

An aerial photograph of Raleigh, North Carolina, showing a mix of modern skyscrapers and older, lower-rise buildings. The skyline is dominated by a tall, glass skyscraper on the left and a cluster of modern buildings in the center. The foreground shows older, brick buildings with flat roofs. The sky is a pale, overcast blue.

Spoke City: A Guide to Navigating Raleigh by Bicycle

...or any way you choose, if you choose to ditch your car.

So, you want to plan a
bike ride in Raleigh?

That's great!

But where to begin?



Getting around Raleigh by bike can feel intimidating
and unsafe, but with a little planning, you'll find
a lot of great options for a fun, low stress bike ride.

Route Planning:

Plan on your phone, laptop, or desktop:

Strava (app and browser)



- Good for finding popular routes via heatmap
- Able to see POI and user shared location photos
- Fully customizable route mapping
- Can save routes
- Has mobile app that can follow routes and navigate
- Social component, challenge yourself or challenge your friends

Ride With GPS (app and browser)



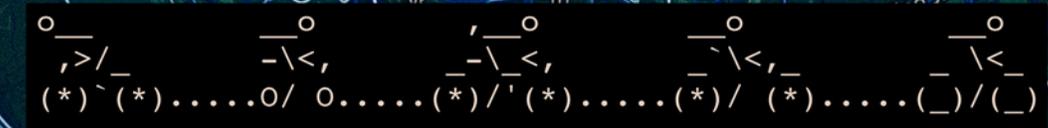
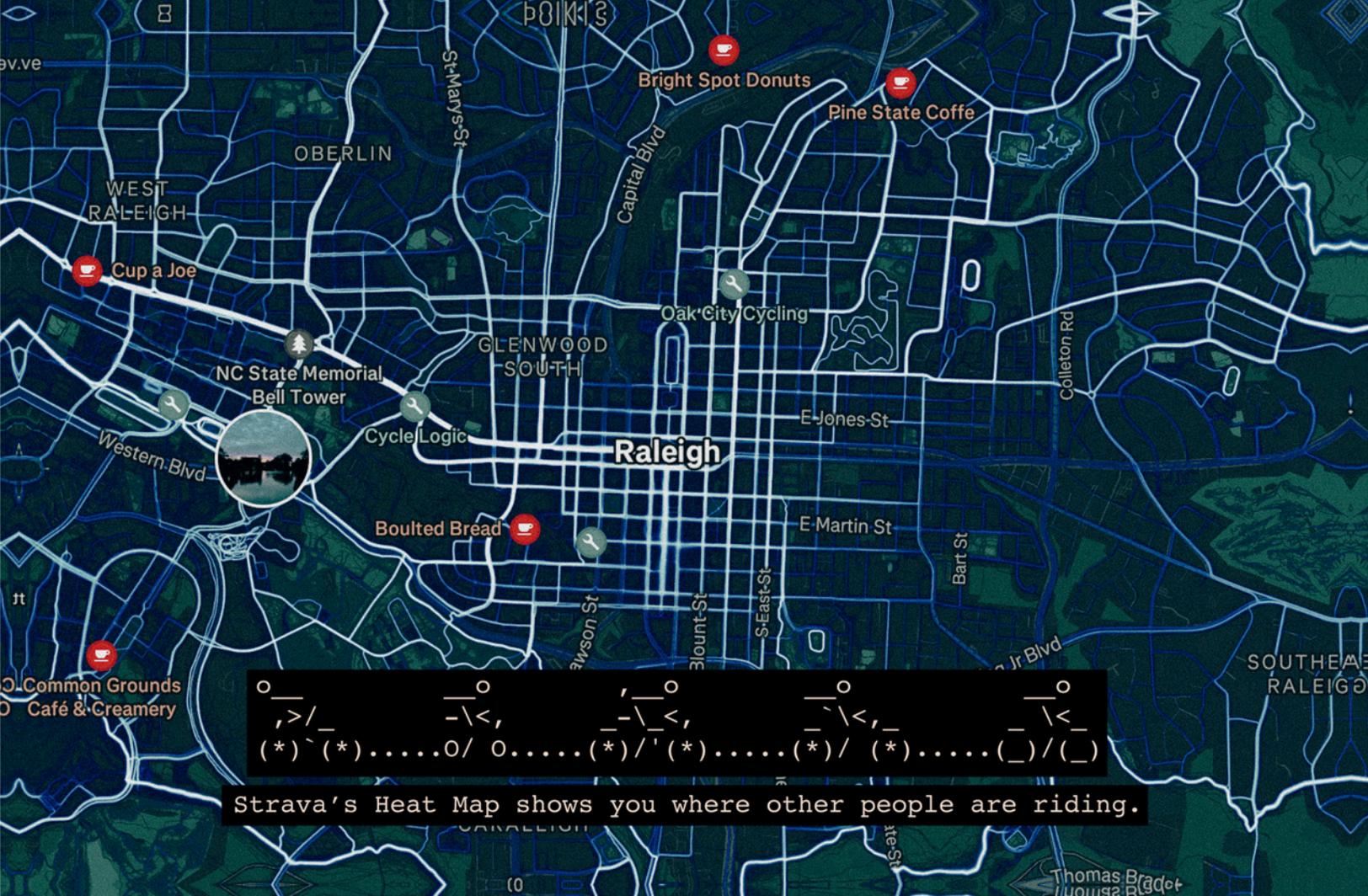
- Fully customizable route mapping
- Can save routes
- Can export routes to share or be used by other apps
- Can export routes to be used with cycling computers, e.g. Garmin, Wahoo, and Hammerhead computers.
- Less options with browsing other users' custom routes
- Has mobile app that can follow routes and navigate

