



- » Pedestrians always have right of way
- » Keep to the left on shared paths and travel in a predictable manner
- » Listen for the sound of a bell and avoid moving into the path of a bike
- » Move off the path if stopped
- » Supervise young children at all times and keep dogs on a leash

A MOTORISED WHEELCHAIR, SKATING OR USING WHEN WALKING/JOGGING, SKATING OR USING

- » On shared paths, pedestrians and other wheeled recreation devices have right of way
- » Keep to the left and travel in a predictable manner
- » Ride at low speeds in busy areas, when approaching corners and crests
- » Slow down and ring your bell when approaching other path users
- » Move off the path if stopped

WHEN RIDING

PLEASE BE CONSIDERATE OF ALL PATH USERS:

- » "Shared paths" are for use by both pedestrians and bike riders. This sign will be displayed on a signpost or marked on the path.
- » You can ride your bicycle on the footpath if you are under 12 years of age or if you are over 18 and supervising a child under 12 years of age.
- » A person using a motorised wheelchair is defined as a pedestrian under the NSW road rules and can travel on a footpath and shared path.

THE PATH IS THERE TO SHARE »

Cycleways and shared paths along the Ballina Coast

Experience the Richmond River, Ballina's creeks, lakes, pristine beaches and coastal headlands by bike, scooter or on foot.



FOOTPATHS

- » Always obey the road rules, including helmet laws
- » Ride in a predictable manner
- » You are permitted to ride two abreast, but not more than 1.5 metres apart
- » Give hand signals when changing lanes, turning left, right or stopping
- » Plan your route using quieter streets, cycleways or shared paths

WHEN RIDING ON THE ROAD

- » You can ride your bicycle on the footpath if you are under 12 years of age or if you are over 18 and supervising a child under 12 years of age.
- » A person using a motorised wheelchair is defined as a pedestrian under the NSW road rules and can travel on a footpath and shared path.
- » Pack your sunscreen, a puncture repair kit, a pump, bike lock and your wet weather gear
- » Clothes Bright for daytime, light for nighttime
- » Brakes Your bike must be fitted with at least one working brake
- » Tires Pumped and checked
- » Shoes Wear enclosed footwear with laces tucked away
- » Bottle Cage With a full bottle of water
- » Reflectors On pedals, spokes and on the seat post for visibility
- » Cables Firm and not frayed on the ends of your approach
- » Bell Attached and working, to warn others of your approach
- » Bike Choose the right bike for you. Will you be riding on-road, off-road or in a mixed urban environment? Ensure it's the correct size
- » Backpack or Pannier(s) Pack your sunscreen, a puncture repair kit, a pump, bike lock and your wet weather gear
- » Helmet Snug fit with strap firmly underneath chin

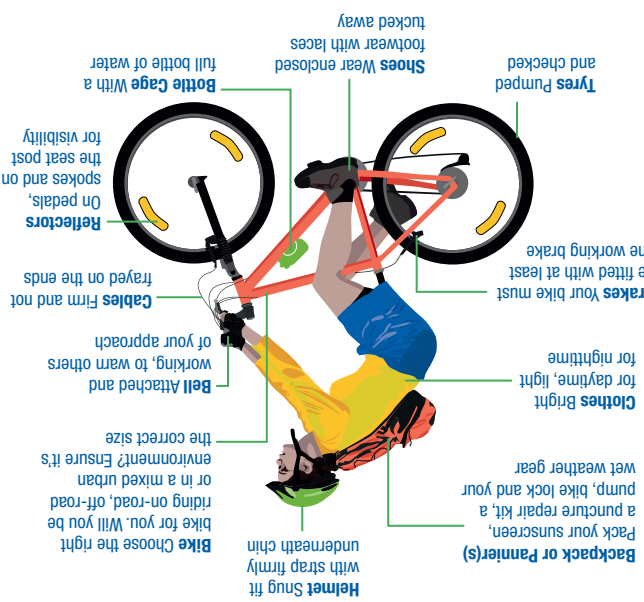
Some of the equipment you'll need include:

BICYCLE SAFETY CHECKLIST

Consider taking your bike to an experienced mechanic once a year for a thorough service.

Shared paths are an ideal place to start your cycling and build your confidence. As your next step you may like to start cycling on back streets and quiet roads.

GETTING STARTED



BENEFITS OF CYCLING & WALKING

Whatever your age cycling and walking are two of the best forms of physical exercise. It gets you out and about, lets you enjoy the environment and provides opportunities for connecting with family and friends. Other benefits offered by regular physical activity include:

- » Reducing the risk of heart disease, stroke, high blood pressure, type II diabetes and some cancers.
- » Building and maintaining healthy bones, muscles, joints and reducing the risk of injuries from falls.
- » Maintaining or improving physical function and independent living.
- » Improving social interaction, mental well-being and quality of life.



BIKE SHOPS & OTHER CONTACTS

Local bike/skate shops

About Bikes & Mowers Ph: 02 6686 9933

Sunrise Cycles Ph: 02 6686 6322

Northern Rivers Cycling Club – www.nrcc.org.au

The Bicycle Emporium Ph: 02 6681 4054

Transition Cycles & Fitness Ph: 02 6686 6522

Ballina Triathlon Club www.ballinatrc.com

Truck Stop Sk8 Ph: 02 6686 6720

For cafes and restaurants

Discover Ballina: www.discoverballina.com

Other contacts

Ballina Visitor Information Centre: Ph: 1800 777 666

Transport for NSW www.transport.nsw.gov.au/cycling

Bicycle NSW: www.bicyclensw.org.au

Cycling Promotion Fund: www.cyclingpromotion.com.au

Officer on 6686 4444.

For further enquiries, contact Council's Road Safety

Proposed Coastal Recreational Pathway & Shared Path

The Coastal Recreational Pathway and Shared Path will link with existing paths to improve connectivity and access to this section of spectacular coastline. Council is now progressing with the staged construction of the pathways.

TO LENNOX HEAD

TO BALLINA

TO LENNOX HEAD

TO BALLINA

LEGEND

- Shared path (off-road)
- Connection (on-road)
- Ballina Loop
- Footpath - Cyclists must dismount
- Open Space
- Education, Schools & Colleges
- Retail

Map Symbols

- | | |
|--------------------|----------------------------|
| Bicycle Parking | Market |
| Picnic Table | Lookout |
| Play Equipment | Lighthouse |
| Public Toilet | Patrolled Beach (SLSC) |
| BBQ Facilities | Visitor Information Centre |
| Swimming Pool | Hospital |
| Exercise Stations | Police |
| Underpass/Overpass | Ferry |

Places of Interest

- Kentwell Community Centre
- Northern Rivers Community Gallery
- Ballina Naval & Maritime Museum
- Missingham Park & Skate Park
- Lennox Head Cultural & Community Centre & Lennox Head Skate Park



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 Although all care is taken in the preparation of this plan, Ballina Shire Council accepts no responsibility for any misprints, errors, omissions or inaccuracies. The information contained within this plan is for pictorial representation only. Do not scale. Accurate measurements should be undertaken by survey. Path users must abide by relevant signs along the pathways.