

BUENO PARA TI, BUENO PARA LA CIUDAD

La vida es bella, y más en bicicleta. La bici es rápida, eficiente, saludable, sostenible y barata. Despierta tu cuerpo y mente y te muestra, de otra manera, la ciudad. Madrid es cada vez más ciclista, y depende de ti que lo siga siendo. Gracias por mejorar Madrid con tu actitud, tu sonrisa y tu bici.

Life is beautiful, and even more so by bicycle. The bike is fast, efficient, healthy, sustainable and cheap. Biking awakens your body and mind, and shows you another way of experiencing the city. Madrid is getting more bike-friendly, and it's up to you to keep it that way. Thanks for improving Madrid with your attitude, smile and bike.

MITOS Y EXCUSAS

IR EN BICI ES PELIGROSO
Si sigues los consejos y normas, la bici es segura. Planifica tu recorrido siguiendo vías ciclistas y calles tranquilas. Y, cuantos más seamos, más seguro será.

HAY MUCHAS CUESTAS
Casi todas las bicicletas tienen marchas que permiten superar cualquier desnivel. Tómalo con calma. Cada día te costará menos. ¡Y cada subida es después una bajada!

SE SUDA MUCHO
Sal con tiempo y disfruta del paseo: si vas tranquilo sudarás poco. Lleva una muda. Con una bicicleta eléctrica reducirás esfuerzo y sudor.

HAY QUE USAR ROPA DEPORTIVA
Esto no es deporte, es transporte: cualquier vestimenta es válida en bicicleta, y cada vez más marcas ofrecen ropa de todo tipo para pedalear.

MYTHS AND EXCUSES

BIKING IS DANGEROUS
If you follow the advice and rules, biking is safe. Plan your route and seek alternative paths and quiet streets. And the more bikers there are, the safer we will be.

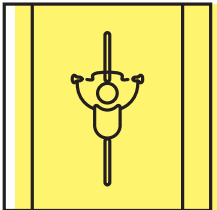
THERE ARE MANY HILLS
Almost all bikes have gears that can make your ride smoother. Stay calm. Each day it will get easier. And every uphill has a downhill!

YOU SWEAT A LOT
Take your time and enjoy the ride. If you take it easy you'll sweat less. Bring a change of clothes. If you have an electric bike you'll work less and stay dry.

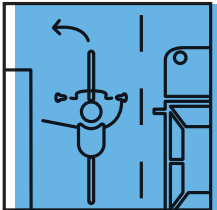
YOU NEED SPORTY GEAR
This is not sport, it's transport. You can wear anything to bike, and nowadays more brands offer stylish bike clothing for all budgets.

NORMAS

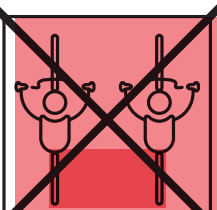
CIRCULACIÓN



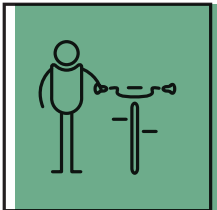
Circula por el centro del carril. Si hay varios, usa el de la derecha. Y no vayas por el carril bus salvo que esté permitido! No te agarres a otros vehículos.



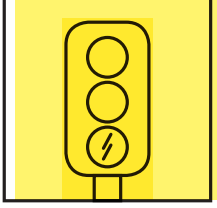
Usa el carril de la izquierda si giras a la izquierda.



No circules en paralelo con otros ciclistas.



En la acera, calles y pasos peatonales, bájate de la bici y camina.

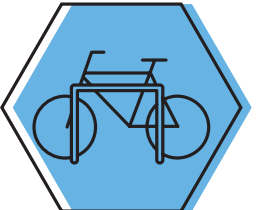


Conduces un vehículo, con derechos y obligaciones: respeta los señales, respeta los semáforos, respeta a los demás.

RECOMENDACIONES

- Conduce en línea recta, sé predecible e indica tus maniobras e intenta prever los de los automovilistas.
- No te pegues a los coches aparcados: alguien podría abrir una puerta.
- Circula a la velocidad adecuada.
- Estate atento al suelo: puede haber baches o superficies resbaladizas.
- Aumenta las precauciones con lluvia.

¿DÓNDE APARCO?



Aparca en los lugares reservados para bicicletas. Si la dejas en la acera, comprueba que mida más de tres metros y aparca en paralelo al bordillo, sin obstaculizar el paso ni usar árboles o elementos vegetales.

ACCESORIOS



Lleva (y usa) un timbre para hacerte más presente.



Con poca visibilidad, usa luces delantera y trasera.



No llesves auriculares. Y no uses el móvil cuando estés en marcha.

RECOMENDACIONES

- Usa elementos reflectantes.
- Instala un retrovisor.
- Mantén en buen estado tu bicicleta.



