

## 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 for a sustainable future

When you cycle or walk you are helping the local and global environment. For every litre of fossil fuel used in a motor car produces a staggering 10,000 litres of carbon dioxide. Carbon dioxide is a greenhouse gas that contributes to global warming.

So why not use your own fuel? - kilojoules that is. Pat yourself on the back for being an environmental steward and helping our planet - your grandchildren will thank you!

No matter what you're doing now, you can enjoy better health and get the most out of life by being physically active. For ideas of what to do, visit your local Community Health Centre or speak to your doctor.



## 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

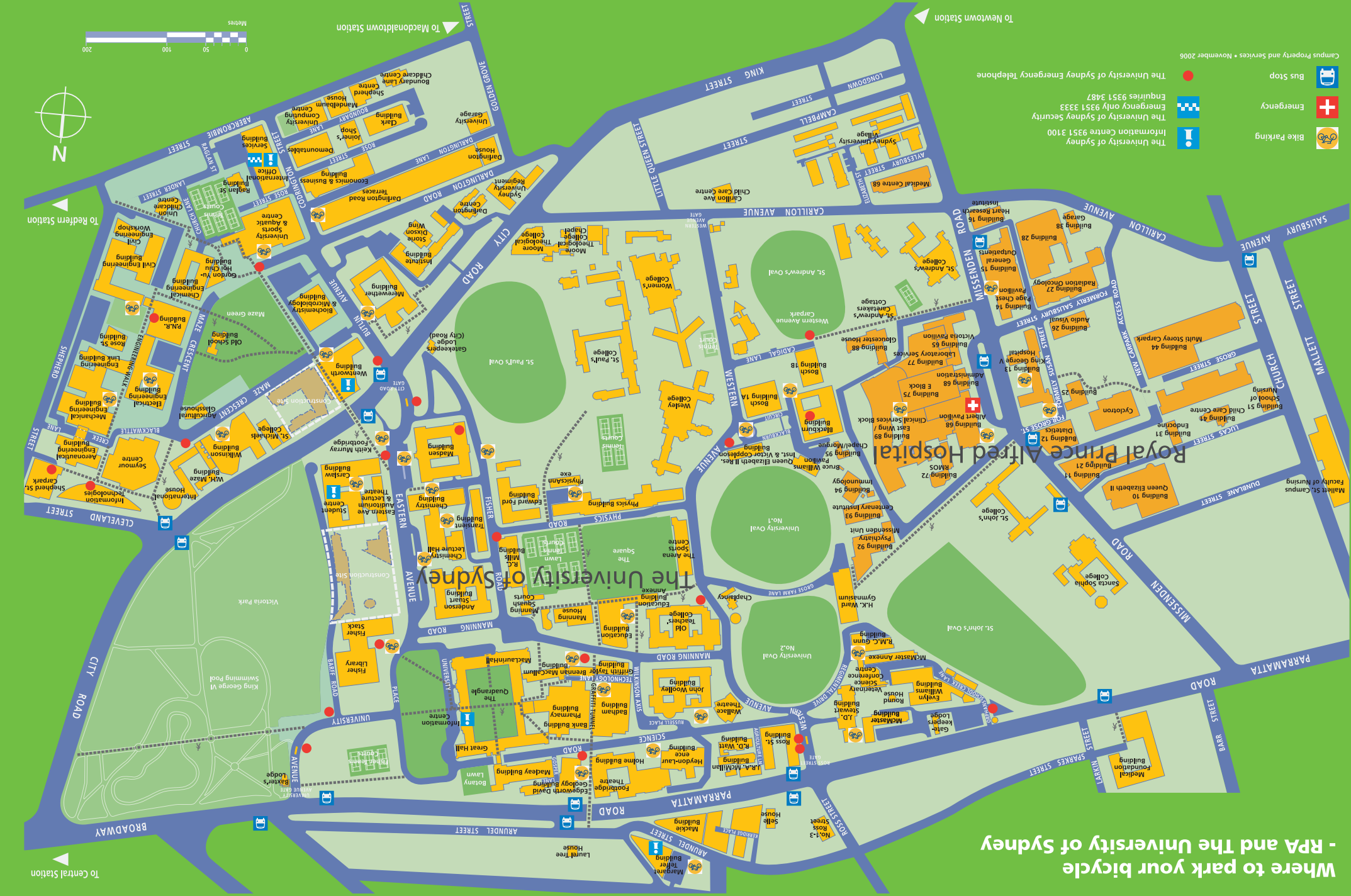
Mainly quieter streets but can also include short sections of busier streets that make good connections. The routes try and avoid hills and busy intersections.

