

Riding a bike is a fun, healthy activity

This map is designed to help people who ride, or want to ride a bike, to find the best routes around Parramatta. A 2008 Federal Health Department report says the Federal Government saves more than \$220 million a year in health costs alone through people riding bicycles.

The map shows you the best cycle connections, the least hilly routes and where to park your bike. With today's congested major roads, cycling can often be quicker than driving a car or using public transport. And substituting cycling for driving trips will ease the strain on the budget as petrol prices head relentlessly north.

Cycling will also help you keep fit and healthy. Everyone can experience significant health benefits by doing 30 minutes of moderate physical activity a day. An easy way of achieving this level of activity is to build it into your lifestyle, through activities like cycling to work or to school

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

About the Map Routes

Routes have been selected by experienced cyclists and are wherever possible, on quieter suburban streets or on offroad pathways, although the shoulders of some motorways are also shown because they are open to competent adult cyclists. At all times and in all places, though, riders using this map must be aware of surrounding traffic and conditions and be responsible for their own safety.

Many of the routes have been signposted by local councils as part of their bike plans. Not all such routes are necessarily shown on the map - isolated or disconnected facilities have often been ignored if they don't directly assist commuters, particularly those en route to

Westmead or Parramatta. In some cases, pedestrian laneways and subways are used to connect useful cycling streets - consider walkers by wheeling bikes when necessary here and beware of flights of steps in some of these locations.

Cycling at Sydney Olympic Park (SOP)

SOP has over 35km of cycleways. The Kids in the Park Program offers cycling skills education for children 8 to 12. Visit www.kidsinthepark.com.au Specialty designed short circuits for children are located on the Village Green at Bicentennial Park, Concord West and Wentworth Common. Three colour-coded circuits of 6, 8 and 15km allow cyclists to explore the Olympic precinct and Bicentennial Park with its heritage features, woodlands and wildlife refuges.

Bike Hire is available 7 days a week. See www.sydneyolympicpark.com.au/cycling

Avoiding road hazards

- Be seen - wear bright visible clothing
- Be predictable
- Assertively take your space on the road
- Ride out from opening car doors

Your rights as a cyclist

- Occupy a whole lane
- At 60km/h or lower, vehicles must pass cyclists with a minimum of 1m
- At 60km/h or over, the minimum distance is 1.5m
- Ride two abreast, no more than 1.5m apart
- Travel on footpath only where indicated by signs
- Travel in Bus Lanes and Transit Lanes, except for Bus Only Lanes
- Ride on the footpath if you are less than 16 years old (or an adult accompanying a child under 16)
- Travel to the front of a line of traffic on the left hand side
- Turn right from the left 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, a steady or flashing red light and red 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.

Cycling skills courses

If you're new to cycling or want to improve your skills, why not join a cycling group? Practise stopping and starting, riding through narrow gaps, manoeuvring and taking tight turns, using gears and cycling in traffic. Contact your local Cycling User Group (BUG) or Adventureous - a local cycling social enterprise. www.facebook.com/YourCyclingConnections

It's good for your health!

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.

Physical activity has numerous benefits

- 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

It's good for the environment!

Cycle for a sustainable future

When you cycle or walk you help the local and global environment. For every litre of fossil fuel used, a motor vehicle produces a staggering 10,000L of carbon dioxide, a gas that contributes to global warming.

It's good for your wallet!

Petrol prices will only go one way, so why not use your own fuel? (kilojoules, that is).

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



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This bike map has been produced by City of Parramatta Council in consultation with Parramatta Cycleways Committee, CAMWEST, CHWBUG and Bike North.

For extra copies of this map or any feedback, please contact City of Parramatta Council Visitor Information Centre - phone 8839 3311

