



Bobbin Head Bike rider, WonYun Lee

Discover the benefits

Health and Wellbeing
Cycling is a simple, low impact way to improve your health and fitness. If you make cycling part of your daily routine, you are much more likely to keep it as part of your life than more structured exercise programs like going to the gym. Combined with a healthy diet, cycling is also a great way to lose weight.

Environmental
By cycling to work you'll be looking after your local environment. Every time you choose to ride your bike over driving your car, you help to reduce pollution and improve air quality. Cycling also has less impact on our roads, so we can put your rates money to better use!

Financial
Cycling is a cheap way to commute to and from work. If one member of a family cycles to work daily, it's possible to save the cost of owning and running a second car. With today's rising petrol prices, the money saved will add up quickly. Bikes are also convenient to park!

Time
Cycling is convenient door-to-door transport. Ignore the traffic report and feel the satisfaction of cycling past the cars. You'll have a predictable daily commute time without worrying about traffic congestion or finding a parking space at the other end. Cycling is also a fantastic way of fitting physical activity into your day without having to allocate extra time to it. Enjoy your new-found independence!

Using this map

This map is designed to help you find the best way of getting around Ku-ring-gai (and into adjoining areas) by bicycle. The highlighted routes are not always the most direct routes but are usually the best for riding a bike. Ku-ring-gai is located along a north-south ridge line that runs mostly along the North Shore railway line. While there are some hills that seem difficult at first, you will find that they become easier after just a few short weeks of riding.

To help you avoid unnecessary hills, this map has been developed especially for cyclists. Please note that routes shown in adjoining areas are the key routes – there may be more local routes not shown on this map.

Marked cycling routes
We have shown the marked cycle routes which usually have signs on poles and logos on the road.

Useful cycling routes
These are shown in green and are mainly quieter streets that generally avoid major hills and busy roads and intersections. These are not official cycle routes but have been suggested by other cyclists.

High traffic routes
For more confident and experienced riders, these routes are not official cycling routes and are on roads where traffic levels and speeds can be high. Extra care and caution is required if using these roads.

Steep hills/long climbs
To help you choose a route, we have marked the hillier sections with arrows. The arrows point up hills to make it easier for you to plan your routes.

Cycle paths
There are some cycle paths that pass through parks in Ku-ring-gai and occasionally travel on signposted shared footpaths/cycleways. These are often important links and provide low stress options for beginner cyclists.

Mountain bike trails
These are typically fire trails. They can be very uneven, and are often not sealed and become soft in wet weather. They are not suitable for road bikes and should be used by more confident riders. Please note that cycling is not permitted on designated walking tracks to protect the tracks and the walkers who use them.

Reporting hazards

Suburban roads
Road and path conditions vary over time. If you see a problem or hazard for bicycles, please report it to Ku-ring-gai Council, who will investigate and wherever possible arrange to fix the problem.
P 9424 0000 E kmc@kmc.nsw.gov.au

Main roads and motorways
If there is a problem on a main road or motorway, you can report it to the Roads and Maritime Services (RMS) on 131700.

Reporting a hazard
When reporting a hazard, you must locate and identify it. Please remember the following:
1. Exact location
• Road/street/cycleway name, suburb.
• On road, road shoulder/cycle lane, cycle path, footpath
• Precise location e.g. house number, intersecting road, distance from point of reference
• Side of road/path e.g. west side or travelling north
2. Type of hazard or defect
• Damaged surface, debris on surface, roadside or pathside problems, overhanging vegetation, drainage, service cover or access point.

Shared paths

There are a number of shared paths on this map that provide safe cycling routes separated from traffic. However, shared paths are there to share, so please be considerate of pedestrians and other cyclists.

SHARING RULES



- Keep left
- Be aware of others and slow down
- Give way to pedestrians as they have right of way
- Warn pedestrians of your approach by sounding your bell or calling out
- Watch for vehicles crossing shared paths that may be entering or exiting driveways.



Ku-ring-gai Council
P (02) 9424 0000
E kmc@kmc.nsw.gov.au
www.kmc.nsw.gov.au

Other maps available from:



Hornsby Shire Council
P (02) 9847 6666
E hsc@hornsby.nsw.gov.au
www.hornsby.nsw.gov.au



Ryde Council
P (02) 9952 8222
E cityofryde@ryde.nsw.gov.au
www.ryde.nsw.gov.au



Warringah Council
P (02) 9942 1111
E council@warringah.nsw.gov.au
www.warringah.nsw.gov.au



Willoughby City Council
P (02) 9777 1000
E email@willoughby.nsw.gov.au
www.willoughby.nsw.gov.au

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Errors/omissions: Every effort has been made to ensure the information contained in this brochure is correct at the time of printing. Should there be any errors or omissions please contact Ku-ring-gai Council on 9424 0000 and the changes will be considered in the next reprint of the map.

