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Road  
Safety  
Bulletin

41

道路安全通訊

# 單車徑上 騎單車 Cycling on Cycle Tracks



編輯  
Editor



運輸署  
Transport Department

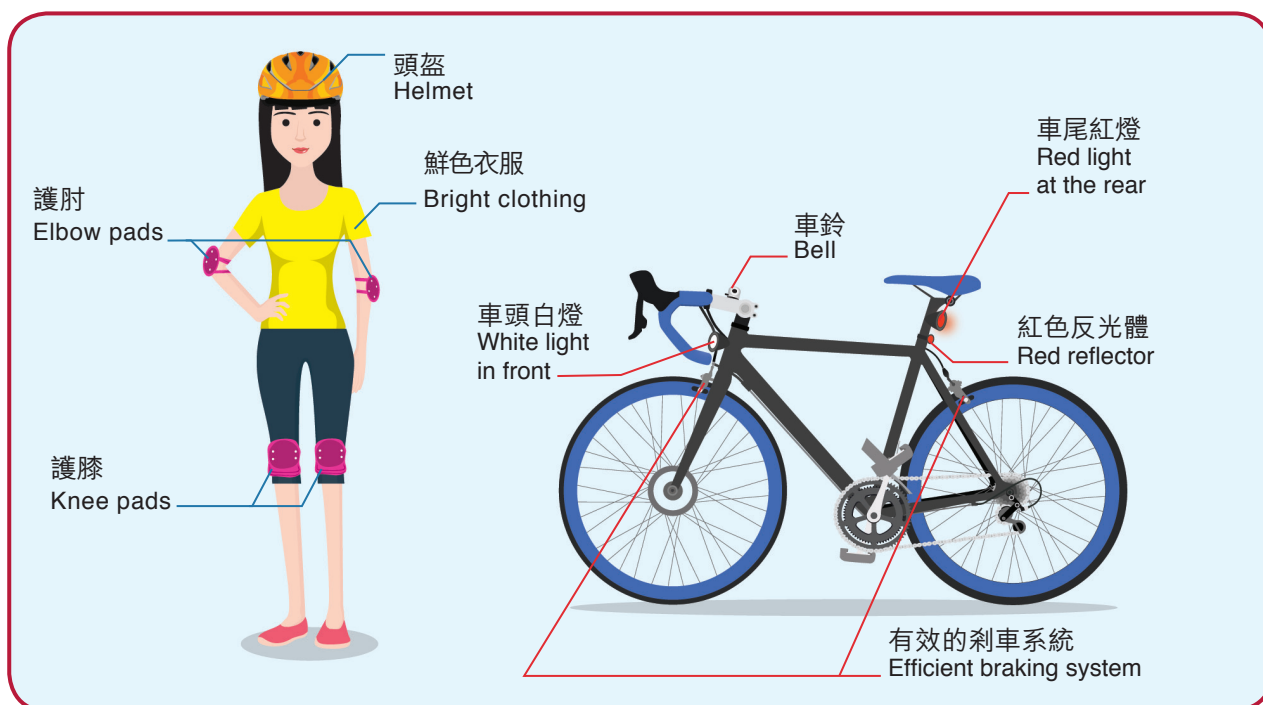
出版  
Published by



道路安全議會  
The Road Safety Council

<http://www.roadsafety.gov.hk/>

# 騎單車前 Before Cycling



## 裝備

- 戴上合適的頭盔及保護墊。
- 穿著顏色鮮明、淺色、反光或螢光衣物，令其他道路使用者能夠容易看到你。
- 攜帶的物件應盡量輕巧，亦不應阻礙你的視線或對單車的操控。

## 單車

- 單車大小及把手高低均要合適，並適當調較鞍座的高度。
- 確定單車安裝有以下的法定配件：
  - 有效的制動系統
  - 可發出警告的車鈴
  - 車尾的紅色反光體
  - 在夜間或能見度低的情況下，於車頭及車尾分別展示一盞白燈及一盞紅燈
- 檢查單車各部件是否安裝穩妥及運作正常，例如前後輪是否穩妥地接上車架、輪胎氣壓是否足夠等。

## 路線

- 查閱單車徑路線以計劃行程。
- 如路旁設有單車徑，必須在單車徑騎單車。

## Gears

- Wear proper safety helmets and pads.
- Wear bright or light-coloured, reflective or fluorescent clothing to make yourself visible to other road users.
- Your belongings should be light and small. They must not obstruct your sightline or affect your control of bicycles.

## Bicycle

- Bicycle should be of the right size and handlebar should be at suitable height. Adjust the height of saddle properly.
- Check the following statutory fittings:
  - An efficient braking system
  - A bell for giving warning
  - A rear red reflector
  - At night or in poor visibility conditions, turn on a white light at the front and a red light at the rear of the bicycle
- Check if various components of the bicycle are properly fixed and operational, e.g. whether the wheels have been properly fixed to the frame, whether the tyre pressure is sufficient.