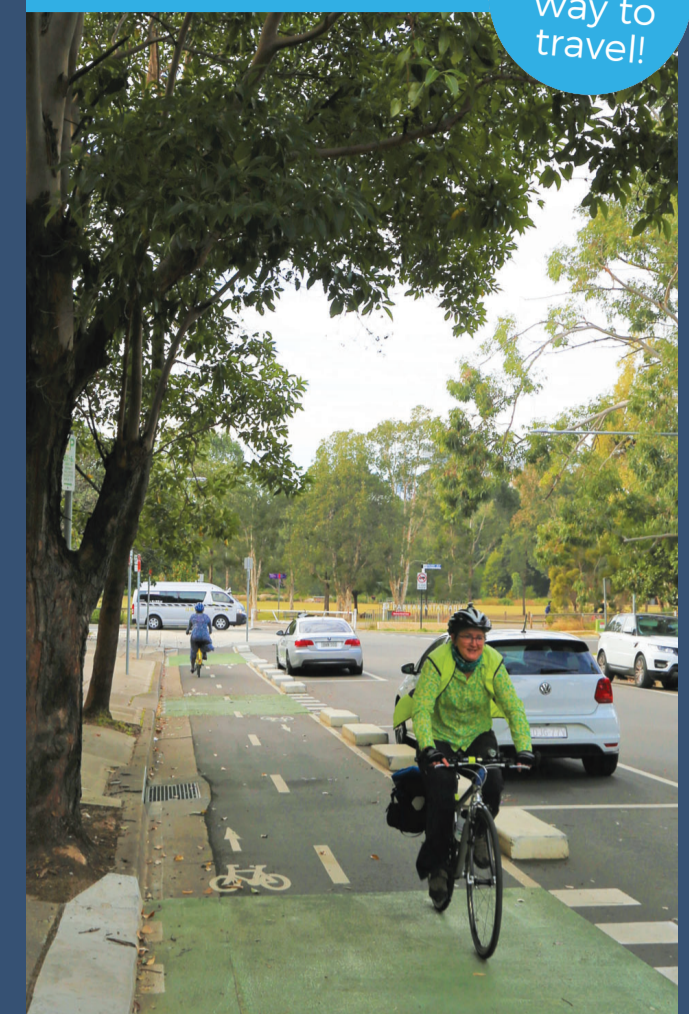
- email discoverparramatta@parracity.nsw.gov.au
- web www.parracity.nsw.gov.au/play/facilities/visitors_centre

Open 7 days 9am-5pm / Public Holidays 10am-4pm
Closed Good Friday and Christmas Day



GREATER PARRAMATTA BY BICYCLE

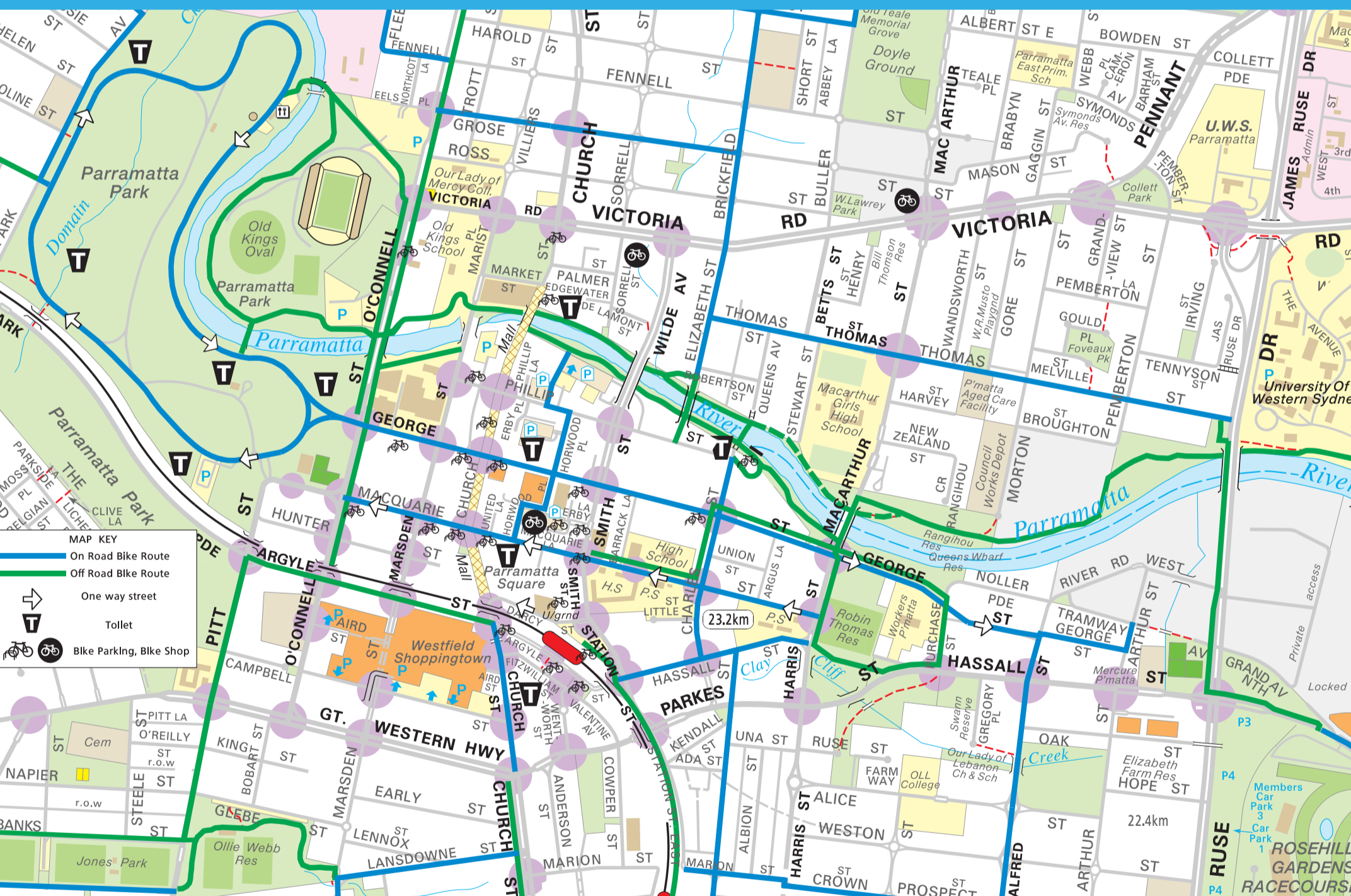
The perfect way to travel!



