

## MAKE CYCLING A PART OF YOUR LIFE

- Make cycling a part of your life and ensure our local communities are better connected and nicer places to live by:
- reducing traffic congestion
  - making the air cleaner and reducing global warming
  - making bike paths safer by making them busier.

Cycling can often be quicker in reaching some places than driving a car or using public transport and when you cycle you are also helping the environment.

## GET ACTIVE - GET ON A BIKE

We need to be active to be healthy and the good news is, it doesn't take much to make a difference. You can maintain your health by doing just thirty minutes of moderate exercise per day. An easy way of achieving this level of activity is to make cycling a part of your life by riding to work, TAFE, school or to other local destinations.

## CYCLING SAFETY AND TIPS

### Bike path safety

- There are many shared use paths in Fairfield and Liverpool. You can ride your bike on these paths but remember to:
- give way to pedestrians
  - ride at a safe speed
  - keep to the left
  - avoid blocking the path
  - warn those who are travelling slower than you before passing.

Whether you are walking or cycling, remember to treat all other path users with respect and courtesy.

### Ways to stay safe

- Wear an approved bike helmet
- Ensure your bike has at least one working brake and either a bell or horn
- At night, your bike must have a steady or flashing white light at the front, and a red reflector at the rear of the bike
- Be seen - wear bright visible clothing
- Be predictable
- Assertively take your space on the road
- Watch out for opening car doors
- Your bike is a vehicle so failing to obey road or bike rules may result in a fine.

## CYCLING OPPORTUNITIES

### Learn to ride

If you are new to cycling or want to improve your skills why not join a cycling group? Learn to ride, beginner and intermediate levels are available for adults aged 17 and over. Shorter family adventure courses are also available for you and your children. Contact the Health Promotion Service at Sydney South West Area Health Service on 9828 5911 for more information.

### Bicycle Recycling at Fairfield Showground

If you don't already own a bike, you can join Bicycle Recycling and have long-term use of a recycled bike and new helmet. This is managed by the Western Sydney Cycling Network (WSCN). Contact Fairfield City Council on 9725 0222 for more information.

### Family fun

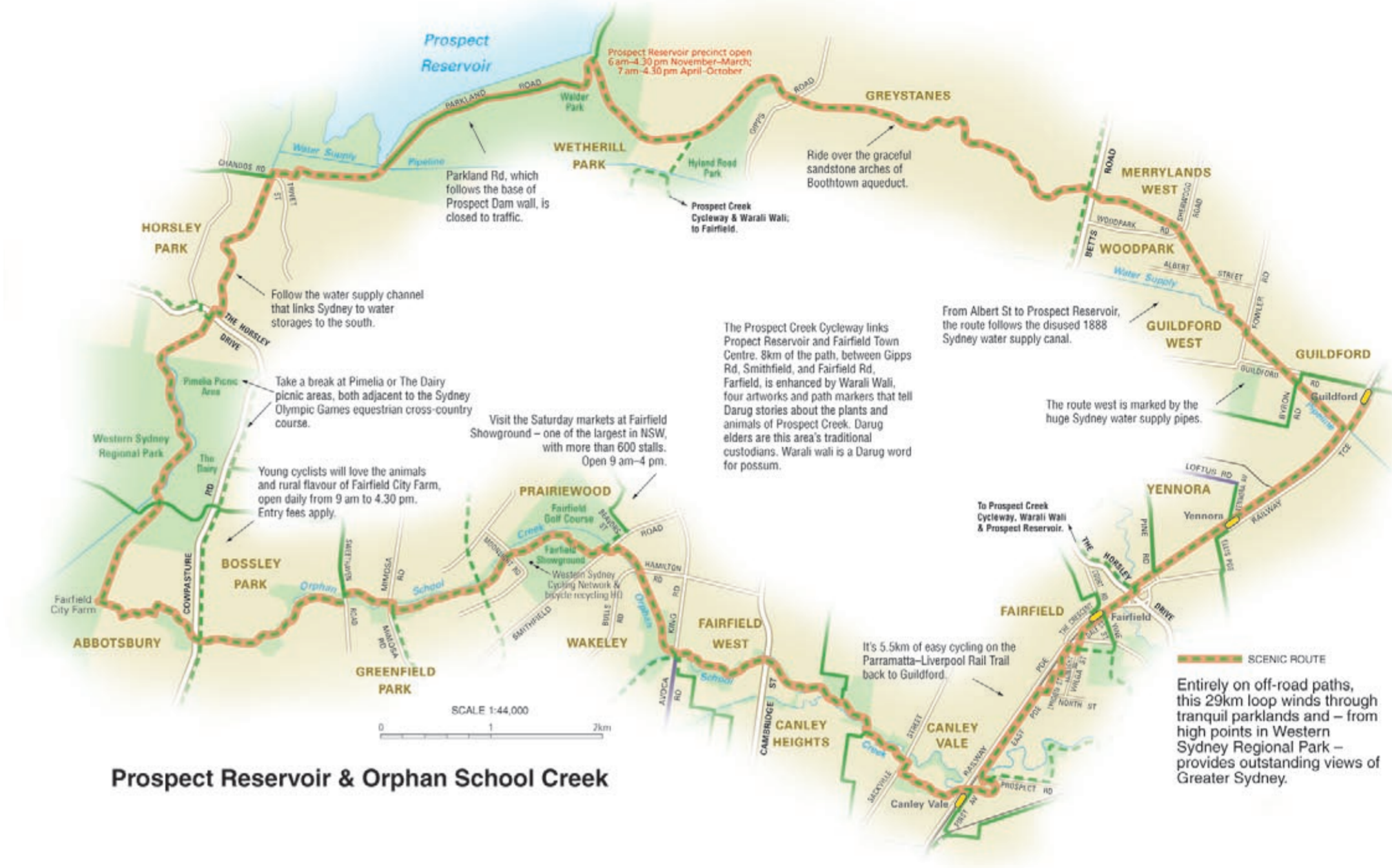
If you have children, there are lots of great places to go bike riding and have fun as a family. Here are some places to get you started:

