

Ride to Swan Valley and the sea

Scenic rides from the City to Swan Valley and the City to the sea



TRAVELLING BY BIKE:

Riding a bicycle is becoming increasingly popular in Western Australia. In addition to reducing traffic congestion on our roads, cycling also improves health and fitness and is a fun and inexpensive way to get around.

This map shows various routes you can ride along to get to your destination. It will also help you gauge how long it will take to travel a particular distance, with most people able to cover 10km in 30-40 minutes.



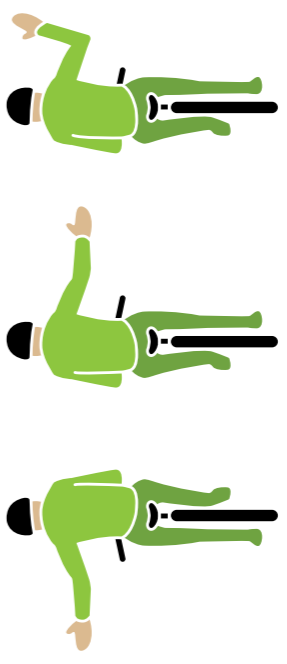
TRAVEL TIPS:

- Plan your journey and know your route.
- Always wear a helmet.
- Make yourself visible to other road users.
- Lock your bike up where you feel it is safe.
- Take a bottle of water with you.

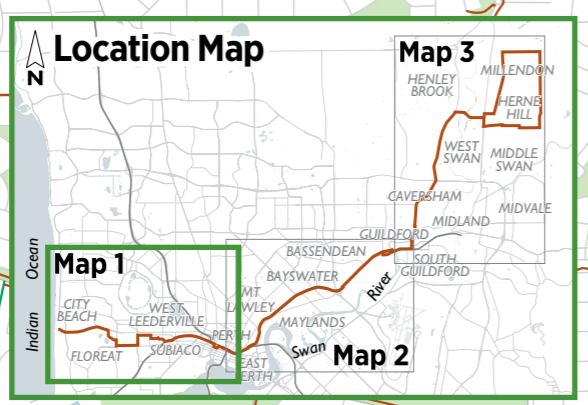
SHARED PATH SAFETY TIPS:

- Always give way to pedestrians.
- Ride slowly around other path users.
- Travel in single file.
- Keep left unless overtaking.
- Ring your bell to alert path users of your approach.
- Provide adequate space when passing.

HAND SIGNALS:



Stopping
Right turn
Left turn



Legend

City to Sea (Shared by Pedestrians & Cyclists)	Bike Hire, Bike Parking
Other Shared Path	Bike Locker, Shelter
Good Road Riding Environment	Point of Interest
Sealed Shoulder or Bicycle Lane	Restaurant / Cafe
Railway, Train Station	Pleasant Rest Area
Traffic Light	Public Toilets
Bike Shop	Shopping Area
	Walking Trail

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cycle instead

Time required to travel distance		
Distance (km)	15km/h (Easy Cycle)	30km/h (Fast Cycle)
1	4 mins	2 mins
2	8 mins	4 mins
5	20 mins	10 mins
10	40 mins	20 mins
15	60 mins	30 mins
20	80 mins	40 mins

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Contact

Department of Transport
140 William St, Perth WA 6000
GPO Box C102, Perth WA 6839
Telephone: (08) 6551 6000
Email: cycling@transport.wa.gov.au
Website: www.transport.wa.gov.au/cycling

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