Cyclers.app (app and browser)



- Route planning by preferred terrain
- Route planning with safe routes prioritized over shortest distance
- Provides several alternate options for each route
- Emissions Saved counter for each trip planned
- New app and thus some map data is still missing





Strava's Heat Map shows you where other people are riding.



Save Share Edit More

2024 Crank for a Cause - 12 Mile Route

By Jared

12.7 mi + 516 ft 4.1 %
00:00 - 521 ft -4.0 %

Send to Device

The official route for the Oaks & Spokes Crank for a Cause fundraising ride. Subject to change due to conditions on the ground as we get closer to the event

Edit

Raleigh, NC Public (225 views)
Created Oct 24, 2024 Copy of 2022 Crank for a Cause - 12 Mile Route (copy)

Fullscreen Layers Heatmaps Settings RWGPS Cycle

Map Tiles OpenMapTiles OpenStreetMap contributors

Elev Surfaces Grade 12.7 miles · +516 ft / -521 ft Drag on graph to zoom/select

600
400
0
0 2 4 6 8 10
elevation (ft) distance in miles drag to zoom in

Ride With GPS is a great way to plan a detailed route turn by turn.

.....0/ 0.0/ 0.....0/ 0

← Edit **5 plans found**

99 % 7,7 km	70 % 4,2 km	86 % 4,6 km
81 % 4,4 km	80 % 4,4 km	

PLAN 1 DETAILS

ROUTE VALUES

99 % MATCH	25 min TIME	7,7 km DISTANCE
597 kJ ENERGY	28 m ELEVATION GAIN	1039 g EMISSIONS SAVED

ELEVATION PROFILE

11km **el. gain 28 m**

58 m

SURFACE

● Asphalt: 7,6 km	● Paved: 0,0 km
● Badly Paved: 0,0 km	● Smooth Unpaved: 0,0 km
● Unpaved: 0,0 km	● Bumpy Unpaved: 0,0 km
○ Unknown: 0,0 km	

Cyclers prioritizes safety and comfort over shortest distance and time.

