

Toward Safe and Secure Bicycle Use
【Traffic Rules Guidebook for Cyclists】



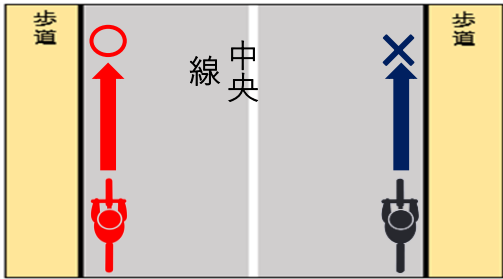
**Chiba Prefectural Police Headquarters
Traffic Department**

January, 2026

Where Bicycles May Proceed

●Proceed on the Roadway

In principle, bicycles should ride close to the left edge of the left side of the road (of roadway.)

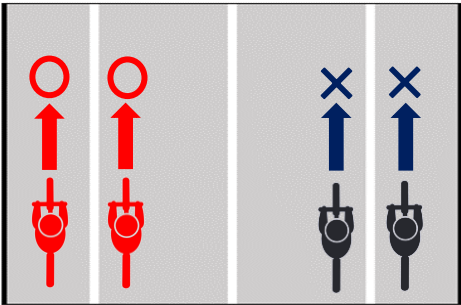


●Roads with Sidewalks (Roadside Strips)

Bicycles may use the roadside strip unless doing so would significantly obstruct pedestrians but exclude pedestrian-only strips. Cyclists can only proceed in one direction within a roadside strip and must use the road strip on the left side of the road,

① Roadside Strip

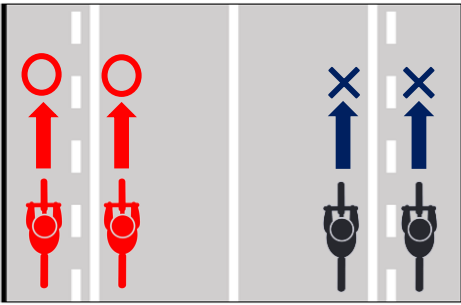
【Solid white line】



• Cyclists may use the left-hand roadside strip.

② No-Parking Roadside Strip

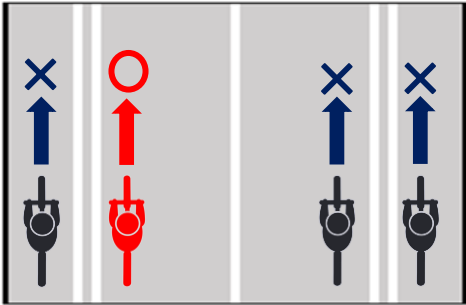
【Solid white line plus broken line】



•Cyclists may use the left-hand roadside strip.

③ No-parking Roadside Strips

【Double solid white lines】



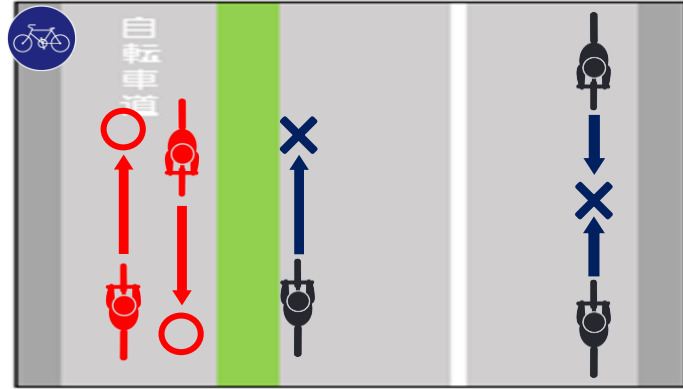
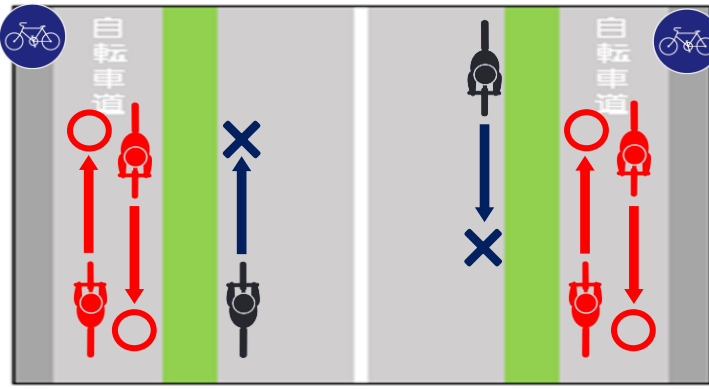
•Cyclists may not use the left-handed roadside strip.

