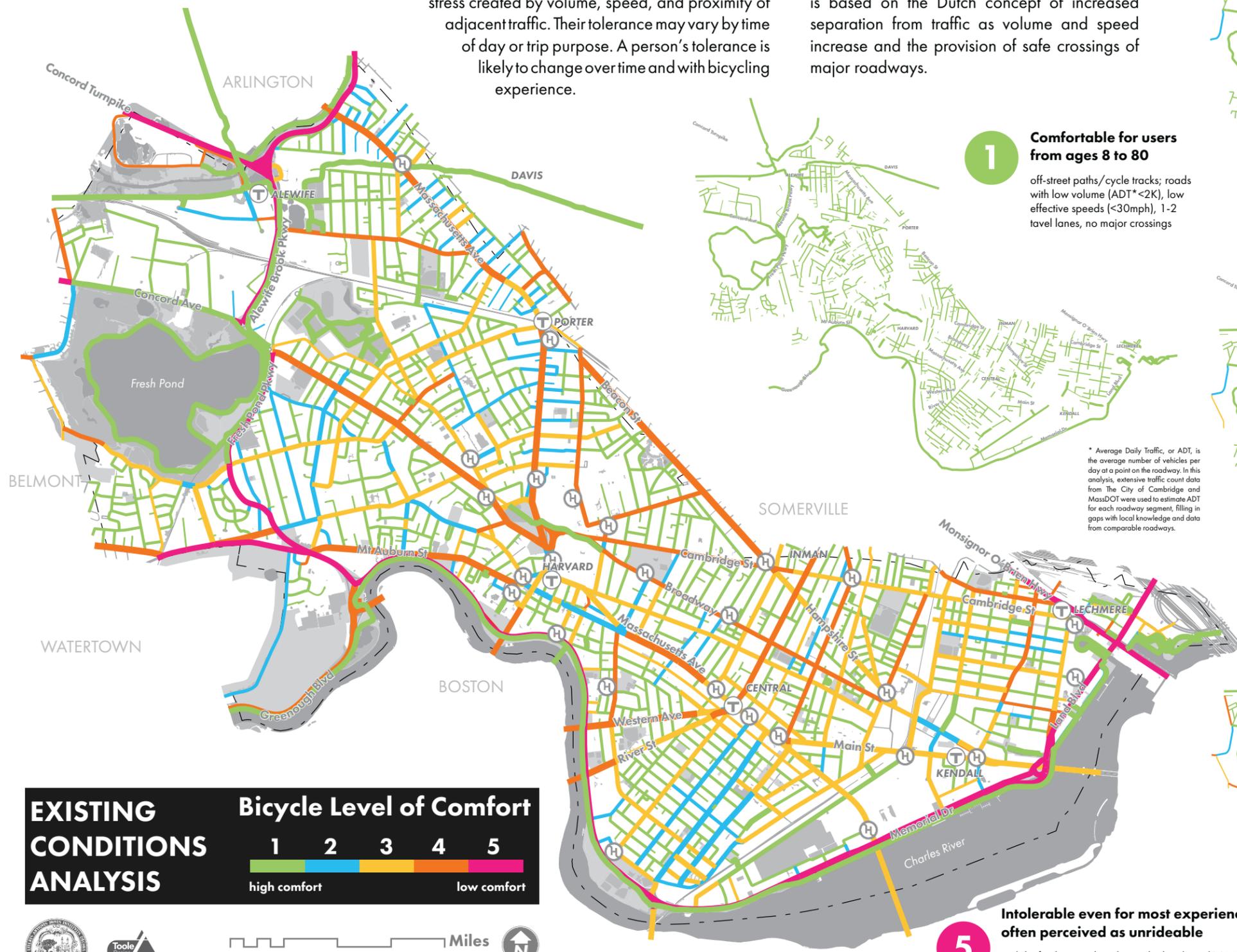


# How comfortable is *your* route?

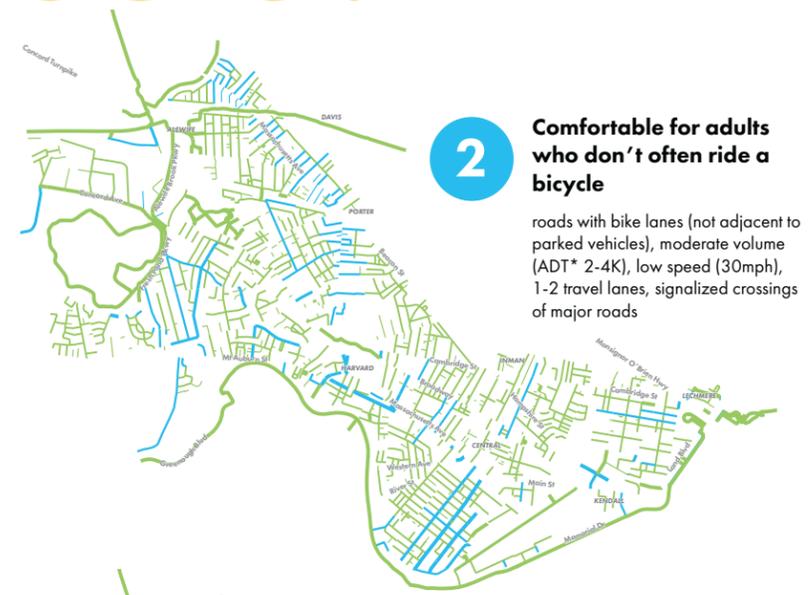
## CONCEPT

Bicyclists have varying levels of tolerance for traffic stress created by volume, speed, and proximity of adjacent traffic. Their tolerance may vary by time of day or trip purpose. A person's tolerance is likely to change over time and with bicycling experience.

The Cambridge Bicycle Level of Comfort analysis is based on the Dutch concept of increased separation from traffic as volume and speed increase and the provision of safe crossings of major roadways.



**1** Comfortable for users from ages 8 to 80  
off-street paths/cycle tracks; roads with low volume (ADT\* <2K), low effective speeds (<30mph), 1-2 travel lanes, no major crossings



**2** Comfortable for adults who don't often ride a bicycle  
roads with bike lanes (not adjacent to parked vehicles), moderate volume (ADT\* 2-4K), low speed (30mph), 1-2 travel lanes, signalized crossings of major roads



**3** Tolerable for adults who are comfortable in shared traffic but prefer separation from vehicles  
roads with or without bike lanes (adjacent to parked vehicles); higher volume (ADT\* 4-6K), higher speeds (35mph), 2-3 travel lanes, unsignalized crossing of these roads



**4** Tolerable for adults comfortable in shared traffic without separation  
roads with or without bike lanes (adjacent to parked vehicles); high traffic volume (AADT\* 6-15K), higher speeds (30-40mph), 3-4 travel lanes, unsignalized crossing of these roads

**5** Intolerable even for most experienced adults, often perceived as unrideable  
no bike facility; roads with very high volume (AADT\* <15K), high speeds (45mph), 4 travel lanes, unsignalized crossings of these roads

\* Average Daily Traffic, or ADT, is the average number of vehicles per day at a point on the roadway. In this analysis, extensive traffic count data from the City of Cambridge and MassDOT were used to estimate ADT for each roadway segment, filling in gaps with local knowledge and data from comparable roadways.

**EXISTING CONDITIONS ANALYSIS**

**Bicycle Level of Comfort**

1 2 3 4 5

high comfort low comfort