CYCLING - BUILD IT INTO YOUR DAILY LIFE!

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 social 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 Specially 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

© Salty Dingo 2018

© Fleetwood Urban

© Salty Dingo 2018

CYCLING SAFETY AND TIPS

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 Bicycle User Group (BUG) or Addventageous – a local cycling social enterprise.

www.facebook.com/YourCyclingConnections

WHY CYCLE?

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.

© George Gittany 2018

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

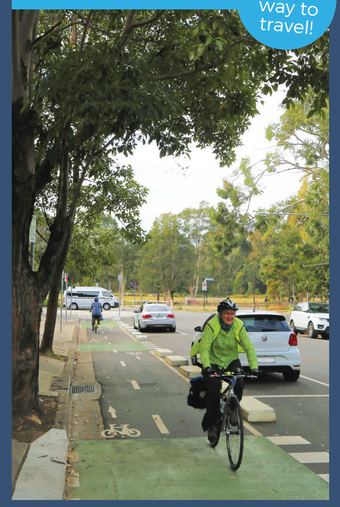
Closed Good Friday and Christmas Day

CITY OF PARRAMATTA

EXPLORE

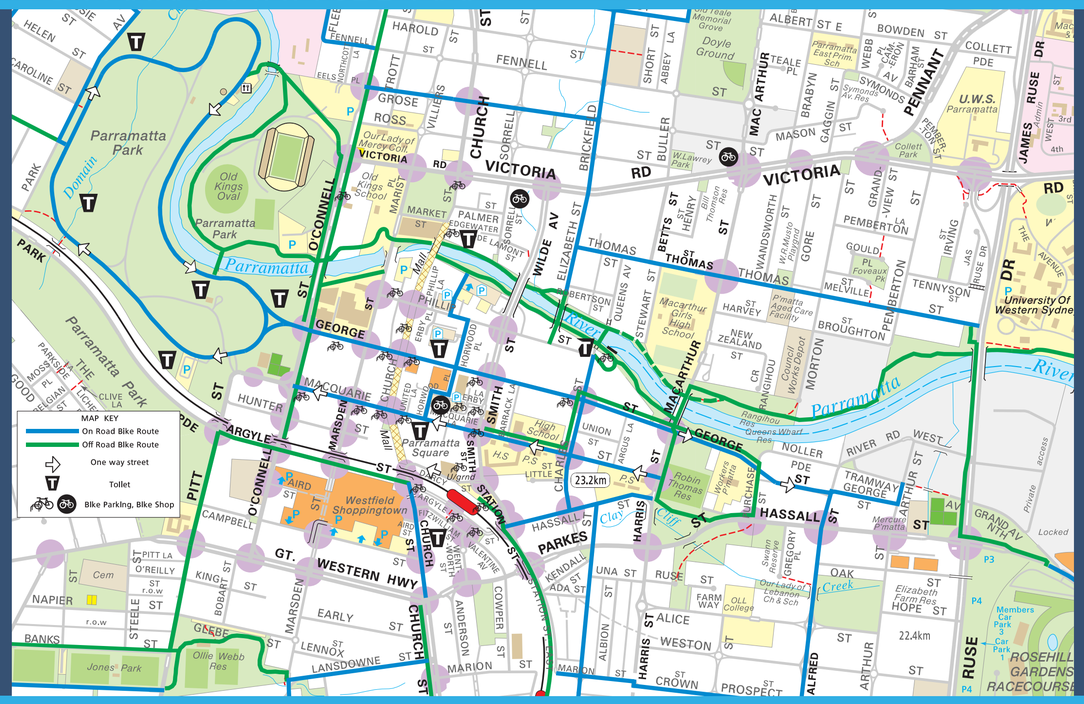
GREATER PARRAMATTA BY BICYCLE

The perfect way to travel!



