

Visit www.montgomerycountymd.gov/rideon for details.

Bikes Ride for Free

Visit www.metroopendoors.com for details.

Bicycles are not permitted to enter trains from the other doors. Bicycles are not to board on the center doors of a railcar, but are special events or holidays when large crowds use the system. Bicycles are not permitted on Metrorail on July 4th and other Sunday as well as most holidays (limited to four bicycles per car). evening rush hour.) Bicycles are permitted all day Saturday and p.m. to 7 p.m. (Both of these times overlap the morning and can weekdays except rush hours, from 7 a.m. to 10 a.m. and 4 Bicycles are permitted on Metrorail (limited to two bicycles per

202.962.1116
Washington, DC 20001

Office of Marketing / 6th floor
600 Fifth Street, NW

<http://www.wmata.com/riding/bike/index.cfm>

There are many resources on the Metro website for biking to work.

Metro

Biking can be an easy and inexpensive way to get to Metro, MARC, a bus stop or park-and-ride lots. Listed below are the bike policies for the area transit providers. Folding bikes are permitted on all

Bikes and Transit

Bikes Sharing has come to Bethesda!

Bikes sharing allows users to connect to transit, jobs and activity centers in the area through a low cost bicycle rental program designed for short trips. The bikes are perfect for that "last mile" from the Bethesda Metro to your office and for running errands. With over ten Capital Bikeshare stations in and near downtown Bethesda alone and connectivity to stations in Friendship Heights, Silver Spring and Rockville, transportation options have grown for Bethesda commuters and visitors.

A Bikeshare membership will provide access to thousands of bikes across Montgomery County and in parts of Virginia and Washington, D.C. Contact Capital Bikeshare for membership information at

1-877-430-BIKE or [CapitalBikeshare.com](http://www.CapitalBikeshare.com)

See the [Biking to Bethesda map on the inside for locations](#).

Biking Rules in Maryland

- Bicycle position:** Ride with the flow of traffic as far right as practicable and safe, except when turning left, passing, or on a one-way street or in a lane too narrow to share.
- Passing cars:** Allowed to pass on left or right, in the same lane or changing lanes, or pass off road. Exercise due care when passing.
- Bicycling two abreast:** Permitted when it does not endanger bicyclists.
- Turning left:** Like a car following traffic, or like a pedestrian, ride to far-side crosswalk and walk your bike across.
- Turning right:** Stay as close as practicable to right-hand curb, bike across.
- Restricted roads:** Prohibited from expressways, toll bridges, toll tunnels and other marked roads.
- Cycling on sidewalks:** Allowed to pass on left or right, in the same lane or changing lanes, or pass off road. Exercise due care when passing.
- Audible warning devices:** Bell or other device required, sirens prohibited.
- Mandatory use of bike paths and lanes:** Use of bike lane required when available. No required use of separated paths.
- Helmets:** Required for cyclists aged 15 and under by Maryland State law.
- Lights:** Front white light and rear red light required after dark.
- Registering bicycle:** Required by Montgomery County Code.

Effective Cycling

One of the best ways to learn how to be safe and confident while cycling in traffic is to take an Effective Cycling Course, administered by one of the many classes offered around the region. Go to the WABA website, www.waba.org and click on events and then on bike education. There are a myriad of courses to choose from.

Welcome to Biking to Bethesda

Resources for Bicyclists

Washington Area Bicyclist Association
1803 Conn. Ave. NW, 3rd floor
Washington, DC 20009
202.518.0524
General Inquiries:
waba@waba.org
www.waba.org

League of American Bicyclists
1612 K St. NW, Suite 800
Washington, DC 20006
202.822.1333
bikeleague@bikelleague.org
www.bikeleague.org

