

# Riding with Kids

Riding a bike is fun for kids and adults!  
There are many convenient options for riding with kids.

## Riding with very young children

When your child is old enough to sit upright and hold their head up while wearing a helmet, try a bike seat, trailer or cargo bike.

## Freedom on wheels

Once walking, children can start with balance bikes and progress quickly to tag-alongs and their own set of wheels.

Children under 12, and adults with them can ride on footpaths in NSW.



# Know the Road Rules

## Bike riders CAN

- ✓ Take up a whole traffic lane.
- ✓ Pass other vehicles on the left, except when the vehicle is indicating or turning left.
- ✓ Travel to the front line of traffic on the left hand side of stopped vehicles, except when the vehicle is indicating or turning left.
- ✓ Ride a maximum of two abreast in a lane (not more than 1.5 metres apart).
- ✓ Travel in Bus Lanes and Transit Lanes.
- ✓ Ride on designated shared pathways.

## Bike riders CAN NOT

- ✗ Ride on footpaths unless the rider is under 12 (or is with a rider under 12) or the footpath is a designated shared pathway.

## Bike riders MUST

- Obey all road rules
- Stop at red lights and stop signs
- Wear a helmet
- Ride a bike with a bell and lights

## On Shared Pathways

- Share the path
- Keep left
- Give way to pedestrians
- Ride slowly
- Ring your bell
- Ride in a safe and courteous manner

Your free cycling guide and map to



Bathers  
Way  
Loops



Fun, Fast and Free

## 20km Loop - Bathers Way, Foreshore and Hamilton

Enjoy our beaches and harbour foreshore by bike. Stop for a swim or enjoy a coffee at the beach whilst watching whales or dolphins. This ride includes hills.

From Merewether Ocean Baths follow the Bathers Way north to Nobbys Beach, head west along the Harbour Foreshore to Civic. Follow Throsby Creek to Maryville and return to Merewether Beach through Hamilton.

The Bathers Way is currently being upgraded to a shared pathway. We appreciate your patience during construction. Visit [www.newcastle.nsw.gov.au/about\\_newcastle/coastal\\_revitalisation](http://www.newcastle.nsw.gov.au/about_newcastle/coastal_revitalisation).



## 10km Loop - Bathers Way, Foreshore and Cooks Hill

For a shorter ride return through Cooks Hill on Corlette and Watkins Streets.



### Facilities

- Railway Station
- Patrolled Beaches
- Picnic Tables
- Parking
- Public Toilets
- Cafes / Eateries

This is a guide to shared pathways and on road connections. On road routes are generally low traffic with no separation from vehicles. Ride with care and wear bright clothing. Be aware of car doors near parked cars. Cyclists can take a whole traffic lane.

For detailed maps of current and future network visit [www.newcastle.nsw.gov.au/services/transport/cycling\\_strategy](http://www.newcastle.nsw.gov.au/services/transport/cycling_strategy)



## Bathers Way Loops Newcastle Cycling Maps

- Off Road
- Off Road - Proposed
- On Road

