

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 round 30 minutes of moderate intensity physical activity each day.



You can take your bikes and scooters on Parramatta Light Rail and train free of charge.

Enjoy the convenience when space permits, making sure you don't block seats, aisles, doorways, or emergency exits. Avoid peak hours for a smoother ride.

Did you know there's over 100 bike racks available to use now across the precinct.

Check out the map for locations.



Transport for NSW

Start your new travel journey to

Westmead Health Precinct

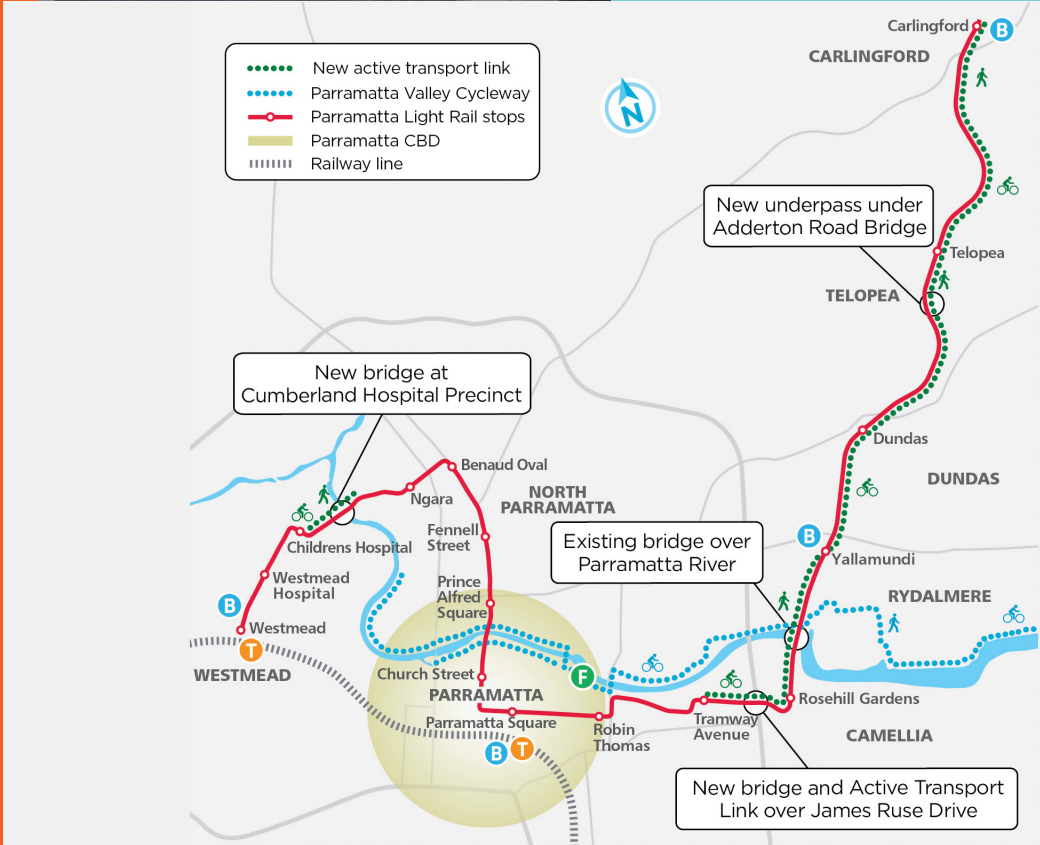


Coming from North Parramatta or Parramatta CBD?

Parramatta Light Rail stops at Westmead Hospital and Westmead Children's Hospital. Running between Carlingford and Westmead via Camellia, Parramatta CBD and North Parramatta.

A quicker and easier way to travel!

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Westmead is well connected to local cycling infrastructure with several nearby cycleways and shared paths:

- The Parramatta Valley Cycleway runs from Parramatta Park to Morrison Bay Park in Ryde, following the river and connecting to Parramatta CBD and Sydney Olympic Park via Silverwater Bridge.

Ride or walk to work and enjoy a better day

Riding and walking creates less carbon emission whilst also improving your overall health.



Scan the QR code to locate a cycleway near you.



This flyer has been developed as part of Travel Choices Program.

