Ride to Swan Valley and the sea

Scenic rides from the City to Swan Valley and the City to the sea

TRAVELLING BY BIKE:
Riding a bicycle is becoming increasingly popular in Western Australia. In addition to reducing traffic congestion on our roads, cycling also improves health and fitness and is a fun and relaxing way to get around.

This map shows various routes you can ride along to get to your destination. It will also help you gauge how long it will take to travel a particular distance, with most people able to cover 10km in 30-40 minutes.

TRAVEL TIPS:
• Plan your journey and know your route.
• Always wear a helmet.
• Always give way to pedestrians.
• Keep left unless overtaking.
• Lock your bike up where you feel it is safe.
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• Keep left unless overtaking.
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SHARED PATH SAFETY TIPS:
• Take a bottle of water with you.
• Make yourself visible to other road users.
• Keep a bottle of water with you.
• Make yourself visible to other road users.
• Keep the blind spot of other vehicle drivers in mind.

HAND SIGNALS:
• Left turn
• Right turn
• Stop
• Point of Interest

Time required to travel distance

<table>
<thead>
<tr>
<th>Distance (km)</th>
<th>15km/h (Fast Cycle)</th>
<th>30km/h (Fast Cycle)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4 mins</td>
<td>2 mins</td>
</tr>
<tr>
<td>2</td>
<td>8 mins</td>
<td>4 mins</td>
</tr>
<tr>
<td>5</td>
<td>20 mins</td>
<td>10 mins</td>
</tr>
<tr>
<td>10</td>
<td>40 mins</td>
<td>20 mins</td>
</tr>
<tr>
<td>15</td>
<td>60 mins</td>
<td>30 mins</td>
</tr>
<tr>
<td>20</td>
<td>80 mins</td>
<td>40 mins</td>
</tr>
</tbody>
</table>

Ride to Swan Valley

City Beach

Beach

City

SLSC

City Beach

Park

Traffic Light

Railway, Train Station

Sealed Shoulder or Good Road Riding Environment (Shared by Pedestrians & Cyclists)

Other Shared Path

Good Road Riding Environment

Sealed Shoulder or Bicycle Lane

Railway, Train Station

Traffic Light

Walking Trail

Bike Shop

Legend

Location Map

Map 1

Map 2

Map 3

Time required to travel distance

Department of Transport

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March 2014

BW 79-03-14

DoT 1478-42-01

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For other Bikewest publications and further information visit www.transport.wa.gov.au/cycling

Contact

www.transport.wa.gov.au/cycling
- You may take your bike on the train except during these times on weekdays:
  - Towards the City Centre between 7.00am-9.00am.
  - Away from the City Centre between 4.30pm-6.30pm.
- Cyclists are to use the lift, where provided, and walk their bike throughout train stations.

Please refer to the Transperth website for more details www.transperth.wa.gov.au