### 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](http://www.bicyclensw.org.au)

**Bike-it! Sydney** Web: [www.bike-it.com.au](http://www.bike-it.com.au)  
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)

### Local Bicycle User Groups

Ashfield Ph: 9395 9228  
Canada Bay Ph: 8765 9719  
Eastern Sydney Ph: 9363 9131  
Leichhardt Ph: 8701 5019  
Marrickville/South Sydney Ph: 9294 5900  
Strathfield/Burwood Ph: 9745 1942  
Sydney Ph: 0403 999 899

### RTA

Cycling maps Ph: 1800 060 607  
Web: [www.rta.nsw.gov.au/bicycles.htm](http://www.rta.nsw.gov.au/bicycles.htm)

### Transport hotline

Ph: 131 500  
Web: [www.131500.com.au](http://www.131500.com.au)

### The University of Sydney

**The Bike Society**  
Web: [www.bikesoc.com](http://www.bikesoc.com)

### 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](http://www.susport.com)

### Stolen or damaged bike

Ph: 9351 3487

### Cycling skills course

If you're new to cycling or want to improve your skills, why not enroll 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 Sydney Community College on 8752 7555.

### Sydney South West Area Health Service

Health Promotion Unit (Eastern Zone)  
Level 9, KGV (North), Missenden Road,  
Camperdown NSW 2050  
Ph: 02 9515 9055  
Fax: 02 9515 9056  
Email: [hpureception@email.cs.nsw.gov.au](mailto:hpureception@email.cs.nsw.gov.au)  
Web: [www.cs.nsw.gov.au/pophealth/](http://www.cs.nsw.gov.au/pophealth/)  
(click on Health Promotion)

### The University of Sydney

Manager - Environmental Strategies  
Ph: 02 9351 2063  
Email: [sustainable@usyd.edu.au](mailto:sustainable@usyd.edu.au)  
Web: [www.usyd.edu.au/sustainable](http://www.usyd.edu.au/sustainable)