Commuting by bike

Cycling to work is a great way to get that 30 minutes of exercise each day you never find time for. It's cost effective, good for the environment and improves your health and fitness. Hornsby, Macquarie Park and Chatswood CBDs are within easy reach from Ku-ring-gai. Railway stations, UTS Lindfield, SAN Hospital and most high schools are also relatively short rides for Ku-ring-gai residents.

GET YOUR ROUTE READY
Plan your route
Use this map to work out the safest way to travel using bike paths and quiet back streets. Ask someone who already commutes for their advice. If it is too far to ride all the way to work, consider riding to a train station and lock your bike there.

Test run
Do a test ride on a weekend before your first commute, to get an idea of how long it will take. Add extra time on your first day so you can explore your route.

GET YOUR WORKPLACE READY
Storage
Ask your employer for a suitable and secure place to leave your bike. Do not leave your bike anywhere that may cause a safety hazard or obstruction.

Getting ready for work
• Many workplaces have showers for their employees. If yours doesn't, speak to your employer about installing some. Alternatively, you may be able to use a shower in a local gym.
• Keep your work clothes looking good by rolling them rather than folding them, wearing non-crush fabrics or doing a weekly clothes drop. Consider asking your employer to buy an iron.
• Leave a set of toiletries and several pairs of shoes at work to reduce your daily load.



GET YOUR BIKE READY

Essentials

- Bike
- Bell
- Helmet
- Pump & tool kit

Only if you need them

- Bike lock
- Backpack/rack
- Water bottle
- Lights (night riding)
- Cycle clothing (cold/wet weather)

A commuter bike bus leaves Gordon for the Sydney CBD at 6:45am Monday to Friday. For more details visit www.sydney-easy-riders.com.au

Safe cycling tips

When riding at night wear light coloured clothes and if possible clothes or shoes with reflective material to make you more visible.

Buy a bike that fits your size and purpose.

Wear glasses such as sunglasses or sports glasses to protect your eyes from dirt, dust and insects while riding.

Momentum is the friend of every cyclist. You will be able to cycle much further if you use easy gears and spin the pedals at 70 to 90 revolutions per minute.

When choosing a route, don't necessarily cycle where you drive. The best cycle route may be quite different.

Sound your bell and slow down when approaching others on a shared cycleway. Give pedestrians warning and room.

CYCLING IN THE WET
• If you are riding and it starts to rain then stop and wait under shelter. Most of Sydney's rain showers only last 20 minutes or so.
• If you are serious about cycling for transport, buy the best rain jacket you can afford.
• Remember wet roads are much more slippery and your tyres are quite narrow. Slow down on corners!

REMEMBER

- Be predictable – do not weave in and out of parked cars, maintain a straight line.
- Signal your intention to move well in advance.
- Be politely assertive. Do not ride in the gutter where there is often rough surface or debris.
- Keep a safe distance from parked cars. A suddenly opened car door could cause an accident.
- Avoid the squeeze – take over your lane when going through narrow sections, speed humps and small roundabouts.
- Make eye contact with drivers at intersections. Make sure they have seen you before moving in front of a car.
- Be noticed! Wear bright clothing. Be reflective at night.

Bicycle road rules and regulations

Bicycles are considered to be vehicles under the Australian Road Rules, and are required by law to obey them. This includes stopping at red lights and at stop signs. Cyclists have the same rights and responsibilities as drivers and motorcycle riders, with some extra rules

just for bicycles. As cyclists have responsibilities when using the road system, they also have the right, like other vehicles, to use the road and be shown courtesy and care by other road users.

RULES AND REGULATIONS

- Cyclists must wear an approved, correctly fitted and fastened bike helmet at all times.
- All bicycles must be fitted with an effective brake and bell, horn or similar warning device.
- You must not ride at night without a steady or flashing white light on the front and a red reflector and steady or flashing red light at the rear of the bike.
- Cyclists must use a shared path or marked bicycle lane where provided unless it is impractical to do so.
- Cyclists can ride two abreast but must ride within 1.5 metres of each other.
- Bicycles can use bus and transit lanes, but not Bus Only lanes.
- Children aged under 12 years and an adult accompanying a rider under 12 years are permitted to ride on footpaths.
- On a bicycle you are able to overtake another vehicle on the left except when that vehicle is turning left and giving a left change of direction signal. A cyclist can legally travel to the front of a line of traffic on the left hand side of stopped vehicles.
- Always use hand signals when turning or stopping.
- You may turn right from the left hand lane of a multi-lane roundabout as long as you give way to any other vehicle leaving the roundabout.
- You must walk, not ride, across pedestrian crossings unless bicycle lights are provided.
- You must keep to the left of a footpath or shared path and give way to pedestrians and oncoming cyclists.

