

Cycling courses

Cycling in the city

Designed to give you the skills and confidence to enjoy riding in Sydney. This course also showcases easy and enjoyable bike routes.

Even people with a lot of riding experience learn great tips on this course. This course costs \$25.

Rusty riders

Not ridden recently? No worries! The rusty riders course is great if you have lower confidence or fitness levels, or haven't ridden in a while. This course costs \$25.

Bike Buddies

Our Bike Buddies program pairs you with a qualified instructor for a free cycling skills session. Bring a friend for extra support and fun! For people who live or work in the City of Sydney's area.

Bike care and maintenance

Tips and tricks to care for your bike and keep it running smoothly. This course costs \$25.



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Tips for safe and enjoyable riding

Be confident and cool as a cucumber with some of these tips from our cycling in the city course. To learn more, join one of our courses.

Be seen

'Doorings' are a big cause of injury to bike riders. Keep a safe distance from the car door zone. Be in the most visible position you can. This usually means riding in the middle of the traffic lane – away from the car door zone. It's better to hold up traffic for a few seconds than risk serious injury.

Be alert

Be aware of car and bus movements and people walking onto the road. Make sure you can hear traffic. Always be ready to brake.

Be predictable

Ride predictably so drivers feel confident around you. Don't weave in and out of traffic. Use strong arm signals to show when you're turning or stopping.

Communicate graciously

Make eye contact with people walking, riding and driving to make it easier to predict their movements.

Use the diamonds

At cycleway intersections, look for a strip of diamonds or a line cut in the centre of the cycleway. This is where sensors will trigger the lights. Stop on the strip and wait for a green light.

NSW road rules

You may:

- pass other vehicles on the left, except when they're indicating and turning left
 - ride 2 abreast in a lane if you're not more than 1.5m apart
 - travel in bus, tram and transit lanes, but not 'bus only' lanes or 'tramways'.
- You must not ride on the footpath unless:
- you're under 16 years, or accompanying a rider under 16, or have a medical exemption, or if the footpath is a designated shared path.

The essentials

Helmet, bell or horn, front and rear lights. For cold or wet weather – try mud guards, a rain jacket and wearing layers.



City of Sydney

Sydney cycling

Your guide to a better ride



Riding a bike is often the quickest and most enjoyable way to travel through our city. Choosing to ride can also free up much-needed space on our roads and public transport.

We're continuing to build new links to make cycling safe, especially for those new to riding.

If you want to join the thousands of Sydneysiders who ride to work, local shops, school or just for fun, this guide and map is an excellent companion.

Enjoy the ride!

Clover Moore

Lord Mayor of Sydney
Clover Moore



City of Sydney / Chris Southwood



City of Sydney / Chris Southwood



City of Sydney / Abby Felman

Our bike network

Separated cycleways and bike paths: dedicated space for riders separated from other vehicles and people walking.

Bike lanes: painted space on roads. If the lane has this sign then riders must use it, unless impractical.

Shared paths: found in parks, on foreshores and some footpaths. Shared paths are used by both people on foot and on bikes so you should ring your bell to alert others of your approach, and ride slowly around them.

Two-way cycling on some one-way streets Two-way cycling is allowed on some one-way low traffic streets. This will be indicated with signage and sometimes a painted bike lane.



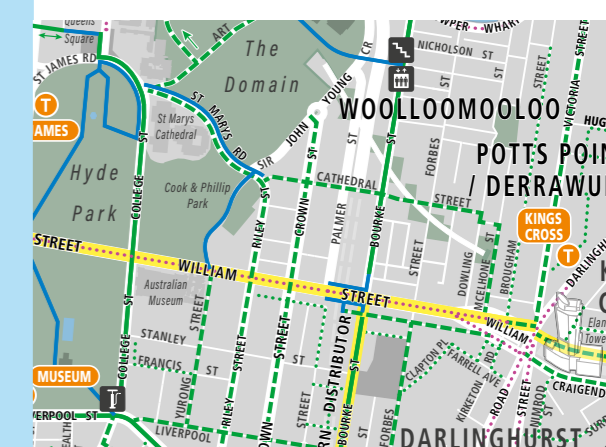
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How to use this map

Whether you're riding to work, for fun, or to school or the shops, it's important to pick the right route.

- Separated off-road cycleway
- Low traffic street or bike lane
- Off-road shared path
- Direct route with higher traffic
- Two-way bike travel allowed on one-way street
- Routes with bicycle route signage in City of Sydney

- Stairs
- Ramp
- Lift
- Pump



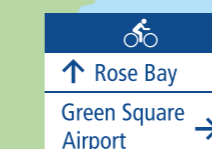
Look for blue and white signs along the bike network to help you navigate to places in our local area and beyond.

