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## Bicycle / Walking

**If you are traveling on foot or on wheels, this is called non-motorized traffic. For short distances, most people take the bike or walk.**

Take the **Velo** ([🇨🇭 Swiss word for bicycle](#)) for your daily commute to work or go on an excursion with your family.

As a cyclist, you take part in road traffic and must obey the traffic rules.

For **Velo** ([🇨🇭 Swiss word for bicycle](#)) and e-bikes, the general traffic rules apply.

There is an age restriction for e-bikes and even a driver's license is required for the faster ones.

### Velo (= bicycle) and e-bike

You ride your **Velo** ([🇨🇭 Swiss word for bicycle](#)) in traffic, so you have to follow the traffic rules (e.g. speed limit, road signs, right of way **rules**).

#### Age rules

In general, there is no age restriction for children.

Exception: on main roads, children are only allowed to drive from the age of 7 and only with one adult.

For e-bikes, the minimum age in Switzerland is 14 years (between 14 and 16 years, a category M driving licence is required).

#### Wear a helmet

There is no **helmet requirement** for cyclists. However, wearing a helmet makes sense, as it protects against serious head injuries.

Only with an e-bike that goes 45 km/h and faster, you have to wear a helmet.

#### Light

On every **e-bike**, the light must also be switched on during the day.

[🔗 Guide BFU: On the road by bike and e-bike](#) [🇩🇪 deutsch](#)

[🔗 Guide BFU: Children on the bike](#) [🇩🇪 deutsch](#)

## Electric Scooter

The same rules apply to electric scooters as to bicycles.

[🔗 Guide BFU: E-scooter, e-skateboard and Co. Where and how to ride?](#) [🇩🇪 deutsch](#)

## On foot

A lot of people walk because the road network is safe for pedestrians. Most streets have a **Trottoir** ([🇨🇭 Swiss word for sidewalk](#)). At the pedestrian crossing, you always have the right of way, except when a traffic light regulates the traffic.

There are walking and hiking trails everywhere in Switzerland. These are marked with yellow signposts.

[🔗 Information hiking trails in the Canton of St.Gallen](#) [🇩🇪 deutsch](#)

**Information on non-motorised traffic from SwitzerlandMobility**

