

On a footpath/Laneway: In NSW, children 12 years or younger are permitted to ride on footpaths. Adults supervising children 12 years or younger are permitted to ride on footpaths in NSW. For more information please call the RTA on 13 22 13 or visit www.rta.nsw.gov.au/roadsafety/bicycles/index.html

Canberra has an excellent network of shared use paths, on-road cycling lanes and free bicycle parking facilities. The ACT Government is committed to encouraging healthier and more sustainable transport. Cycling and walking to work or study can help you find the recommended thirty minutes of exercise required for good health and will help reduce greenhouse gas emissions generated by cars.

Bike and Bus
A bicycle can be loaded onto ACTION's bus racks — you and your bicycle travel for the cost of your bus fare. Most buses on ACTION's Blue and Red Rapid routes have bike racks. ACTION's website has a journey planner which can be used to help plan walking, cycling and public transport trips (www.action.act.gov.au).

Bicycles can be parked for free at bike lockers, cages and rails which are next to many of the stops on ACTION's Red and Blue Rapid bus routes.

Cycling directions in Google Maps
There is information online about on and off road cycle paths on www.google.com.au/maps.

An explanation of the main features on the map
Shared use paths shown in pink
Shared use paths in the ACT are for non-motorised transport, such as pedestrians, cyclists, skateboarders, horse-riders and wheelchairs (including motorised wheelchairs.) All users should keep to the left on these paths. Cyclists must give way to pedestrians. Please respect everyone's right to use paths and treat each other with courtesy.

Thicker pink lines indicate paths which are generally wider. Thinner pink lines indicate paths which are narrower and are typically found on residential streets.

In NSW children aged 12 years or younger are permitted to ride on footpaths. Adults are only permitted to cycle on footpaths if they are accompanying a child in this age range.

On-road cycle lanes shown in green
On-road cycle lanes for cyclists are usually located on major busy roads.

Connector streets shown in yellow
Connector streets are quieter streets offering alternative routes to busy streets and on-road cycle lanes.

Unsealed paths/roads shown with a dotted blue line
In parks and reserves cyclists must obey signs and ride only on formed roads (i.e. roads that have been graded or widened to allow vehicle access). Please do not ride in large groups and take care not to damage the plants or animals.

Cycling and Walking - Safety Advice
Pedestrians and cyclists must obey all road rules.

You can find the ACT Road Rules at www.justice.act.gov.au/safety_and_emergency/road_safety and the NSW road rules at www.rta.nsw.gov.au/usingroads/roadrules.

- Always wear an approved safety helmet**
When riding a bicycle it is compulsory to wear a bicycle helmet that meets the relevant Australian Standards. Wearing a helmet can save your life.
- Be seen, be heard!**
It is a legal requirement that your bicycle has a bell, a red rear reflector, a headlight and tail light. It is important that you are able to see where you are going and that others can see you.
- Make sure your bicycle is in good working condition**
- Ride in a manner suitable for the conditions**
Ride predictably and defensively at all times.
- Share the path**
Cyclists must give way to pedestrians on all paths. Pedestrians should look out for cyclists and give them space to pass. Cyclists and pedestrians should keep left on paths and pass others by overtaking them on the right. Cyclists should warn others of their approach by sounding their bell. Extra care should be taken around horses. Don't surround your horse, you could frighten them. Slow down, let them know you are there by speaking, and allow time for horse riders to get into a safe position. In underpasses it may be necessary for cyclists to stop and wait for the horse rider to exit. Dogs should be on a leash on all paths.
- Cycling on road**
Cyclists must obey all road rules when riding on the road or when using on-road cycle lanes. Cyclists should not ride more than two abreast.

