

# Legend

- On-road & Off-road Routes**
  - State Bicycle Tour Route
  - High Point to Cape May and East Coast Greenway Routes
  - Bike lanes
  - Multi-use bike trails (major trails)
- On-road Bicycle Suitability**
  - Most Suitable
  - Moderately Suitable
  - Least Suitable
- Road Types**
  - Arterial
  - Collector
  - Local
  - Commuter Rail
  - Limited Access
- Bicycle Route Symbols**
  - Bicycle route trail designation
  - Bicycle route trail start point
  - Downward indicating short steep incline
  - Downward indicating long gradual incline
- Other Features**
  - Point of Interest
  - College or University
  - Public Camping
  - No Bikes
  - Major Airport
  - Light house
  - Major Bus Terminal
  - Ferry Terminal
  - Interstate
  - State Parkway
  - US
  - State
  - County

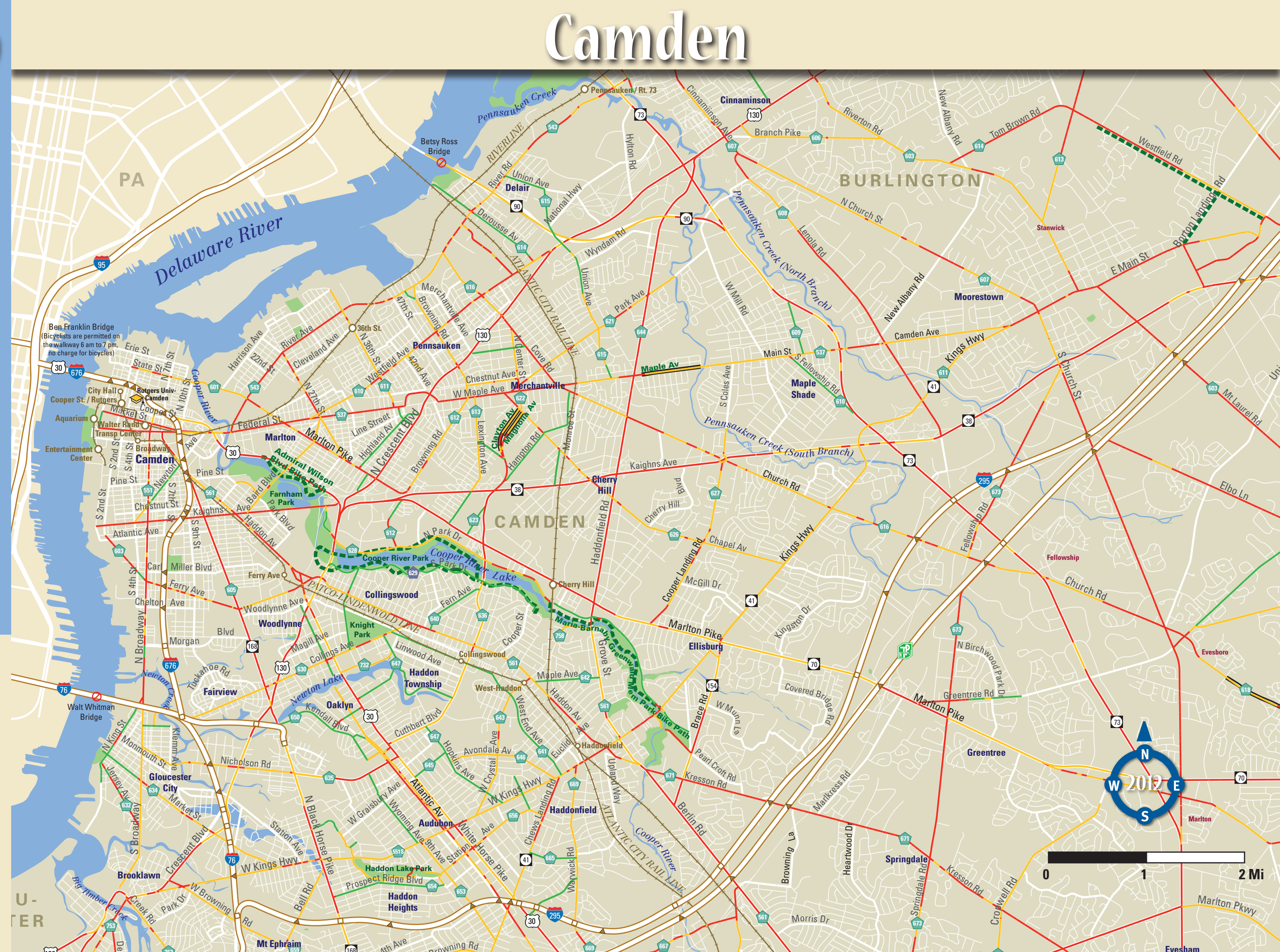
# Using The Map

This Map and Resource Guide provides a wealth of information for bicyclists. This includes information on the suitability of many of the state's roadways (mostly "through" roads) for bicycling. The ratings are based on traffic volumes, traffic speeds, outside travel lane width, the availability of a paved shoulder, presence of parking and land use. Local access/residential streets have not been rated. However, with their low traffic volumes and speeds, they are generally suitable for bicycling. Also, roadways for which adequate data was not available were not rated.

The suitability measures are geared to an average or typical adult bicyclist. They are intended to provide guidance on the level of comfort or challenge a bicyclist might experience on a given roadway. The suitability ratings pertain to the roadway links and not the intersections. The ratings should not be considered a measure of safety. Ultimately, the level of comfort or challenge, or even the safety associated with riding on a given section of roadway is in large part dependent on the competence, confidence and judgment of the bicyclist. The suitability of a roadway for bicycling can also be related to the purpose of the trip (touring, commuting, etc.).

