

- at night or in foggy/rainy weather, display a white light (steady or flashing) on the front of your bike and a red light (steady or flashing) on the rear. Both must be visible for at least 200 metres.
- at all times, display a red reflector on the rear of your bike that is visible for at least 50 metres.

RIDING ON THE FOOTPATH

fully inflated with good tread

BE SEEN

Cyclists can only ride on footpaths if it is signed accordingly. Otherwise, only children under the age of 16 years – and an adult supervisor – can ride on a footpath.

SHARING WITH CARS

Tips to tick the Stay Safe list:

- ✓ know and obey the road rules
- ✓ be aware and anticipate the next move of all road users
- ✓ make eye contact with drivers and pedestrians, especially at intersections
- ✓ use clear hand signs to signal your intent when turning left or right
- ✓ at roundabouts you can turn right from the left-hand lane but at every exit you must give way to any vehicle exiting left
- \checkmark if riding two abreast, stay within 1.5 metres of each other.

BENEFITS OF CYCLING

Improve your health – cycling increases your fitness, health and general well-being. Regular cycling can decrease your chances of suffering a heart attack, stroke, diabetes and some forms of cancer. Have fun – you can ride with friends and family and access scenery not accessible in a car. You have the freedom to go where you want, when you want.

Save money – cycling is cheaper than driving a car because you don't have to pay for fuel, registration, car maintenance or parking fees.

Save the planet – riding your bike instead of driving a car will reduce your carbon footprint and create less noise and air pollution.

Save time – cycling often is quicker than using a car, especially for short trips. You can ride door to door and save time by not having to find a parking space.

EVENTS WORTH RIDING TO

Tweed Shire Council and What's on Tweed are great resources for finding out what's on. Whether it's a regular market or special event, you'll find the details at tweed.nsw.gov.au or whatsontweed.com.au