Bike to Work Day
BiketoWorkMetroDC.org

Capital Crescent Trail
www.cctrail.org

Bike Maryland
1209 North Calvert Street
Baltimore, MD 21202
www.bikemd.org

Montgomery Co. Dept. of Transportation (MCDOT) Division of Transportation Engineering (DTE)
Planning & Design Section
Facility Planning
100 Edison Park Drive
4th Floor S.E. Wing
Gaithersburg, MD 20878
240.777.7240

Montgomery County Commuter Services
101 Monroe Street, 10th Floor
Rockville, MD 20853
240.777.8380
www.montgomerycountymd.gov/commute

This map has been prepared to aid cyclists, pedestrians and transit users in planning both recreational and commuter trips. Retail sites and services are shown for information only.
No endorsement is implied. Bicyclists have the same responsibility as motor vehicle operators to obey traffic laws. Conditions on streets and trails may vary greatly. Be prepared to make your own evaluation of the conditions of the roadway or trail and plan your route appropriate to your ability. The user of this map bears full responsibility for his or her own safety. Information contained within this map was accurate as of the printing date (2014).
Published by Bethesda Transportation Solutions, with assistance from the M-NCPPC, Montgomery County Department of Parks, Montgomery County Department of Transportation, Coalition for the Capital Crescent Trail, and WMATA.

Bethesda Transportation Solutions

A division of the Bethesda Urban Partnership
7700 Old Georgetown Road, Bethesda, MD 20814
301.656.0868 | www.bethesdatransit.org

Riding in Traffic

Riding in traffic is not as hard as it looks if you follow the suggestions below.

Be Predictable
Ride so drivers can see you and predict your movements.

- Obey all regulatory signs and traffic lights.
- Never ride against traffic.
- Use hand signals.
- Ride in a straight line.
- Take the lane in slow traffic.
- Choose the best way to turn left: Like a car following traffic, or like a pedestrian, ride to far-side crosswalk and walk your bike across.
- Be Alert! Ride defensively, watch the traffic and be prepared to react.

Nothing is theft proof and no locking system is perfect, but you can take steps to ensure that your bike is a less-attractive target to a thief.

- Consider where and how long your bike must be parked when deciding how to secure it. If possible, keep your bike in your office or in a secured room at your workplace.
- If your bike must be parked outside, lock your frame and both wheels to an immovable object. Don't lock your bike to a sign or other object that can be easily unboltd, bent, cut or removed. Pick a well-traveled, well lit place; thieves don't like working in exposed areas.

Be Alert! Ride defensively, watch the traffic and be prepared to react.

- Watch for cars pulling out.
- Scan the road behind you.
- Avoid road hazards.
- Keep both hands ready to brake.
- Be equipped!
- Wear a helmet.
- Use lights at night.

MARC What is the policy governing bicycles on MARC rail?

Due to safety concerns, MARCs bicycle policy allows for the transportation of folding bicycles only. There are no designated storage areas for bikes, and they are prohibited from being stored in the overhead racks. However, folding bikes are no longer restricted to those carried in a case.

Bike Security

Nothing is theft proof and no locking system is perfect, but you can take steps to ensure that your bike is a less-attractive target to a thief.

- Check to see if your office has secure bicycle parking.
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- Take all easily removed accessories with you.
- Many parking garages offer bike parking. Look for a garage with racks in view of attendant.

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- Reduced health costs.
- Decreased absenteeism and turnover.
- Increased productivity.
- Reduced parking costs.

Employers

Why should your employees bike to work?

A tax free benefit for bike commuters

- Call 800-745-RIDE for more information.

Employees who bike, walk or take transit often have a parking spot they don't use. A 1998 change in the federal tax law allows employers to pay employees the cost of that space and avoid paying a tax on this benefit.