Local cycling routes with access from the north, south, east and west

PARRAMATTA CBD MAP

PARRAMATTA HERITAGE RIDE

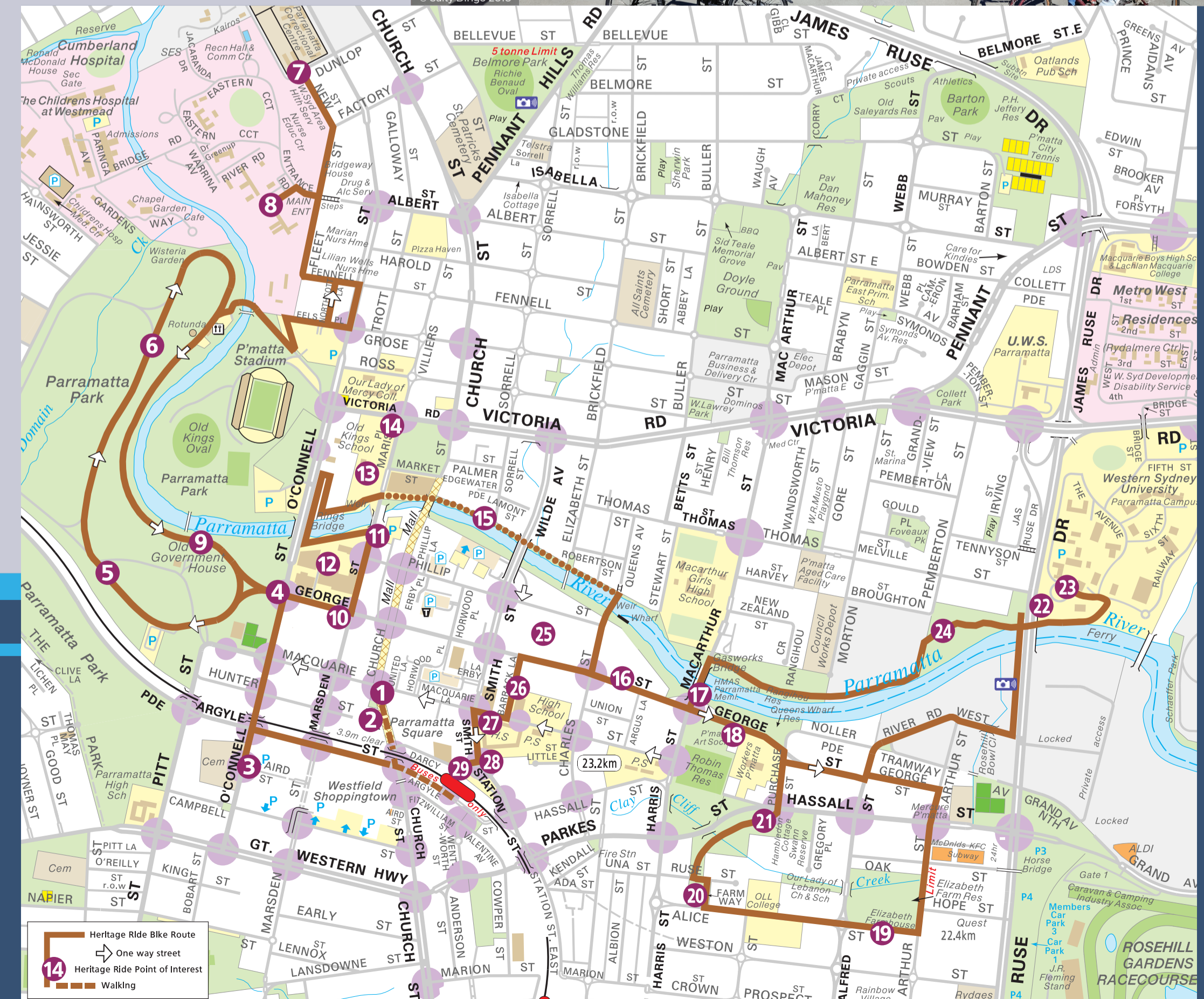


Start at Parramatta Station

- 1) Town Hall, St John's Anglican Cathedral, World War I Memorial
- 2) Centenary Square's sandstone clock and drinking fountain mark Parramatta's 1888 centenary
- 3) St John's Cemetery, Australia's oldest cemetery (1790). 17 First Fleeters buried here
- 4) Tudor Gatehouse (1885)
- 5) Observatory Site, Bath house (1820s), Boer War Memorial (1903) and Hart Flight Memorial (1911)
- 6) Dairy Precinct (1798-1804)
- 7) Parramatta Gaol, built 1837-1856
- 8) Female Factory Precinct
- 9) Old Government House, Australia's oldest publicly owned building, dates from 1799
- 10) Brislington (1821) and Courthouse Tower
- 11) Lennox Bridge (1839)
- 12) Hospital Precinct
- 13) Second King's School (1836-1968)
- 14) St Patrick's Catholic Cathedral
- 15) Indigenous River Pathway
- 16) First King's School (1832-1835)
- 17) Macarthur St "Gasworks" Bridge (1885)
- 18) Queens Wharf, where paddle steamers and overseas sailing ships landed trade goods in the 19th Century
- 19) Elizabeth Farm, commenced 1793. Australia's oldest existing European building
- 20) Experiment Farm Cottage (1830), on the site of Australia's first land grant
- 21) Hambleton Cottage (1824), second house on Elizabeth Farm Estate