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**SYDNEY SOUTH WEST**  
AREA HEALTH SERVICE  
NSW HEALTH

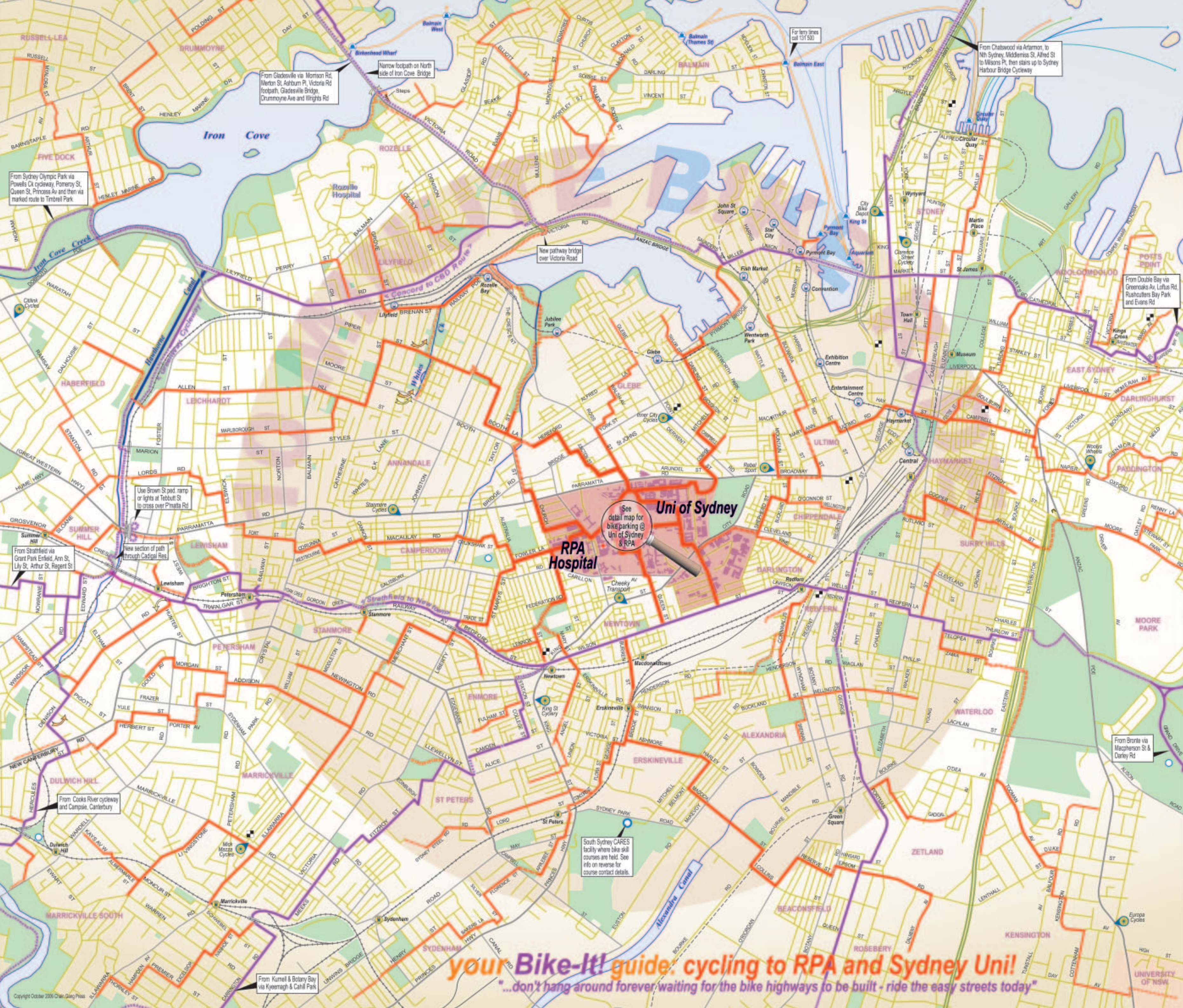


**The University of Sydney**

# Bicycle Map

Smart routes  
for getting to

**Royal Prince  
Alfred Hospital**  
and  
**The University  
of Sydney**



This bike map has been produced by Chain Gang Press for the Prince Royal Alfred Hospital and Sydney University to help you to cycle to and from work and study as part of a health promotion active transport program. For more information see [www.cs.nsw.gov.au/pophealth/dph/health](http://www.cs.nsw.gov.au/pophealth/dph/health)

We have provided this information in good faith... it's up to you to use it wisely!

**Legend**

- Suggested bike route to RPA or Sydney Uni on STREET (mainly quieter streets)
- Suggested bike route to RPA or Sydney Uni on PATH (give slower path users a fair go, take it easy, and keep left!)
- Principal Bike-It! Sydney suggested cross-city routes on either STREET or PATH
- ~ Alternate route to avoid hills (but less direct)
- ~ Alternate route to avoid busy street or squeeze point (but less direct)

**Things**

- Railway & CityRail station (bikes free off-peak & weekend)
- Metro Light Rail and station (bikes free at all times)
- Ferry Wharf (bikes carried free on all Sydney Ferries)
- Bike Shop
- Children's bike circuit (off-road)
- Publicly accessible open space
- Police Station

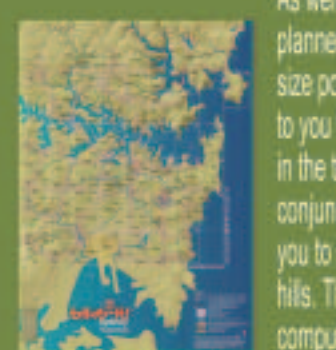
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Map base and cycling route information Copyright 2006 The Environment Works Pty Ltd trading as Chain Gang Press. Bike-It! is a registered trademark. For enquiries relating to purchase of map products contact Chain Gang Press via email: [admin@bike-it.com.au](mailto:admin@bike-it.com.au)

**more great bike info...**



*Bike-it!* Sydney 2nd edition - back street guide for cyclists is now out! The 1st edition authored by Bruce Ashley and produced by Chain Gang Press was sold out in under two years! The 2nd edition has 6 times the coverage - from Roseville to Rookdale & from Burwood to the coast. Plus updated contacts & bike shop listings, bikes on public transport, ride guide and cycling tips.

Now available at good bookstores, bike shops, and Bicycle NSW at level 5/822 George St, or online at [www.australiancyclist.com.au](http://www.australiancyclist.com.au)



As well as the *Bike-it!* book there is a route planner and hill finder, produced as an A2 size poster (folded to DL size) which is posted to you free with every copy when you send in the tear-off subscription card. Used in conjunction with *Bike-it!* - the planner allows you to select your bike route to avoid traffic and hills. The map shows all the hills with unique computer-generated hill shading, overlaid with the *Bike-it!* routes.

A laminated version can also be purchased online!

*Cycling Around Sydney* recently updated by Bicycle NSW gives you all the information you need for 25 of the best recreational rides in Sydney and nearby areas. Five of the rides are in the same area covered by this RPA/Sydney Uni bike map. Exciting photos and graphics illustrate great places to visit. Ride info includes cue sheet, map and key facts. Detailed supporting information for each ride as an appendix.



Available NOW at good bookstores, bike shops, and at Bicycle NSW level 5/822 George St, or buy online at [www.australiancyclist.com.au](http://www.australiancyclist.com.au)

**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"

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