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Welcome to

Biking to Bethesda

Cycling is a healthy, quiet, clean, economical and fun way to get to work. Thousands of DC area employees bike to work every day. This guide is designed to ease the transition to bike commuting for Washington Metropolitan Area employees and to help employers encourage this *'smart way to work.'*

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Why Bike to Work

- Riding to work costs less than driving or taking transit, especially if you already own a bike.
- Cycling allows you to stay in shape while you commute. A five-mile, one-way commute burns 300 calories round trip for a 130-pound woman.
- People who bike to work, arrive invigorated and work off the stress on the way home.
- Biking to work means less traffic congestion and pollution for the region.



How to Get Started

Here are some suggestions to help you ease into bicycle commuting:

- Try a practice run on a weekend to find a good route and see how long it takes.
- Find a co-worker or friend who bikes and commute with them.
- Start by trying just one day a week (try it on "casual Friday.")
- If you live far from work, try bicycling to the nearest Metro or commuter rail station, or put your bike on a Ride On bus, or drive part of the way and bike the rest.
- Contact WABA. The Washington Area Bicyclist Association's commuter mentor program will put you in touch with other people in your neighborhood who bike to work and help you find the most comfortable route. Call 202.518.0524 or visit www.waba.org.



Biking to BETHESDA

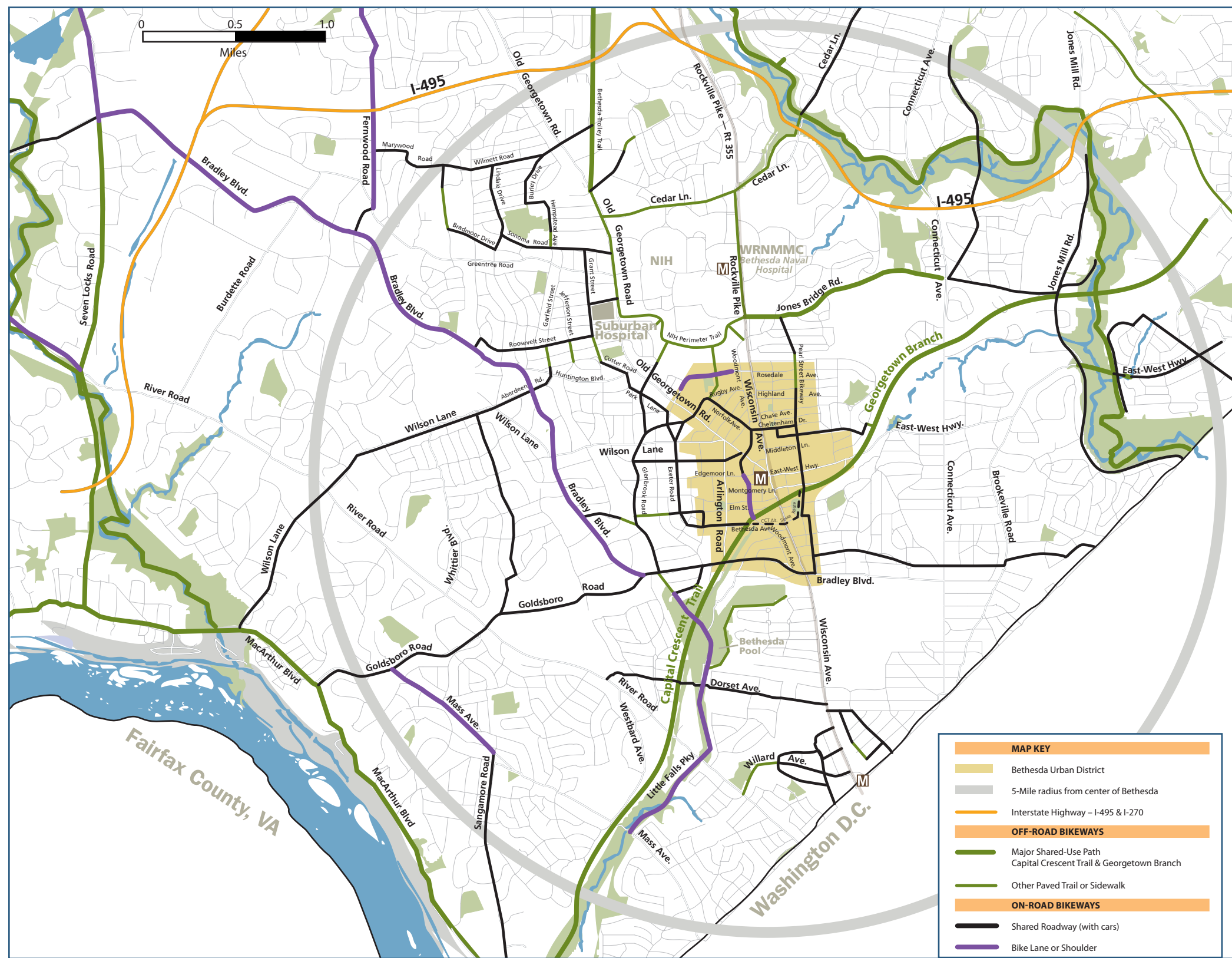
2014

Bethesda Transportation Solutions

a division of
BETHESDA UP
URBAN PARTNERSHIP INC.



Better Ways ToWork! Montgomery County Commuter Services



Bike to Bethesda in 30 minutes or less

Getting to Bethesda by bike in less than 30 minutes is now easier than ever. This comprehensive map will assist you in finding a route, choose the best streets to travel, and locate a convenient bike rack. So, try leaving your car at home—you could get here faster by biking anyway!

