

CYCLE FOR YOUR HEALTH

A 30 minute cycle trip a day provides all the exercise you need to halve the chance of becoming obese or diabetic. World Health Organisation, 2000.



CYCLE FOR YOUR WALLET

CYCLE FOR THE PLANET

household greenhouse gas

Cycling for short journeys is a

impact on the environment.

greenhouse gas emissions by

how you get there that counts.

practical, easy way to lower our

Every litre of petrol you save cuts

2.6 kg. Travel Smart because its

emissions, whilst lighting accounts for only 5%. Australian

Greenhouse Office, 2006.

Transport is responsible for 34% of

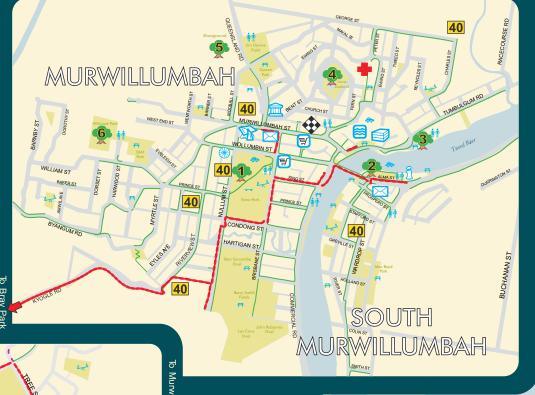
things.

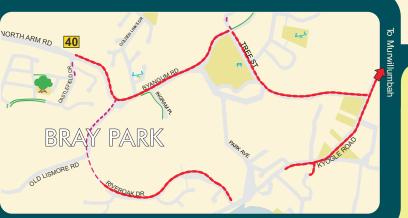
Skyrocketing petrol costs are cutting into

household budgets. Bicycles have no fuel

avoiding the pain at the pump. Swap the car keys for a bicycle helmet and keep your hard earned cash for more important

tank and so they are the perfect solution to







SHARED USE PATHS

This sign indicates a 'shared used path'. Pedestrians have right of way on these paths. Keep to the left and ring your bell as a warning that you are about to pass, especially when approaching from behind.

WHAT'S ON

Tweed Shire Council's website is a great resource for finding out what's on. Whether it's a special event or a regular market, you'll find the details on the site at www.tweed.nsw.gov.au or visit the Tweed Tourism website at

www.tweedtourism.com.au Phone: 1800 674 414

Email: <u>info@tweedtourism.com.au</u>

Information centres at:

(corner of Wharf and Twin Towns Bay Streets) (Budd Park-Alma St) Murwillumbah

SAFETY CHECKLIST

- approved and correctly fitted and

Bell or horn - working, within easy reach Head light - white (steady or flashing) visible for at least 200m

Tail light - red (steady or flashing) visible for at least 200m

Red reflector - visible for at least 50m to the rear of the bike

Brakes - in good working order Chain - well oiled and properly fitted Pedals - spin freely and undamaged Tyres - fully inflated with good tread Clothing - bright coloured to ensure

Sunscreen and sunglasses you from the sun

Water - carry water to stay hydrated

Cyclists are required to obey the road rules and traffic regulations at all times.
Ride on the left hand side of the road. Give way to pedestrians crossing the road. When using a shared path, keep to the left and give way to pedestrians. Use your bell to warn them that you are about to pass. Use clear hand signals to alert drivers to your intentions to turn left or right.
Remember to ride defensively and stay
alert at all times, particularly when riding

you are under 12 years of age

it is a shared use footpath that is specifically for cyclists and pedestrians.



in traffic. It is against the law to ride on a footpath

under 12 years









SHIRE COUNCIL