- 22) Boundary Stone below James Ruse Drive Bridge
- 23) Female Orphan School (1818), now WSU
- 24) Baludari Wetlands
- 25) Convict Drain (1820s)
- 26) Workers Huts (1840s)
- 27) Arthur Phillip High School
- 28) Lancer Barracks (1819)
- 29) Parramatta Station (1860)

Visit www.parramattaheritagerides.net for more details and to join a heritage cycling tour.

Many more historic features exist than can fit on this map. Follow the marked route and discover others, most with interesting information plaques



USEFUL CYCLING INFORMATION

Bicycle NSW
9704 0800 www.bicyclensw.org.au

Council bike maps
City of Parramatta
9806 5050 www.cityofparramatta.nsw.gov.au/cycling
Cumberland
9840 9840 www.cumberland.nsw.gov.au
The Hills Shire
9843 0555 www.thehills.nsw.gov.au
Blacktown City
9839 6000 www.blacktown.nsw.gov.au
City of Canada Bay
9911 6555 www.canadabay.nsw.gov.au
City of Ryde
9952 8222 www.ryde.nsw.gov.au
Strathfield
9748 9999 www.strathfield.nsw.gov.au

RMS Cycleway Finder
1800 060 607
www.rms.nsw.gov.au/roads/bicycles/cyclewayfinder/index.html

Local Cycling Groups
Canada Bay
BayBUG www.baybug.org.au
Cumberland
Her Cycling Connections
www.facebook.com/hercyclingconnections
Lidcombe Auburn Cycling Club
www.facebook.com/lidcombeauburncc
Inner West
AshBUG www.ashbug.org.au
Parramatta
Parklife Cycling Club www.parkbikes.com.au/parklifccc
Parramatta Cycling Club www.parramattacycling.com.au

