

Contacts

Roads and Traffic Authority (RTA)

Check out this web site or phone for the event program and details on Bike Week or detailed maps and safety information

Ph: 1800 060 607
www.rta.nsw.gov.au

Bicycle New South Wales

For information on Cycle Sydney, lockers, events, bike technology and lobbying activities

GPO Box 272
Sydney 2001
Ph: 02 9283 5200
www.bicyclensw.org.au

CAMWEST

(Cyclists' Action Movement WEST)

Community Cycle Group - organises bike rides, lobbies on behalf of cyclists and works with Councils and government agencies to improve facilities

PO Box 3755
Parramatta 2124
Ph: 02 9633 9185
camwest.pps.com.au

North Shore Bicycle Group

A community cycling group active in the Epping area
galifrey.triode.net.au/bike_north

Cyclists using the routes outlined in this brochure do so at their own risk. Parramatta City Council will not accept liability for personal injury and/or damage to property. Although every care has been taken, no responsibility is accepted for any errors or omissions. Please note cycle paths may be subject to change in the future. Published by Parramatta City Council September 2002.

Parramatta Cycle Club

A club specialising in road and track racing for ages 7 to 70
PO Box 735
Parramatta NSW 2124
Mobile: 0414 295 130
www.parramattacycling.org.au

Western Sydney Health

(Western Sydney Area Health Service)

Ph: 02 9840 3708
www.wsahs.nsw.gov.au

Sydney Olympic Park

Ph: 02 9714 7545
www.sopa.nsw.gov.au

Parramatta Heritage and Visitors Information Centre

346A Church Street
Parramatta
Ph: 02 8839 3300

Parramatta City Council

PO Box 32
Parramatta NSW 2124
Ph: 98065000
www.parracity.nsw.gov.au

PARRAMATTA
CITY COUNCIL



Safe Cycling Rules

Bike routes have been designed and built with your safety in mind. It is only with your co-operation, however, that safety can be improved. Please follow the road rules and regulations listed below:

Cycling on the Road

- Obey road rules, for example, stop at stop signs.
- Keep left on the road (about 1 metre out from the gutter is advised).
- Riders must use hand signals when stopping and turning.
- Cyclists should walk their bikes across pedestrian crossings.

Children

Children under 12 years of age should not use the roads unless supervised by an adult (as a pedestrian or cyclist).

Children under the age of 12 can ride on footpaths unless otherwise prohibited.

Be Audible and Visible

Bicycles must have a bell or a horn.

For cycling at night, bicycles must have a white light at the front and a red light and reflector at the rear.

Bicycle Maintenance

Bicycle maintenance is vital for safe cycling. Make sure your bike undergoes regular safety inspections, checking for loose steering and wheel bearings. Always check that the brakes, tyres, chain, pedals, lights, reflectors and bell are clean and in good working order.

Alcohol

It is illegal to ride under the influence of alcohol.

Accidents

Serious bike accidents (injury/death/significant property damage) must be reported to a police station.

Safety Precautions

Keep alert all the time.

Don't listen to music using headphones (you need to hear traffic approaching from behind).

Be aware – watch out for the opening of car doors.

Be more visible – wear bright and reflective clothing.

Helmets Help Save Lives!

Injury to the head is the most common cause of death and injury for cyclists. Helmet wearing is compulsory by law and penalties apply for violations.

All children and adults must wear a helmet when riding a bicycle in a public place in NSW. This also applies to smaller children in baby seats or on a bicycle with training wheels.

Purchase helmets that meet the Australian Standards.

Riding on a Footpath or Shared Path

Keep to the left of the footpath or shared path.

Give way to any pedestrian on the footpath or shared path.

An adult must not ride a bicycle on a footpath unless the adult is accompanying a child under the age of 12 who is also riding on the footpath.

Happy and Safe Cycling



The Leading City at the Heart of Sydney

Cycling Guide to Parramatta



PARRAMATTA CITY COUNCIL



Bicycling in Parramatta

Parramatta is a great place to ride a bike. Council encourages you to cycle to work, to go to the shops and for exercise and fun.

The map shows on-road cycle routes and off-road shared paths within the Parramatta local government area.

If you are cycling with children and you want to keep away from roads, there are off-road bike paths along the banks of the Parramatta River, or you can meander through Parramatta Park and enjoy its tranquillity.

Cycling is also a great way to visit our City's historic sites including Elizabeth Farm, Hambledon Cottage and Old Government House – all of which are within easy riding distance of one another.

For your convenience, there are secure bicycle storage facilities at Parramatta Station, the Charles Street Wharf and Merrylands Station. Bike lockers can be hired through Bicycle NSW by phoning 9283 5200. There are also bike racks available for short-term parking throughout the Parramatta area.



Cycle Routes for you to explore

The following routes are relatively flat, have gentle curves and clear signposting, which allow safe and comfortable riding, especially for beginners, seniors and families.

These routes are easy and pass through or near playing fields, parks, schools and shops. There are also plenty of opportunities to have little rests or a picnic along the way.

Parramatta Valley Cycleway

This route takes you from Morrison Bay Park in Ryde along the Parramatta River foreshore to George Kendall Riverside Reserve and Eric Primrose Reserve. From the Parramatta Valley Cycleway you can ride across to Sydney Olympic Park along the John Whitton Bridge, the Silverwater Bridge, or just continue along the foreshore.

The route gives you an opportunity to ride and appreciate the natural environment along the parks and reserves of the Parramatta River foreshore, where you can rest along the way or simply stop to admire the scenery.

Take your family and friends along to enjoy the natural beauty at no cost and keep yourself fit!

Parramatta to Liverpool Rail Trail

The Rail Trail runs parallel to the railway line from Parramatta to Liverpool for most of its 16.8 km length.

About 6km of the route is within the Parramatta local government area. Starting at Station Street, Parramatta the route travels south making its way to Randle Street, Granville where the off-road path takes you to Railway Terrace from where the path travels parallel to the railway line. The path takes you past the Merrylands, Yennora and Fairfield Town Centres and then continues to travel parallel to the Cumberland Railway Line all the way to Liverpool.

For details see the map on this brochure; for more detailed maps on these routes and other routes in Parramatta and the Sydney Metropolitan area check out the RTA web site www.rta.nsw.gov.au.

Council's Vision for cycling



Parramatta City Council encourages cycling as an alternative and more sustainable way to travel, particularly for short trips. Council is promoting cycling as a mode of transport and wishes to see it make up 5% of all work trips to the city by 2021.

Council is currently improving facilities for cycling and implementing a network of bicycle routes within the Parramatta local government area - so it is safer and easier for you to ride.

Regular cycling can help reduce the incidence of coronary heart disease, obesity and hypertension and lead to an increase in overall fitness levels.

Your suggestions are welcome

Anyone interested in cycling issues in Parramatta is welcome to attend the meetings of Parramatta Cycleways Steering Committee. The Committee meets on the second Tuesday of every second month at Parramatta Town Hall.

If you have any concerns about cycling matters, please forward them to Council for discussion by the Committee.

For more information contact Parramatta City Council on 9806 5000 or visit our website www.parracity.nsw.gov.au

Cycling makes sense



As a cyclist, you'll be aware that cycling is one of the most environmentally friendly means of transport and it is fun, cheap and good for your health. Cycling two to three times a week can bring about tremendous changes to your health by reducing stress and contributing to mental well being. When you ride, you are also helping your community by cutting down on noise, air pollution and traffic congestion.

It is never too late to start!

Parramatta Bike Routes

The Leading City at the Heart of Sydney