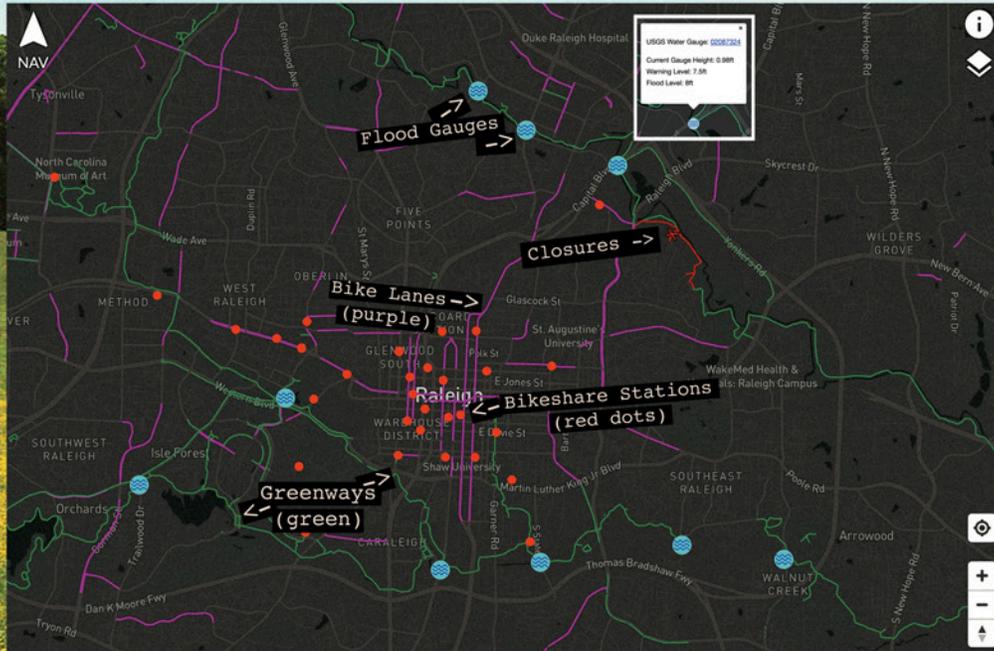
Are you over apps or don't want tech companies tracking your movement?

Yeah, we get that.

Oaks and Spokes has an independent, comprehensive bikeway map
at map.oaksandspokes.org.



Our map features:



map.oaksandspokes.org



Still a little nervous about riding on the road?

Take the greenway!

Raleigh has over 100 miles of connected greenway trail.

The greenways are paved, multi-use trails that run beside the many rivers and creeks in Raleigh.

They are away from roads, and thus away cars.

They are shaded.

They are connected to parks, forests, and wetlands.

They are open during daylight hours only.

The greenways don't take you everywhere you need to go, but they are a great option for some trips.

Look for the signs!

Check out the greenway map!





Or just ride around your neighborhood and see how far you can go.

Look for the neighborhood bike route signs.