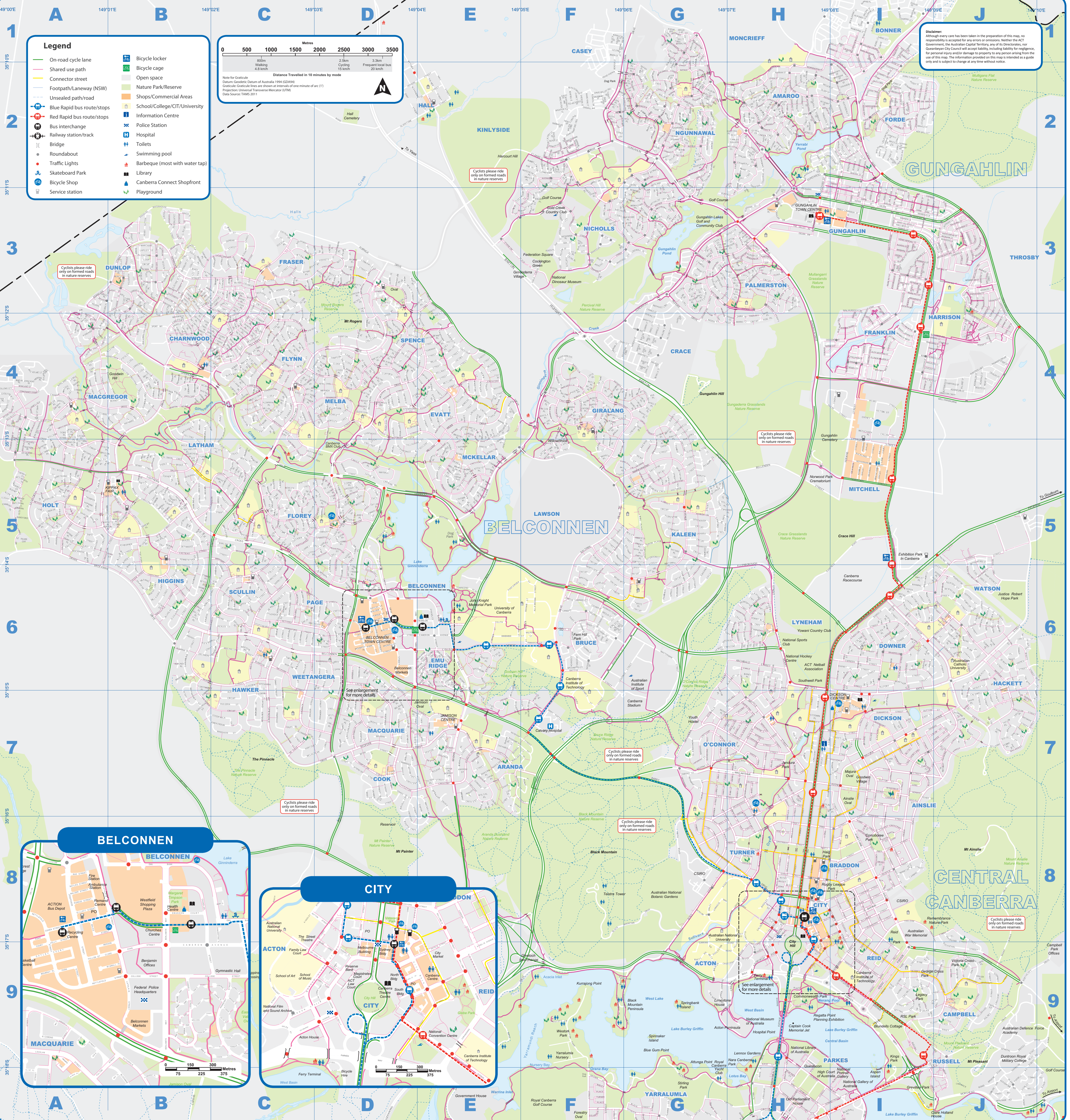
Useful contacts

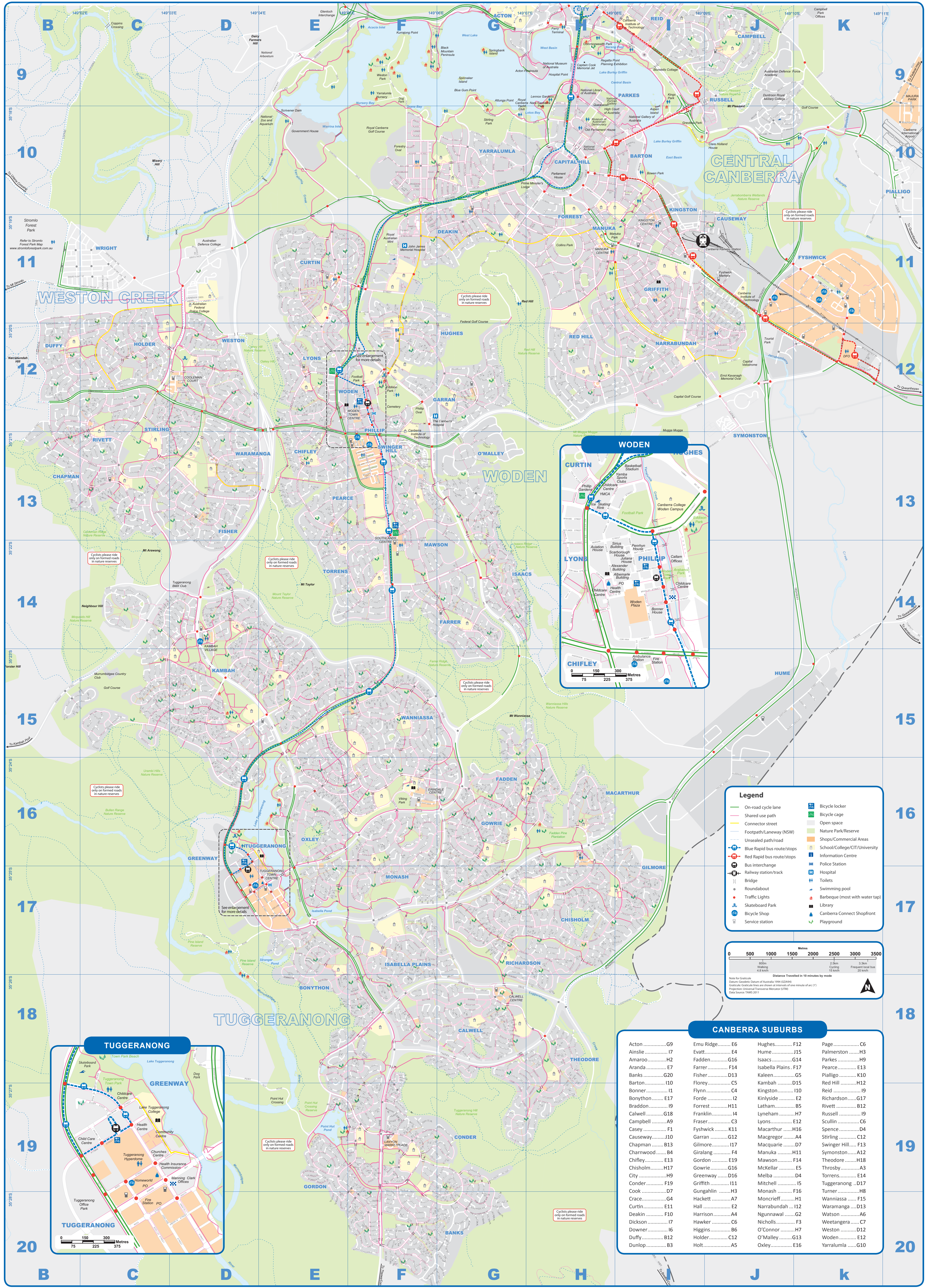
Canberra connect – 13 22 81 www.canberraconnect.act.gov.au	All general enquiries, reporting cycling or walking hazards.
Transport for Canberra www.transport.act.gov.au transportplanning@act.gov.au Transport Planning, GPO Box 158, Canberra 2601	Online map, Bike and Bus, MyWay, information on cycling and walking and public transport. Report errors via email or postal address.
ACTION – 13 17 10 www.action.act.gov.au	Bikes on buses, bus timetables/routes, journey planner.
Roads and Maritime Services – 132 213 www.rta.nsw.gov.au/roadsafety/bicycles/	Road safety and rules for cyclists in Queanbeyan/NSW
Queanbeyan City Council – 6285 6000 www.qcc.nsw.gov.au	Report cycling or walking hazards in Queanbeyan