● Separated Bicycle Lanes

Separate bicycle lane is a lane apart from the roadway separated by curbs, fences, or similar structures. Where such lane exist, ordinary bicycles must travel in that lane and keep to the left.

When separate bicycle lanes are available on both sides of the road

When a separate bicycle lane is available on one side of the road.



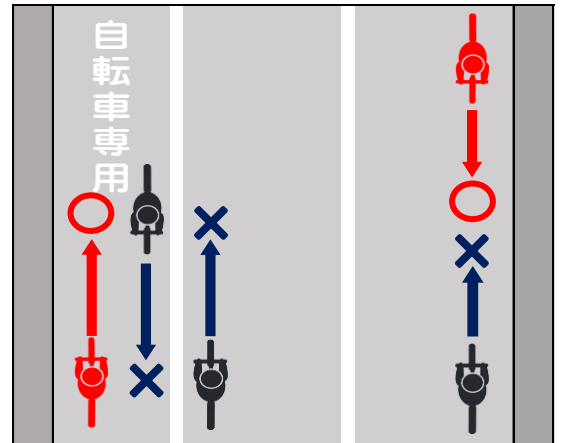
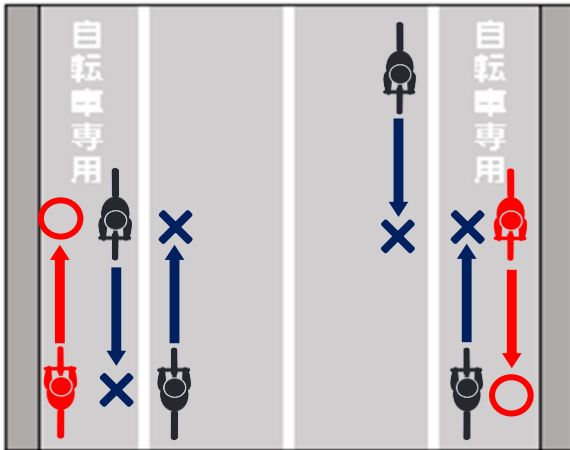
Separated bicycle lanes allow two-way traffic. However, when a one-way bicycle sign is posted, cyclists must follow the direction indicated by the arrow.

● Ordinary Bicycle-Only Lanes

An ordinary bicycle-only lane is a lane designated by signs or pavement markings that ordinary bicycles are required to use. Consequently, bicycles must travel in the bicycle-only lane provided along the left side of the road.

Bike lanes available on both sides

Bike lanes available on one side only



2. Riding on Sidewalks

● When Cyclists have access to sidewalks

In most cases, bicycles must travel on the roadway close to the left side edge. However, ordinary bicycles may travel on the sidewalk in the following case:

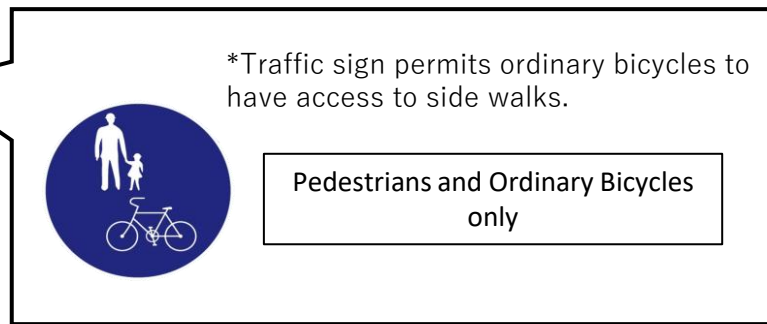
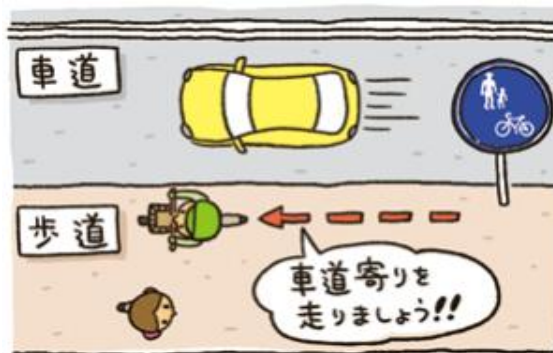
- ① When *road signs or pavement markings clearly permit sidewalk riding,
- ② When cyclists are under 13 years old, 70 years old and older or have certain physical disabilities.
- ③ When safety concerns on roads or traffic conditions make traveling on the sidewalk unavoidable.