#### Suburb

Cabramatta  
Canley Heights  
Canley Heights  
Canley Vale  
Carramar  
Edensor Park  
Fairfield  
Fairfield Heights  
Lansvale  
Mount Pritchard  
Mount Pritchard  
Prairiewood  
St Johns Park  
Yennora  
Yennora  
Lurnea  
Carnes Hill  
Green Valley  
Liverpool  
Wattle Grove  
Chipping Norton

#### Park

Bolivia Park  
Arbutus Park  
Peterlee Park  
Hampton Street Reserve  
Carrarood Park  
Bonnyrigg Town Centre Park  
Cawarra Park  
Nelson Park  
Fairfield Heights Reserve  
Bareena Park  
Fiona Street Reserve  
Prout Park  
Curran Street Reserve  
Hawthorn Park  
Springfield Park  
Yennora Park  
Meere Park  
Greenway Park  
Ida Kennedy Reserve  
Haigh Park  
Wattle Grove Lake  
Chipping Norton Lakes



## USEFUL CYCLING INFORMATION

### Bicycle NSW

Ph: 9218 5400, [www.bicyclensw.org.au](http://www.bicyclensw.org.au)  
Social rides calendar: [www.pushon.com.au](http://www.pushon.com.au)

### Cycling around Fairfield City: Active Transport Guide

Ph: 9725 0222, [www.fairfieldcity.nsw.gov.au](http://www.fairfieldcity.nsw.gov.au)

### Local Bicycle User Groups

**Western Sydney Cycling Network (WSCN)**  
WSCN runs social rides and helps to run Bicycle Recycling. Meets monthly and rides start from the clubhouse at Fairfield Showground, Ph: 0422 933 612  
[www.westernsydeycyclingnetwork.com.au](http://www.westernsydeycyclingnetwork.com.au)

### LiveBUG (Liverpool Bicycle User Group)

LiveBUG runs social rides  
Contact: Maree on Ph: 0438 395 690,  
[Maree.Stacey@sswahs.nsw.gov.au](mailto:Maree.Stacey@sswahs.nsw.gov.au)

### RTA

Cycling maps are available by contacting 1800 060 607 or on the website: [www.rta.nsw.gov.au/bicycles.htm](http://www.rta.nsw.gov.au/bicycles.htm)



## BIKES AND PUBLIC TRANSPORT

You can carry your bike on a train at any time, provided there is space available. You need an additional concession fare ticket if travelling during the peak hour period (6:00am to 9:00am and 3:30pm to 7:30pm) on a weekday. At other times your bike travels for free.

You can only carry a bicycle on buses which are wheelchair accessible and even then, this is at the discretion of the bus driver. Bikes must be secured in the wheelchair area.

You can hire bicycle lockers at some railway stations including Liverpool and Merrylands and at some T-way stations including Bonnyrigg and Prairiewood. Contact Bicycle NSW for details.



## FAIRFIELD AND LIVERPOOL ARE GREAT PLACES TO RIDE YOUR BIKE FOR FUN, RECREATION OR TRANSPORT

There are lots of opportunities to join social rides and classes to brush up on your cycling and bicycle maintenance skills.

For more information or for copies of this map, contact:  
SSWAHS Health Promotion Service 9828 5911  
Fairfield City Council 9728 0222  
Liverpool City Council 1300 36 2170

Visit [www.cyclingconnectingcommunities.net](http://www.cyclingconnectingcommunities.net)

This bike map has been produced by the Sydney South West Area Health Service (SSWAHS) and funded by a NSW Department of Health grant.

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Maps by Will Pringle and Ian Connellan  
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Thanks also to the local Bicycle User Groups (WSCN, LiveBUG), CAMWEST and Bike South West, Fairfield City Council, Liverpool City Council and the RTA for information on local bike paths and useful cycling routes.

## DISCOVER FAIRFIELD AND LIVERPOOL BY BIKE



Riding a bike is a fun and healthy activity, and riding around Fairfield and Liverpool areas by bike is easy with this map. It shows you the many bike paths in the area, as well as the best back roads to access these paths.



