

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 route to the Westmead Hospitals and Parramatta CBD. 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 off-road 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. Phone 9714 7888 or 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 from the Visitor Gateway, and at Bicentennial Park on weekends, public and school holidays. Adult from \$12/hr, Child from \$10/hr. See www.sydneolympicpark.com.au/cycling.

PARRAMATTA HERITAGE RIDE

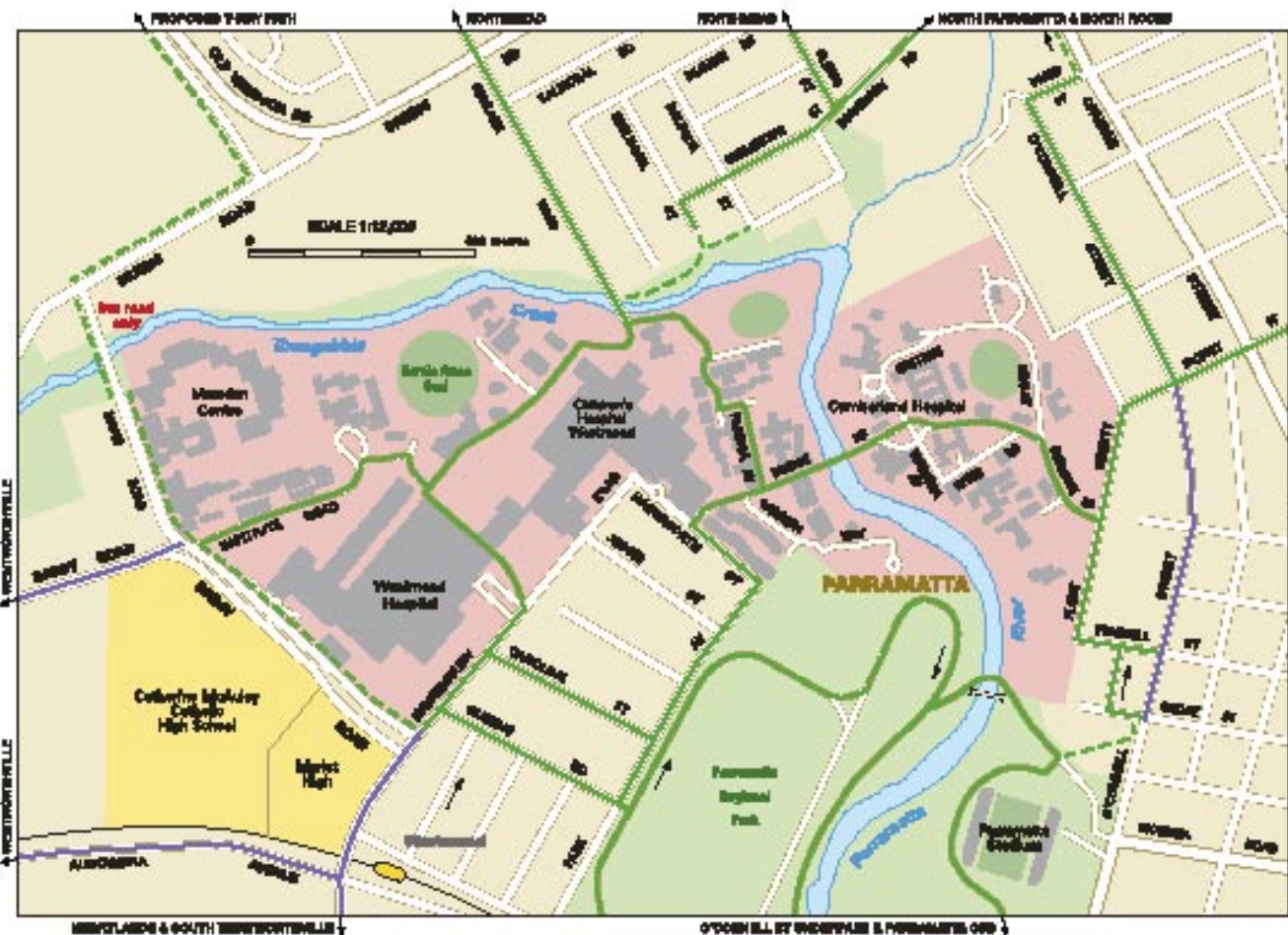
Many more historic features exist than can fit on this map. Follow the marked route and discover others, most with interesting information plaques.



1. Macquarie St Gatehouse & Rumsey Rose Garden
2. Observatory site, Bath House, Boer War Memorial & Hart Flight Memorial
3. Dairy Precinct
4. Parramatta Gaol, built between 1837 & 1856
5. Old Government House, Australia's oldest publicly-owned building dates from 1799
6. Tudor Gatehouse, built 1885
7. Brislington and Courthouse Tower
8. Lennox Bridge, 1839
9. St Patrick's Catholic Cathedral
10. MacArthur St ("Gasworks") Bridge, 1885
11. Boundary stone, below James Ruse Dr. bridge, & Female Orphan School
12. All Saints Church, 1847
13. Roxy Cinema, unique example of Spanish Mission architecture
14. Queens Wharf where paddle steamers and overseas sailing ships landed trade goods in 19th Century
15. Elizabeth Farm, commenced 1793. Australia's oldest European building
16. Experiment Farm Cottage on the site of Australia's first land grant
17. Hambledon Cottage, 1824, second house on Elizabeth Farm estate
18. Centenary Square's sandstone clock and drinking fountain mark Parramatta's 1888 centenary
19. Town Hall, St John's Anglican Cathedral, World War I Memorial

Visit <http://camwest.pps.com.au/heritage/> for more details and to join a Heritage Cycle Tour with cycling advocacy group, CAMWEST.