The large scale map to the left provides an aerial view with a diameter of 10 miles. The Capital Crescent and Georgetown Branch Trails are the most popular cycling routes into downtown Bethesda. On the northern section of the map, you'll find the bike path that leads to the National Institutes of Health (NIH) and the Walter Reed National Military Medical Center (WRNMMC).

The square map to the right is a 1.5 mile section of downtown Bethesda and its surrounding areas. Highlighted in easy-to-see colors are the various trails and bikeways. If you are a newbie to the world of biking, you no longer have to wonder where to travel or how to locate trail access points.

With the green maps below, you'll discover all of the bike racks that Bethesda has to offer. Each section of Bethesda has been enlarged and each bike rack location numbered, so there's no more guessing where you can park your bike. With more than 80 locations around the downtown, you're bound to find one where you work.

To Bethesda from	Distance (miles)	Time (minutes)
Cabin John	4.2	20
Chevy Chase	2.0	9
D.C. (Dupont Circle)	7.1	34
Friendship Heights	2.0	9
Glen Echo	3.7	18
Kensington	4.0	20
North Bethesda	4.5	22
Potomac	7.4	36
Rockville	7.8	37
Silver Spring	4.5	22
Takoma Park	6.0	29

Distances are approximate. Your exact starting point could shorten or lengthen your trip. Time is based on an average speed of 12mph.

Distance is estimated by using the end destination:
7700 Old Georgetown Road, Bethesda, MD 20814



Biking to Bethesda

just got a whole lot easier!

Did you know that the Bethesda Central Business District has over 80 easy to use bike racks? So, cycle in on routes such as the Capital Crescent Trail, and park your bicycle at any of the RED bike racks.

Rack addresses at right correspond to their designated area of downtown Bethesda. Each section of the downtown has been conveniently enlarged, showing you the exact locations of the many bike racks in that specific area.

For more information on bike rack locations, use maps or route suggestion, contact Tom Robertson at TRobertson@bethesda.org or 301-656-0868 x130.

