



Ballina CBD to Sharpes Beach

## 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.



Visit [www.gotogogether.transport.nsw.gov.au](http://www.gotogogether.transport.nsw.gov.au) for more information on sharing roads and cycleways.



Lennox Head to Pat Morton Lookout



## CYCLING SAFETY

- ▶ When riding, you are required by law to wear an **approved bicycle helmet** fitted and fastened on your head
- ▶ Cyclists must have a working **brake**
- ▶ Ensure you have a fully functioning **bell, horn or other warning device**
- ▶ **Lights and reflectors** increase your visibility. By law, you must have your lights on between sunset and sunrise, and in bad weather
- ▶ You should also have a **red reflector** visible from the rear.



North Wall Ballina

## RIDE and PARK



Bike parking is free, convenient, and is not time-limited.

**Park your bike at these popular spots:**

- ▶ Libraries
- ▶ Shopping centres
- ▶ Main Street, Alstonville
- ▶ River Street, Ballina CBD
- ▶ Fawcett Street BBQ area, Ballina
- ▶ Northern Rivers Community Art Gallery, Ballina
- ▶ Shelly Beach, Ballina
- ▶ Lighthouse Beach, Ballina
- ▶ Lennox Head Community Centre
- ▶ Various locations along the Coastal Recreational Path.

### LOCK IT UP!

Avoid theft and secure your bike when unattended. Carry a good bicycle lock and secure the wheels and frame.

### DISMOUNT AREAS

- Cyclists must dismount and walk their bicycles:
- ▶ On footpaths
  - ▶ To use pedestrian crossings
  - ▶ At the end of shared paths.



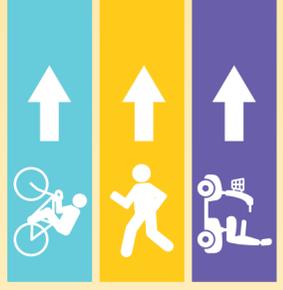
## COMMUTING to WORK

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

- ▶ **Save time** – you can get where you need to be and exercise at the same time. Cycling can be quicker than cars on congested roads
- ▶ **Save money** – walking or cycling is a lot less expensive than owning and running a car
- ▶ **Improve access and convenience** – consider cycling, walking and public transport for longer distance travel
- ▶ **Improve your health.**



Shaws Bay Loop Walk



## THE PATH is THERE to SHARE

Shared paths are for both Pedestrians and Cyclists.



### CYCLISTS SHOULD:

- ▶ Give way to pedestrians
- ▶ Keep left unless overtaking
- ▶ Ride at low speeds in busy areas, when approaching corners and crests
- ▶ Ring your bell and slow down when approaching other path users
- ▶ Where possible, allow one-metre space for pedestrians
- ▶ Move off the path if stopped.



### PEDESTRIANS (including walking, jogging, skating, mobility scooters and motorized wheelchairs) SHOULD:

- ▶ Keep to the left
- ▶ Travel in a predictable manner
- ▶ Listen for the sound of a bell and avoid moving into the path of a bike
- ▶ Supervise young children at all times
- ▶ Keep dogs on short leashes
- ▶ Move off the path if stopped.



### MOBILITY SCOOTERS SHOULD:

- ▶ Follow the same road rules that apply to pedestrians
- ▶ Ride on the footpath or shared path, not the road
- ▶ Not travel at more than 10km/h
- ▶ Ride at walking speed (2-3 km/h) in busy pedestrian areas
- ▶ Use baskets or racks: overloading may affect balance and control
- ▶ Health and medications may affect your ability to use your scooter: check with your doctor or pharmacist.