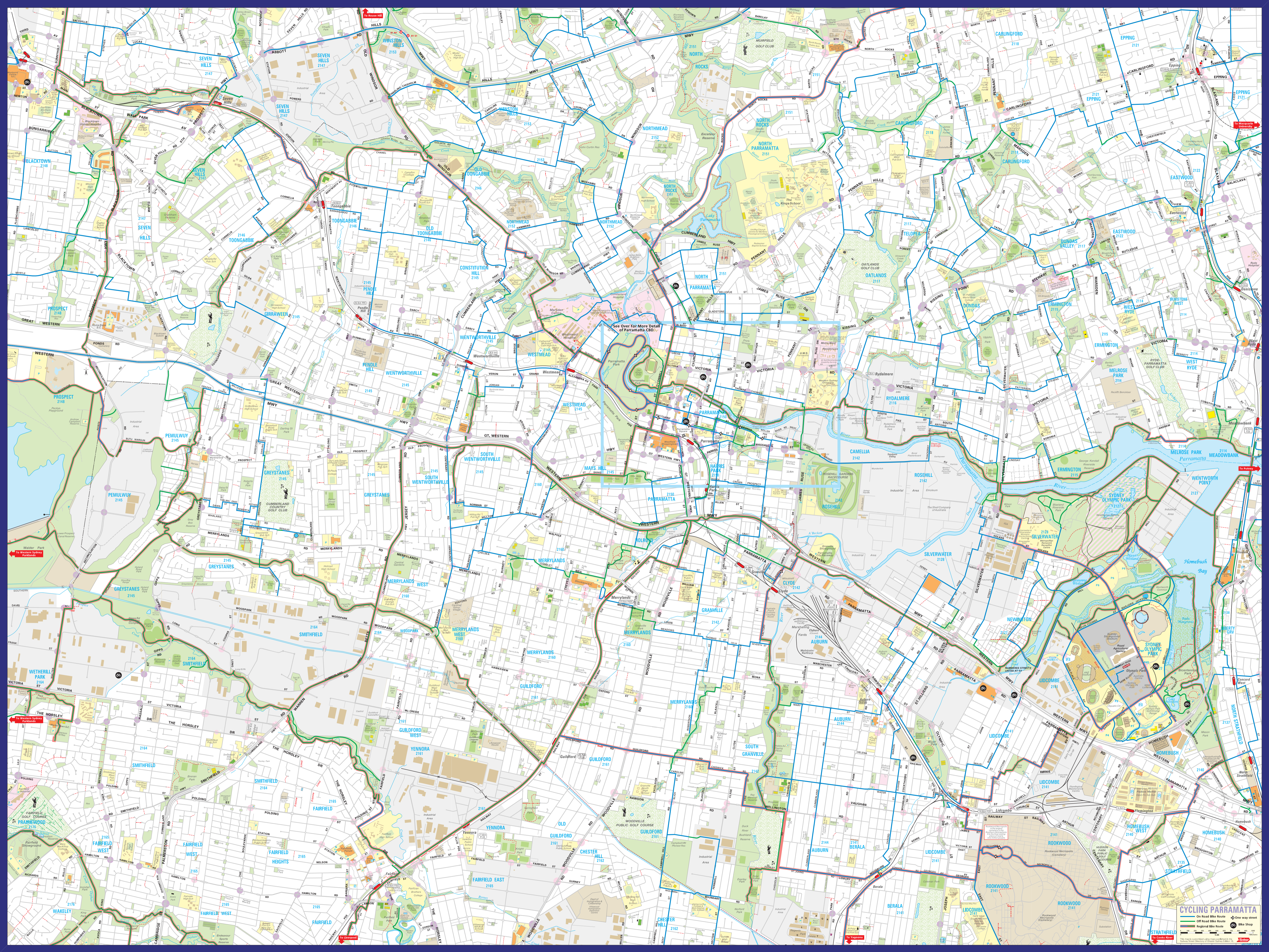
Northern Suburbs
Bike North www.bikenorth.org.au
Western Suburbs
CAMWEST www.camwest.pps.com.au
WSCN www.westernsydneycyclingnetwork.com.au

Public Transport

A bicycle can be taken on a Sydney or Intercity train for free at any time if you are using an Opal card.
Bicycles cannot be taken on buses, but are permitted on Sydney Ferries for free at all times. The crew can refuse to allow a bicycle on board if there are safety or space concerns.
You can take your bicycle on light rail free of charge at any time, but staff may restrict the number of bicycles or refuse access when carriages are crowded.
Phone: 131 500
or visit: www.transportnsw.info or www.131500.info

Park and Ride

Bike sheds are enclosed shared shelters where bicycles can be stored safely and protected from bad weather. Entry is linked to your Opal card and is free of charge. Sheds are available at: Blacktown, Epping, Rhodes, West Ryde, Seven Hills and Parramatta Station.
Bike lockers are individual lockable spaces and can be rented. Lockers are available at the following:
- Ferry wharves: Parramatta, Kissing Point, Meadowbank, Rydalmere.
- Train stations: Auburn, Blacktown, Concord West, Epping, Granville, Lidcombe, Marayong, Meadowbank, Merrylands, North Strathfield, North Strathfield, Parramatta, Sydney Olympic Park, Westmead.
More information is available at: www.information.nsw.gov.au/transaction/register-access-transport-nsw-bike-shed



See Over For More Detail of Parramatta CBD

CYCLING PARRAMATTA

- On Road Bike Route
- Off Road Bike Route
- Regional Bike Route
- One way street
- Bike Shop

STRATHFIELD