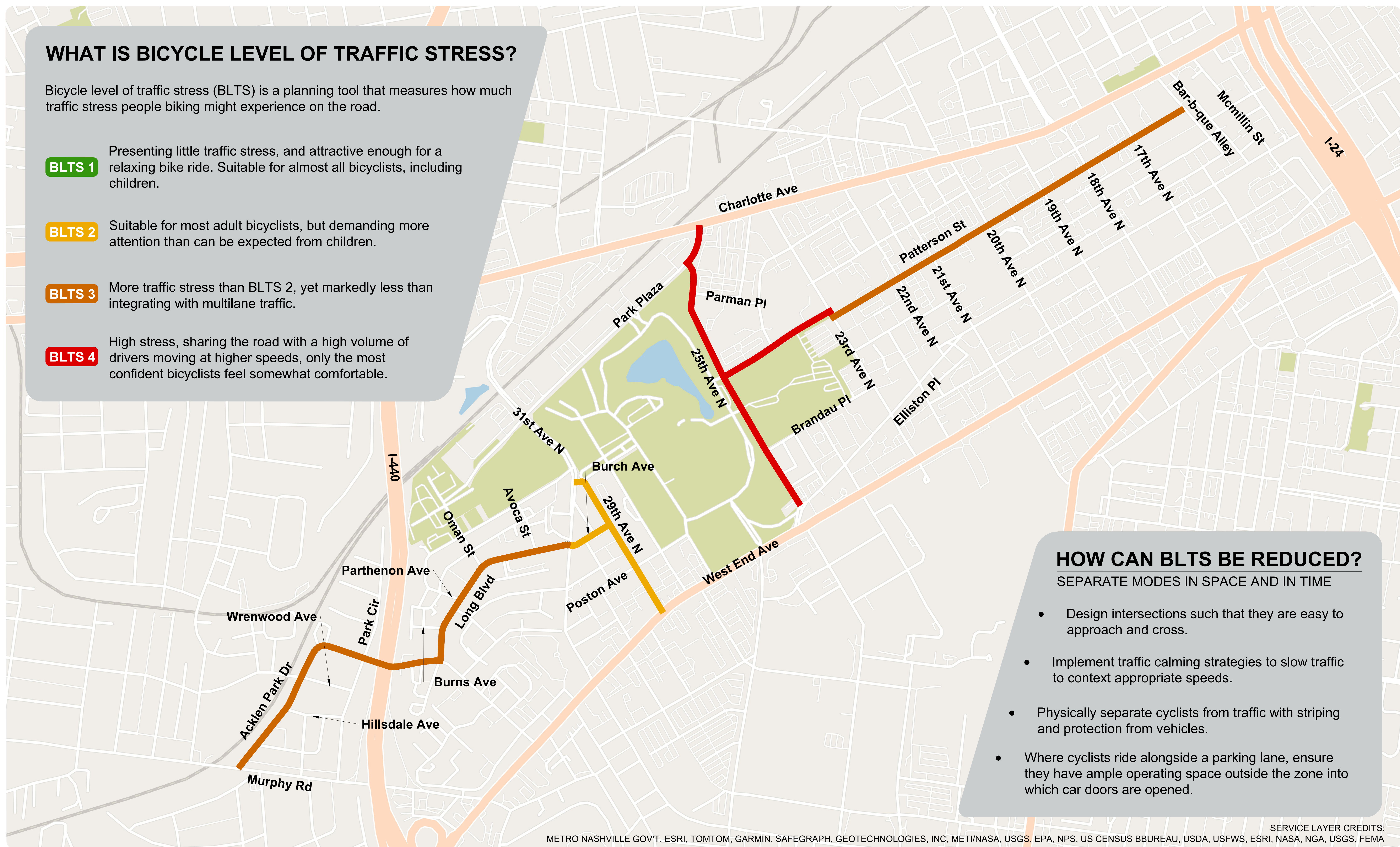


WHAT IS BICYCLE LEVEL OF TRAFFIC STRESS?

Bicycle level of traffic stress (BLTS) is a planning tool that measures how much traffic stress people biking might experience on the road.

- BLTS 1** Presenting little traffic stress, and attractive enough for a relaxing bike ride. Suitable for almost all bicyclists, including children.
- BLTS 2** Suitable for most adult bicyclists, but demanding more attention than can be expected from children.
- BLTS 3** More traffic stress than BLTS 2, yet markedly less than integrating with multilane traffic.
- BLTS 4** High stress, sharing the road with a high volume of drivers moving at higher speeds, only the most confident bicyclists feel somewhat comfortable.



HOW CAN BLTS BE REDUCED?

SEPARATE MODES IN SPACE AND IN TIME

- Design intersections such that they are easy to approach and cross.
- Implement traffic calming strategies to slow traffic to context appropriate speeds.
- Physically separate cyclists from traffic with striping and protection from vehicles.
- Where cyclists ride alongside a parking lane, ensure they have ample operating space outside the zone into which car doors are opened.

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