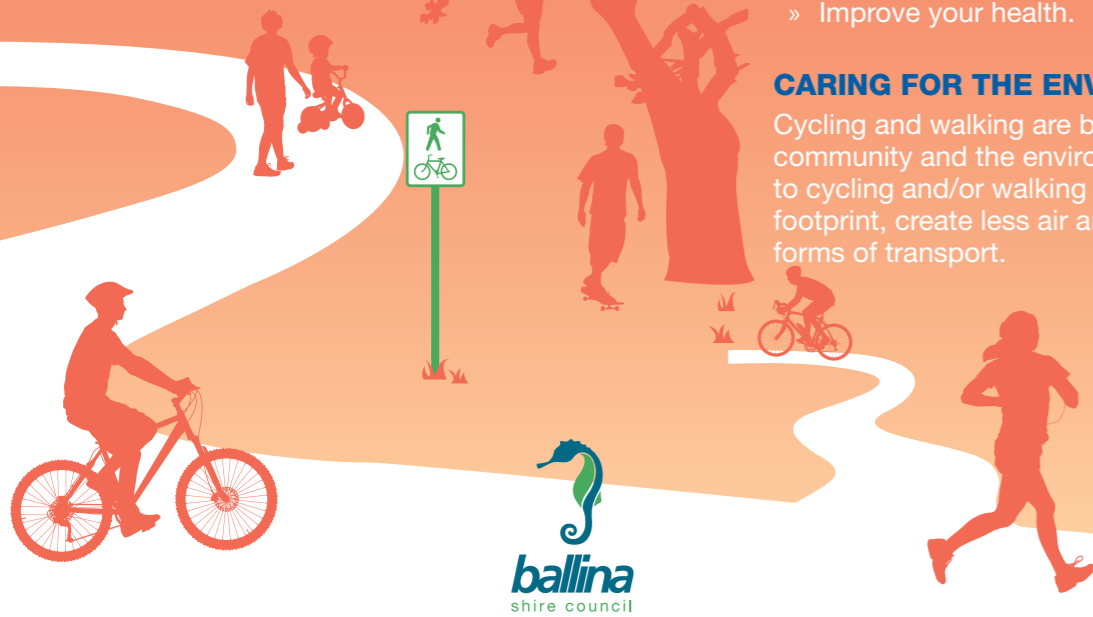


Cycleways and shared paths along the Ballina Coast

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



ACTIVE TRANSPORT

Cycling and walking are great forms of transport for short trips. Cycling and walking can:

- » Save time – you can get where you need to be and exercise at the same time.
- » Save money – looking after your bike or buying a new pair of walking shoes is a lot less expensive than owning and running a car.
- » Increased accessibility – you can combine cycling, walking and public transport for longer distance travel.
- » Improve your health.

CARING FOR THE ENVIRONMENT

Cycling and walking are beneficial for the whole community and the environment. Switching from driving to cycling and/or walking will reduce your carbon footprint, create less air and noise pollution than other forms of transport.

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.

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.



THE PATH IS THERE TO SHARE »

"Shared paths" are for use by both pedestrians and bike riders. This sign will be displayed on a signpost or marked on the path.



PLEASE BE CONSIDERATE OF ALL PATH USERS: WHEN RIDING

- » 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 WALKING/JOGGING, SKATING OR USING A MOTORISED WHEELCHAIR

- » 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

FOOTPATHS

- » 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 pedestrian under the NSW road rules and can travel on a footpath and shared path.

WHEN RIDING ON THE ROAD

- » 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

BICYCLE SAFETY CHECKLIST

Some of the equipment you'll need include:



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

GETTING STARTED

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.

