



Only about 55% of adults in NSW get the recommended amount of physical activity per day.

Australia's Physical Activity & Sedentary Behaviour Guidelines for Adults recommend around 30 minutes of moderate intensity physical activity each day.



With transport changes taking place from 30 September while the Epping to Chatswood rail line is upgraded, it's a great time for people who live within 5km of Macquarie Park, try walking or cycling to work if possible.

If you are an experienced bike rider, visit www.rms.nsw.gov.au/maps/cycleway_finder to find the best cycle routes for you.

Riding a bike as part of your daily commute is a great way to improve your physical health and mental wellbeing.

It's fast and free!



Get moving on your commute to

Macquarie Park



People who commute via public transport reach an average of 35 minutes of physical activity per day; people who drive to work average 10 minutes a day.

Sydney's bike network is bigger than you might think, with over 100km of cycleways and shared paths.



Why not bike it to Macquarie Park?

Macquarie Park has a great active travel network and is served by a number of on and off-road cycle routes:

- **Shrimptons Creek Cycleway:** north to south route through Ryde, from Denistone East to Macquarie Park.
- **Trafalgar Link:** a north to south regional route to Macquarie University between Vimiera and Waterloo Roads.
- **Waterloo, Culloden and Talavera Roads:** an off-road path beside these three roads provides a car-free option across the top edge of the Macquarie Park business area.
- **Lower North Shore Cycleway:** shared path that follows Gore Hill Freeway/ Epping Road through to the cycleways on Waterloo and Talavera Roads.



Building physical activity into your daily routine, such as riding your bike or walking part or all of the way to work, is a great way to ensure you stay healthy and get your recommended daily amount of exercise. Try active transport to get to local meetings too.

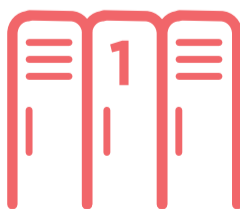
Get moving on your commute to **Macquarie Park**



SHOWERS



BIKE RACKS



LOCKERS



TOWELS

Check out the end of trip facilities and bicycle parking at your destination.

Talk to your office manager or building manager about getting access to the bike storage, shower and change room facilities available.



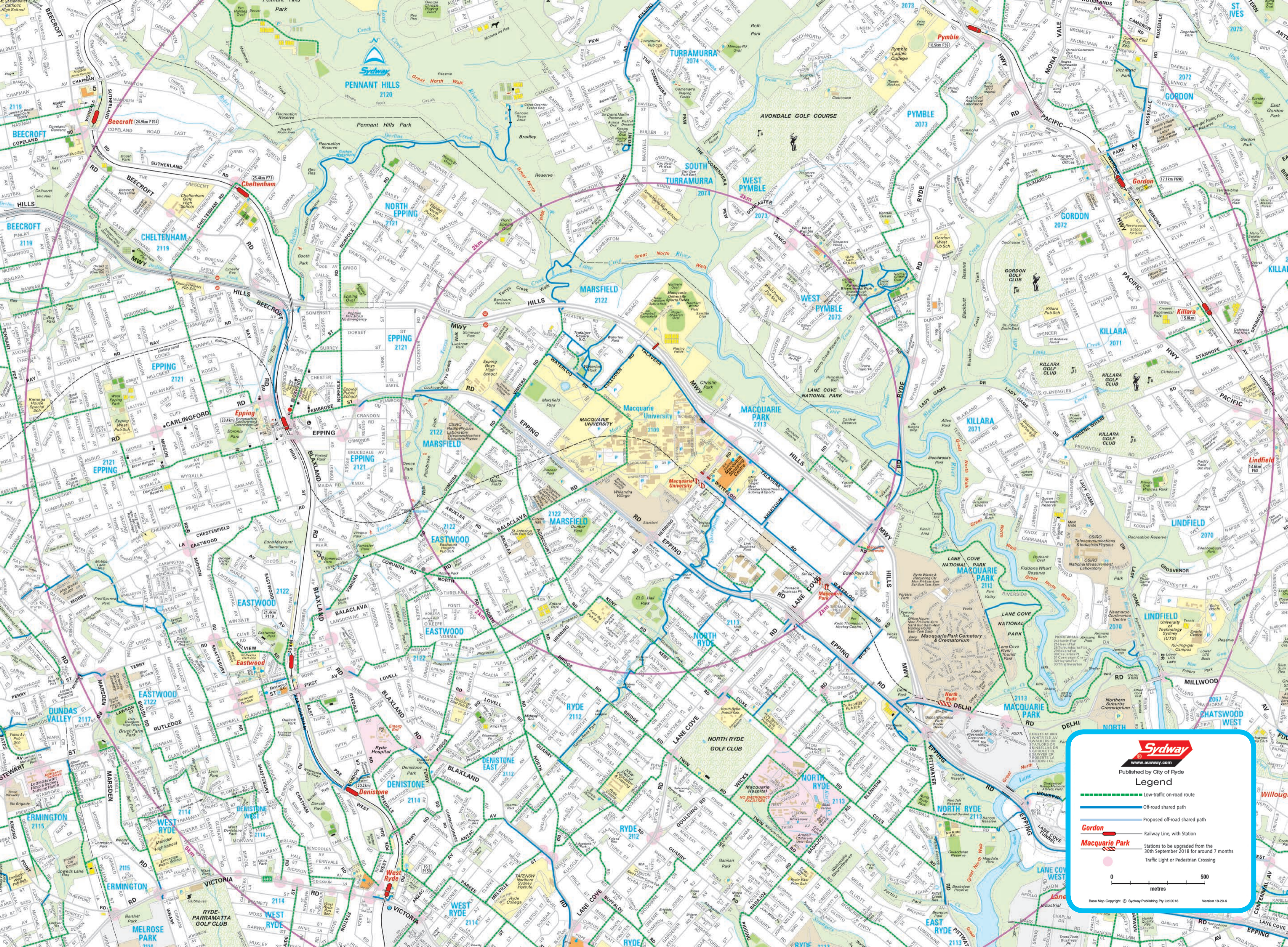
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By incorporating active travel into your daily commute you can:

- Enhance your mood, alertness, concentration and memory
- Help achieve and maintain a healthy weight
- Help improve overall physical and mental well-being





Sydney
www.sydney.com
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Legend

- Low-traffic on-road route
- Off-road shared path
- Proposed off-road shared path
- Railway Line, with Station
- Stations to be upgraded from the 30th September 2018 for around 7 months
- Traffic Light or Pedestrian Crossing

0 500 metres

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