Examples of unavoidable circumstances:

The left side of the road is blocked due to road construction or a line of parked vehicles.

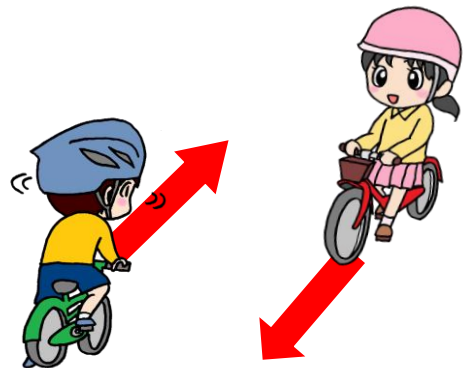
Traffic volume is extremely high, the roadway is narrow, or other conditions create high risks.

Even when under any of the above-listed conditions cyclists must not ride on the sidewalk when a police officer or other authorities indicate not to do so.



●Rules to follow When Riding on Sidewalks

Pedestrians have priority on sidewalks. If cyclists might impede pedestrians, they must stop. Cyclists should ride slowly near the edge closest to the roadway. Two-way traffic is accepted on sideways. When passing each other with a on coming cyclist, pass on the left while looking to the right (i.e., keep to your left side of the sidewalk).



● Designated Bicycle Sections on Sidewalks

A designated bicycle section is a portion of the sidewalk marked for bicycle use. When such a section exists, ordinary bicycles must travel within it. Two-way traffic is accepted but not when a one-way bicycle sign is posted.

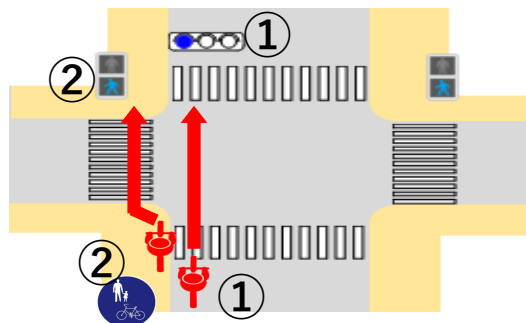
Pedestrians retain priority, so cyclists must proceed at a reduced speed and stop if they might obstruct pedestrians. If pedestrians are not present, cyclists may proceed at a safe speed appropriate to the condition of the sidewalk.



