Tuscaloosa Bike Map

Route Suggestions

Bicycling Tips

Resources

Support Your Neighborhood Bike Local
- Help strengthen the economic base of your community
- Reduce environmental impact
- Foster local job creation
- Get better service
- Help conserve energy
- Local foods are fresher and taste better

Just three hours of bicycling per week can reduce your risk of heart disease and stroke by 50%.

65% of all trips are made within two miles of the home.

Bicycling...
- Promotes healthier lifestyles
- Creates jobs and supports independent businesses
- Lowers healthcare costs
- Strengthens family bonds
- Provides a recreational outlet for youth
- Builds closer-knit communities
- Reduces polluting emissions
- Decreases road congestion
- Lessens our dependence on foreign oil

In 2005, U.S. consumers bought 19.8 million bicycles. That’s 4.4 million more than all the cars and trucks purchased in the U.S. that year.

The number of Americans who ride bicycles is greater than all those who ski, golf, and play tennis combined.

86 million Americans ride bicycles.

- Do you think we need more bike lanes, multi-use trails, better access, etc? Contact your local council member to voice your opinion. Go to tuscaloosa.com and cityofnorthport.org for a listing of emails and phone numbers.

Bike Laws and Bike Safety

Bicyclists are reminded that bicycles are defined as vehicles by Alabama Code 32-5A-260 (12). “Bicyclists...shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle...except as to those provisions...which by their nature can have no application.”

Be Careful at Intersections
- The majority of urban bicycle accidents occur at intersections. Proceed carefully, make sure you are visible, and signal your intentions. Vehicles may not expect you to be using a bicycle on these streets.

Be Courteous
- The road is the responsibility and consideration toward fellow motorists and pedestrians. As a bicycle rider, you must make sure you are courteous to other drivers on the road, even if they are driving fun cars you can only dream of.

Be Visible
- If you desire to ride your bicycle at night or in otherwise low light situations be sure to light up your bike. Additionally, wearing reflective clothing and a light colored helmet will be very helpful.

Be Respectful of Car Doors
- Be wary of parked cars. Motorists can unintentionally open doors that can catch your leg or tire with a quick movement.

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Cycling on Parks
- Be aware of local laws on parks and be sure to follow them. Tuscaloosa and Tuscaloosa County have many bike paths and trails.

Make Eye Contact
- Establish eye contact with other drivers to ensure that you are seen.

Cycling in a Straight Line
- Avoid splitting between parked cars. Ride in a straight line and avoid weaving; it is more difficult to see any oncoming vehicles with your head down.

Cycling to Work
- Cycling is a great way to save money and reduce your carbon footprint. Bicycles are a great way to avoid the stress of traffic and get some exercise.

Cycling in a Group
- When cycling in a group on city streets, make sure to keep a safe distance from any other vehicles.

Cycling to Play
- Riding a bicycle is a great way to get exercise and have fun. Bicycles are a great way to explore the city and enjoy the outdoors.

Cycling in a Storm
- If you are caught in a storm while cycling, be sure to stay dry and safe.

Cycling in the Winter
- If you are caught in the winter while cycling, be sure to wear warm clothing and be prepared for any weather conditions.

Cycling in the Summer
- If you are caught in the summer while cycling, be sure to stay hydrated and wear sunscreen.

Cycling in the Fall
- If you are caught in the fall while cycling, be sure to enjoy the beautiful leaves and cool weather.

Cycling in the Spring
- If you are caught in the spring while cycling, be sure to enjoy the fresh air and blossoms.

Sidewalks and Bikes:
- Many people consider sidewalks a safe place to ride a bicycle. Unfortunately, sidewalks aren’t all that safe. Trees, parked cars and buildings can create blind spots; pedestrians can step suddenly; a child or animal can run into your path. Remember that drivers are not expecting a fast moving bicycle when pulling out of driveways. According to Alabama Code 32-5A-52 (3), it is illegal to ride your bike on the sidewalk or in crosswalks. If at a certain point you decide to ride on the sidewalk for your own safety, ride slowly and always give an audible sound when passing. We do not recommend using the sidewalk to ride your bike.

Local Bike Groups
- Local Bicycle Groups
  - Drud City Bicycle Club
  - I Bike Tuscaloosa
  - The University of Alabama Cycling Club
  - Alabama Cyclocross Series
  - West Alabama Mountain Bike Association
  - Tuscaloosa Park and Recreation Association

Other Groups
- Alabama Bicycle Coalition
- Bike Shop
- Tuscaloosa Parking
- Tuscaloosa Schools
- Tuscaloosa County

Local Resources
- Local Resources
  - To report needed road maintenance (paving, potholes, street sweeping, lighting, etc) please call Tuscaloosa 311.
  - To report an off leash dog or other bike safety issues, call the Police Department (205) 349-2121.
  - The Bike Shop
  - Velocity Pro Cycle
  - UA Outdoor Recreation Bike Shop
  - Tuscaloosa Park and Recreation Association
  - Safe Routes to School
  - Tuscaloosa Schools
  - Tuscaloosa County
  - Tuscaloosa Cycling
  - Tuscaloosa Parking
  - Tuscaloosa Schools
  - Tuscaloosa

Transportation Enhancement
- Transportation Enhancement
  - Group of dedicated volunteers working in Greensboro, AL to provide unfurled bicycles.