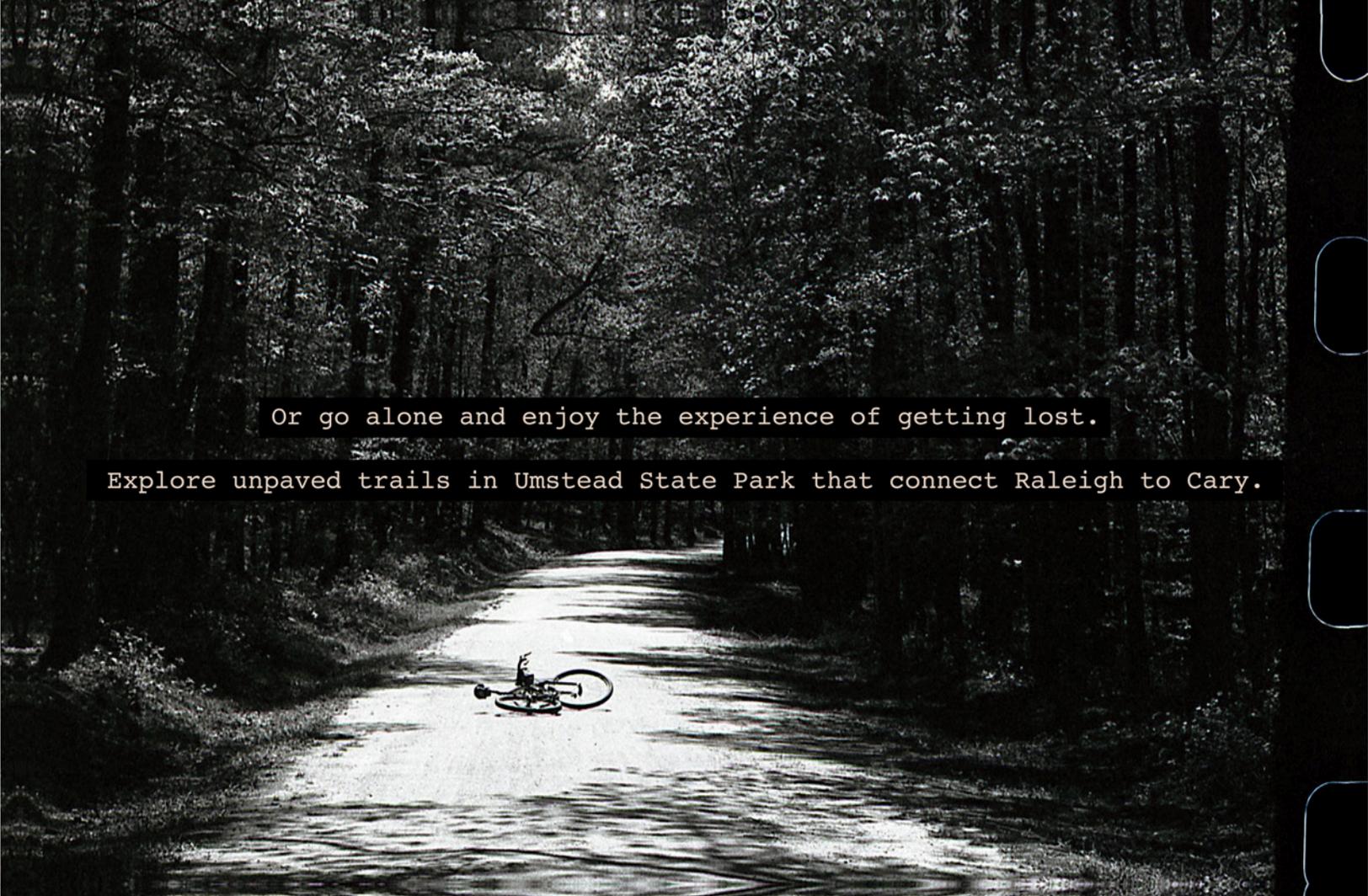
These signs are on quiet, low-traffic, and low-speed-limit roads throughout Raleigh.

A photograph of three people sitting on a grassy area next to a bicycle. The person in the foreground is a woman with a brown cap, glasses, and a black and white striped t-shirt, sitting cross-legged. Behind her is a man with a beard, a black cap, and sunglasses, also sitting cross-legged. In the background, a woman with long hair and sunglasses is partially visible. A bicycle is leaning against a tree on the left. The scene is outdoors with green grass and a paved path in the background.

Take a ride with a friend.
You don't have to go alone.



Or let a bike ride be the reason to meet someone and make a new friend.



Or go alone and enjoy the experience of getting lost.

Explore unpaved trails in Umstead State Park that connect Raleigh to Cary.



Because when you're on a bike, you see and discover the world with a new set of eyes.



When you're behind the wheel of a car, you miss out on your city's unique character.

A person is shown from the waist down, wearing a brown leather bag and a black helmet. The person is standing in a field of dry grass. The bag is open, and the person's hand is visible inside, reaching for something. The helmet is on the ground next to the bag. The background is a field of dry grass.

Get yourself a bike basket or bag so you can carry some essentials.

Water

Lock

Lights

Flat Repair Kit

Multi-tool

Snacks

Camera

Stickers

Money

Phone

Take a camera and document

your friends looking rad on their bike.