Bikes and public transport

Bicycles are allowed on CityRail trains free of charge. However, if at least part of your journey is made between **6am and 9am** or **3:30pm and 7:30pm** on weekdays, you must buy a child's ticket for the bicycle.

TRANSPORT RULES



- Do not block doorways on trains
- Riding bicycles is not permitted on CityRail stations or trains
- Bikes are allowed on Sydney Ferries if there is room in the bike racks on board - ensure your bike is secure and aisles are kept free from trip hazards
- Bikes are generally not allowed on Sydney Buses. However, some wheelchair accessible buses may allow the passage of bicycles at the bus driver's discretion. Secure your bike in the wheelchair area of the bus.

Secure bicycle lockers are available at selected train stations, ferry wharves and bus interchanges. For more information Transport Info 131 500 | www.131500.com.au

Places of interest to cycle to in Ku-ring-gai - - - - -

Natural areas

Lane Cove River (Browns Waterhole).....South Turramurra
Garigal National Park
Bicentennial ParkWest Pymble
Ku-ring-gai Chase National Park
Ku-ring-gai Wildflower Garden..... St Ives
Swain Gardens Killara

Recreational parks and sportsgrounds

Acron Oval St Ives
Allan Small Park.....East Killara
Auluba Ovals.....South Turramurra
Bannockburn Rd Oval.....Pymble
Bert Oldfield Oval (Killara Park).....Killara
Cliff Avenue Reserve.....Wahroonga
Comenarra SportsgroundSouth Turramurra
East Gordon Recreation Area.....Gordon
Edenborough Sportsground.....West Lindfield
Fiddens Wharf Rd Sportsground.....Lindfield
George Christie Sportsground.....Wahroonga
Golden Jubilee Sportsground.....Wahroonga
Hassell Park Sportsground.....St Ives
Karuah Rd Sportsground.....Turramurra
Kent Rd Sportsground.....North Turramurra
Koola Park.....East Killara

Lindfield Soldiers Memorial Park East Lindfield
Loyal Henry SportsgroundRoseville
Primula St Oval (Princes Park)..... West Lindfield
Queen Elizabeth Park.....Lindfield
Regimental Park Killara
Mimosa Road Sportsground..... Turramurra
Roseville Chase Oval.....Roseville Chase
Roseville Park Oval.....Roseville
Samuel King Sportsground..... North Turramurra
St Ives Village Green Sportsground St Ives
William Cowan Oval..... St Ives
The Glade Oval.....Wahroonga
Toolang Road Sportsground..... St Ives
Turramurra Memorial Park..... Turramurra
Warrimoo Avenue Sportsground..... St Ives
Wellington Road Sportsground..... East Lindfield
Westbrook Avenue Sportsground..... East Wahroonga

Historical points

Tulkian HouseGordon
Echo Point ParkRoseville
Erydene Historic HouseGordon
Wahroonga ParkWahroonga
St Ives Showground..... St Ives
Rose Seidler House.....Wahroonga

Basic bicycle maintenance - - - - -



ONGOING MAINTENANCE

Regularly check your tyre pressure, quick release skewers, brakes and bearings. Maintenance is important. If you don't feel confident working on your bike, take it to a good cycle shop for servicing.

Clean your drive chain regularly and then apply a lubricant according to the instructions. Wipe off the excess, because excess lube attracts dirt.



Locking your bike

Buy a good quality "U-lock" or 10mm cable lock from a cycle shop. Secure your bike to an immovable object. You can secure your frame and rear wheel just by locking the wheel within the rear triangle to something secure. If you do the same cycle trip regularly then consider leaving a lock at your destination to avoid carrying a heavy lock every time.