Izquierda Derecha Stop

RULES

ON THE STREET

- Ride in the center of the lane and with the direction of traffic. If there are multiple lanes, use the one on the right. And don't use the bus lane unless it's permitted! Don't hold on to other vehicles.
- Use the left lane to turn left.
- Don't ride parallel to other cyclists.
- Get off and walk your bike while on the sidewalks, pedestrian streets and crosswalks.
- You are on a vehicle, you have rights and obligations: respect signs, traffic lights and others.

RECOMMENDATIONS

- Ride straight, be predictable and signal your maneuvers. Try to anticipate drivers' maneuvers.
- Don't ride too close to parked cars: someone could open a door.
- Ride with the appropriate speed.
- Watch to road: there may be bumps or slippery surfaces.
- Use more caution when it's raining.

CON NIÑOS

Práctico, divertido y educativo: los niños que se mueven en bicicleta serán los ciclistas del futuro.

Usa una sillita, delantera o trasera, homologada. Los niños menores de 16 años siempre deben usar casco, tanto en su propia bicicleta como transportados por adultos. Los carros o remolques sólo están permitidos en las vías ciclistas.

ROBOS

Aparca tu bicicleta en lugares transitados e iluminados. Conserva el número de serie de tu bici y regístrala (www.biciregistro.es); será más fácil recuperarla. El candado en 'U' es el más recomendado, pero puedes completarlo con otros. Canda, siempre, el cuadro.

¿AYUDA?

POLICÍA: 092
EMERGENCIAS: 112

WHERE TO PARK

- Park in spaces reserved for bicycles. If you park on the sidewalk, make sure the walkway is more than three meters wide and park parallel to the curb or using trees.

ACCESSORIES

- Carry (and use) a bell to alert others of your presence.
- In poor visibility use front and rear lights.
- Don't wear headphones. And never use your mobile while riding.

RECOMMENDATIONS

- Use reflective accessories.
- Install a mirror.
- Keep your bike in good condition.

TIPOS DE VÍAS

Dime por dónde circulas... y te diré cómo debes hacerlo.

CARRIL BICI

Vía de uso exclusivo para bicis. Discurre, en uno o dos sentidos, por la calzada. Los separados por bordillo o balardos se denominan "protegidos". Los carriles bus-bici permiten circular a autobuses y bicicletas.



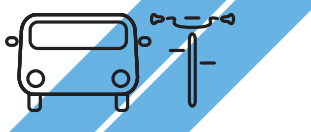
ACERA BICI

Vía ciclista sobre la acera, integrada en el espacio peatonal pero segregada por elementos físicos o visuales. Estate atento: paradas de autobús, zonas de carga y descarga... ¡Es un espacio muy frecuentado!



CICLOCARRIL

Vía integrada en la calzada, donde los vehículos no pueden superar la velocidad señalizada (generalmente, 30 km/h).



SENDA CICLABLE

Vía para peatones y bicicletas y segregada del tráfico motorizado. Discurre por espacios abiertos (parques, jardines...) y puede tener separados los espacios de peatones y ciclistas.



PISTA BICI

Vía ciclista exclusiva, fuera de la calzada y segregada de los peatones y el tráfico motorizado.



TYPES OF ROADS

Every road has its rules.

BIKE LANE

Exclusively for bikes. A bike lane can go in one or two directions. Protected bike lanes are separated by a curb or bollards. Bus-bike lanes are dedicated for use by both buses and bicycles.

PRIORITY: BIKES

SIDEWALK LANE

Sidewalk lanes are part of the pedestrian path and are separated by physical or visual barrier. Stay alert: there are bus stops, loading and unloading areas... It's a busy space!

PRIORITY: BIKES (EXCEPT IN CROSSWALKS)

CICLOCARRIL (SHARED ROAD)

One way integrated road, where motorized vehicles may not exceed the posted speed limit (usually 30 km/h).

PRIORITY: CARS AND BIKES (SHARED)

BIKE PATH

Shared-use lane for pedestrians and bikes separated from traffic, that runs through open spaces (parks, gardens...). There may be signs separating cyclists from pedestrians.

PRIORITY: PEDESTRIANS

GREENWAY

A roadway constructed specifically for cyclists, separated from pedestrian and motorized traffic.

PRIORITY: BIKES

REMEMBER!

Fill the air with happiness, not pollution.

!! Llena el aire de felicidad y eficacia, no de humo.

INTER-MODALIDAD

Veloz, cómodo y eficiente: tu bici y el transporte público combinan muy bien.



Siempre.

Always.

Siempre.

Always.

Siempre.

Always.

Siempre.

Always.

Siempre salvo si el autobús va lleno.

Always except when crowded.

Sólo en vehículos con bodega y a criterio del conductor.

Only in vehicles with storage and at the discretion of the driver.

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INTER-MODALITY

Fast, comfortable and efficient: your bike and public transportation mix very well!



Siempre excepto si el vagón va lleno.

Always, except when crowded.

Siempre excepto de lunes a viernes (de 7.30 a 9.30, de 14 a 16 y de 18 a 20).

Always, except Monday to Friday (from 7.30 to 9.30, 14 to 16 and 18 to 20).