## Route

- Check the routes of cycle tracks to plan your trip.
- For roads with cycle track, you must ride on the cycle track.

# 騎單車時

## When Cycling

### 留意四周情況

- 騎單車時須保持專注，不要使用流動電話或戴上耳筒。
- 留意與前方單車的距離，保持安全車距，避免因前車突然減速而發生碰撞。

### 遵守單車規則

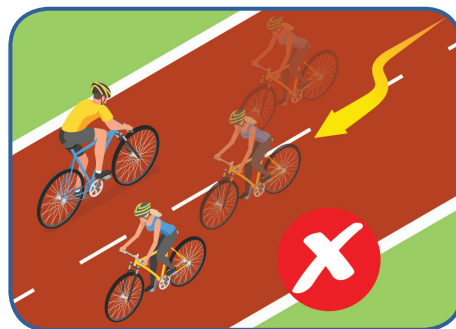
- 遵守交通規則、交通標誌和道路標記。
- 騎單車須顧及他人安全，不要在單車徑上左穿右插。
- 適當地調節車速。車速不應過高，以免對其他騎單車者構成危險。
- 駛近單車徑上的行人過路處時，應注意行人，並減慢車速。

### Pay attention to your surroundings

- Be attentive while cycling. Do not use mobile phone or earphone.
- Pay attention to your distance from the bicycles ahead. Keep a safe distance to avoid collision in case of sudden braking of the bicycles in front.

### Comply with the rules

- Follow traffic rules, traffic signs and road markings.
- Ride safely with consideration to others. Do not drift from side to side or in zig-zag way on cycle tracks.
- Adjust your speed suitably. Your speed should not be too high to endanger other cyclists.
- When approaching pedestrian crossings on cycle tracks, look out for pedestrians and reduce speed.



# 停泊單車

## Parking of Bicycles

- 只可在指定泊車處停泊單車。
- 不可在同一公眾泊車處連續停泊單車超過 24 小時。
- Park your bicycle in a designated parking place.
- No bicycle should be continuously parked at the same public parking space for more than 24 hours.



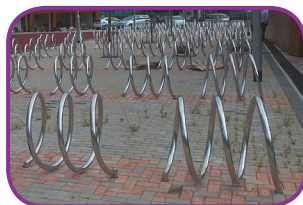
倒 U 形單車泊架  
Inverted-U bicycle parking racks



一上一下式單車泊架  
One-Up-One-Down bicycle parking racks



雙層單車泊架  
Double-deck bicycle parking racks



螺旋形單車泊架  
Spiral bicycle parking racks

# 單車徑上的交通標誌

## Traffic Signs on Cycle Tracks

### 限制標誌

#### Regulatory signs



顯示一條毗連的單車徑及行人路，而該單車徑只供騎單車者使用，該行人路則只供行人使用  
Indicates an adjoining cycleway and footway, and that the cycleway is to be used by cyclists only and the footway by pedestrians only



供多輪車使用的單車徑及單車場  
Cycleway and cycleground for multi-cycles



必須下車及手推其單車  
Must dismount and push your bicycles

**Cyclists dismount**  
**Use pedestrian crossing**  
**騎單車者到此下車**  
**由附近行人綫過路**

必須下車，並使用行人過路處橫過道路  
Must dismount and use the pedestrian crossing when crossing the road



騎單車限制區終止  
End of cycling restriction

### 警告標誌

#### Warning signs



警告騎單車者前面可能有行人正在道路上或旁邊，或正橫過道路  
Cyclists are warned of the possible presence of pedestrians on, adjacent to, or crossing the road ahead



建議騎單車者下車  
Cyclists are advised to dismount



前面有斜路，建議下車步行  
Cyclists are advised to walk and not to ride their bicycles down the steep road section ahead



前面有向下/向上斜坡的單車徑  
Steep downward / upward cycle track section ahead

## 兒童騎單車者 — 給家長的安全提示

### Children as Cyclists – Safety Tips for Parents

- 兒童初學騎單車時，家長應安排他們在合適的場地（例如空曠的平地或單車公園）練習，直至他們掌握基本騎單車能力後才到單車徑騎單車。
- 未滿 11 歲的兒童，必須在成人陪同下，才可騎單車。
- 教導兒童正確地在單車徑上騎單車，並以身作則。
- Parents should arrange their children who are learning cycling to practise at suitable locations (e.g. flat open spaces or cycle parks). Move on to cycle tracks after they have mastered the basic cycling skills.
- Children under 11 years old must be accompanied by an adult while cycling.
- Teach your children how to ride properly on cycle tracks, and set a good example to them.

### 聯絡我們 Contact Us

如對本道路安全通訊有任何意見，可電郵 [rssd@td.gov.hk](mailto:rssd@td.gov.hk) 與運輸署聯絡。

If you have any comments on this Road Safety Bulletin, please contact the Transport Department (e-mail : [rssd@td.gov.hk](mailto:rssd@td.gov.hk))