BIKE SHOPS & OTHER CONTACTS

Local bike/skate shops
About Bikes & Mowers
 Ph: 02 6686 9933

Sunrise Cycles
 Ph: 02 6686 6322

The Bicycle Emporium
 Ph: 02 6681 4054

Transition Cycles & Fitness
 Ph: 02 6686 6522

Truck Stop Sk8
 Ph: 02 6686 6720

For cafes and restaurants

Discover Ballina:
www.discoverballina.com

Other contacts

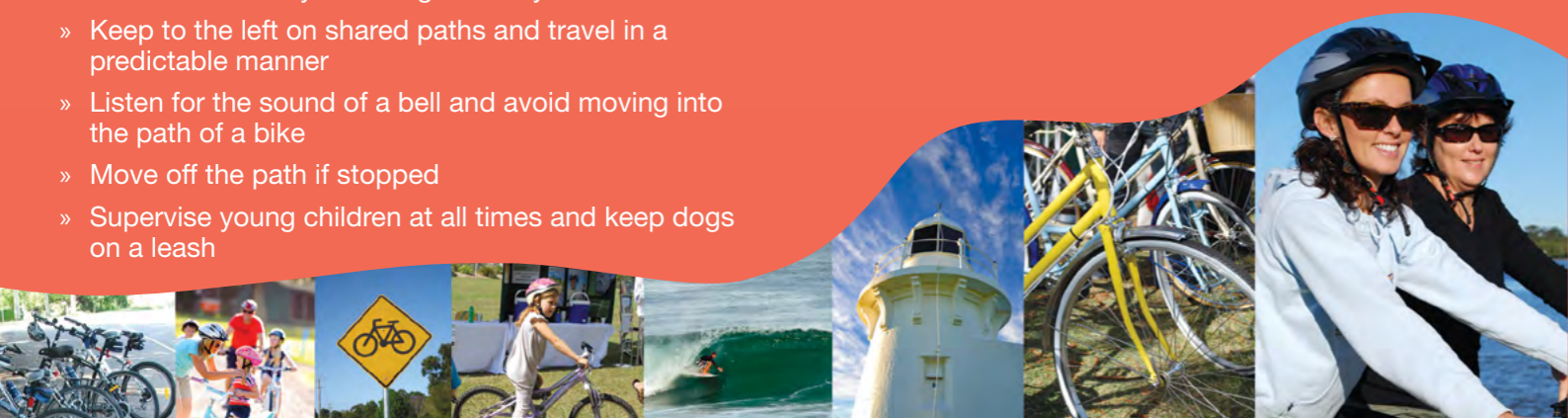
Ballina Visitor Information Centre: Ph: 1800 777 666
www.discoverballina.com

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

Bicycle NSW: www.bicyclensw.org.au

Cycling Promotion Fund:
www.cyclingpromotion.com.au

For further enquiries, contact Council's Road Safety Officer on 6686 4444.



LEGEND

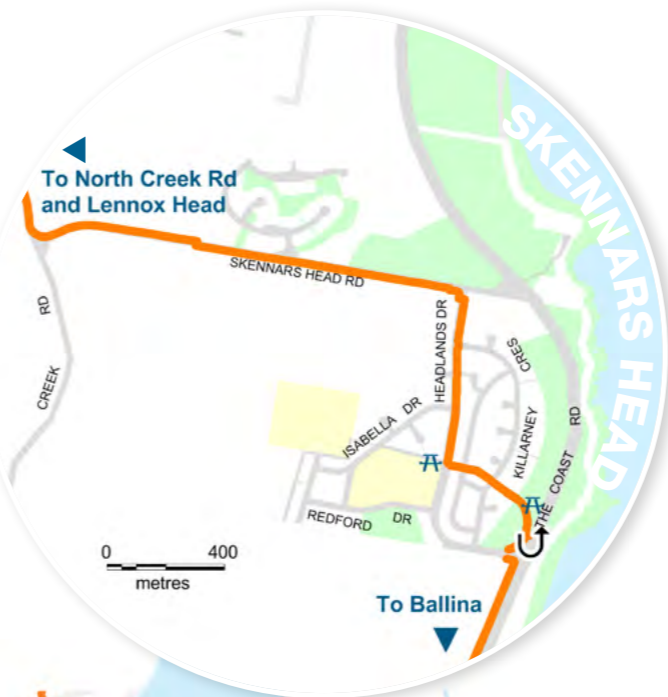
- Shared path (off-road)
- Connection (on-road)
- Ballina Loop
- Footpath - Cyclists must dismount
- Open Space
- Education, Schools & Colleges
- Retail

Map Symbols

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

Places of Interest

- 1 Kentwell Community Centre
- 2 Northern Rivers Community Gallery
- 3 Ballina Naval & Maritime Museum
- 4 Missingham Park & Skate Park
- 5 Lennox Head Cultural & Community Centre & Lennox Head Skate Park



BALLINA LOOP

Distance 11.5kms

Description Predominately off-road shared paths and flat terrain

Highlights River, lake and creek views, pristine beaches and coastal headlands



DISCLAIMER © Land & Property Information 2013

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.

