



The Greater Darwin Region has an extensive network of off road cycling and walking paths. With the region's generally flat terrain, relatively short distances and a good climate, cycling and



walking are good options for both transport and keeping fit. Cycling is popular in the Northern Territory. The Australian Bicycle Council's 2011 cycling participation survey showed that more people cycle in a typical week in the NT (per capita) than in any other state or territory. Cycling or walking for the journey to work or study or other short trips is good for the environment, health and our local communities.

This map is a guide for exploring the region's cycle and walking path networks and links to key places of interest. For online cycling and walking journey planning you can use **www.google.com.au/maps** 

Secure bicycle parking – combining a short cycle trip with public transport for longer journeys is a great way to exercise and save money. Secure bicycle enclosures are located at most major bus interchanges in the region including Casuarina, Palmerston, Coolalinga and Humpty Doo.

In the Darwin CBD, the City of Darwin's Bike Pod provides secure bicycle parking, a shower and lockers. For more information visit: **www.darwin.nt.gov.au** 



Path information – All Northern Territory paths are shared cyclist and pedestrian paths and this

means cyclists and pedestrians can use all paths (unless bicycles are prohibited by a 'No bicycle' sign). Cyclists must keep left and give way to pedestrians on all paths and pedestrians must look out for cyclists and give room for cyclists to pass. Cyclists and pedestrians should keep left on paths and overtake other path users to the right.

The map shows paths of varying standards including separate, off-road paths and narrower paths. Be aware of varying path conditions and other users. There are programs to maintain and develop the region's cycling and walking path networks.

Report path problems or maintenance issues at www. transport.nt.gov.au/travelsmart/cycling/report-a-fault or contact the Department of Transport on: 08 8924 7965 or transport@nt.gov.au

Cycling safety – for a person under 17 years of age, an approved, correctly fitted and fastened helmet must be worn at all times while riding. For a person 17 years of age or older, an approved correctly fitted and fastened helmet must be worn at all times when riding on a road or on a bicycle lane that forms part of a road. These helmet requirements also apply to any person being carried on a bicycle. An approved helmet complies with Australian Standard AS/NZS 2063. Bicycles must have a bell and when cycling at night, a red reflector, a head light and a tail light. Be prepared: The climate in Darwin can sometimes be extreme with intense heat and humidity and in the wet season, heavy rainfall. Check distances and weather before heading off and carry and drink plenty of water. Avoid longer rides between the hottest time of day (between 11.00 and 14.00). Some paths are relatively isolated, so be prepared and carry bicycle spares. In emergency call 000.

For more information on cycling in the Northern Territory visit: www.transport.nt.gov.au/travelsmart/cycling

