

Cycling – build it into your daily life

Riding a bike is a fun and healthy activity. This map is designed to help people who ride or want to ride a bike to find the best route to Royal Prince Alfred Hospital or The University of Sydney.

This map shows you quiet back streets, the best cycle connections, the least hilly routes and where to park your bike. In congested inner city streets, cycling can often be quicker than driving a car over shorter distances!

Cycling will also help you keep fit and healthy. Everyone can experience significant health benefits by doing thirty minutes of moderate exercise a day. An easy way of achieving this level of activity is to build it into your every day life, like cycling to work or University.

Building cycling into your day will also help to improve the urban environment we live in and travel around every day.



Cycling skills course

If you're new to cycling or want to improve your skills, why not enrol in a cycling course?

Learn how to stop and start, ride through narrow spaces, manoeuvre and take tight turns, use gears and brakes, road rules, cycle in traffic and bike maintenance.

Beginner and intermediate levels available for adults aged 17 and over.

For more information contact the Health Promotion Unit, CSAHS (see back page for details).

Get active – your way

People need to be active to be healthy. Your health can be improved by building physical activity into your daily life, and the good news is, it doesn't take much to make a difference.

As little as 30 minutes of moderate exercise a day, like cycling or walking, can help you improve and maintain good health.

Benefits of physical activity

- ▶ Feel more energetic.
- ▶ Enhance your level of concentration, learning and memory.
- ▶ Help manage weight.
- ▶ Feel more confident, happy, relaxed.
- ▶ Sleep better and improve your sense of well-being.
- ▶ Reduce your chance of heart disease and cancer.
- ▶ Live longer.



Cycling safety & tips

Avoiding road hazards

- ▶ Be seen: wear bright visible clothing.
- ▶ Hand signal your intentions.
- ▶ Assertively take your space on the road.
- ▶ Yell out a warning to the motorist if you think you haven't been seen.
- ▶ Watch out for opening car doors.

Your rights as a cyclist

- ▶ Ride two abreast, no more than 1.5 m apart.
- ▶ Travel on the footpath where indicated by signage.
- ▶ Travel in Bus Lanes and Transit Lanes, except for Bus Only lanes.
- ▶ Ride on the footpath if you are less than 12 years old (or an adult who is with a child less than 12 years old).
- ▶ Travel to the front of a line of traffic on the left hand side.
- ▶ Turn right from the left hand lane of a multi-lane roundabout.

Things to remember

- ▶ Wear an approved bike helmet.
- ▶ A bike must have at least one working brake and either a bell or horn.
- ▶ At night, a bike must have a steady or flashing white light at the front and at the rear of the bike, a red rear reflector.
- ▶ Your bike is a vehicle: failing to obey road or bike rules may result in a fine.

For more information on bike safety and regulations contact your local Council.



Using the map

This map is designed to help people find the best of way of getting from where they live to work or University by bike. The highlighted routes are not always the most direct way to go, but are the most pleasant for riding a bike.