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

PARRAMATTA CBD MAP



Start at Parramatta Station

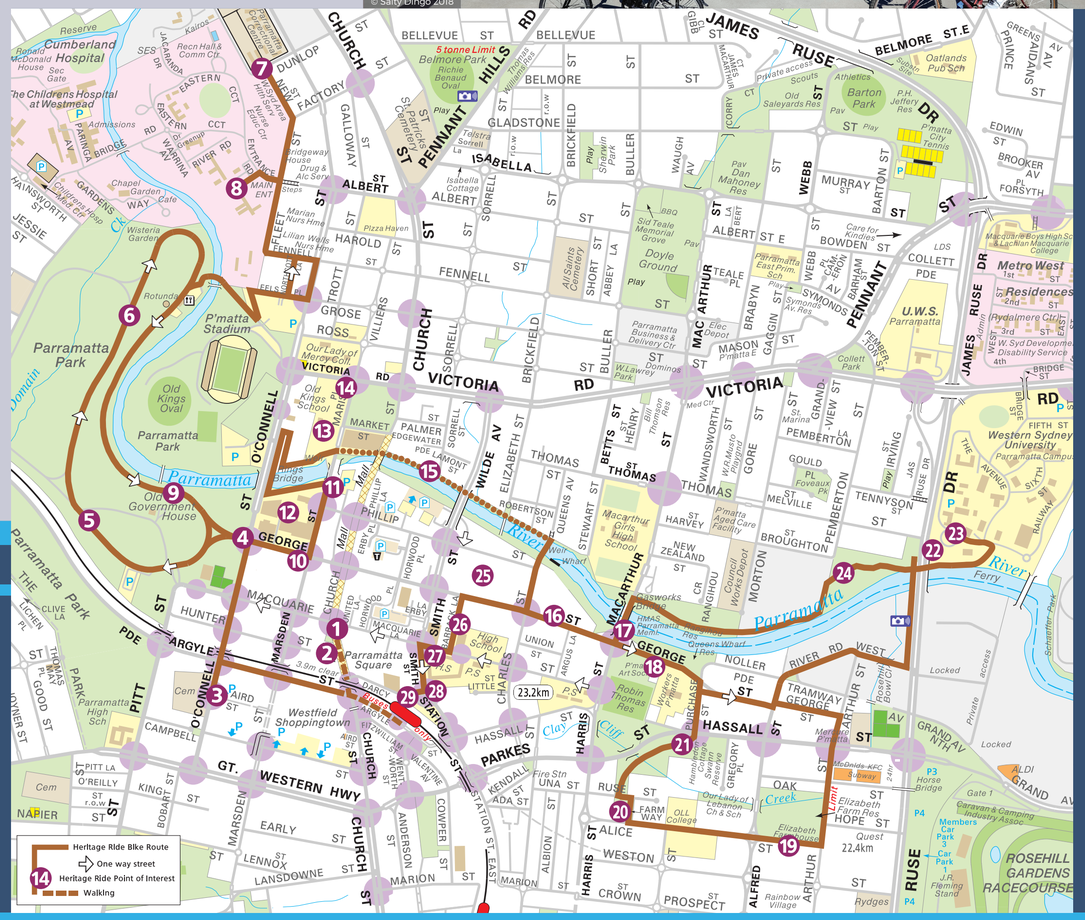
1) Town Hall, St John's Anglican Cathedral, World War 1 Memorial
2) Centenary Square's sandstone clock and drinking fountain mark Parramatta's 1888 centenary
3) St John's Cemetery, Australia's oldest cemetery (1790). 17 First Fleeters buried here
4) Tudor Gatehouse (1885)
5) Observatory Site, Bath house (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) Hambledon Cottage (1824), second house on Elizabeth Farm Estate
22) Boundary Stone below James Ruse Drive Bridge
23) Female Orphan School (1818), now WSU
24) Baludarri 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.

PARRAMATTA HERITAGE RIDE

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

© Salty Dingo 2018



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/parklifecc
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

