

Bicycling Restrictions on State of Utah Highways

INFORMATION FOR BICYCLISTS: Utah, as yet, does not have designated or recommended routes for bike travel through the state, although some areas of the state do have designated bikeways completed or may be planning to upgrade highways built to older standards. As a result, road widths and availability of shoulders for cycling vary widely across Utah. Please consider the following information as you ride in Utah:

- Bicyclists must follow Utah **motorized vehicle traffic laws** when using public roadways.
- Bicyclists must **ride on the right side of the roadway, with the flow of traffic**, no more than **two abreast**, and two abreast **only if adequate travel lane/shoulder width is available**.
- Bicycles are permitted on most state roads **with the exception of portions of the interstate highway system, where alternate routes are available and where roads are closed to non-motorized travel** (such as Bangerter Highway in the Salt Lake Valley).
- **Interstate highways** open to cyclists should be used only by skilled cyclists confident of their abilities to maneuver under hazardous conditions. If you are not a skilled cyclist, please consider a route that does not include interstate highways due to our higher motorized traffic speeds (Interstates are posted at 65 mph to 75 mph throughout Utah) and a high volume of large truck traffic. Additionally, **wide rumble strips** exist on many freeway shoulders, limiting usable space for bicycles. *Some areas, such as sections of I-84, have **narrow bridges with no shoulders***. Frontage roads, where available, are alternates to the interstate, as are other State and U.S. Highways and county and city roads.
- Your extra caution is important at **railroad crossings**, since railroad crossings are often **marked by signs only, with no warning bells or gates**. These crossings may be used by high-speed trains that run on irregular schedules.

Utah is becoming increasingly popular for bicycling due to the spectacular scenery and numerous opportunities for outdoor recreation. For a safe and enjoyable trip, anyone planning long-distance or strenuous rides (or hikes) in Utah should be adequately prepared as follows.

- **Access to Services:** Much of Utah has long expanses of roadway *without water, services, or shelter*. Please refill water supplies whenever you have access and plan ahead for other needed services.
- **Temperatures may vary significantly from May to September**, with very hot days and cool to cold nights. Additionally, weather may change rapidly with cold and “winter weather” conditions (occasionally including snow) occurring in late

spring, early summer and early fall, especially in higher elevations. These situations call for immediately available **emergency shelter** for your protection.

- **Altitude Changes:** Some people are unaccustomed to the higher altitudes and to altitude changes, making their travel slower than planned.
- **Dehydration:** Typically in Utah the humidity is quite low, sometimes making higher temperatures feel comfortable. However, this may contribute to dehydration, therefore easily available water and regular hydration is an essential part of a safe trip. Also, if you intend to use the infrequently available roadside streams, readily accessible water treatment supplies are **a must**.
- **When off-road bicycling or hiking, consider notifying someone of your destination** and expected return time (and be sure to check in to avoid costly search and rescue efforts being mobilized unnecessarily).