

# 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

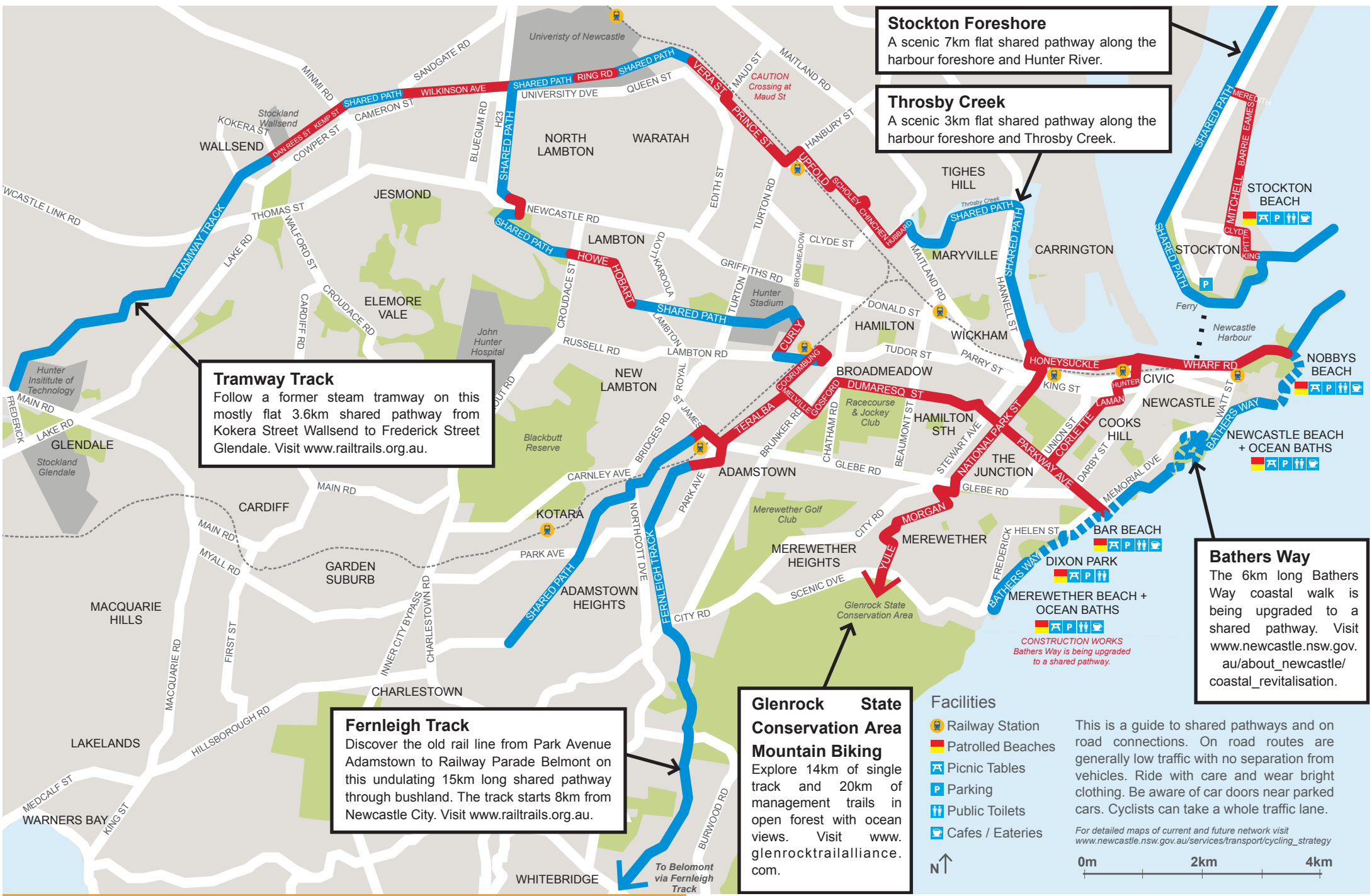
Your free cycling guide and map to



Local Trails



Fun, Fast and Free



**Tramway Track**  
 Follow a former steam tramway on this mostly flat 3.6km shared pathway from Kokera Street Wallsend to Frederick Street Glendale. Visit [www.railtrails.org.au](http://www.railtrails.org.au).

**Fernleigh Track**  
 Discover the old rail line from Park Avenue Adamstown to Railway Parade Belmont on this undulating 15km long shared pathway through bushland. The track starts 8km from Newcastle City. Visit [www.railtrails.org.au](http://www.railtrails.org.au).

**Stockton Foreshore**  
 A scenic 7km flat shared pathway along the harbour foreshore and Hunter River.

**Throsby Creek**  
 A scenic 3km flat shared pathway along the harbour foreshore and Throsby Creek.

**Bathers Way**  
 The 6km long Bathers Way coastal walk is being upgraded to a shared pathway. Visit [www.newcastle.nsw.gov.au/about\\_newcastle/coastal\\_revitalisation](http://www.newcastle.nsw.gov.au/about_newcastle/coastal_revitalisation).

**Glenrock State Conservation Area**  
**Mountain Biking**  
 Explore 14km of single track and 20km of management trails in open forest with ocean views. Visit [www.glenrocktrailalliance.com](http://www.glenrocktrailalliance.com).

- 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)