Signs list one or two destinations for the route being followed plus the destinations of other routes passing through a junction.

The closest destination is always listed at the top of the sign.



Fingerpost signs show one or two destinations further along the route.



Advance direction signs show the route choices available at the approaching intersection.

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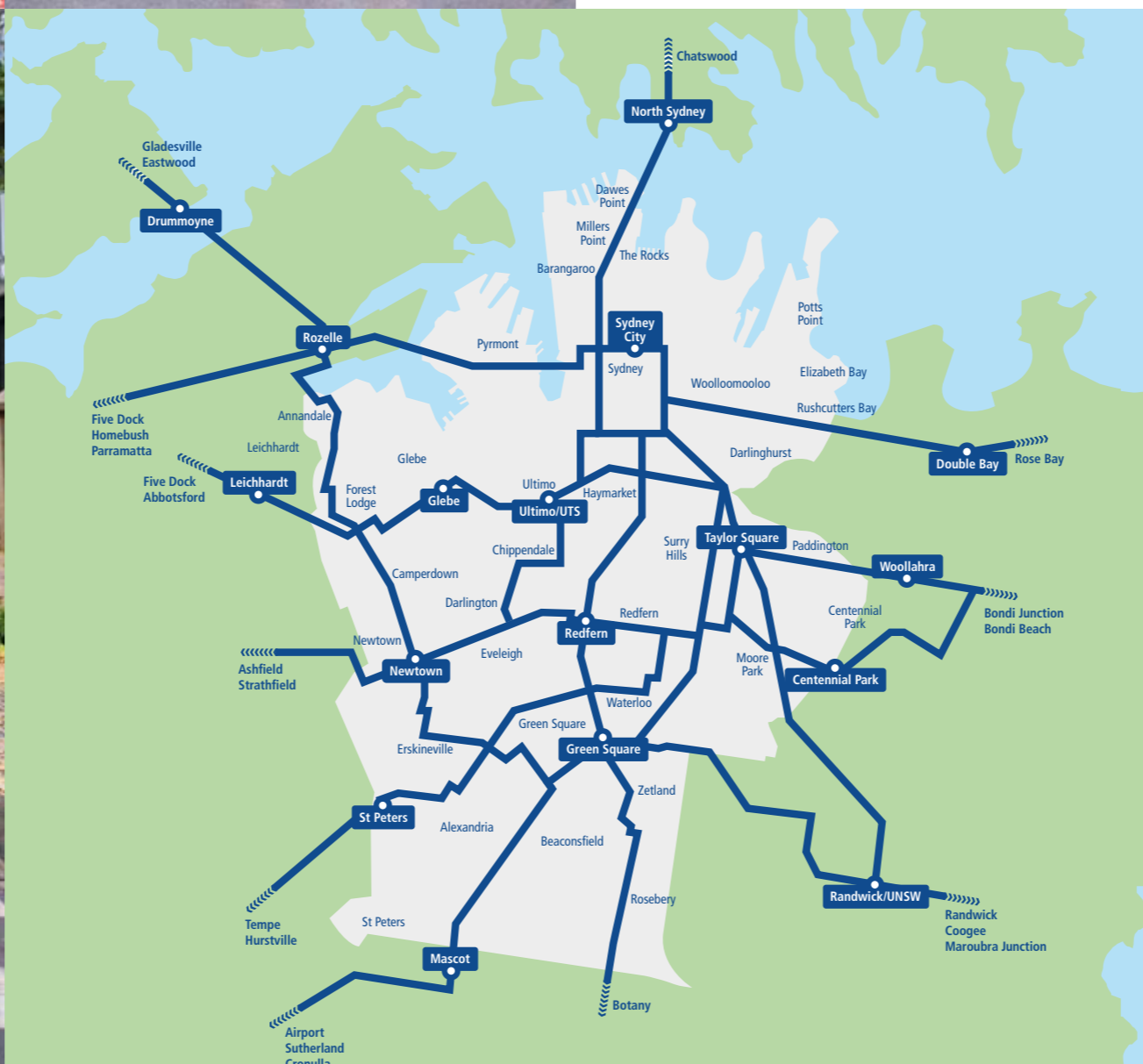


Join our courses

Request extra copies for your business, workplace or school at cycleways.sydney



City of Sydney / Chris Southwood



City of Sydney / Adam Hallingworth

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- Low traffic street or bike lane
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Stairs Pump Lift Pump

