Q City of Ryde

Lifestyle and opportunity @ your doorstep



Cycling Map Your guide to cycling routes

in the City of Ryde **3RD EDITION**

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acknowledgments

This map and associated information was made possible by the assistance and support of the following organisations:

bike * Bike North Inc. Bicycle User Group north www.bikenorth.org.au

• St John Ambulance Australia www.stjohn.org.au

using this map

This map is designed to help you find the best way of getting around Ryde by bicycle. The highlighted routes are not always the most direct routes but are usually the best for riding a bike.



These are mainly quieter streets that avoid major hills and busy roads and intersections.

Ryde has a large hill which runs across the centre of the City from east to west. This must be climbed if you are travelling from south to north. We have shown the best ways to climb that hill, although some effort will be required.

To assist you in choosing a route we have marked the hillier sections with arrows. The arrows point up the hill so you can plan your routes accordingly.

Cycle paths

There are some cycle paths that pass through parks in Ryde and occasionally travel on signposted shared footpaths/cycleways. These are often important links and provide low stress options for beginning cyclists.

Children's Facilities

major routes

Railway, May, Ball, Vimiera.

Burghs Bridge to West Pymble.

Park, Strathfield to Cooks River Cycleway.

Several children's facilities in parks have been shown. Each is a closed track providing a safe environment and are a good place to practice riding a bike. These venues also provide toilets and BBQ facilities for family outings.

across Ryde and beyond

• Meadowbank Wharf, Bowden, Underdale, Angas, See, McPherson,

Mellor, Rhodes, Hermitage, Wattle, Rydedale, Symons Pathway,

• Extends northward via Browns Waterhole, to Turramurra.

North/South Link - North Ryde to Meadowbank

Denistone Station, Darvall Park Path, West, Eastwood Station underpass,

• Extends southward via John Whitton Bridge, Rhodes Station, Olympic

• De Burghs Bridge, Fontenoy, Khartoum, Waterloo, Shrimpton's Creek

• Extends north via underpass to Lane Cove National Park or via De

• Extends southward via John Whitton Bridge, Rhodes Station, Olympic

path, Quarry, Heath, North, Blaxland, Melville, Parkes, Bowden.

South/North link - Meadowbank to Marsfield

information for cyclists

Cyclists have the same rights and responsibilities as drivers and motorcycle riders.

When riding a bicycle, you should:

correctly wear an approved helmet, with straps fitting smugly under the chin.

obey all the road rules.

ride, like all traffic, on the left side of a road unless signposted otherwise.

- only ride on a footpath if aged under 12 years (or an adult accompanying a rider under 12 years).
- use a bicycle lane if one is marked on the road, unless impracticable
- to do so. always use hand signals when turning or stopping.
- walk, not ride, across pedestrian crossings.
- travel no more than 1.5 metres apart if riding two abreast.
- slow down on a cycle path when pedestrians are present.
- warn pedestrians of your approach on a cycle path.

All bicycles must: be fitted with an

effective brake and a

if used at night have a

steady or flashing white

bell, horn or similar

warning device

light on the front





off-road cycle paths in Ryde

Parramatta Valley Cycleway (Map Ref, C14 to R19)

- Major east-west route has several sections of off road path:
- foreshore path and park loop in Meadowbank Park,
- foreshore path at Shepherds Bay, foreshore path at Waterview St and Kissing Point Park
- foreshore path in Morrison Bay Reserve.

Shrimptons Creek Cycleway (Map Reference L6 to J10) Major north-south route through the centre of the City of Ryde providing pleasant cycling from Denistone East north to the retail,

education and employment centre in Macquarie Park. Browns Waterhole Cycleway (Map Reference J2)

Car-free link out of Ryde crossing the Lane Cove River to the north instead of the using De Burghs Bridge or Pennant Hills Rd. This route has revolutionised north-south cycle travel into Ryde.

Darvall Park Cycleway (Map Reference E10)

keep your bike healthv

bottle

Always carry pump, tyre levers, spare tube, tube patch kit and water

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.

Replacing your tube after a flat tyre

I. Loosen guick 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 - fi

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 & valve is straight. Deflate & reseat the tyre if necessary. I I. Inflate to full pressure and fit wheel to bike.

Locking your bike

Marsfield

Park

Buy a good quality "U-lock" or 10mm cable lock from a cycle shop. Secure your bike to an immovable object.

MARSFIELD

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.



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

 When riding on wet roads remember that they are much mor slippery than dry roads and your tyres are quite narrow. So you will need to slow down on corners.