The user should keep in mind that road conditions continually change: pavements deteriorate, roads are resurfaced and reconstructed, increased development may lead to increased traffic. The suitability ratings provided on this map were effective at the time of the publication of the map. The State of New Jersey has published this map to aid the cyclist and takes no responsibility for user's safety or fitness of the suggested routes. Ride carefully.

Email comments to: [BIKEPED@dot.state.nj.us](mailto:BIKEPED@dot.state.nj.us)



# Bicycle Laws

Bicycling in New Jersey is regulated under Title 39 of the Motor Vehicles and Traffic Regulation laws. State law requires bicyclists to abide by the same basic rules as drivers of motor vehicles. A parent may be held responsible for the child's violation of any traffic law.

**39-4-14.5 Definition**  
"Bicycle" means any two wheeled vehicle having a rear drive which is solely human powered and having a seat height of 25 inches or greater when the seat is in the lowest adjustable position.

**39-4-10 Lights on Bicycles**  
When in use at nighttime every bicycle shall be equipped with: 1) A front headlamp emitting a white light visible from a distance of at least 500 feet to the front; 2) A rear lamp emitting a red light visible from a distance of at least 500 feet to the rear; 3) In addition to the red lamp a red reflector may be mounted on the rear.

**Title 39-4-10.1 Helmet Law**  
In New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle, or is towed as a passenger by a bicycle must wear a safety helmet.

**39-4-11 Audible Signal**  
A bicycle must be equipped with a bell or other audible device that can be heard at least 100 feet away, but not a siren or whistle.

**39-4-11.1 Brakes**  
A bicycle must be equipped with a brake that can make wheels skid while stopping on dry, level, clean pavement.

**39-4-12 Feet and Hands on Pedals and Handlebars; Carrying Another Person**  
Bicyclists should not drive the bicycle with feet removed from the pedals, or with both hands removed from the handlebars, nor practice any trick or fancy driving in a street. Limit passengers to only the number the bicycle is designed and equipped to carry (the number of seats it has).

**39-4-14 Hitching on Vehicle Prohibited**  
No person riding a bicycle shall attach themselves to any streetcar or vehicle.

**39-4-14.1 Rights and Duties of Persons on Bicycles**  
Every person riding a bicycle on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver.

