



# NEWS RELEASE

**Date:** June 9, 2008 08-023  
**District:** District 2 - Redding  
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## FOR IMMEDIATE RELEASE

### CALTRANS RELEASES A SECOND EDITION CYCLING GUIDE

**REDDING** – The California Department of Transportation (Caltrans) District 2 announces the release of the second addition of the Caltrans District 2 Cycling Guide.

The Guide is designed to give bicyclists an overview of what to expect while cycling on State highways in the northeastern counties of California, the area covered by Caltrans, District 2.

District 2 extends from Trinity, Tehama, and Plumas Counties northward through Shasta and Lassen Counties to Siskiyou and Modoc Counties on the Oregon border. All of the State and U.S. Routes in these counties are open to cyclists except for a few designated sections, which have alternate routes identified in the guide.

#### Cycling Guide Highlights:

- Information regarding cycling in the north state
- Laws pertaining to bicycle operation and bicycle safety guidelines
- Terrain, topography and elevation profile maps for bicycling on State highways
- Park and Ride locations
- Bicycle route overviews
- Safety Roadside Rest Areas and vista points
- Local Chamber of Commerce listings to help plan your trip

The 5.5”x 8.5” weatherproof Cycling Guides, a must for long distance and cross country cyclists, are available free at the Caltrans District 2 office, 1657 Riverside Drive in Redding, or by download from the web at [caltrans2.info](http://caltrans2.info)

For more information, contact Tamy Quigley, Caltrans District 2 bicycle coordinator, at 530-225-3478

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**NOTE:** An electronic version of this news release is available on the Internet at the following web address: <http://caltrans2.info/roadinfo.htm>