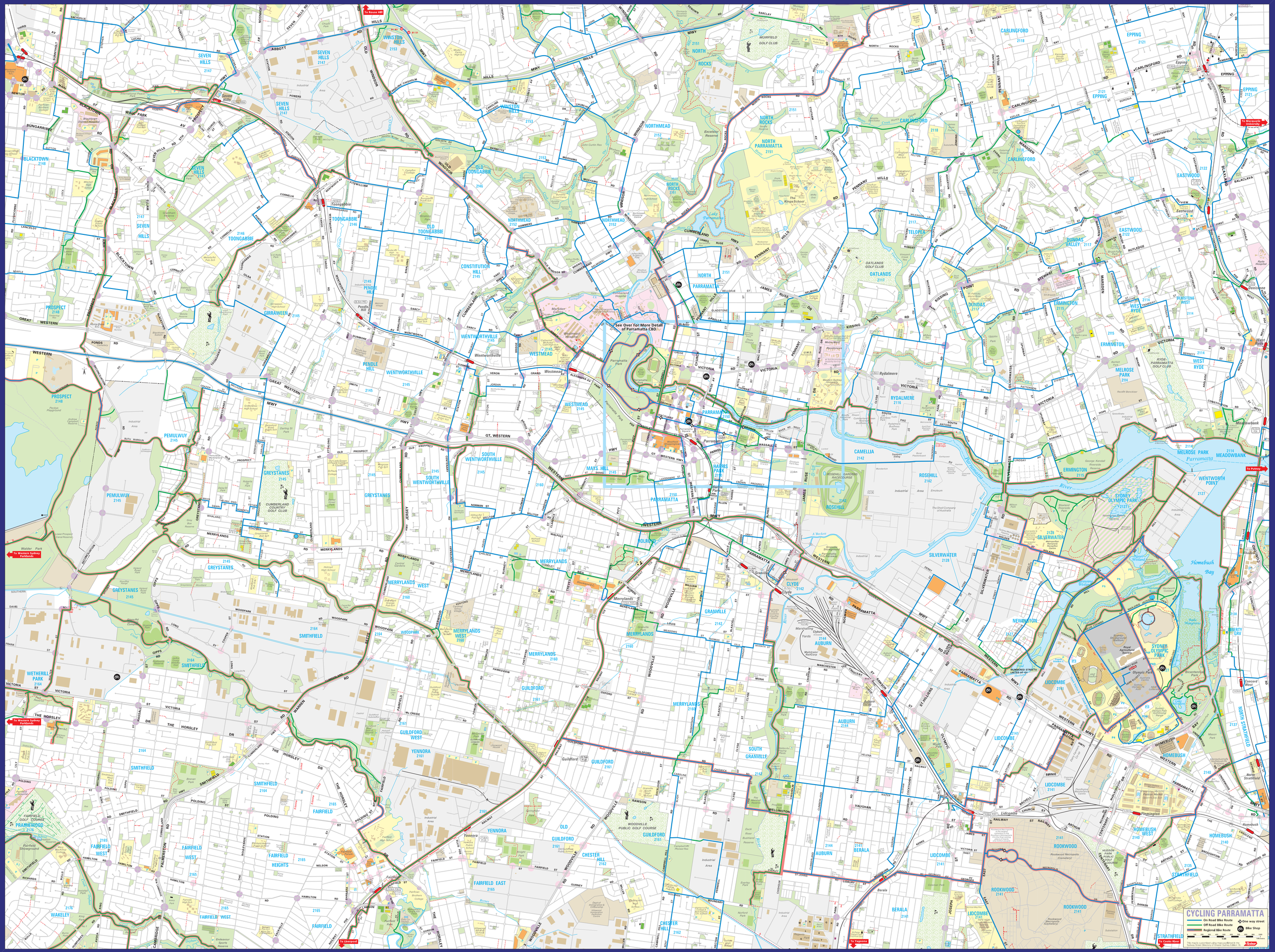
Park and Ride

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.service.nsw.gov.au/transaction/register-access-transport-nsw-bike-shed


CYCLING PARRAMATTA
On Road Bike Route
Off Road Bike Route
Regional Bike Route
One way street
Bike Shop
See Over For More Detail of Parramatta CBD
To Rouse Hill
To Macquarie University
To Putney
To Western Sydney Parklands
To Liverpool
To Yagoona
To Cooks River
PARRAMATTA
WESTMEAD
WENTWORTHVILLE
PENDLE HILL
PROSPECT
GREYSTANES
PEMULWUY
MERRYLANDS
GUILDFORD
FAIRFIELD
SMITHFIELD
YENNORA
CLYDE
AUBURN
LIDCOMBE
ROSEHILL
CAMELLIA
RYDALMERE
DUNDAS
EASTWOOD
CARLINGFORD
EPPING
NORTH ROCKS
NORTHMEAD
MAYS HILL
HARRIS PARK
SILVERWATER
ERMINGTON
MELROSE PARK
WEST RYDE
HOMEBUSH
STRATHFIELD
ROOKWOOD
BERALA
GRANVILLE
SOUTH GRANVILLE
CHESTER HILL
WOODVILLE
Parramatta River
Homebush Bay
SYDNEY OLYMPIC PARK
Olympic Park
Sydney Showground
Royal Agricultural Society
WENTWORTH POINT
MEADOWBANK
Rydalmere
Rosehill Gardens Racecourse
Wentworthville
Westmead
Merrylands
Guildford
Yennora
Clyde
Auburn
Lidcombe
Homebush
Flemington
Strathfield
Ermington
Melrose Park
Meadowbank
Dundas
Carlingford
Epping
Eastwood
Denistone
West Ryde
Seven Hills
Toongabbie
Blacktown
Prospect
Pendle Hill
Wentworthville
Pemulwuy
Greystanes
Merrylands
Guildford
Fairfield
Smithfield
Yennora
Clyde
Auburn
Lidcombe
Rookwood
Berala
Strathfield
Homebush
Rydalmere
Camellia
Rosehill
Silverwater