3. Which Traffic Signals Cyclists Should Follow

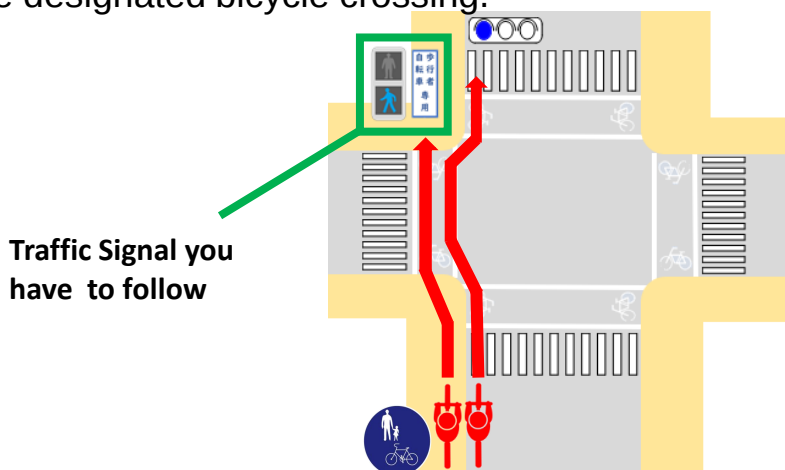
【Traffic Signals】

- ① Bicycles traveling on the roadway must follow the standard traffic signal (Signal ①) at intersections.
- ② Bicycle traveling on the sidewalk are to obey the pedestrian signal (Signal②) across the crosswalk



【Pedestrian/Bicycle-Only/ Signals and Bicycle Crosswalks】

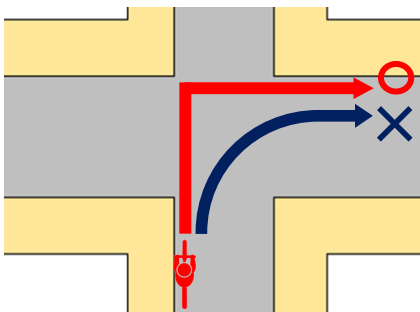
Both roadway and sidewalk cyclists must follow pedestrian/bicycle-only signals and use the designated bicycle crossing.



●Right-Turn Procedure

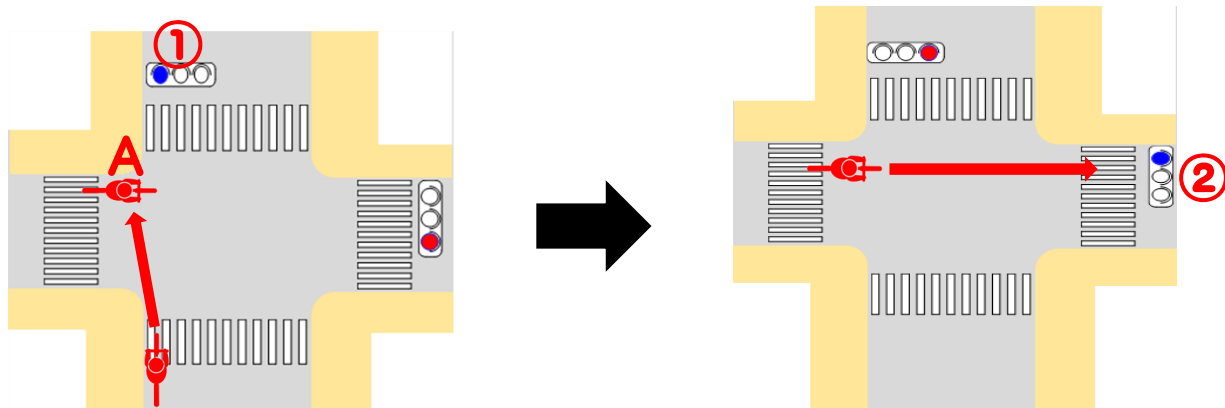
【Without a traffic signal】

Ride close to the left edge of the roadway, make a wide and slow right turn, away from the center of the intersection.



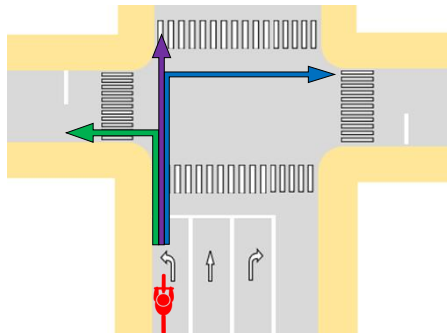
【With a traffic signal】

Follow the forward-facing Signal①, proceed straight along the left edge of the road way, once across the intersection, at Point A, turn right and follow the forward-facing Signal ②, continue to proceed along the left edge.



