

# Bicycle Level of Traffic Stress: LTS Score



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## Legend

- LTS Network**
- Lowest Stress
  - Lower Stress
  - Moderate Stress
  - High Stress
- Base Layers**
- Municipalities
  - Water
  - Roads

The level of traffic stress is based on the existing safety features for bicyclists, the daily car volumes, and the speed limit of the road.

A low stress road should be comfortable for most bicyclists.  
 A high stress road may only be suitable for confident or fearless bicyclists.

LTS Rating	LTS Rating Description	Population Class
LTS 1	Lowest stress, suitable for all riders	Kids and Beginners
LTS 2	Lower stress, suitable for adults with some experience	Willing but Wary Riders
LTS 3	Moderate stress, suitable for those who ride regularly	Comfortably Confident Riders
LTS 4	High-stress, suitable for experienced riders with tolerance to high speeds and traffic	Exposure-Experienced Riders

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