For more information and resources on improving how you travel visit: mysydney.nsw.gov.au/travelchoices



For all commuters travelling from Blacktown

- T** T1 and T5 services run every 6-10 mins with an 8-13 minutes travel time during the morning peak.
- B** The 661 bus runs every 18 minutes with a 30-minute travel time during the morning peak to the Westmead Health Precinct.

End of trip facilities and bike parking are located in the precinct.

For access, please contact Security.

Check out the map for their location.

- Transitways (or T-ways) to the North-West and Liverpool include shared pedestrian and cycle paths, providing routes to Liverpool via Wetherill Park and Rouse Hill along Old Windsor Road.
- Parramatta to Liverpool Rail Trail is a 17km path running parallel to the railway line through Merrylands, Yennora, and Fairfield to Liverpool.



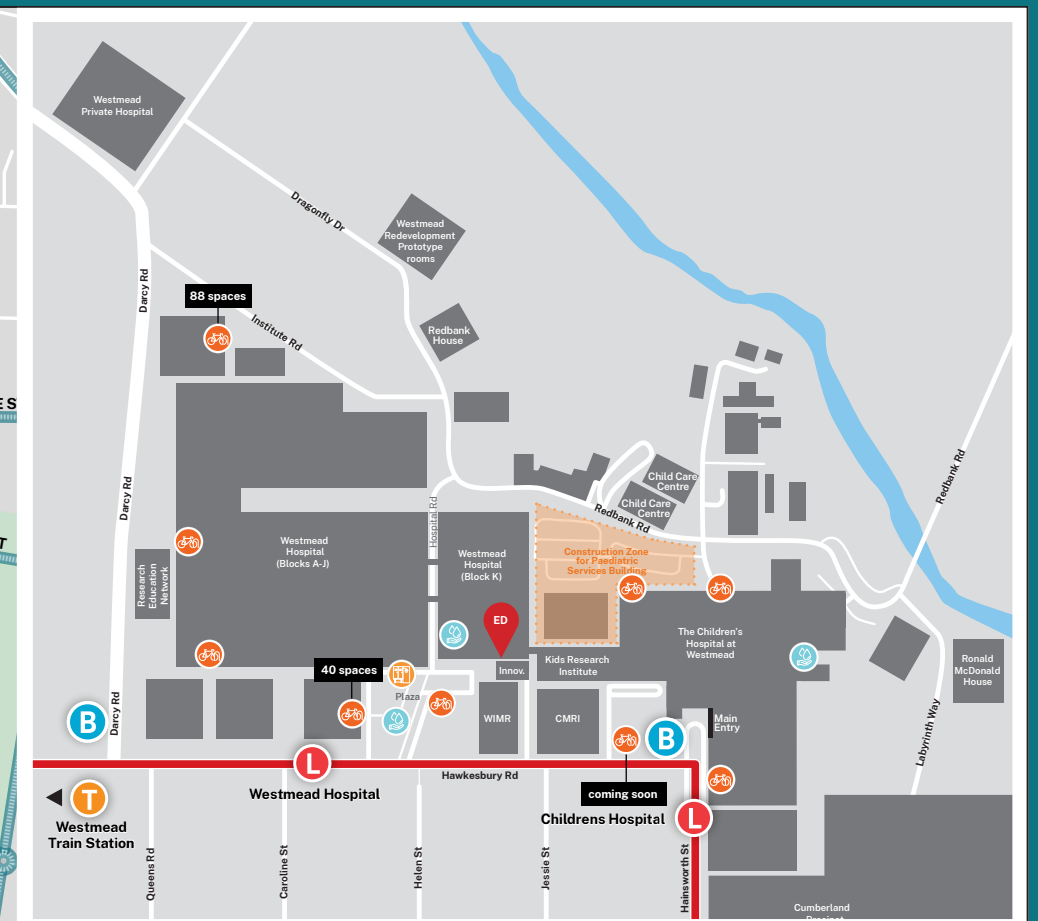
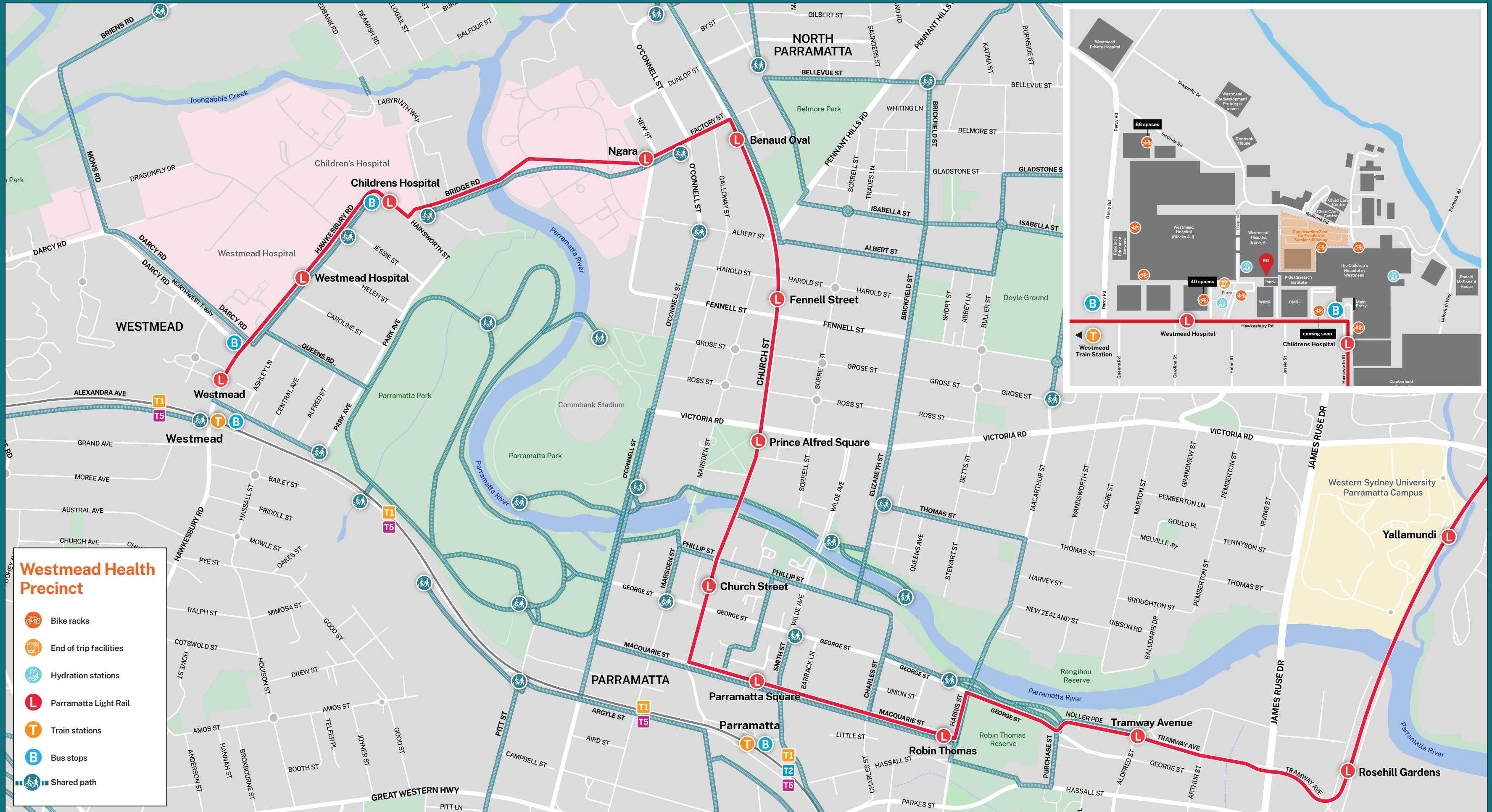
Scan the QR code to view the full Travel Access Guide.



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

Westmead Health Precinct Travel Options



Parramatta Light Rail provides quick and easy connections to Westmead and Parramatta Stations, Parramatta CBD and Carlingford with two stops located at the Precincts doorstep.



Only a 12 min walk to Westmead Station or a quick trip on Parramatta Light Rail to connect to frequent services to Blacktown, Western Sydney and Sydney CBD using the T1 North Shore and Western Line, T5 Cumberland Line and Blue Mountains Line.



Frequent bus services are available from Westmead Children's Hospital and on Darcy Road near Hawkesbury Road providing connections to Blacktown, Parramatta Merrylands, Rouse Hill and Castlewood.



Include walking and cycling for all or part of your commute using many of the cycleways and shared paths in your area.

To plan your trip visit transportnsw.info