- · Buy a bike that fits you in size and in 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.

CASE

- When choosing a route, don't necessarily cycle where you drive. The best cycle route may be quite different.
- Cycle commuting is a great way to get that exercise each day you never find the time for.
- Sound your bell & slow down when approaching others on a shared cycleway. Give pedestrians warning and room.
- Why not cycle to the nearest railway station and train to work, rather than driving your car all the way?
- Try to cycle regularly, cycle socially, cycle for local transport and cycle to school or work.
- If you are planning to commute, do a practice ride on a Sunday when you don't have to hurry. Take this map and check out the local streets. If your route is not marked on this map ask other cyclists for route tips.

[2]

traffic wisdom

- 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 en you before moving in front of a car.
- Be noticed! Wear bright clothing. Be reflective at night.

bikes on **nublic transport**

- Bikes are permitted on CityRail trains free of charge in non-peak travel times. However if at least some of your journey is made
- between 6am and 9am or between 3:30pm and 7:30pm on weekdays, you must purchase a child's ticket for your bike as well as a ticket for yourself.
- When you take a bicycle on the train please remember not to block the doorways or aisles.
- Riding of bicycles is not permitted on CityRail stations and trains. • Bikes are allowed on Sydney Ferries at the discretion of the staff. Deckhands may direct you where it is safest to put your bike. Ferries may have bike racks. Bikes should not interfere with other passengers or passageways. There is no additional cost for taking a bike on Sydney Ferries.
- Bikes are generally not permitted on Sydney buses.
- Bicycle racks are provided at some transport interchanges. See the "Secure bicycle parking" section.
- In the City of Ryde secure bicycle lockers are located at a number of stations and wharves. See the "Secure bicycle parking" section. for locations. Please contact the Department of Transport 131 500 for more information about the secure bicycle lockers program.

bike north inc. bicycle user group

Bike North is a non-profit community-based Bicycle User Group (BUG) that covers northern Sydney including the City of Ryde. Bike North aims to make cycling better in northern Sydney.

Bike North

- runs graded social/recreational rides every weekend for all types of bikes and fitness levels. See our web site.
- represents cyclists to relevant authorities to implement bicycle plans to obtain better cycling routes and facilities.
- keeps members and other local cyclists up to date with local cycling issues.

More information:

- Email : ryde@bikenorth.org.au
- Web : www.bikenorth.org.au

MACQUARIE PARK

2113

Connect

Christie Park

Further enquiries or copies of the map contact:

- Customer Services : 9952 8222
- email: cityofryde@ryde.nsw.gov.au • web : http://www.ryde.nsw.gov.au
- fax : 9952 8070
- TTY:9952.8470

Although every care has been taken, no responsibility is accepted for errors or omissions. Send your comments or suggestions for future editions to City of Ryde (cityofryde@ryde.nsw.gov.au)

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Enjoy your cycling and take reasonable care.

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mayoral message

Welcome to the third edition of the City of Ryde Cycling Map.

The City of Ryde is committed to encouraging an active lifestyle for all residents and visitors to Ryde. Cycling is a wonderful way to move around the City of Ryde, a mode of transport that benefits your health and the health of our City.

Many trips taken are short in duration, from home to the local shops or to visit a friend. I encourage you to consider leaving your car at home for these journeys and with the assistance of this map to try a different way of moving around our City.

Being active in your daily life brings the benefits of physical exercise. It doesn't take much to make a difference. You will feel more energetic, be fitter, help manage weight, feel happier and relaxed, sleep better, reduce your chance of heart disease and live longer.

No matter what your age you can enjoy better health and get the most out of life by being physically active. I hope that this cycling map guide of the City of Ryde helps you to achieve these aims.

Ivan Petch MAYOR OF RYDE August 2013

(Parramatta Valley Cycleway)

West East Link - Ermington to Gladesville

Park, Strathfield to Cooks River Cycleway.

• George Kendall Reserve, Atkins, Hope, Lancaster, Meadowbank Park Path, Meadowbank Wharf, Bowden, Shepherds Bay Path, Waterview, Delange, Pelisier, Jetty, Morrison Bay Path, Morrison, Meriton, Ashburn, Punt. • Extend westward via cycleway to Parramatta.

