickering](https://www.pickering.ca/en/discovering/cycling.aspx) (<https://www.pickering.ca/en/discovering/cycling.aspx>).
- [Township of Scugog](https://www.scugog.ca/en/explore-scugog/Cycling.aspx) (<https://www.scugog.ca/en/explore-scugog/Cycling.aspx>).
- [Township of Uxbridge](http://discoveruxbridge.ca/plan/cycling/) (<http://discoveruxbridge.ca/plan/cycling/>).
- [Town of Whitby](https://www.whitby.ca/en/residents/active-transportation.asp) (<https://www.whitby.ca/en/residents/active-transportation.asp>).

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