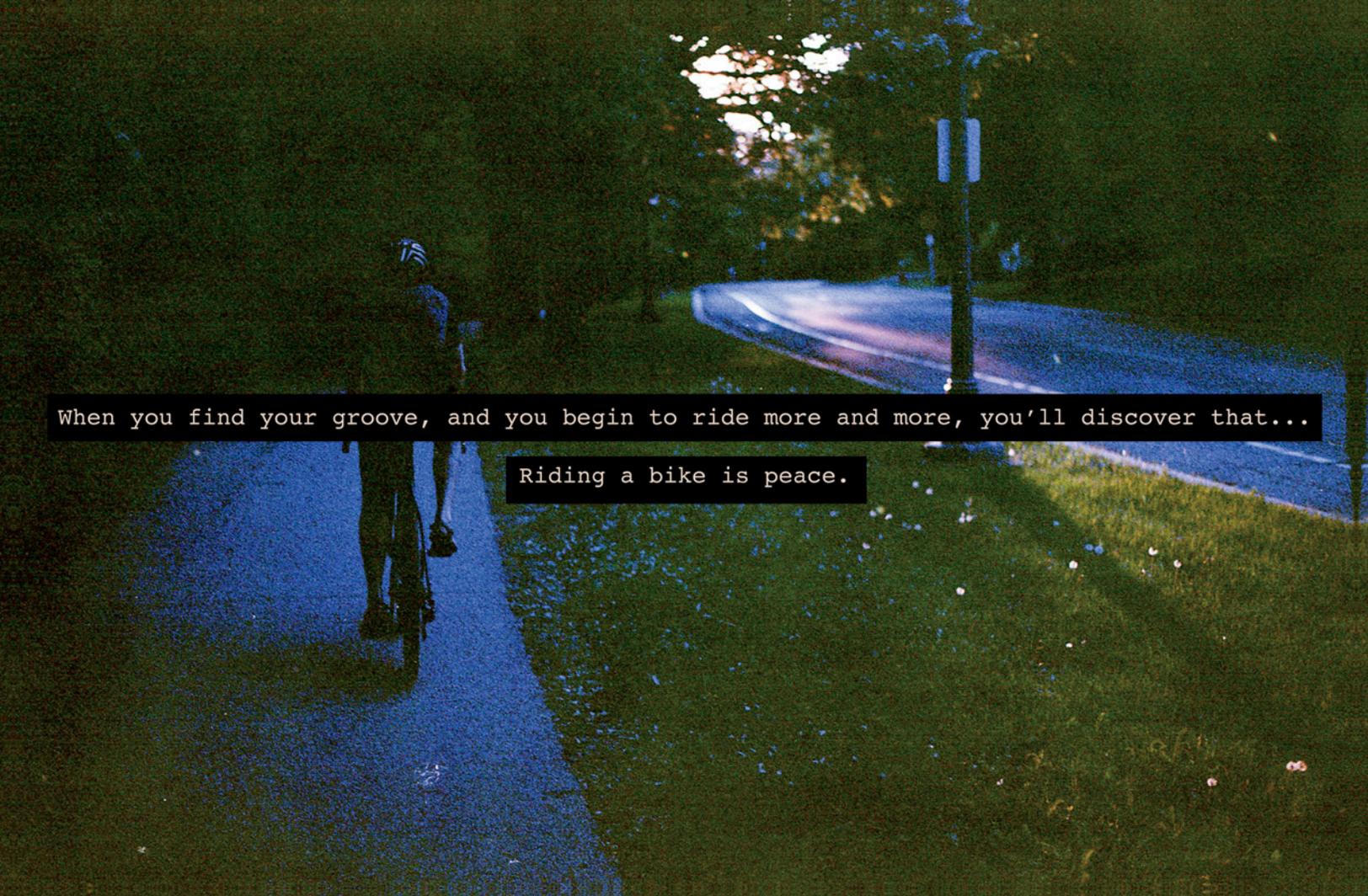


A person wearing a bicycle helmet is shown from the chest up. They are smiling broadly, showing their teeth, and holding a black mustache to their upper lip with their right hand. The background is a dark, textured green. Three black rectangular boxes with white text are overlaid on the image.

Be safe.