On Street

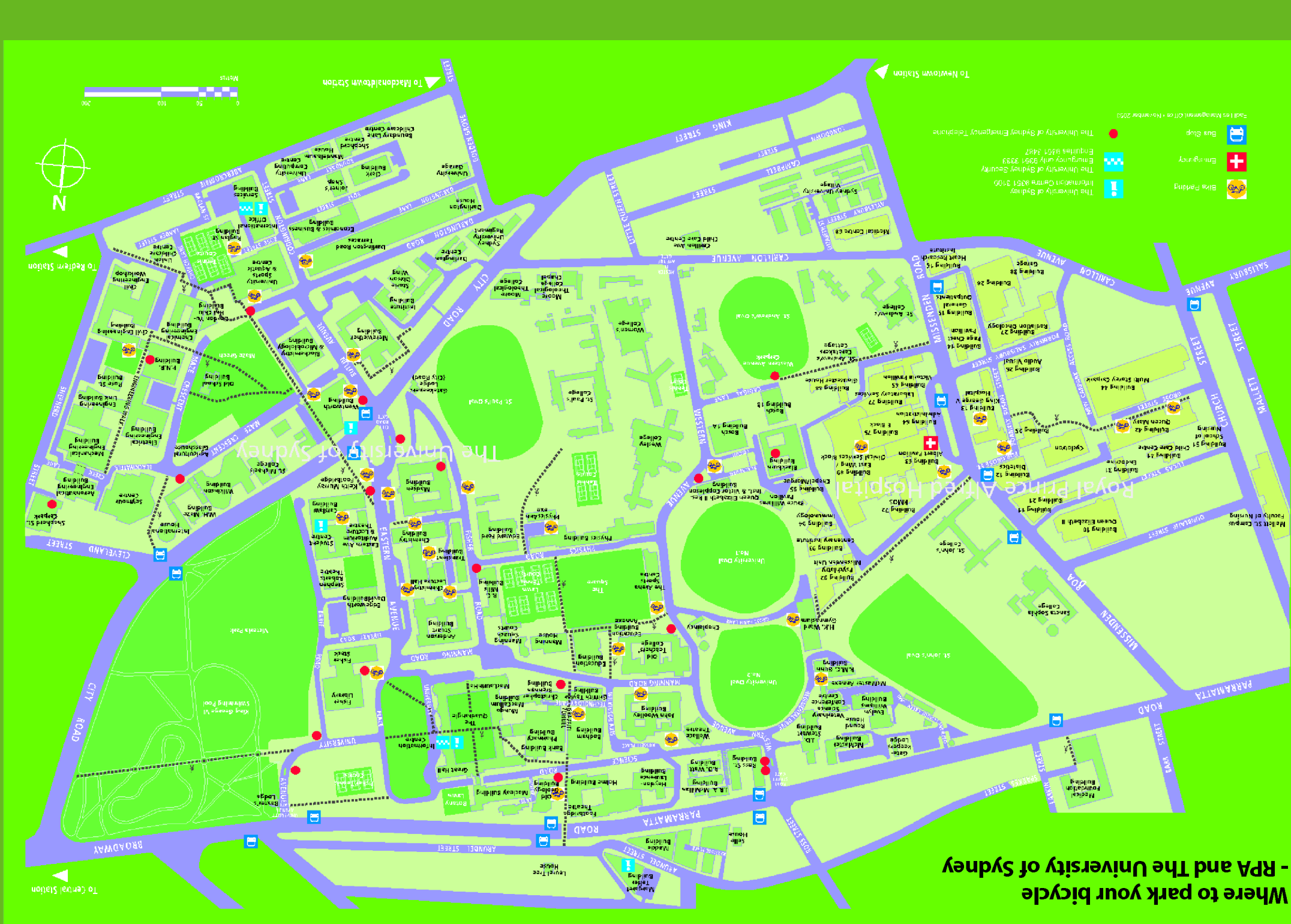
Mainly quieter streets but can also include short sections of busier streets that make good connections. The routes try and avoid hills and busy intersections.

On Path

Cycle-ways through parks, along waterways and occasionally footpaths. You may have to get off your bike to legally use the footpath unless you are under 12 years of age or cycling with a child under 12.

Linking routes

Useful suggestions for linking key cycle routes.



Useful cycling information

Bicycle NSW
Ph: 9281 4099 Web: www.bicyclensw.org.au

Bike-it! Sydney
Web: www.bike-it.com.au & www.jub.com.au/books
Purchase from Bicycle NSW and bike shops

Council Bike Maps

Leichhardt Ph: 9367 9222
Marrickville Ph: 9335 2222

Hazards

Council: (local streets) RTA: 131 700 (main roads)

Inner West Bike Map

Ph: 0410 324 92 Email: hcacat@lmc.nsw.gov.au
Web: www.massbug.org.au

Local Bicycle User Groups

LBUG Ph: 8701 5019 MASSBUG Ph: 9294 5900
ASHBUG Ph: 9395 9228 BIKESydney Ph: 0403 999 899

RTA

Cycling maps Ph: 1800 060 607
Web: www.rta.nsw.gov.au/bicycles.htm

Transport hotline

Ph: 131 500
Web: www.131500.com.au

The University of Sydney The Bike Co-op

Web: www.bikecoop.soc.usyd.edu.au

Bike registration service

Ph: 9351 3487

Bike racks

See detailed map inside

Lockers

Student Union Lockers Ph: 9563 6094
Also available at Sydney University Sport

Showers

Available at Sydney University Sport for members or check with your Department
Web: www.susport.com

Stolen or damaged bike

Ph: 9351 3487

Central Sydney Area Health Service

Health Promotion Unit
Level 4, Grose Street, QMB
Camperdown NSW 2050

Ph: 02 9515 3350

Fax: 02 9515 3351

Email: hpureception@email.cs.nsw.gov.au

Web: www.cs.nsw.gov.au/pophealth/

(click on Health Promotion)

The University of Sydney

Manager - Environmental Strategies

Ph: 02 9351 2063

Email: janetb@facilities.usyd.edu.au

Web: www.usyd.edu.au

Photos kindly provided by the Roads and Traffic Authority, NSW.

