

We know how much you love bicycling – it's just part of the Pacific Northwest culture. That's why we've made it easy for you to take your bike along on your next trip aboard Amtrak Cascades. Travel in Oregon, Washington, and British Columbia is made all the more enjoyable when you combine trains and bikes for the ultimate in eco-friendly transportation.

1. MAKE A RESERVATION FOR YOU AND YOUR BIKE

You'll need to book space for both you and your bike by going online to: www.AmtrakCascades.com, visiting a staffed station, or calling 1-800-USA-RAIL.

Bike racks, located in the baggage car, must be reserved for a cost of \$5 each. Book early to ensure bike space is available and you get the best fare for your own ticket. This is particularly important during busy summer months when trains fill up quickly.

2. RACK YOUR BIKE

Ten bike racks are available on every Amtrak Cascades train. When you travel, just arrive a few minutes early and remind Amtrak station staff that you're bringing along your bike. They'll give you directions on how to get your bike aboard quickly, since many station stops are only a few minutes long. If you get on at an unstaffed station*, take your bike to the baggage car and an onboard staff member will assist you.



3. BOX YOUR BIKE

If you don't make advance reservations, you may find the bike rack space is all sold out. If that's the case, you can opt to box your bike (except at unstaffed stations)* for an additional \$15/box plus a \$10 handling fee.

You're responsible for disassembling and reassembling your bike for shipping in a box. Remember to bring the necessary tools along, since they are not available at stations. Your pedals must be removed, handlebars turned sideways and the seat lowered. Boxes are not available at unstaffed stations.*

4. FOLDING, RECUMBENT, AND TANDEM BIKES

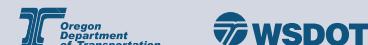
Folding bikes do not have to go in the baggage cars. Simply bring your bike onboard as one of your carry-on items and store the folded bike in the luggage rack at the end of each passenger car (not above the seat). Recumbent and tandem bikes will not fit due to space limitations.

*Unstaffed stations: Kelso/Longview, Mt. Vernon, Olympia/Lacey, Oregon City, Stanwood, and Tukwila



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TAKE YOUR BICYCLE ON THE TRAIN



AmtrakCascades.com | 1-800-USA-RAIL

LOOKING FOR A GREAT PLACE TO RIDE?

All of the Amtrak Cascades 18 station stops offer nearby bike routes that allow you to explore the area. Many follow old rail corridors, so you can further intertwine your train and bike adventures.

- **Vancouver, BC** – The Stanley Park Seawall is one of the best rides you'll find in Vancouver proper. More experienced cyclists can check out the Pipeline trail that sends riders over ramps, rocks, ladders and berms.
- **Bellingham** – Follow the seven-mile Interurban Trail with spectacular views of the San Juan Islands built along two former railroad corridors.
- **Mount Vernon** – Travel country roads that wind their way through the tulip fields that bloom each spring or follow the Skagit River as it parallels SR 20 into the Cascade foothills.



- **Stanwood** – The beauty of Camano Island is waiting to be explored and what better way than via your bicycle.
- **Everett** – Explore the 30-mile Snohomish County Centennial Trail and roll past farms, forests, creeks and rivers that are reminiscent of bygone days.
- **Edmonds** – Jump on the ferry and head to Kingston for a bike escape along a 33-mile loop along rural roads in the port towns of Kitsap County.
- **Seattle** – A great starting point for bike adventures such as the 19-mile Burke-Gilman Trail which dissects the city's diverse neighborhoods, the 24-mile Interurban Trail North to Everett, the Alki Trail along the waterfront in West Seattle, and the beautiful I-90 trail across Lake Washington.
- **Tukwila** – The Cedar River Trail follows an old railroad corridor along the scenic river filled with salmon in the fall and beautiful scenery the entire year.
- **Tacoma** – The Ruston waterfront is a wonderful place to spend an afternoon of bicycling or venture across the spectacular Tacoma Narrows Bridge to Gig Harbor on the dedicated bike/pedestrian path.

- **Olympia** – The 21-mile Chehalis Western Trail follows an old railroad corridor. Ride from Puget Sound, to lakes, and pass through forests, farms, and river valleys.
- **Centralia** – An adventure awaits those who tackle all, or part, of the 56-mile-long Willapa Hills Trail in southwestern Washington.
- **Kelso** – Bicycling along the Cowlitz and Columbia rivers offers riders a beautiful and relaxing experience, with parks and picnic areas along the way.
- **Vancouver, WA** – The scenic eight-mile Burnt Bridge Creek Trail meanders through forests, grasslands, parks, and city neighborhoods.
- **Portland** – One of the nation's top cycling cities, Portland also is the gateway to several scenic bike trips, including the Tualatin Valley trail that offers a 50-mile route through the northern Willamette Valley or the loop around Sauvie Island that links you back into Portland's extensive urban biking system.
- **Oregon City** – Revisit Oregon's past on the Trolley Trail through old historic neighborhoods that grew up along the streetcar lines that linked Portland-area cities 100 years ago.



- **Salem** – Silver Falls is Oregon's largest state park and includes a popular paved bike loop that takes you through a rainforest and along Winter Creek.
- **Albany** – The 132-mile Willamette Valley Scenic Bikeway meanders through fields, hop farms, vineyards and quaint towns. Tackle the entire length or select from a number of scenic rides along the way.
- **Eugene** – Twenty miles south of Eugene, you'll find Cottage Grove's beautiful 40-mile long Covered Bridges Scenic Bikeway, passing through six historical covered bridges and numerous charming towns.