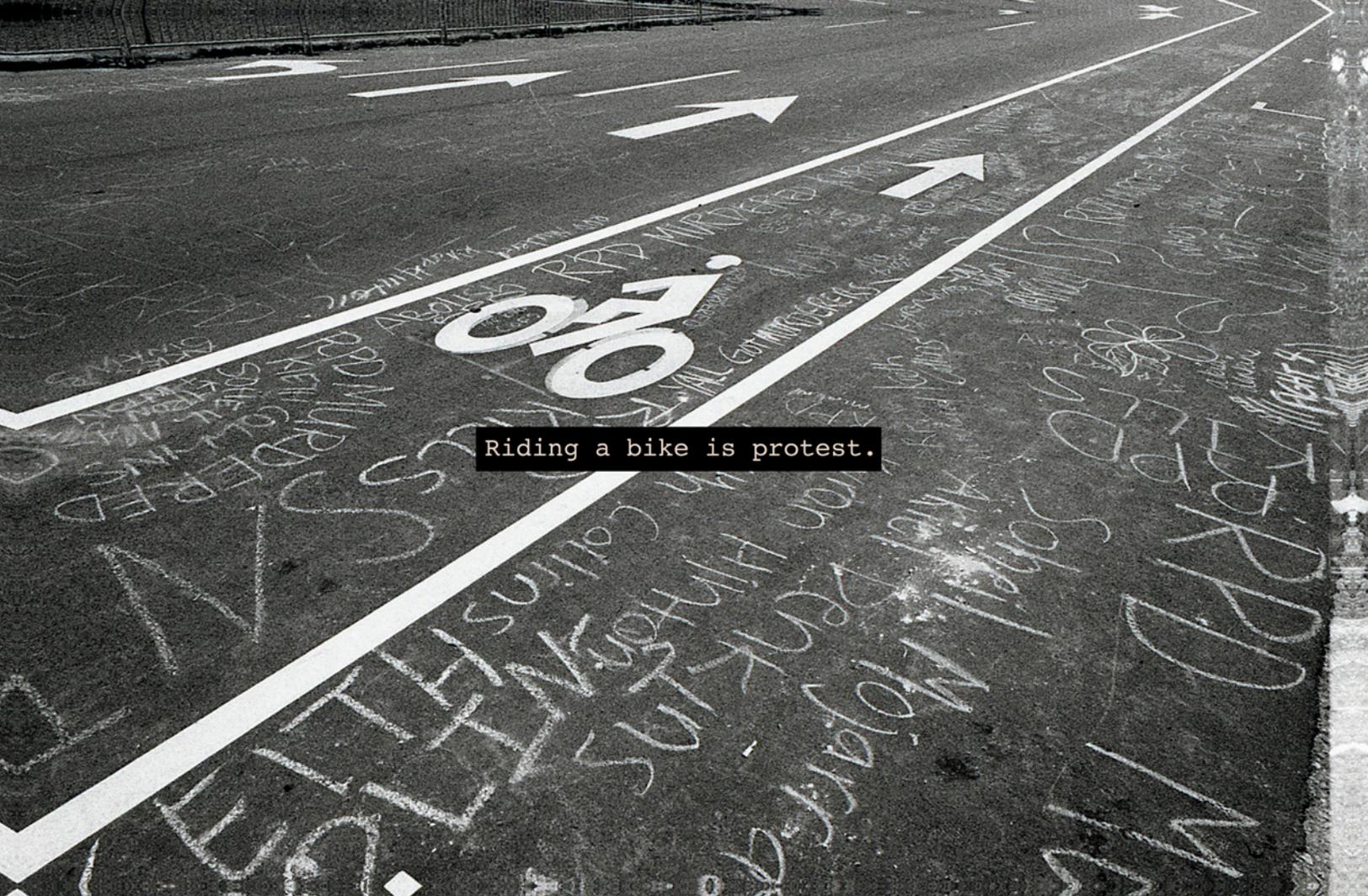
Helmets are a great idea.

But helmets will never replace protected infrastructure for bicycles.

A person wearing a helmet and dark clothing is riding a bicycle on a paved path. The path is illuminated by a bright light source, possibly the setting or rising sun, creating a long, glowing shadow of the cyclist. The background shows a road with a white line, trees, and a utility pole. The overall scene is captured in a low-key, artistic style with a strong contrast between light and shadow.

When you find your groove, and you begin to ride more and more, you'll discover that...

Riding a bike is peace.



Riding a bike is protest.

WON T YOU BE MY NEIGHBOR

Riding a bike is community building.

