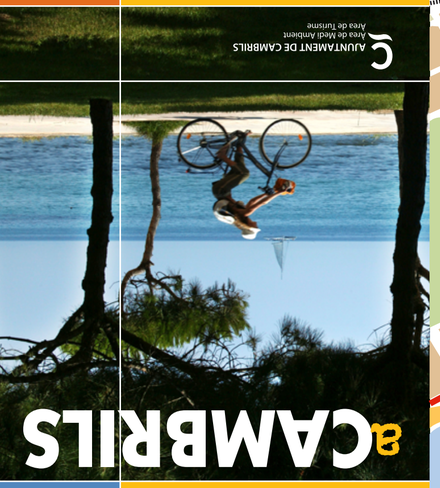
take your bike

mou-te en bici

The Cambrils City Council aims to encourage the use of bicycles as a regular means of transport in the city in order to improve the quality of the urban environment and facilitate individual mobility, especially during peak tourism seasons.
Ultimately, the goal is to incorporate bicycles into the regular transport system, that is, make them a regular means of transport, thereby reducing the use of private motor vehicles as a means of getting around in the city.

BIKE GUIDE

AJUNTAMENT DE CAMBRILS
Àrea de Medi Ambient
Àrea de Turisme



CAMBRILS

mou-te en bici

CAMBRILS urban centre

the advantages of going by bike

Environmental
- It is sustainable
- It reduces environmental and noise pollution
- It frees up roadways
- It is the most energy-efficient means of transport

Social
- It allows for the democratisation of mobility
- It fosters social relationships and peaceful coexistence
- It affords a deeper knowledge of the city
- It can be done at any time and in nearly any place

Health
- It is an excellent form of regular exercise
- It contributes to overall physical wellbeing
- It tones muscles
- It improves mood, promotes a positive attitude and reduces stress
- The risk of injury is low

Financial
- Purchase and maintenance costs are low
- It is tax-free
- It helps save on energy
- For distances of up to 5 Km, bicycles are the quickest means of transport for door-to-door travel inside the city.

tips safety

Seek a safe route:
Choose the most appropriate routes (bike lanes, roads without heavy traffic, etc.). When riding through parks or in the mountains, respect the environment.

When riding in the road:
Use care and follow traffic rules. Use the right lane nearest the sidewalk whenever possible, and always ride in the middle of your lane to ensure that you remain at a safe distance from other vehicles. Make use of bike lanes and heed the traffic signs specifically intended for bicycles.

Keep a safe distance from the sidewalk and parked cars:
Opening car doors, pedestrians stepping into the street, etc., can all give rise to the need to make sudden movements. This is another reason to make sure you stay in the middle of your lane.

Respect pedestrians:
When riding on sidewalks, traffic islands and promenades, respect pedestrians' right of way and adjust your speed to accommodate foot traffic, making sure that you never go faster than 10 Km/h. Remember, the pedestrian always has the right of way.

Before making turns and other manoeuvres:
When moving forward or making turns, be sure to do so gradually and safely, indicating your intention well in advance and making sure that you have been seen.

Make sure others respect both you and your rights:
Do not hesitate to use your bell or call out. Remember, if you are riding in a bike lane, you have the right of way over any motor vehicles that might be crossing.

Make sure others can see you at night:
It is crucial to use reflective material and lights at night ot at other low-visibility times of days in order to ensure that others can see you.

Choose your bicycle carefully:
Any bicycle can be used in a city. However, city and hybrid bicycles will be safer and more convenient. And remember, the more inconspicuous your bicycle is, the less likely it is to be stolen.

Keep you bicycle in good condition:
Before going out, check your bicycle's tires, breaks and lights. Bring it in for regular revisions at the specialised shops listed in this guide.

Combine bike-riding and public transport:
If the trip you need to make is too long or would require you to take very busy streets, try a combination of bike-riding and public transport. This guide will tell you how.

For your peace of mind:
Take out liability insurance. You can do so by joining any of the associations listed in this guide.

Cambrils City Council recommends:
Condiser using a helmet. It can be extremely helpful in case of falls and is advisable for children. This notwithstanding, please remember that road safety is based on moderate speeds and mutual respect among all users.

In case of an accident:
If you see a person who has been injured in an accident, do not touch him or her and request assistance from experienced professionals. If you yourself are involved in an accident, do not move: wait for the medical team to arrive, even if you think that nothing is wrong.