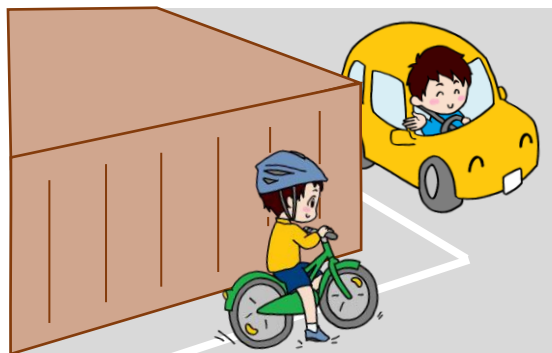
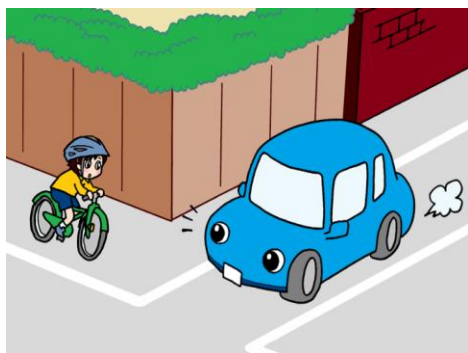
● When a Left-Turn-Only Lane Exists

If the road has a lane marked for left-turning vehicles, motor vehicles must follow it, but cyclists on ordinary bicycles must proceed along the left edge of the roadway. When going straight or turning right, they should be especially vigilant of left – turning motor vehicles.



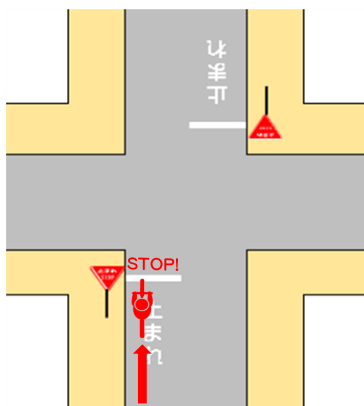
● Blind Intersections

At intersections without traffic signals and poor visibility, cyclists must travel slowly. This reduces the risk of colliding with other vehicles approaching from other directions and give cyclists a better chance to stop or avoid other traffic as needed.



● Stop-signed Intersections

When a stop sign is present, cyclists must stop first right before the stop line, check if they can cross safely without getting in the way of traffic on the intersecting road.



4. Prohibition of Distracted Riding

- Riding with an Umbrella

Opening an umbrella while riding can obstruct vision of or make the rider lose balance. Holding an umbrella in one hand also make steering with the handle bar or grasping the brakes difficult, creating a safety hazard.

- Phoning while Riding

Holding a phone to talk or view images while riding is prohibited. Doing so will narrow the rider’s viewing angle and make the bicycle unstable, and increase the risk of accidents. Obstructing pedestrians, creating traffic danger and causing an accident as a consequence of using a phone is punishable by law.

- Wearing Earphones or Headphones

Riding while wearing earphones or headphones is prohibited because it hinders the cyclist from noticing vehicles or pedestrians, potentially leading to serious accidents.

- Riding Side-by-Side

Riding side by side is prohibited because it narrows the space left for motor vehicles and pedestrians, potentially compromising smooth traffic flow.

Headphones



Phoning while Riding



Riding with an Umbrella



5. Prohibition of Riding Under the Influence

Riding a bicycle while under the influence of alcohol is prohibited. The following acts that encourage drinking before riding are also prohibited:

- Lending a bicycle to a person who is intoxicated.
- Offering alcohol to someone who may soon ride a bicycle.
- Asking an intoxicated person to pedal a bicycle and ride on back of it.

6. Helmet Use

Due to the amendment to the Road Traffic Act, from April 1, 2023, wearing a helmet while riding a bicycle has become a “best-effort” obligation. Many cyclists who died in traffic accidents suffered fatal head injuries. Protecting the head is extremely important. To reduce the severity of injuries in accidents, wear a helmet.



7. Actions to Take After a Traffic Accident

If a cyclist collides with a pedestrian or a vehicle, he/she must immediately stop and take the following actions:

- ① First-Aid

If there are injured persons, call 119 and provide assistance.

② Report the Accident

Contact the nearest police station (ex.by calling 110) to report the accident.

③ Prevent Further Danger

Move the bicycle and any involved parties from the hazardous area (roadway) to a safe location (sidewalk).