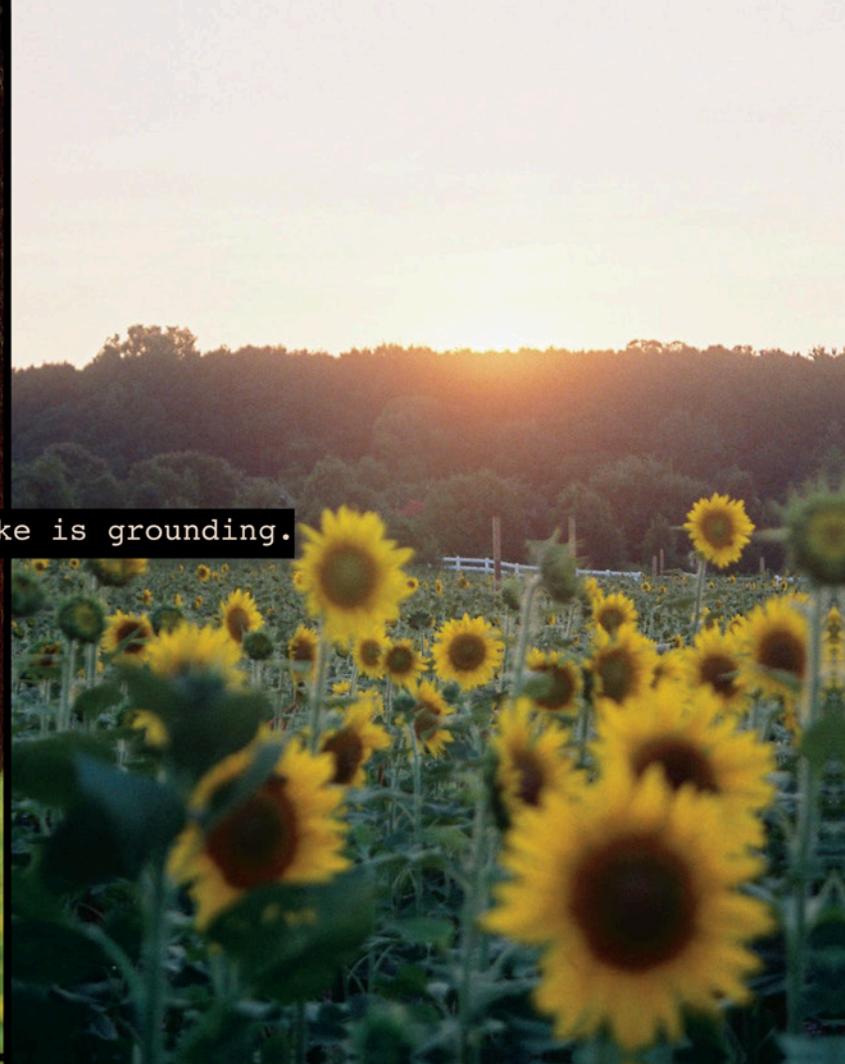


A photograph of a modern building with concrete walls and metal railings. The building has a multi-level design with a prominent staircase and a walkway. The scene is captured in bright daylight, with strong shadows cast across the concrete surfaces. A black text box is overlaid on the image, containing the text "Riding a bike is discovery and rediscovery." in a white, monospaced font. The background shows a clear blue sky and a brick building in the distance.

Riding a bike is discovery and rediscovery.