**39-4-14.2, 39-4-10.11 Operating Regulations**  
Every person riding a bicycle on a roadway shall ride as near to the right roadside as practicable exercising due care when passing a standing vehicle or one proceeding in the same direction. A bicyclist may move left under any of the following conditions: 1) To make a left turn from a left turn lane or pocket; 2) To avoid debris, drains, or other hazardous conditions on the right; 3) To pass a slower moving vehicle; 4) To occupy any available lane when traveling at the same speed as other traffic; 5) To travel no more than two abreast when traffic is not impeded, but otherwise ride in single file. Every person riding a bicycle shall ride in the same direction as vehicular traffic.

# New Jersey Bicycle Map & Resource Guide

# Online Bicycle Resources

The usefulness of the **New Jersey Bicycle Map & Resource Guide** is enhanced when used in conjunction with other maps and publications. Please visit the following web sites for current bicycling information. These resources are continually updated and contribute to the fullest use of this map.

**NJDOT's Cycling webpage**  
[www.njdot.nj.gov/commuter/bike](http://www.njdot.nj.gov/commuter/bike)  
provides the most current information on trails, contact information for local bicycling clubs and organizations, laws and regulations.

**NJDOT's Construction Updates webpage**  
[www.njdot.nj.gov/commuter/roads](http://www.njdot.nj.gov/commuter/roads)  
includes a current listing of roadway construction activities and road closures on New Jersey State highways. Construction notices and traffic advisories can be found on [www.511nj.org](http://www.511nj.org)

**State of New Jersey, Division of Travel and Tourism**  
[www.visitnj.org](http://www.visitnj.org)  
offers a listing of camping sites, attractions, and events.

**The New Jersey Bicycle and Pedestrian Resource Center**  
[www.njbikeped.org](http://www.njbikeped.org)  
assists public officials, transportation and health professionals, and the public in creating a safer and more accessible walking and bicycling environment through primary research, education and dissemination of information about best practices in policy and design.

# Suggested Bicycle Tours



NJDOT publishes several long distance bicycle tour guides, including the **East Coast Greenway Multi-use Trail Guide** and the 238-mile **High Point to Cape May Bike Route**. In addition, NJDOT has developed a series of tour guides for bicyclists that capitalize on the geographic diversity of the State. Downloadable directions for all 18 tour guides for bicyclists are available on NJDOT's Bicycling webpage.

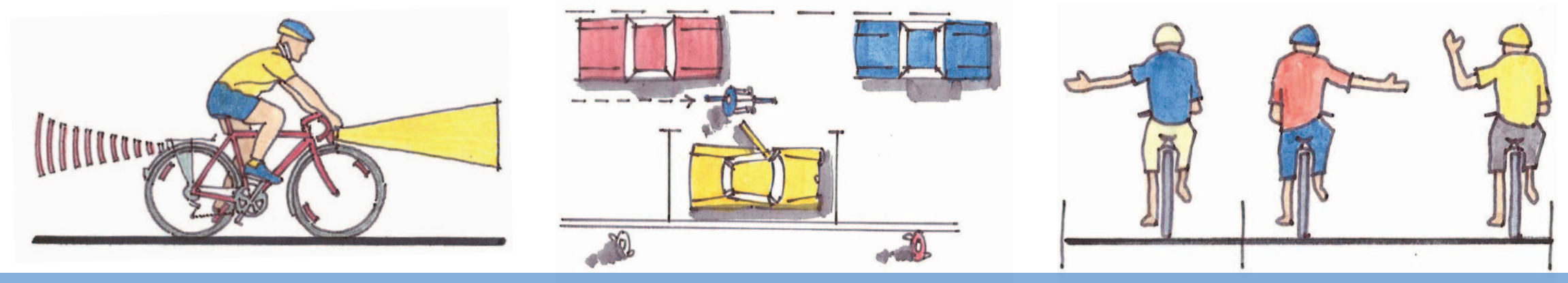
- HP-CM** High Point to Cape May Bike Route
- BB** Bayshore Byways Ride, Cumberland County
- BCB** Burlington County Bikeways, Burlington County
- CMS** Cape May Shoreline Ride, Cape May County
- CSR** Cumberland Salem Revolution, Cumberland and Salem Counties
- DT** Double Trouble, Ocean County
- PB** Pine Barrens River Ramble, Burlington and Atlantic Counties
- 3ES** Three Easy Scenic Rides, Somerset and Burlington Counties

