

2. Build up your exercise gradually. Lift your pace or increase trip distance as your fitness level improves.
3. Try to drink 500 ml of water half an hour before the start of your ride. In hot conditions try to drink small amounts of water as you go.
4. Wear a cycle helmet and sun screen, and if cycling at night, light coloured clothing is sensible. Bicycle lights are available from bike shops for around \$20.
5. Cycling does not have to be strenuous, but if you prefer to shower and change when you arrive at work, check out your office shower facilities.
6. Cycle with a friend, colleague or partner. Cycling is fun and sharing the trip is even better! Having a cycling buddy can help with motivation if the trip by car starts to look inviting!
7. Enjoy yourself and relax. Cycling is one of the best ways to 'de-stress' and you'll soon wonder why you'd been missing out on life by driving your car!

Reporting a Hazard

A cycling hazard can take many forms including potholes, grates, broken glass and poorly aligned grab rails. Note the nature and exact location of the hazard and contact the relevant local council. Alternatively, you can report the hazard online to the DPI and they will forward it to the appropriate authority:

www.dpi.wa.gov.au/cycling/hazard.html

Source: Department for Planning and Infrastructure Cycling on Roads and Shared Paths.

Information on cycling can be found on the Department of Planning and Infrastructure's website at www.dpi.wa.gov.au/cycling or you can phone the cycling team on **9216 8000**.



More information →

Contact a TravelSmart Workplace coordinator at:

Department of Environment

Phone (08) 9222 7000

www.enviro.wa.gov.au/community/travelsmart.asp

Department for Planning and Infrastructure

Phone (08) 9216 8000

www.dpi.wa.gov.au/travelsmart

TravelSmart Workplace is a partnership between the Department of Environment and the Department for Planning and Infrastructure.

Cycling to Work



A TravelSmart Guide



Department of Environment
Department for Planning and Infrastructure

Did you know that cycling is one of the most efficient, inexpensive and environmentally friendly modes of transport?

Research continually shows that people who cycle to work are healthier, feel much happier, are more refreshed and ready for the day ahead.

If you live within eight kilometres of work, a bicycle is often the quickest and most efficient mode of travel. Perth has an excellent climate and is relatively flat, so commuting to work by bicycle can become an enjoyable part of your daily routine. Perth has a growing network of on and off road cycling routes. Most major employers have shower facilities for use when you arrive at work.

Try bicycle commuting a few times and see if it meets your needs. A little planning ahead will make bicycle commuting more enjoyable. Once you establish a routine, bicycle commuting becomes second nature. And it gets easier the more you do it.

Need help to plan your route? For information on cycling including bicycle routes visit www.dpi.wa.gov.au/cycling or phone Department for Planning and Infrastructure on 9216 8000.

Peak travel and peak flow

People are permitted to travel on trains with their bicycle (no additional fare is payable for the bike). However some conditions apply:

Bikes are not permitted on trains travelling towards the city from 7.00 am until 9.00 am, and away from the city from 4.30 pm until 6.30 pm.

For more information visit www.transperth.wa.gov.au



You can lock and leave →

Free bike lockers and u-rails have been installed at most rail stations. Simple conditions of use apply which help to ensure the security of your bike:

- Provide your own lock.
- Lockers are for securing bikes and their accessories only.
- Contents left at your own risk.
- Only lockers containing bikes are to be locked—no bike, no lock.

Cycling on roads →

Most rules applying to car drivers also apply to cyclists, but there are a few rules that only apply to cyclists and not other road users.

Cyclists:

- must have at least one hand on the handlebars while in motion.
- must wear an approved helmet while in motion.
- must not ride within two metres of the rear of a motor vehicle, over a distance of more than 200 metres.
- must not be more than two bicycles abreast on a road. When riding abreast, the two cyclists must be no more than 1.5 metres apart.
- can use the left lane of a roundabout when turning right, provided he or she gives way to all exiting traffic.
- cannot overtake on the left hand side of a motor vehicle if that motor vehicle is moving and indicating to turn left.

Dealing with traffic

- Try not to ride along a road directly into a rising or setting sun. These light conditions make it harder for motorists to see you.
- Show caution when nearing a motorist who is intending to turn left across your path. Always assume the motorist has not seen you.
- Allow some space when passing parked cars. A door suddenly opening can be a hazard, so stay about one metre away.

Cycling on shared paths

Shared paths provide cyclists and pedestrians with a safe travel environment that reduces the potential for interaction with motor vehicles. They have their own set of rules and code of behaviour.

- Riders must keep left on shared paths, unless overtaking.
- Riders must give way to pedestrians at all times.
- Riders must only travel in single file on all paths.
- At path intersections you must signal your intention to turn, and give way to motor vehicles entering or exiting an intersection road.

Source: Department for Planning and Infrastructure Cycling on Roads and Shared Paths.

How to start cycling →

Here are a few tips to get your cycling program started.

1. Plan ahead—try out your cycling trips to work on a weekend and time how long it takes you. Get a copy of a bike map (from a bike shop) to help identify the best route to take.

