

## Cargo Options

Whether you plan to carry a little or a lot, there are many cargo options to choose from for carrying groceries back home after your trip to the Co-op!



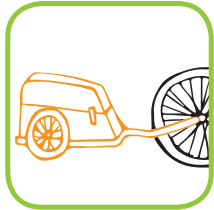
### Front Basket

- Good for small loads of groceries, can interfere with steering if there is too much weight
- Some baskets detach and come with handles, doubling as a hand basket



### Rear Rack

- The weight of groceries won't interfere with steering
- Consider using bungee cords to help stabilize larger loads of groceries
- A crate can be attached in place of a basket or pannier on a rear rack



### Trailer

- Great for hauling large amounts of groceries
- More cumbersome than other options, and can take getting use to



### Backpack

- Best for short trips and smaller loads
- Consider a backpack with padded shoulder straps and a chest strap for comfort and stability



### Panniers

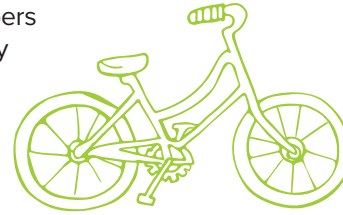
- Most are easily attachable to a rear rack
- Effective way to carry heavy groceries

## Resources:

[humbike.org/](http://humbike.org/)  
[www.hcaog.net/sites/default/files/bike\\_map\\_update\\_2018\\_map\\_side\\_outlines\\_4\\_18\\_18.pdf](http://www.hcaog.net/sites/default/files/bike_map_update_2018_map_side_outlines_4_18_18.pdf)  
[www.dmv.ca.gov/portal/dmv/detail/pubs/brochures/fast\\_facts/ffd137](http://www.dmv.ca.gov/portal/dmv/detail/pubs/brochures/fast_facts/ffd137)

## Why bike to the Co-op?

There are lots of reasons to bike to the Co-op. Using your bike in place of a car for transportation is a fun way to save money, get exercise, contribute to a cleaner environment and make yourself feel good! Both Co-op locations also have plenty of bike racks for our shoppers and members, making parking your bike simple and easy. We know it's important to our shoppers to support environmentally friendly transportation methods. By choosing to bike to the Co-op you're helping us shape better bike friendly policies!



[www.northcoast.coop](http://www.northcoast.coop)  
811 I St. Arcata, CA (707) 822-5947  
25 4th St. Eureka, CA (707) 443-6027