# Advocacy Organizations

- National Organizations**
  - League of American Bicyclists [www.bikeleague.org](http://www.bikeleague.org)
  - Alliance for Biking and Walking [www.peoplepoweredmovement.org](http://www.peoplepoweredmovement.org)
  - Rails to Trails Conservancy [www.railstotrails.org](http://www.railstotrails.org)
  - National Center for Bicycling & Walking [www.bikewalk.org](http://www.bikewalk.org)
  - Bikes Belong [www.bikesbelong.org](http://www.bikesbelong.org)
  - Adventure Cycling Association [www.adventurecycling.org](http://www.adventurecycling.org)
  - America Bikes [www.americabikes.org](http://www.americabikes.org)
  - International Mountain Bicycle Association [www.imba.com](http://www.imba.com)
- Regional Organizations**
  - Greater Philadelphia Bicycle Coalition [www.bicyclecoalition.org](http://www.bicyclecoalition.org)
  - Tri-State Transportation Campaign [www.tstc.org](http://www.tstc.org)
  - East Coast Greenway Alliance [www.greenway.org](http://www.greenway.org)
- State and Local Organizations**
  - New Jersey Bike and Walk Coalition [www.newjerseybikewalk.org](http://www.newjerseybikewalk.org)
  - Jersey Off Road Bicycle Association (JORBA) [www.jorba.org](http://www.jorba.org)
  - Bike&Walk Montclair [www.bikewalkmontclair.org](http://www.bikewalkmontclair.org)
  - Bike JC (Jersey City) [www.bikejc.org](http://www.bikejc.org)
  - Brick City Bicycle Collective (Newark) [www.brickcitybikollective.org](http://www.brickcitybikollective.org)
  - Bike Hoboken [www.bikehoboken.com](http://www.bikehoboken.com)
  - Trenton Cycling Revolution [www.trentoncycling.org](http://www.trentoncycling.org)
  - West Windsor Bicycle & Pedestrian Alliance [www.wbpa.org](http://www.wbpa.org)
  - Bicycle Clubs [www.njdot.nj.gov/commuter/bike/bikeclubs.shtm](http://www.njdot.nj.gov/commuter/bike/bikeclubs.shtm)

# Riding Safely

The vast majority of bicycling, whether for recreation or personal transportation, takes place on our roadways. Riding a bicycle requires you to be responsible for your actions, for your safety and for the safety of others. The following tips will help you to fulfill your responsibilities and help show that bikes can share the road with other traffic. For a complete presentation of how to ride on roadways with other traffic, visit NJDOT's Bicycling webpage to download the **New Jersey Bicycling Manual**.



Be Visible

Know Your Surroundings

Always Use Signals

# Traffic Basics

- Be visible and predictable.** Wear light, bright colored and/or reflective material. Use front and rear lights and use caution when riding at night.
- Be alert.** Never think the other drivers will not make a mistake.
- Be prepared.** Learn what to do in any situation when you need to act fast, and always expect the unexpected.
- Act in time.** Plan ahead, anticipate turns, stops and lane changes; don't try maneuvers at the last second.
- Signal and communicate.** Use hand signals to indicate turns. Try to establish eye contact with other drivers.
- Obey the rules of the road.** Don't ride on sidewalks. Sidewalks are for pedestrians. Be part of the traffic mix. In general, you are best served if you operate your bicycle as a vehicle.
- Yielding the right-of-way.** A bicyclist should always be prepared to yield and are required to yield to: pedestrians, emergency vehicles, buses, school buses, and postal vehicles.
- Select proper lane position for the situation.** Ride side-by-side with cars in wide lanes (14 feet wide or more). In lanes 13 feet or less, position yourself several feet out into the lane where motorists will see you and not be invited to squeeze by in the same lane. On narrow lanes (10 feet or less), a bicyclist may "take the lane", by positioning themselves at or near the center of the lane.