## CYCLEWAYS and SHARED PATHS of BALLINA SHIRE



Shaws Bay



- Knockrow
- Lennox Head
- Tintenbar
- Wallongbar
- Alstonville
- Ballina
- South Ballina
- Wardell



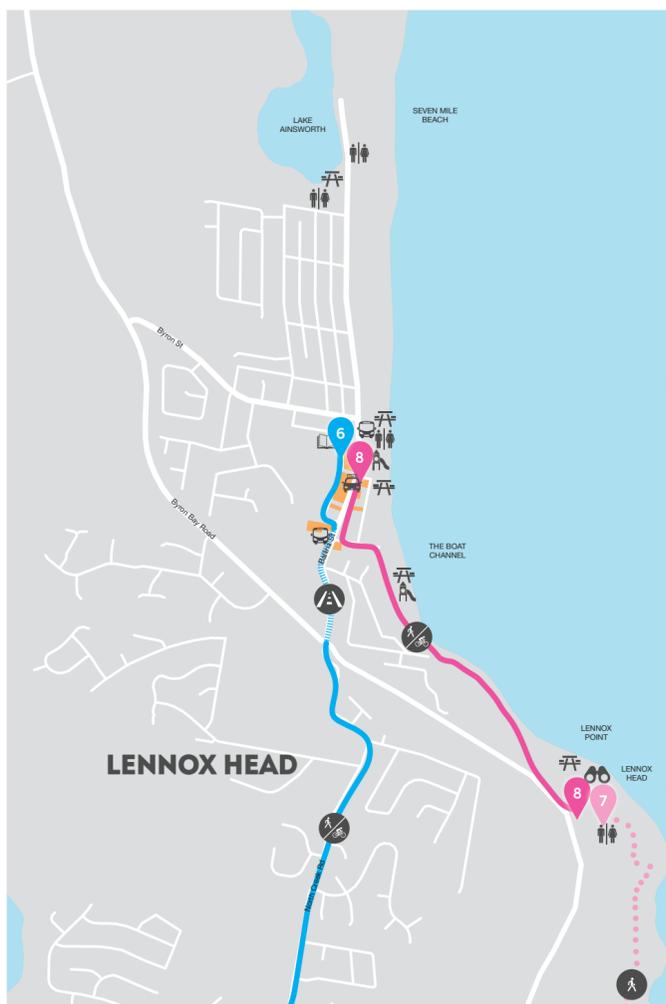
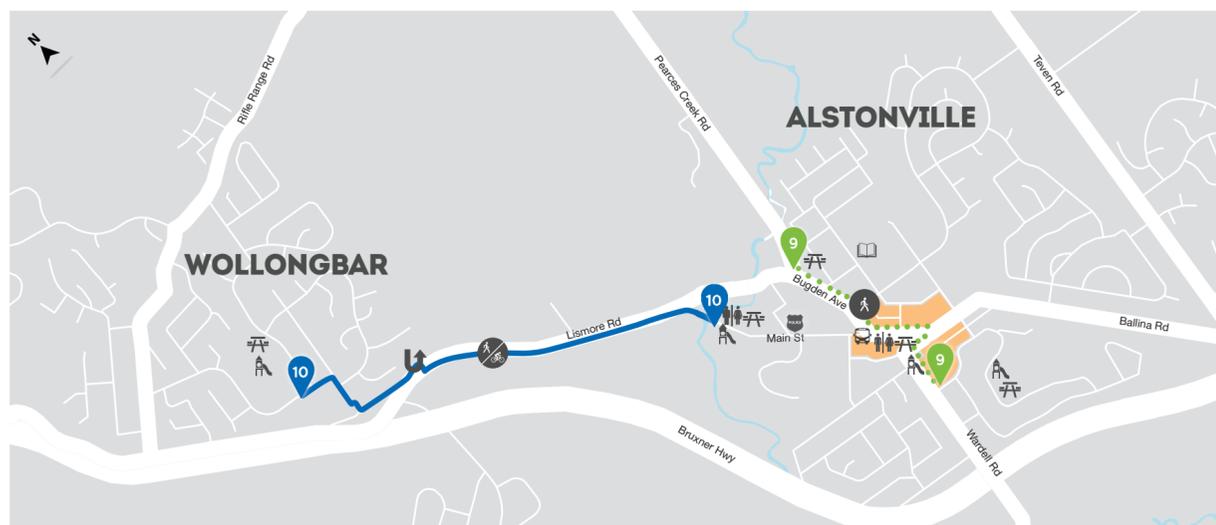
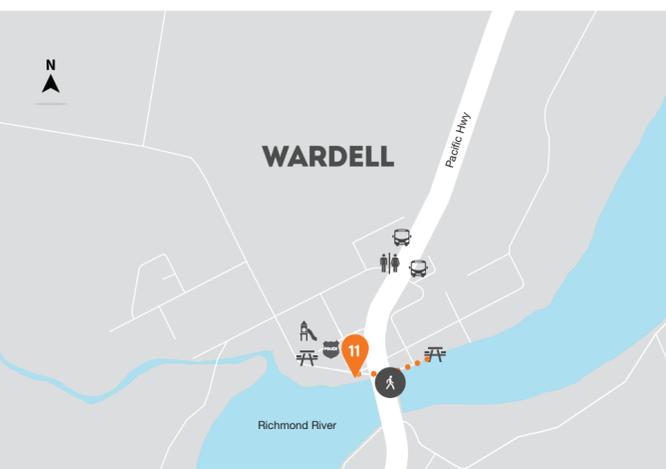
## WANT to KNOW MORE?