NORTH COAST  
**CO-OP**

Shop by Bike  
at the Co-op

## Arcata Bike Routes to the Co-op

### From the Sunny Brae area

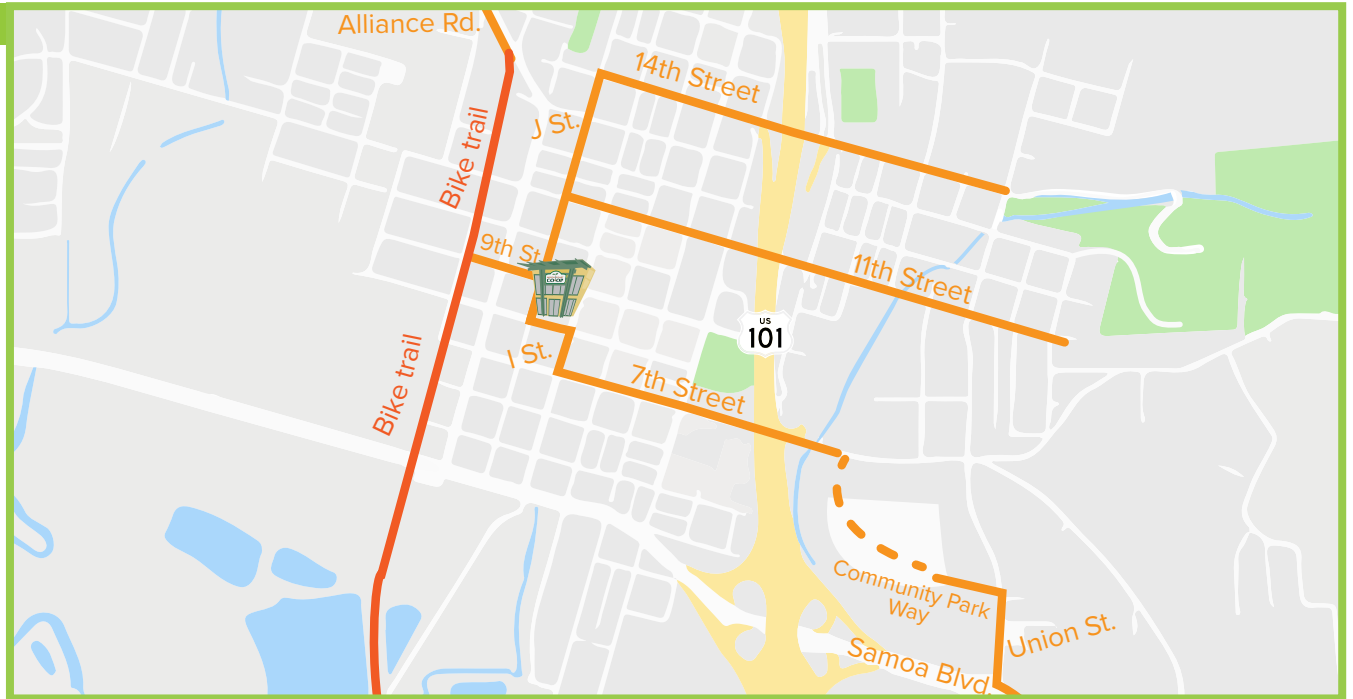
- Bike up Samoa Boulevard and turn right on to Union Street.
- Turn left on to Community Park Way.
- Continue through the parking lot to the farthest left side past Health Sport. Bike up the paved path to 7th Street.
- Turn left on to 7th Street
- Turn right at I St. and continue until you reach the Co-op.

### From Alliance and North Arcata

- Ride down Alliance Rd. until you reach the start of the Waterfront Bike Trail (First turn after passing M St.)
- Continue down the Bike Trail until you reach 9th St.
- Turn left on to 9th St. and cross K St.
- Turn right on to J St. and continue until you reach the Co-op.

### From HSU

- Reach 14th St. then cross the bridge and continue until you reach J St.
- Turn left on to J St.
- Continue on J St. until you reach the Co-op.



## Eureka Bike Routes to the Co-op

### From Myrtle Ave.

- Bike up Myrtle Ave. towards the West Ave. Intersection.
- Turn right on to West Avenue.
- Take another right on to Tydd St. to gain access to the Waterfront Bike Trail.
- Cycle along the Bike Trail and across Waterfront Dr.
- Turn left at C St.
- Turn right at 3rd St. and continue down 3rd St. until you reach the Co-op.

### From Southern Eureka:

- Reach G St. then continue through 6th St. and 7th St.
- Turn left on 3rd St and continue until you reach the Co-op.



### Bike Maps Key

#### Bike Trail

This is a separate path intended for cyclists and non-motorized users. Usually features a paved riding surface.

#### Street Route

These streets are shared by motor vehicles and cyclists and may have higher traffic volumes depending on time of day and may have uneven pavement.

### Safety Considerations

- Wear a bike helmet
- Lock your bike
- Make sure your tires are fully inflated
- Make sure your bike fits you! Adjust your seat to your height or stop by a local bike shop for a professional fitting
- Bike defensively and make sure to follow traffic laws
- Use bike lights at night. Wear bright clothing to be extra visible!
- Make sure all attachable cargo methods are secured to your bike
- Take quieter streets or bike trails when possible
- When unable to avoid, be careful at intersections and crossing bridges