# Welcome

New Jersey is proud to promote bicycling for both day-to-day transportation and for recreation. The **New Jersey Bicycle Map and Resource Guide** provides bicyclists with the information needed to help make bicycling a convenient and enjoyable travel option. The map includes state bicycle touring routes, elevation, on-road bicycle facilities and a measure of bicycle suitability as well as cultural, historic, recreational and other points of interest.



**James S. Simpson**  
Commissioner -  
New Jersey Department of Transportation

More information on bicycling for both commuting and recreation can be found at: [www.njdot.nj.gov/commuter/bike](http://www.njdot.nj.gov/commuter/bike)

# Rail, Buses & Ferries

Combining a bicycle trip with public transportation offers timesaving mobility options. It's particularly good for long commutes, hilly areas, and bad weather. Folding bicycles provide flexibility for traveling during peak commute hours.

**NJ TRANSIT** [www.njtransit.com](http://www.njtransit.com)  
Trains: Space is available for two bikes per car during off-peak hours and weekends. Folding bikes are welcome at all times.

Buses: Bicycles are permitted at all times on buses with bike racks on the front or with underfloor luggage compartments on a first-come, first-served basis. Bicycles can be accommodated on all buses in the NJ TRANSIT Southern Division.

River LINE: Bicycles can be carried aboard River LINE at all times. Onboard racks hold six bicycles per car.

**PATCO** [www.ridepatco.org](http://www.ridepatco.org)  
Bikes welcomed at all times.

**SEPTA** [www.septa.org](http://www.septa.org)  
Regional Rail: Space is available for 2 bikes, except on weekday trains inbound during the AM peak and outbound during the PM peak. Folding bicycles are permitted on all vehicles at all times.

Buses: Every bus is equipped with a bicycle rack that can hold two bicycles.

**Cape May - Lewes Ferry** [www.capemaylewesferry.com](http://www.capemaylewesferry.com)  
The Cape May - Lewes Ferry encourages bicyclists to use the ferry service to cross the Delaware Bay and does not charge a separate fee for bicycles.

**Three Forts Ferry** [www.threeforts.com](http://www.threeforts.com)  
The Three Forts Ferry runs seasonally between Delaware City and Fort Mott, NJ Wednesday through Sunday during the months of April through September. Bicycles are not allowed on Pea Patch Island.

# Bridge Access to Pennsylvania

Bridges not accessible by bike are noted on the map. Bridges which can be used are listed below with special conditions as noted.

**Ben Franklin Bridge** - North walkway is open to bicyclists from 6AM to 8PM. Weather permitting. The south walkway is closed until further notice.

**Tacony Palmyra Bridge** - Southside sidewalk is normally open 24 hours a day, weather permitting. Bicycles must be walked.

**Burlington Bristol Bridge** - Contact bridge police for a possible ride over the bridge. (856) 829-3002

**Trenton Makes Bridge, Bridge Street** - Walk bikes on bridge walkways.

**Calhoun Street Bridge** - Walk bikes on bridge walkways.



# Roadway Restrictions

The following roadways are closed to bicycle traffic:

- Garden State Parkway
- New Jersey Turnpike
- Atlantic City Expressway
- Route 1 - Trenton, Mercer County
- Route 18 - Wall, Ocean County; Neptune City, Tinton Falls, Colts Neck, Freehold, and Marlboro, Monmouth County; Old Bridge, Middlesex County
- Route 29 - Trenton, Mercer County
- Route 208 - Fair Lawn, Glen Rock, Franklin Lakes, Wycoff and Oakland, Bergen County; Hawthorne Boro, Passaic County
- Route 42 - Washington Township and Deptford, Gloucester County; Runnemede, Gloucester Township and Bellmawr, Camden County
- Interstates - Various locations

Interstate roadways are currently closed to bicyclists; however, most sections are open by special permit issued by the New Jersey Department of Transportation (NJDOT). For a permit to ride on these sections email [BIKEPED@dot.state.nj.us](mailto:BIKEPED@dot.state.nj.us)