Bikeshare Locations in Bethesda

- Battery Lane & Trolley Trail: 15 docks
- Norfolk & Rugby: 11 docks
- Cordell & Norfolk: 11 docks in the Woodmont Triangle
- Norfolk & Fairmont: 11 docks in the Woodmont Triangle
- Montgomery & East Lane: 11 docks near the Bethesda Metro
- Bethesda & Arlington: 19 docks at Bethesda Row
- Montgomery & Waverly: 11 docks
- Elm & 47th: 15 docks at Elm Street Park
- Chevy Chase Drive & Offutt Lane: 11 docks
- Wisconsin & East West: 11 docks at the Bethesda Metro

Woodmont Triangle

- 8212 Woodmont Woodmont/Rugby Garage
- 8007 Norfolk Ave
- 8007 Norfolk Ave
- 4922 Del Ray Ave
- 4923 Cordell Ave
- 4932 Cordell Ave
- Corner of St. Elmo & Norfolk Aves
- 7755 Old Georgetown Rd
- 7735 Fairmont Ave
- 7820 Norfolk Ave
- 4825 Cordell Ave
- 7906 Woodmont Ave
- NW Corner of Norfolk & Woodmont Aves (Veterans Park)
- Taste Diner
- Taste Diner
- 7809 Woodmont Ave
- 7833 Woodmont Ave
- 7825 Woodmont Ave
- 7904 Wisconsin Ave
- 7701 Woodmont Ave
- 4907 Del Ray Ave
- 4929 Del Ray Ave
- 7700 Woodmont Ave (on Norfolk Ave)
- 7752 Woodmont Ave (Old Georgetown Public Garage)



Bethesda West

- Arlington Rd & Moorland Rd
- Hampden Ln & Arlington Rd
- 4963 Elm St
- 4903 Elm St
- 4924 Elm St
- 7254 Woodmont Ave
- 4722 Elm St
- 7272 Wisconsin Ave @ Elm St
- Bethesda Ave (near 7200 Wisconsin Ave)
- 4700 Bethesda Ave
- 7239 Woodmont Ave
- Corner of Woodmont & Bethesda Aves
- 4800 Bethesda Ave (Capital Crescent Trail)
- 4810 Bethesda Ave
- Corner of Bethesda & Woodmont Aves
- 4829 Bethesda Ave
- 4860 Bethesda Ave
- 6917 Arlington Rd
- 7140 Wisconsin Ave
- 4932 Elm St
- Corner of Arlington Rd & Bethesda Ave
- Bradley Shopping Center
- 4867 Bethesda Ave
- 4851 Bethesda Ave
- 7235 Woodmont Ave
- 4838 Bethesda Ave (in Public Garage)
- Bethesda Library
- Arlington Road Giant
- 4735 Bethesda Ave
- 7255 Woodmont Ave (in parking lot)
- 7215 Arlington Rd



Bethesda Center

- 7629 Old Georgetown Rd
- 7625 Old Georgetown Rd (at Safeway)
- North & East Lanes (near Metro Center)
- Bethesda Metro Center Plaza
- Montgomery Ln & Wisconsin Ave (at elevator)
- 7316 Wisconsin Ave
- 7400 & 7401 Waverly St (Waverly St Garages)
- Waverly St & East West Hwy
- 4400 Montgomery Ave
- 7349 Wisconsin Ave
- 7315 Wisconsin Ave (Air Rights Building)
- 7201 Wisconsin Ave
- 7201 Wisconsin Ave (near park)
- Willow Ln (near 7201 Wisconsin Ave)
- 7701 Woodmont Ave
- 7730 Wisconsin Ave
- 4817 Edgemoor Ln (at corner of stairwell)
- 7400 Wisconsin Ave
- 7550 Wisconsin Ave
- 7600 Old Georgetown Rd (on Edgemoor Ln)
- Metro Center Plaza
- Cheltenham Garage



Wisconsin North

- 4720 Rosedale Ave
- 8201 Wisconsin Ave
- Corner of Wisconsin & Maple Aves
- 8125 Wisconsin Ave
- 7809 Wisconsin Ave (near CVS)



Wisconsin South

- Willow Ln (inside corner of Parking Lot # 24)
- 6828 Wisconsin Ave
- 6700 Wisconsin Ave