REPLACING YOUR TUBE

1. Loosen quick release lever or axle nuts (as appropriate).
2. Remove wheel from the bike frame.
3. Remove one tyre bead from the rim, use tyre levers if necessary.
4. Extract the tube from under the tyre.
5. Try to identify what caused the flat – find the hole and search for sharp items still within the tyre. (These will cause another puncture if you leave them).
6. Repair the tube with a tyre patch, or use a new tube.
7. Slightly inflate the tube and place inside the tyre.
8. Place valve through hole in rim.
9. Patiently work the bead back onto the rim gradually moving around. Deflate the tube a little if necessary. Avoid using tyre levers if possible.
10. Partially inflate. Check tyre is seated in the rim and valve is straight. Deflate and reseal the tyre if necessary.
11. Inflate to full pressure and fit wheel to bike.

Buying a bicycle - - - - -

Choosing the right bicycle will make riding more pleasurable. A specialist bicycle retailer will be the best place to offer you professional advice on tailoring a bicycle to fit you. They will be able to help you find a bike that suits your individual needs, expectations and budget.



Road bikes

Perfect for all kinds of road riding. They are designed to maximise aerodynamics and minimise weight. They provide better handling, cornering and sprinting ability.



Mountain bikes

Designed to tackle off-road tracks. Front and/or rear suspension enables you to soak up rough terrain and stay in control.



Hybrid bikes

Made for bicycle trails and city streets, and feature an upright riding position to make cycling more comfortable. They're ideal for commuting, touring and keeping fit.



Specialty bikes

Specialty bikes such as folding, recumbent or power assisted may suit your needs if traditional styles do not.

Local bike shops & clubs

BIKE SHOPS

Hornsby Cycles
266 Pacific Hwy, Hornsby

Thornleigh Cyclesport
274A Pennant Hills Rd, Thornleigh

Northside Avanti Plus
815 Pacific Hwy, Chatswood

St Ives Cycles
Shop 1, 190 Mona Vale Rd, St Ives

Turramurra Cyclery
1366 Pacific Hwy, Turramurra

Ku-ring-gai Cycles
145 Pacific Hwy, Hornsby

The Bicycle Shop
13 Babbage Rd, Roseville Chase

Pedals Plus
219 Mona Vale Rd, St Ives

CLUBS

Peloton Sports & Turramurra Off Road Cyclists
www.pelotonsports.com.au

Northern Sydney Cycling Club
www.northern Sydney cycling club.org.au

Waratah Masters Cycling Club
www.waratahmasters.com.au

Bike North is a non-profit community-based Bicycle User Group or BUG, affiliated with Bicycle NSW and Cycling NSW and covers Hornsby, Hunters Hill, Ku-ring-gai, Willoughby, Lane Cove, North Sydney and Ryde council areas.

bike north

Our aims are to promote the use of bicycles, promote road safety education and advocate appropriate outcomes for cyclists in our area.

Who are we?

We are ordinary people who ride bicycles and share an interest in them. We live or work locally and know the local areas and issues. We are all levels of fitness and experience and ride a variety of bicycles either for transport, recreation, exercise or just for fun. Bike North is for everyone. Join us!

What do we do?

- We run regular social rides where you can meet friends, exercise and have fun at the same time.
- We encourage people to "get back on their bike" or take up cycling
- We plan and work with councils towards implementing their bicycle plans to get better cycling routes and facilities within and across our areas.
- We raise problems or concerns about cycling with the relevant authorities.
- We discuss all things to do with cycling and share our experiences.

When do we meet?

We meet as a whole group a few times a year to coordinate our activities and small working groups meet regularly on their projects.

www.facebook.com/bikenorth

www.bikenorth.org.au



Major routes - - - - -

NORTHWEST-SOUTHEAST LINK Wahroonga – Roseville

Stuart, Billyard, Eastern, Brentwood, Boomerang, Pentecost, Rosedale, Shinfield, Lynbara, Sage, Rosedale, McIntosh, Arthur, Kylie, Wattle, Rosebery, Redgum, Stanhope, Nelson, Tryon Ln, Russell, Trafalgar, Martin Ln, Lord, Glencroft, Bancroft, Clermiston, Boundary.

- Extends northerly to Hornsby, then to Hornsby Heights/Galston or Asquith/Mt Colah-Mt Ku-ring-gai.
- Extends southerly towards Chatswood, Artarmon, Crows Nest/St Leonards and on to North Sydney and City of Sydney.

NORTHEAST-SOUTHWEST LINK St Ives – West Pymble

Mona Vale, Kitchener, Roma, Ayres, Acron, Woodbury, Warrabina, Douglas, Kenthurst, Killeaton, Cowan, Mona Vale, Pentecost, Merrivale, Telegraph, Station St, Grandview, railway bridge, Pacific Hwy, Livingstone, Kendall, Inverallan, Lofberg, Bicentennial Park, Windsor Walk, Andrew, Yanko, Ryde.