Designed by Social Change Media
Centre map designed by Bruce Ashley, Chain Gang Press

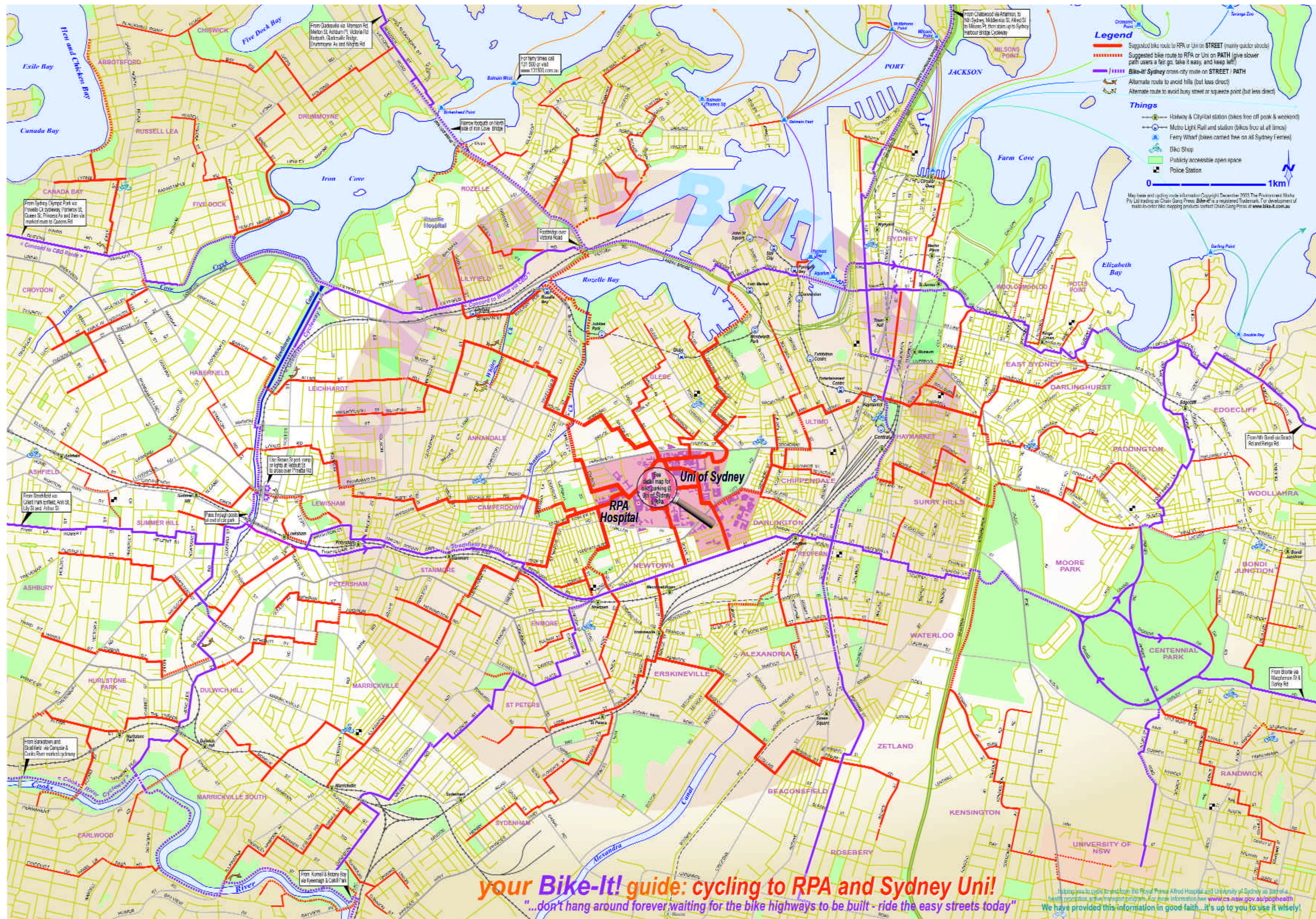
January 2004



Bicycle Map

Smart routes for getting to
Royal Prince Alfred Hospital
and
The University of Sydney





your Bike-It! guide: cycling to RPA and Sydney Uni!

"...don't hang around forever waiting for the bike highways to be built - ride the easy streets today!"

Helping you to cycle to and from the Royal Prince Alfred Hospital and University of Sydney as part of a health promotion and transport program. For more information see www.csa.nsw.gov.au/polhealth. We have provided this information in good faith...it's up to you to use it wisely!