- Extends eastward via Huntleys Pt, Drummoyne to the City. East - West Northern Link - North Ryde to Epping
- and Hills
- Epping Rd Path , Ryrie, Coxs, Lane Cove (turn right immediately), Kent, Herring, Agincourt, Pembroke, Pembroke Path, Pembroke. • Extends northwest to M2 via Essex, Chester, Bus Underpass, Beecroft Rd Path, M2 westwards. Extends westward via Epping Station, Bridge, Boronia to West Epping, Carlingford, Dundas and Parramatta.
- Extends eastward via Epping Rd Path to Lane Cove, Artarmon, Naremburn to North Sydney and Sydney CBD.

West - East Link - M2 from the Hills to North Ryde

• Any motorway on-ramps to M7 or M2 or bus stop accesses or at Vimiera Rd. Follow M2 under tunnel to Ryde. Exit at Vimiera Rd, or Christie Rd or Lane Cove Rd or Delhi Rd. • Extend eastward via Delhi Rd and Epping Rd Path to Lane Cove, Artarmon, Naremburn to North Sydney and Sydney CBD.

Link between Denistone and Eastwood stations and forming part of the north south regional route.

Denistone Park Cycleway (Map Reference FIO)

Allows cyclists to avoid a major road travelling to Ryde Hospital from the east.

De Burghs Bridge Underpass (Map Reference P5) Off-road link between North Ryde and the Lane Cove National Park

with a car-free crossing of Lane Cove Rd. **Pembroke Street Link** (Map Reference G4)

Travel from Marsfield to Epping across the Terry's Creek Bridge avoiding busy Epping Road.

Trafalgar Link (Map Reference J3) Link north-south regional route and Macquarie University between Vimiera and Waterloo roads travelling via the Trafalgar shops.

Epping Road Path (Map Reference N8 to W13) Major path leading from North Ryde across the Lane Cove River and a further 6km eastwards to Naremburn.

places of interest

to cycle to in Ryde

Waterioo, Culloden and Talavera Rds (Map Reference J3 to P6) Off-road path beside these three roads gives a car-free option right across the top edge of the Macquarie Park business area.



secure

bicycle parking

Macquarie University Station x8 (Ref: L5)

Macguarie Park Station x8 (Ref: N7)

• Meadowbank wharf x4 (Ref: FI5)

Meadowbank Station x4 (Ref: FI4)

• Kissing Point Wharf x4 (Ref: H17)

• North Ryde Station x4 (Ref: Q9)

Level 3 - Bicycle parking rails

Blenheim Rd Shops (Ref: N10)

Boronia Park Shops (Ref: PI5)

Eastwood Library (Ref: D8)

Gladesville Shops (Ref: N18)

• Eastwood Plaza, both ends (Ref: D9)

Eastwood Shopping Village (Ref: D9)

• Five Ways Shops, North/Balaclava. (Ref: G7)

Macquarie Park Railway Station (Ref: N7)

• Midway Shops North/Lovell (Ref: H9)

North Ryde Railway Station (Ref: Q9)

• Trafalgar Shops. Trafalgar Place (Ref: J3)

• Putney Village. Morrison/Charles (Ref: J16)

Ryde Aquatic Centre, Margaret St. (Ref: LI5)

Ryde Civic Centre/Library. Devlin St. (Ref:]13)

• Top Ryde Shopping Centre (Blaxland Rd) (Ref: J13)

West Ryde Railway Station, Village and Library (Ref: F12)

Macquarie University Railway Station (Ref: K5)

Macquarie University - various locations (Ref: K5)

Level I - Fully enclosed bike lockers/bike cage

Eastwood Railway Station way west - bike cage (Ref: D8)

• Eastwood Railway Station east and west (Ref: D8)

Macquarie Shopping Centre - off Herring Rd and Waterloo Rd. (Ref: L5)

W19A W190

🖧 W16A

accident and first aid In the event of an accident call 000 for

help!

St John DRABCD Action Plan

D check for **DANGER** • to you, to others, to casualty

check for **RESPONSE**

• is casualty conscious? (if conscious, manage injuries) • is casualty unconscious? (if unconscious, place on side)

AIRWAY • is airway clear of objects? (look in mouth)

• is airway open? (tilt head back)

R BREATHING • is chest rising and falling? can you hear and feel casualty

R

С

breathing? (if not breathing, start EAR)

CIRCULATION

• can you see obvious signs of life - movement, including swallowing and breathing?; observe colour of skin on face; can you feel a pulse? (if no circulation or you are unsure; start CPR)

D DEFIBRILLATOR

• follow voice prompts (if available)

LEARN FIRST AID WITH ST JOHN

Telephone 1300 360 455

© St John Ambulance Australia This information is not a substitute for first aid training.