WESTMEAD HOSPITAL MAP



SYDNEY SOUTH WEST
AREA HEALTH SERVICE
NSW HEALTH

SYDNEY WEST
AREA HEALTH SERVICE | NSW HEALTH

Text: Neil Irvine
Design: Mike Rossi
Maps: Will Pringle
Images: Neil Irvine, CADmonkey Design
Project Manager: Ian Connellan

This bike map has been produced by Sydney South West Area Health service in partnership with the Sydney West Area Health Service, September 2008.
Thanks to the regional Bicycle User Groups (BUGs) CAMWEST and CHWBUG, and the area's local councils for information on the bike routes.
For extra copies of this map, and others in the series (*Get to Sydney Olympic Park by bicycle*, *Discover Fairfield and Liverpool by bike*) phone the Health Promotion Service on 9515 9055, email hpureception@email.cs.nsw.gov.au or visit www.cs.nsw.gov.au/pophealth (click on Health Promotion).

CYCLING SAFETY & 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
- Ride two abreast, no more than 1.5m apart
- Travel on footpath 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 12 years old (or an adult accompanying a child under 12)
- 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. Beginner and intermediate levels available for adults 17 and over. Contact Sydney Community College on 8752 7555, www.sydneycommunitycollege.com.au.

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.

USEFUL CYCLING INFORMATION

Bicycle NSW

Phone 9218 5400, www.bicyclensw.org.au

Bike Rides Around Sydney,

Open Spaces Publishing, www.osp.com.au.
At bike shops and better book shops.

Council bike maps

Auburn: 9735 1222, www.auburn.nsw.gov.au
Baulkham Hills: 9843 0555, www.baulkhamhills.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
Holroyd City: 9840 9840, www.holroyd.nsw.gov.au
Parramatta City: 9806 5050, www.parracity.nsw.gov.au
Strathfield: 9748 9999, www.strathfield.nsw.gov.au

RTA Cycling maps

Phone 1800 060 607, www.rta.nsw.gov.au/bicycles.htm

Local bicycle user groups (BUGS)

Ashfield: AshBUG, 8293 4504, www.ashbug.org.au
Canada Bay: BayBUG, 8765 9719, www.baybug.org.au
Ryde: Bike North, 9872 2583, www.bikenorth.org.au
Western suburbs: CAMWEST, 9633 9185, www.camwest.org.au
WSCN, 0422 933 612, westernsydneycyclingnetwork.com.au

Public transport

You can take a bike by CityRail train (free off-peak & weekends, child fare at other times), or Sydney ferry (free 24/7).
For trip planning, fares and timetables phone 131 500 or visit www.131500.com.au

Park and ride

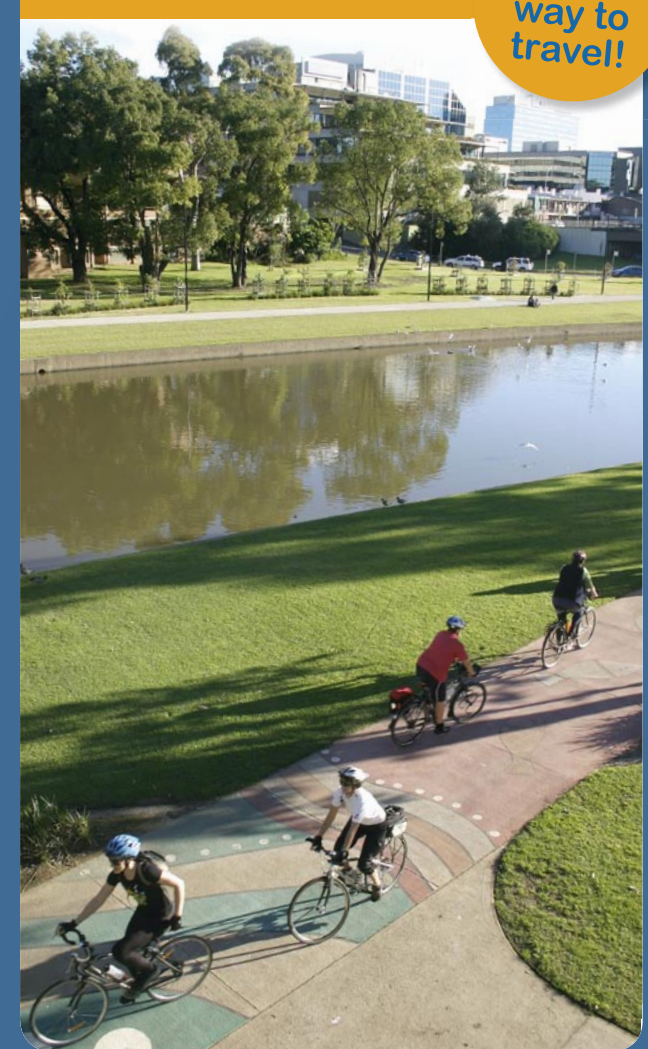
If you'd like to cycle part of the way and take public transport the rest, secure bike lockers are available at the following locations in the map area:
Train stations: Auburn, Lidcombe, Regents Park, Blacktown, Marayong, Seven Hills, North Strathfield, Merrylands, Beecroft, Epping, Granville, Parramatta, Pendle Hill, Westmead, Meadowbank.
Ferry wharves: Abbotsford, Cabarita, Kissing Point, Meadowbank, Parramatta, Rydalmere.

Contact Bicycle NSW for hire information.

GET TO WORK IN

WESTMEAD & PARRAMATTA BY BICYCLE

the perfect way to travel!



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