- Extends northeasterly towards Terry Hills and Mona Vale.

- Extends southwesterly toward North Ryde, then to Meadowbank via Shrimptons Ck, then via John Whitton Bridge to Rhodes Station, Olympic Park and Strathfield to Cooks River Cycleway.

ALTERNATIVE NORTHEAST-SOUTHWEST LINK St Ives – South Turramurra

Mona Vale, Kitchener, Roma, Ayres, Acron, Woodbury, Warrabina, Douglas, Kenthurst, Killeaton, Cowan, Mona Vale, Pentecost, Boomerang, Brentwood, Eastern, Rohini, Pacific Hwy, Kissing Point.

- Extends southwesterly toward Macquarie, then Eastwood, Meadowbank, via John Whitton Bridge to Rhodes Station, Olympic Park and Strathfield to Cooks River Cycleway. From Eastwood or Meadowbank, extends westerly toward Parramatta.
- Extends southerly toward North Ryde, then to Lane Cove via Epping Road cycleway, Gore Hill, Crows Nest/St Leonards and on to North Sydney and City of Sydney.



Want to get back on your bike or take up cycling?

"Bike for Life" is a Bike North initiative, offering professional coaching and advice from Cycling Australia accredited coaches to the all members of the community. The courses are subsidised by Bike North, though a small fee is charged to help cover the costs of venue hire, food and drink at courses. Throughout the year, we offer the following bike riding and bike maintenance courses:

Essential Cycling Skills

Build your confidence by learning the skills required to ride on shared-use paths, cycleways and quiet streets.

Safe Commuting and Road Cycling

Prepare for your commute by learning how to deal with difficult intersections, manoeuvre in tight spaces, cope with motor traffic, keep safe on the road and perform basic bicycle maintenance.

Essential Maintenance

Learn how to replace an inner-tube after a puncture, deal with simple on-ride mechanical issues, keep your bike in reasonable running order, clean the frame and components, lubricate the chain and identify wear and other problems before they become serious.

Advanced Maintenance

Learn how to make adjustments to brakes, gears, chain or wheels, and handle on-ride mechanical adjustments.

Further information

E info@bikenorth.org.au P 0420 512 214



Bicycle NSW is an association with a mission of:

'Creating a better environment for cycling'

Creating...

- Providing thought-leadership on transport issues
- Lobbying government organisations
- Promoting the benefits of cycling to a wide audience
- Building a directory of valuable cycling resources
- Leveraging networks of like-minded organisations.

A better environment...

- A culture with community support for cycling
- Greater participation in cycling
- Improvements to cycling infrastructure
- Integration of cycling with all modes of transport.

For cycling...

- For all potential and current bicycle users in NSW

Membership of Bicycle NSW

Our members receive a variety of benefits including

- Insurance cover
- Discounts on Bicycle NSW events and merchandise
- Discounts with affiliated retailers
- Regular news through our website and publications
- The satisfaction of helping us in our mission of: "Creating a better environment for cycling."

More information on membership:

P 9218 5400

E info@bicyclensw.org.au

www.bicyclensw.org.au



Jubes Mountain Bike Park, Wahroonga. BMX Bandits, Madeline Steel

Junior cycling facilities - - - - -

Bikes represent fun, freedom, exercise and fresh air – everything that is special about being a child. As a parent, you can encourage your children to be active, teaching them basic cycling skills by riding with them.

Junior cycling facilities are ideal places for young children to develop their basic cycling skills, including balance, acceleration, braking and avoiding obstacles/collisions, and simple rider etiquette. Cars are unlikely to be present at these facilities, which are also great for beginner riders.

Parents and young children can ride safely and practice off-street, before taking on some of the routes on the map.

For children up to 10 years old, there are small parks and playgrounds throughout Ku-ring-gai you can take them riding. These include:

- St Ives Showground (Mona Vale Rd, St Ives)
- Golden Jubilee Field (Esk St, North Wahroonga)
- Turramurra Memorial Park (off Lawrence Ave, Turramurra)
- Queen Elizabeth Reserve (off Edmund St, West Lindfield)
- Balmaringa Playground (Balmaringa Ave, South Turramurra)
- Selected paths in Bicentennial Park (Lofberg Rd, West Pymble). This site also has beautiful natural features such as a creek and bushland.

There is also a track for toddlers at the playground in Bicentennial Park at West Pymble.

For more experienced or older riders, there is the Jubes Mountain Bike Park, located just behind Golden Jubilee Field.