Ballina Visitor Information Centre  
Ph: 1800 777 666  
[www.discoverballina.com.au](http://www.discoverballina.com.au)  
ballinacoastandhinterland

Ballina Shire Council  
40 Cherry Street, Ballina  
Ph: 1300 864 444  
[www.ballina.nsw.gov.au](http://www.ballina.nsw.gov.au)  
Email: [council@ballina.nsw.gov.au](mailto:council@ballina.nsw.gov.au)

## LEGEND

-  SHOPPING PRECINCT
-  INFORMATION CENTRE
-  TAXI RANK
-  FERRY
-  BUS TERMINAL
-  PUBLIC LIBRARY
-  PUBLIC TOILETS
-  PICNIC TABLE
-  LOOKOUT
-  HOSPITAL
-  POLICE
-  AIRPORT
-  PLAY EQUIPMENT
-  UNDERPASS
-  OVERPASS
-  SHARED PATH
-  WALKING ONLY PATH
-  ON-ROAD SECTION



- 1 BALLINA LOOP – 11.5KM**  
Predominantly off-road shared paths and flat terrain. River, lake and beach views.
- 2 SHAWS BAY LOOP WALK – 3.4KM**  
Do the circuit of Shaws Bay, along the shady shared path next to Lighthouse Beach, and return along North Wall.
- 3 BALLINA CBD TO FERRY – 4KM**  
From the river front in Grant Street (RSL) follow the shared path across Fishery Bridge through West Ballina to the Burns Point Ferry. A mostly flat ride through town, past West Ballina shops and the Big Prawn.
- 4 BALLINA TO CUMBALUM – 5KM**  
Take the shared path from Ballina Central (Bangalow Rd), across Canal Bridge. Industrial areas give way to rural views, with a steep ascent to Cumbalum.
- 5 BALLINA CBD TO SHARPES BEACH – 8.2KM**  
Start on the shared path near the Maritime Museum (Las Balsas Plaza) and follow the Coastal Recreational Path to Sharpes Beach. Views of beaches, North Wall, and dunal areas. A few small but steep sections.
- 6 ANGELS BEACH TO LENNOX HEAD – 7.8KM**  
From the Coastal Recreational Path at Angels Beach, cross the shared path bridge to The Terrace. Ride this on-road section then re-join the shared path on the western side of The Coast Road. Steep sections.
- 7 SHARPES BEACH TO PAT MORTON LOOKOUT WALK – 3KM**  
Follow the hilly coastline from the southern end of Sharpes Beach to Pat Morton Lookout. Ocean and area views.
- 8 LENNOX HEAD TO PAT MORTON LOOKOUT – 1.2KM**  
Join the shared path off Rutherford Street and follow the coastline and gradual ascent to Pat Morton.
- 9 ALSTONVILLE HERITAGE WALK – 0.8KM**  
From Crawford House Museum, take a walk through the streets of Alstonville for historic parks, churches and buildings.
- 10 ALSTONVILLE TO WOLLONGBAR VILLAGE LINK – 1.4KM**  
Go up the leafy path from Bulwinkel Park Alstonville. Gradual slopes and rural views, with an underpass to Wollongbar.
- 11 WARDELL BOARDWALK – 70M**  
An easy boardwalk stroll with river and bridge views.