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Always, except Monday to Friday (from 7.30 to 9.30, 14 to 16 and 18 to 20).

Siempre.

Always.

Sólo en líneas con soporte exterior (línea 33).

Only with external bike carriers (line 33).

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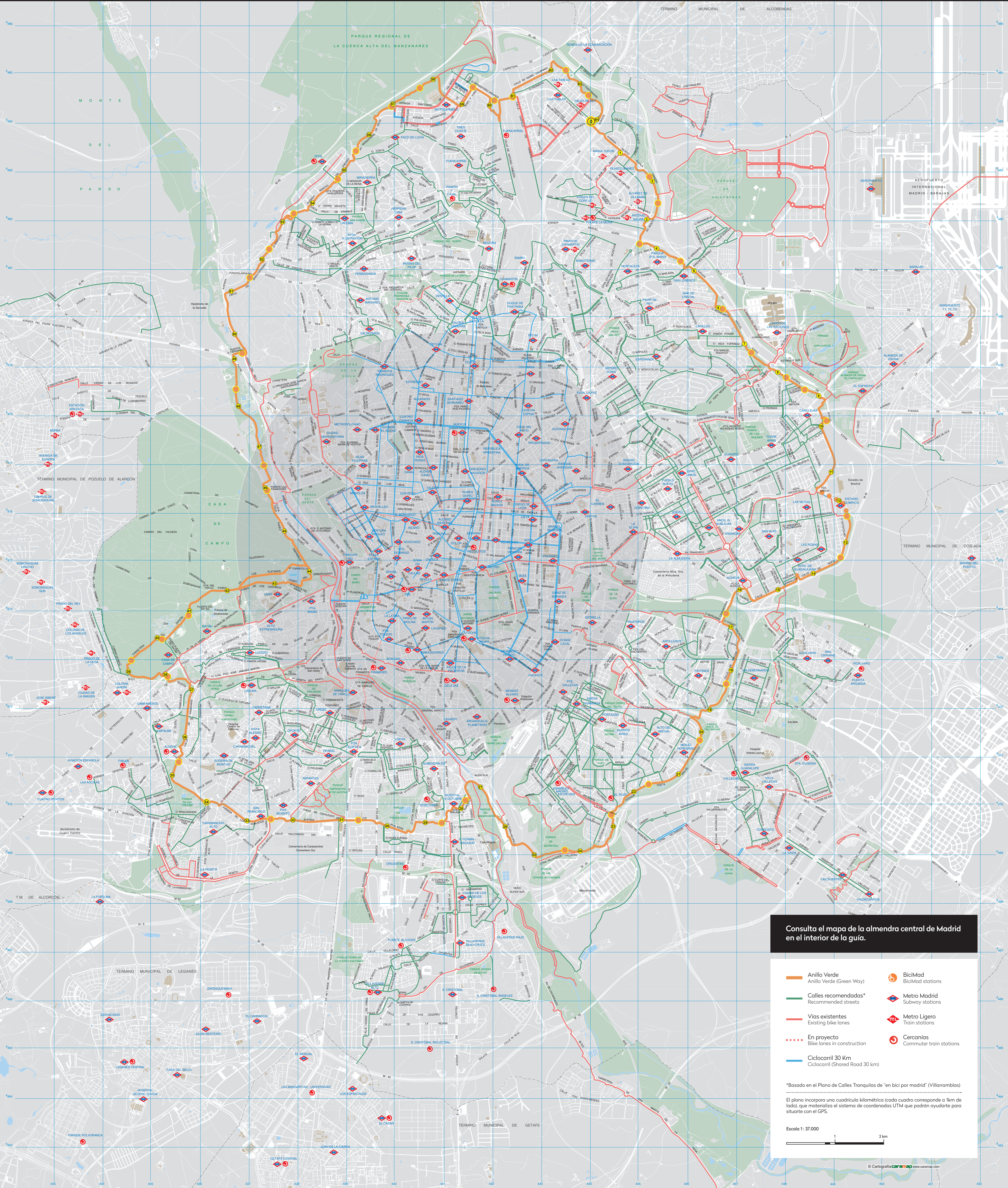
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GUÍA CICLISTA DE MADRID



Consulta el mapa de la almendra central de Madrid en el interior de la guía.

Anillo Verde

Anillo Verde (Green Way)

Calles recomendadas*

Recommended streets

Vías existentes

Existing bike lanes

En proyecto

Bike lanes in construction

Ciclocarriil 30 Km

Ciclocarriil (Shared Road 30 km)

BiciMod

BiciMod stations

Metro Madrid

Subway stations

Metro Ligero

Train stations

Cercanías

Commuter train stations

*Basado en el Plano de Calles Tranquilas de "en bici por madrid" (Villarambas)

El plano incorpora una cuadrícula kilométrica (cada cuadro corresponde a 1km de lado), que materializa el sistema de coordenadas UTM que podrán ayudarte para situarte con el GPS.

Escala 1: 37.000

1

2 km

www.madrid.es/oficinadelabici

MADRID