Finally, get in touch with other cyclists!
Participate in any of the associations in order to be better informed, to air your complaints and proposals and to join in the effort to promote this means of transport. The more bicycles there are on the road, the safer the roads, and the less polluted the city, will be!

preventing bike theft

Always lock up your bicycle, even when it will only be out of your sight for a moment. Use a stiff, resistant U-shaped lock. Do not think twice about the investment: while such locks may be more expensive, they are also safer.

When out on the streets, it is preferable to use bike racks with a horizontal bar, using two chains to lock both wheels and the frame. When this is not possible, lock your bicycle to a fixed and stable point (e.g. a lamppost or tree) in a visible place, where it will not interfere with traffic.

If your bike is stolen, report the theft to the police. Hang on to the receipt when you purchase your bike or keep a detailed description and photo: it will make it easier for you to get it back.

civic bicycle committee

What is it?
The Cambrils Civic Bicycle Committee is a standing forum of a consultative nature intended to foster citizen participation.

Goals
The Committee's primary goal is to encourage participation by forging links between all organisations, groups and individual citizens interested in having a say in the bicycle mobility issues affecting the city. The Committee also frequently deals with issues relating to pedestrians, in order to address the full set of issues relating to non-motorised forms of transport.

Functions
- To analyse, debate and provide information on the actions that need to be taken or strengthened in relation to the promotion of bicycle use in order to improve the quality of life of citizens of Cambrils.
- To provide support for the planning of important events such as "Bicycle Week", "Environment Day", "The Day Without Cars", "Safe and Sustainable Mobility Week", related local trade shows, etc.
- To set up working groups.
- To collaborate on the design of municipal programmes intended to improve the sustainability of local mobility.
- To encourage citizen participation.
- To disseminate the Commitee's own work and viewpoints through reports, press notes and activities held with a view to stimulating citizen participation.

How can I participate?
Groups, associations, organisations and other bodies wishing to form a part of the Committee should inform the Chairman of the Board and appoint a representative, who will be invited to each meeting and entitled to speak and to vote.

Individual citizens wishing to form a part of the Committee will need to file a formal request and, like the representatives appointed by groups, associations, organisations and other bodies, subscribe to a series of commitments.

Further information can be found in the "Environment" section at **www.cambrils.org**

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ecotourist routes

Some of the city's cycle lanes are included in the ecotourism network.

The ecotourism network is a series of lanes and routes especially planned for those who would prefer to discover the city's charms on foot or by bike. These routes offer visitors a tour of the natural and cultural assets forming a part of our heritage.

The routes are thematic, and all begin and end at the same point: the Molí de les Tres Eres mill.

Of especial note are the rural routes, which take visitors through lesser known, inland areas of Cambrils, offering a window onto a hidden, pastoral landscape and a respite from the bustling traffic and noise, as well as panoramic views of the entire township.

The rural routes include:

- **The Oil Route · 14 Km**
- **The Green Route · 19 Km**
- **The Pre-Modernist Route · 17 Km**

- The Environment Area of Cambrils Town Hall regularly organizes bike trips through the ecotourism itineraries.
- For more information, see the "**Ecotourist Routes**", published as a companion to the routes.

addresses and telephone numbers of interest

Cambrils City Council
Plaça de l'Ajuntament, 4
www.cambrils.org
Environmental Department
• Tel.: 977 794 579
Municipal Tourism Board
• Tel.: 977 792 307

Association for the Promotion of Bicycle-Use
Catalonia Bicycle Club (BACC)
Carrer Verneda 16–22 - 08018 Barcelona
Tel./ Fax 933 077 100
www.bacc.info / info@bacc.info

Cycling Clubs

Costa Daurada Cycling Club
Avinguda Adelaida, 30
Tel.: 977 558 426

Penya Cicloturista Cambrils
Passeig La Salle, 15
Tel./ Fax 977 361 739
www.penyaciclotouristacambrils.com
pccambrils@lycos.es

bike shops

ESPORTS MARINÉ
Passeig La Salle, 15
Tel.: 977 361 739

GABY BIKE
Passeig Albert, 19
Tel.: 977 362 790

bike rental shops

CYCLO CAMBRILS
Passeig Miramar, 8
Tel.: 606 369 180

DRAC BEACH
Avinguda Diputació, 16
Tel.: 977 791 144
www.dracbeach.com

bringing bicycles on buses and renfe trains

BUSES

City buses do not allow bicycles to be brought on board.
With intercity buses, there is no standard rule; in other words, each company applies its own criteria. Most companies do allow bicycles to be brought on board, providing there are no more than two or three bicycles at a time. Contact each company in advance to inform yourself of its rules.