• Post : PO Box 719, Gladesville NSW 1675



Whether you ride for fun, fitness, or transport, if you want better conditions for cyclists, it makes sense to be a member of the peak community cycling organisation in New South Wales. Benefits include Australian Cyclist magazine, 3rd party insurance, discounts from bike shops and lots of rides.

More information:

- Phone : 9218 5400
- Email info@bicyclensw.org.au
- Web : www.bicyclensw.org.au
- Office : Level 5, 822 George St, Sydney
 - Mail : GPO Box 272, Sydney, NSW 2001

reporting road and path hazards

Road and path conditions vary over time. If you see a problem or hazard for bicycles please report it to the City of Ryde who will investigate and wherever possible arrange to fix the problem.

• Telephone the Customer Service Centre on 9952 8222, or • Email: cityofryde@ryde.nsw.gov.au

If there is a problem on a main road or motorway you can report it to the Roads and Traffic Authority (RTA) by phoning 131 700.

When reporting a hazard you must locate and identify it. The following may help prompt you of the information you should remember.

I Remember the exact location of hazard:

- 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 Remember the type of hazard or defect:

• Damaged surface, debris on surface, roadside or pathside problems, drainage, service cover or access point.

what to do if you are involved in an accident

- Make the location as safe as possible
 - Seek medical treatment as appropriate • Write down the details of the incident
 - Day, date and time
 - Daylight or dark and visibility levels
 - Location of incident, street name, direction of travel
 - Details of vehicles involved, registration numbers, descriptions, make and models, colours
 - Name, licence number and contact details of all drivers
- Name of insurance companies • Names and contact details of all witnesses
- Description of any damage or injuries
- Report the incident to the police and obtain a reference number

places of interest to cycle to in Ryde

Historical points:

- Bedlam Ferry(end of Punt Rd, Gladesville) Ref: N19 • Bennelong's Burial Site (end of Watson St, Putney) Ref: HI6
- Brush Farm House (Lawson St. Eastwood) Ref: B9 Curzon Hall (cnr Balaclava and Agincourt Rds, Marsfield) Ref: H6 • Gladesville's First Wharf and Post Office
- (end of Wharf Rd, Gladesville) Ref: M19 • Granny Smith's Orchard (Threlfall St, Eastwood) Ref: H7
- Kissing Point and Wharf (cnr Waterview St and Delange Rd, Putney) Ref: HI7
- Looking Glass Bay (end of Wharf Rd, Gladesville) Ref: N19 • Memorial Park on the foreshore of Parramatta River (Meadow Cr, Meadowbank) Ref: E14
- Mortlake Ferry, Putney Punt (end Pellisier Rd, Putney) Ref: J18 • North Ryde School and Gas Light (Coxs Rd, North Ryde) Ref: M9
- Rockend Cottage, Banjo Paterson Park (I Punt Rd, Gladesville) Ref: NI9
- Settlers Park, Squires Brewery (Waterview St, Putney) Ref: HI6
- Ryde Wharf (Schooner's Wharf) Ref: GI5
- St Anne's Church and Cemetery Ref: ||4

Natural areas: • Lane Cove National Park at Browns Waterhole • Lane Cove National Park De Burghs Bridge to Fullers Bridge. Terrys Creek (walking only) • Field of Mars Reserve (walking only) Pittwater Rd, Gladesville Ref: PI3 Brush Farm Park (walking only) Lawson St Eastwood Ref: B9 • Wallumatta Nature Reserve (walking only)

Recreational Parks

Christie Park (soccer)

• Fontenoy Park (soccer)

Meadowbank Sports fields

Santa Rosa Park (soccer)

• TG Milner Field (rugby union)

• Tuckwell Park (cricket and baseball)

Abuklea Rd Tennis Centre (tennis)

• Eastwood Park (soccer and cricket)

Magdala Park (soccer and baseball)

Marsfield Park (rugby union and cricket)

• Morrison Bay Park (soccer and cricket)

North Ryde Park (soccer and cricket

cricket, baseball and softball)

• ELS Hall Park (fitness circuit, soccer; rugby league, Australian Rules,

• Macquarie University Sport and Aquatic Centre (pool, gym)

• Macquarie University Sports fields (soccer and cricket)

(tennis, soccer, cricket, baseball, hockey and netball)

• Ryde Park (rugby union and league, soccer and cricket)

Ryde Aquatic Centre (pool, gym, water sports)

