

# BIKE SAFETY TIPS

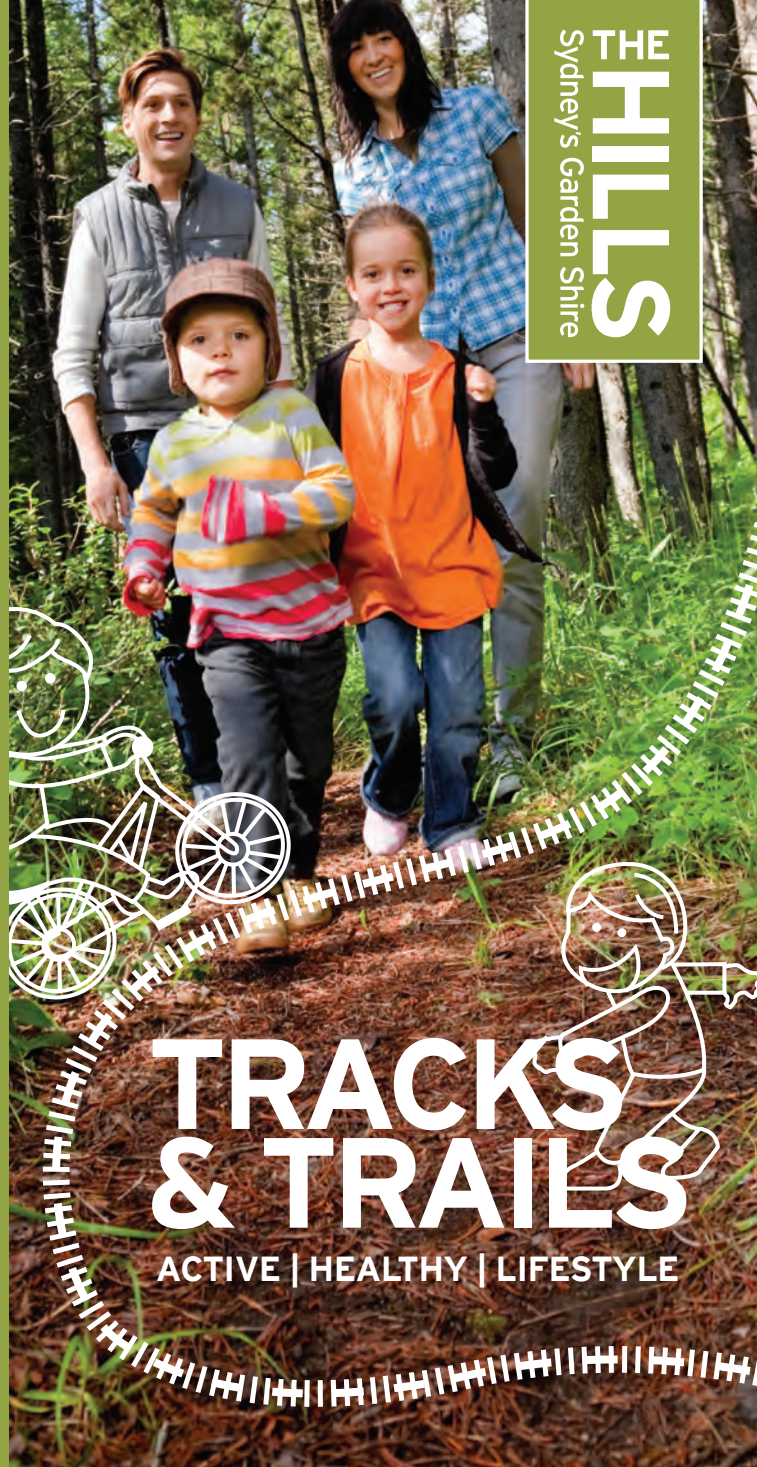


- It is the law that all riders and passengers on bicycles must wear an Australian Standards approved helmet that is securely fitted and fastened on the rider's head.
- Children under 12 years and older riders accompanying them may ride bikes on the footpath unless there are signs that specifically prohibit cycling.
- On shared paths and footpaths bicycle riders should always keep to the left.
- Cyclists should travel at a speed that promotes safety for them and any pedestrians on the path.
- Cyclists should use their bell to let people know when they are approaching and be careful around young children, dogs and older pedestrians.

**THE HILLS**  
Sydney's Garden Shire

For more information visit Council's website  
[www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)

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## TRACKS & TRAILS

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# CYCLING IN CASTLE HILL & KELLYVILLE



Are you looking for a place to be out and about? Maybe a short bush walk, or a picnic under the shade of gum trees? Look no further than Fred Catterson and Bernie Mullane Reserves!

The Tracks and Trails program is designed to inspire people to get out, be active, and use local open space areas. The Hills Shire boasts a range of beautiful recreation locations including great cycleways and walking tracks.

The Bernie Mullane Sports Complex, at Marella Ave, Kellyville provides opportunities for a number of recreational activities including cycling, walking, tennis, an all abilities playground, an indoor sporting complex complete with basketball courts and a fully staffed indoor gymnasium.

Fred Catterson Reserve, at Gilbert Road, Castle Hill is a large sports facility surrounded by bushland. There are picnic tables and a junior children's playground, public toilets and extensive walking tracks. The reserve also features a BMX track, a remote control car track and a basketball stadium.

If you live locally you can leave the car at home and use the Fred Catterson to Bernie Mullane link track for that short walk or cycle. Just remember to wear a cycle helmet and obey all the normal traffic rules. This track is highlighted in yellow on the map.

You can even take your dog. They are allowed in both reserves provided they are kept on a leash at all times and supervised.

## FRED CATTERSON & BERNIE MULLANE RESERVE