RENFE

Bicycles may be brought on board on regional trains under the following conditions:
• The bicycles must remain on the platforms or in the areas especially designated to this end.
• Groups of over 5 people must request permission in advance from the company (Regionals RENFE).

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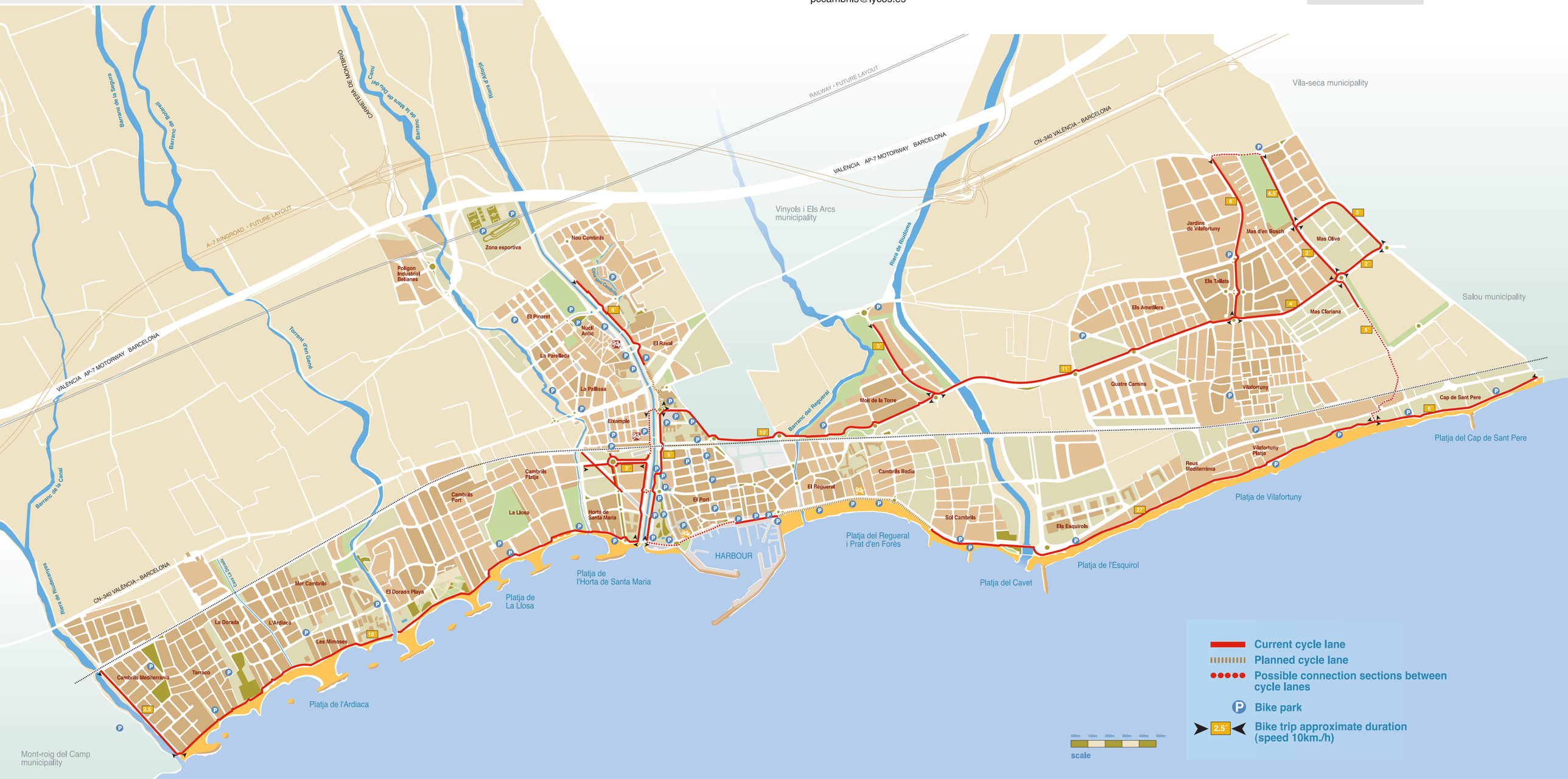
CAMBRILS urban network