The Canberra and Queanbeyan Cycling and walking map



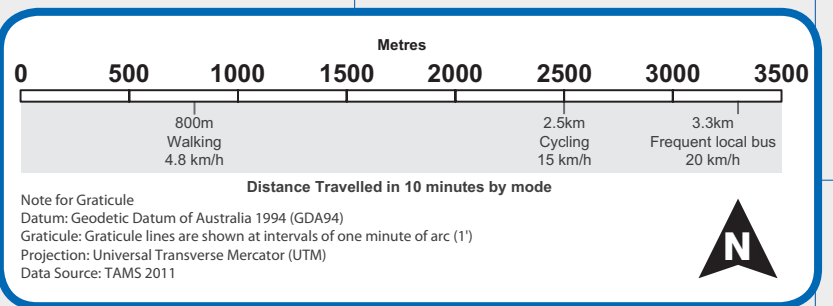
An essential map for cyclists and pedestrians showing shared use paths and on-road cycling lanes.





Legend

- On-road cycle lane
- Shared use path
- Connector street
- Footpath/Laneway (NSW)
- Unsealed path/road
- Blue Rapid bus route/stops
- Red Rapid bus route/stops
- Bus interchange
- Railway station/track
- Bicycle locker
- Bicycle cage
- Open space
- Nature Park/Reserve
- Shops/Commercial Areas
- School/College/CIT/University
- Information Centre
- Police Station
- Hospital
- Toilets
- Swimming pool
- Barbeque (most with water tap)
- Library
- Canberra Connect Shopfront
- Playground



CANBERRA SUBURBS

Acton.....G9	Emu Ridge.....E6	Hughes.....F12	Page.....C6
Ainslie.....I7	Evatt.....E4	Hume.....J15	Palmerston.....H3
Amaroo.....E2	Fadden.....G16	Isaacs.....G14	Parkes.....H9
Aranda.....H7	Farrer.....F14	Isabella Plains..F17	Pearce.....E13
Banks.....G20	Fisher.....D13	Kaleen.....G5	Pialligo.....K10
Barton.....I10	Florey.....C5	Kambah.....D15	Red Hill.....H12
Bonnython.....I1	Flynn.....C4	Kingston.....I10	Reid.....I9
Bonython.....E17	Forde.....I2	Kingside.....E2	Richardson.....G17
Braddon.....I9	Forrest.....H11	Latham.....B5	Rivett.....B12
Calwell.....G18	Franklin.....I4	Lynham.....H7	Russell.....I9
Campbell.....A9	Fraser.....C3	Lyons.....E12	Scullin.....C6
Casey.....F1	Fyshwick.....K11	Macarthur.....H16	Spence.....D4
Causeway.....J10	Garran.....G12	Macgregor.....A4	Stirling.....C12
Chapman.....B13	Gilmore.....I17	Macquarie.....D7	Swinger Hill.....F13
Charrwood.....B4	Giralang.....F4	Manuka.....H11	Symonston.....A12
Chifley.....E13	Gordon.....E19	Monash.....F14	Theodore.....H18
Chisholm.....H17	Gowrie.....G16	Mckellar.....E5	Throsby.....A3
City.....H9	Greenway.....D16	Melba.....D4	Torrens.....E14
Conder.....F19	Griffith.....I11	Mitchell.....I5	Tuggeranong..D17
Cook.....D7	Gungahlin.....H3	Monash.....F16	Turner.....H8
Crace.....G4	Hackett.....A7	Moncrieff.....H1	Wanniassa.....F15
Curtin.....E11	Hall.....E2	Narrabundah...I12	Waramanga...D13
Deakin.....F10	Harrison.....A4	Ngunnawal.....G2	Watson.....A6
Dickson.....I7	Hawker.....C6	Nicholls.....F3	Weetangera...C7
Downer.....I6	Higgins.....B6	O'Connor.....H7	Weston.....D12
Duffy.....B12	Holder.....C12	O'Malley.....G13	Woden.....E12
Dunlop.....B3	Holt.....A5	Oxley.....E16	Yarralumla...G10

TUGGERANONG

TUGGERANONG

WODEN

WODEN

WESTON CREEK

WESTON CREEK