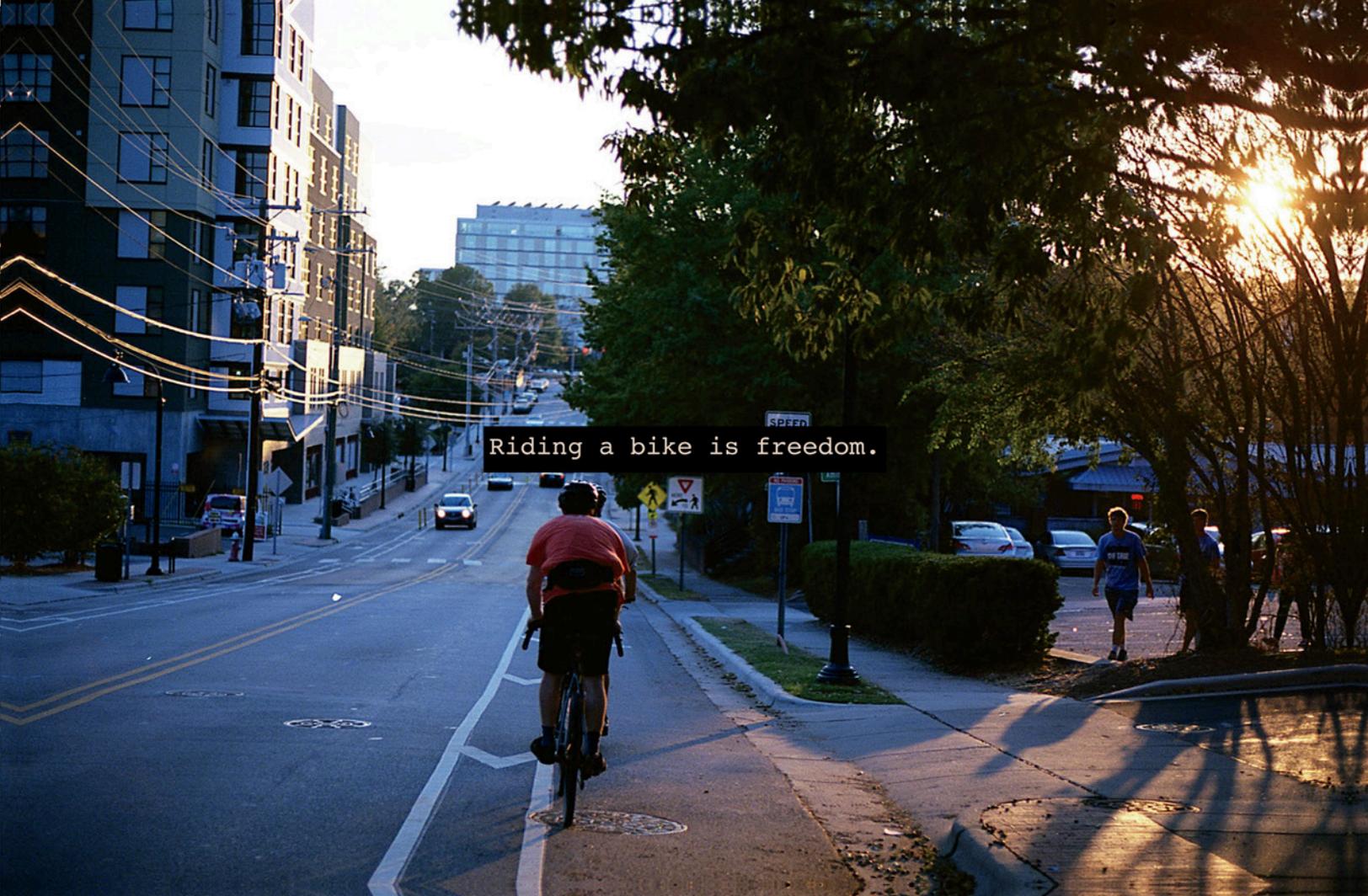


Riding a bike is grounding.



A night scene featuring two individuals on a zipline. The person on the left is wearing a yellow helmet and a blue jacket, with their mouth open in a shout or laugh. The person on the right is wearing a black helmet and a dark jacket, looking towards the left. A bright, glowing white light trail curves across the upper right portion of the frame. The background is dark with some foliage visible. The overall lighting is a mix of blue and white, with the ziplines appearing as thin white lines against the dark background.

Riding a bike is happiness.

A person in a red shirt is riding a bicycle away from the camera on a city street. The street has a white-painted bike lane. To the left is a modern multi-story building. To the right is a sidewalk with trees and a few pedestrians. The sun is low in the sky, creating a warm glow and long shadows. A black text box is overlaid on the image.

Riding a bike is freedom.

Draw a scene from your ride:

Write something inspired by your ride:

You got this.

Thank you for riding your bike.

Oaks and Spokes is an active transportation advocacy
and community building organization in Raleigh, NC.

www.oaksandspokes.org, [@oaksandspokes](https://twitter.com/oaksandspokes), info@oaksandspokes.org

Photos and design by Southern Wonders.

If you enjoyed this zine or support the work of Oaks and Spokes,
consider making a small contribution:

