

Proper Bicycle Signaling

Use your left arm to signal to cars or other cyclists behind you.

Left Turn



Right Turn



Stop



My Notes

Use this space to keep track of walking trails, bike routes and more!

Emergency Ride Home

You won't get stuck at work if an unexpected event occurs. Join the Emergency Ride Home program and you'll get a free voucher to take a rental car or taxi ride on any day you bike or walk to work and a family emergency or unscheduled overtime occurs (up to 6 times a year).

Sign up today at gotriangle.org so you'll know you've got a safety net when you need one.



What is GoTriangle?

GoTriangle is a family of services that works together to provide connected transit and promote sustainable transportation.

Contact Us

The GoTriangle Regional Call Center is open seven days a week, and the staff is ready to assist you in both English and Spanish.

For information on GoTriangle services, including all six transit systems, contact:

GoTriangle Regional Call Center
www.gotriangle.org/contact
919-485-RIDE (7433)

Regional Call Center Hours
Monday - Friday: 7 am - 10 pm
Saturday: 8 am - 8 pm
Sunday & Holidays: 8 am - 5 pm
(Closed Christmas Day)



Bike/Walk

Your Biking and Walking Resources Start Here

Want to find a convenient walking trail or bike shop? Interested in joining a local bike/ped group? GoTriangle has cycling and pedestrian resources to help!

The Triangle area offers a wonderful outdoor climate where you can enjoy walking and cycling, known together as active transportation. This can offer a ticket to better health, fresh air, fun and quality time with family and friends.

Biking and walking can make your commute something to look forward to. Get fit while getting to work. GoTriangle can get you started today!

Bikes on Buses

If your trip is too far away to travel by bike or foot alone, break it up into smaller trips. Walk or bike to the bus stop, and ride the rest of the way counting all the calories you've burned!

All buses in the GoTriangle family of services are equipped with bike racks on the front. When exiting, be sure to tell the bus driver you need to get your bike.



Rules of the Road and Cycling Safety

Your safety is important. Before you get your wheels in motion, read the complete list of NC bike laws by visiting the Safe Cycling section of gotriangle.org.

Cyclists have the same rights and duties as motorists. To protect yourself and the people sharing the road with you, we've provided some basic tips to remember:

- Search for bike lanes or paths on gotriangle.org when planning your route.
- Ride on the right side of the road, in the same direction as traffic.
- Follow traffic laws. Obey lights and signs, and use hand signals when turning.
- Protect your head. Wear a helmet every time you ride.
- Make sure your helmet fits correctly. It should be snug and should not tip backwards.
- Be visible. Wear bright colors and reflectors. This makes it easier for motorists to see (and avoid) you. Remember that front and rear lights are required at night.
- Be aware and share. Pedestrians often use the same paths, so be sure to alert them by saying: "I'm passing you on the right/left."
- Know your state and local ordinances. There are different rules in different cities and towns throughout the Triangle.



Rules of the Sidewalk and Walking Safety

You've been walking since you can remember, but the road is long. Be sure to read these tips before putting on your walking shoes.



Walkers should:

- Know when to say when. Dehydration and heat stroke can be life-threatening, so know the symptoms and take care of yourself immediately.
- Carry a cell phone to dial 911, in case of an emergency.
- Be visible. Wear bright colors and reflectors at night.
- Always use the sidewalk when available, or walk on the left side of the road, facing oncoming traffic. When crossing the street, make eye contact with drivers, especially if they're turning.
- Keep ears attuned to cars, not to music. If you have on headphones, make sure you can hear other noises.
- Keep your focus. Don't use your cell to chat; it's as dangerous as texting while driving.

For more tips visit the safe walking section of gotriangle.org.