

1. Get confident by being competent

Cycling courses provide valuable insights for new cycling commuters. Experienced instructors guide you through skills and drills to ride city streets with confidence.



2. Plan your commute

The best way by bike to work is not always obvious. There's many cycle friendly alternatives that reduce the travel time. Our cycling map will help you find a more enjoyable way.



3. Practice makes pedal perfect

Once you have planned your trip, have a practice run on the weekend. There will be less traffic and you won't feel the pressure to arrive at work on time. Put the map in your pocket and learn landmarks along the way to help you navigate.



4. Find a bike buddy

If you can't find a commute colleague at work, people who ride are a friendly bunch and more than willing to help others get started. Ask a friend or family member who already rides to accompany you. The Sydney Bike Commuter Facebook group is good place to ask questions and find someone to share the ride with.



5. Set a target

Set yourself realistic goals. Stick with the new travel routine and you'll soon realise why more people are riding to work and loving it.



Helen Hu
Bike Commuter
from Five Dock to
Sydney CBD



I travel from Five Dock to the Mott MacDonald office in the CBD, leaving home around 7:45am every morning, and ride my bike for around 45 minutes over a distance of 10km. I leave the office at around 5:30pm and travel the same way back. Overall commuting to work by bike is a more direct and quicker option.

“I ride to work for several reasons. Mostly for exercise, seeing as I sit in the office for the whole day and also because I do not live very far from the office.”

Transport for NSW

More and more people are walking and cycling through Rozelle Parklands.

Join others in your area starting to walk or cycle to work. It's a great way to start your day.



Find walkways or cycleways using this handy tool to locate pathways near you.

Wherever you are in Sydney, it's got you covered!

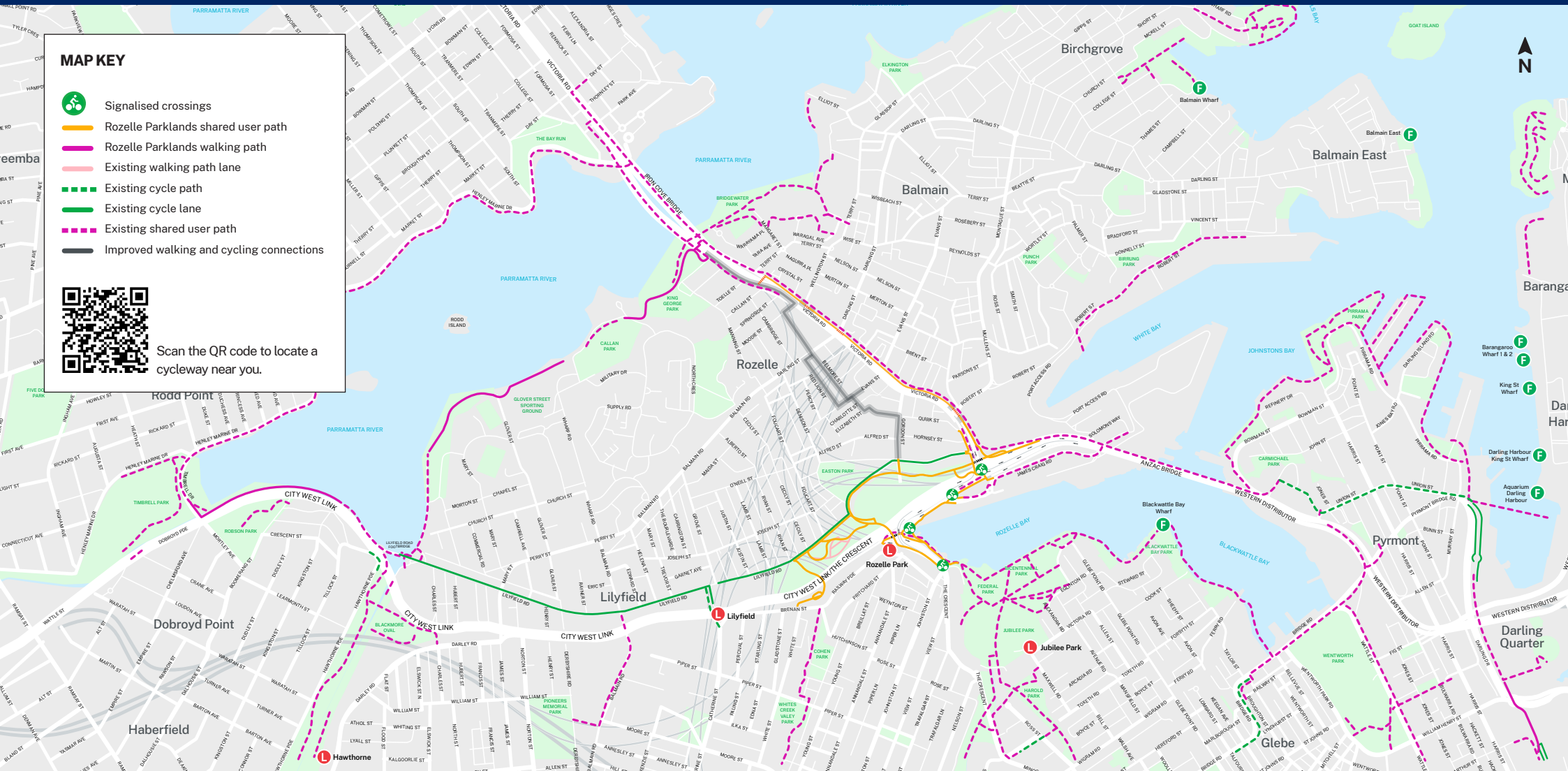


Scan the QR code to locate a cycleway near you.

✉ For more information contact the Travel Choices team travelchoices@transport.nsw.gov.au



Rozelle Parklands Walking and Cycling Links



Rozelle Parklands provides new connections with existing active transport links including to the City via Anzac Bridge, Annandale via The Crescent overpass and to Drummoyne and the Bay Run.

Moving between Iron Cove Link in the north to the new Rozelle Parklands in the south:

- New pedestrian and cycle underpass – located under the Victoria Road Bridge, into the Parklands – an alternative to Victoria Road.
- Shared user path (ramp) – featured on the Balmain side of Victoria Road linking to the Parklands. There will be even more options once the future Bays West precinct is complete.

Three ways to get to Lilyfield, Annandale and Glebe from the Parklands:

1. **Shared user path Green Link Bridge:** Connects the southern side of The Crescent and Rozelle Bay Light Rail stop to Rozelle Parklands and Lilyfield Road.
2. **Shared user ramp:** Connecting the Rozelle Bays Light Rail stop to the west side of The Crescent with the Johnston Street – Chapman Road intersection.
3. **Shared user path bridge:** connects Brenan Street and Whites Creek to Rozelle Parklands and Lilyfield Road.