

Riding to work and other destinations

IT'S LIKELY MANY OF YOUR REGULAR CAR TRIPS ARE OF EASY RIDING DISTANCE. RIDING OFFERS A GREAT ALTERNATIVE TO THE CAR, ESPECIALLY FOR SHORT TRIPS. FOR LONGER TRIPS YOU COULD COMBINE RIDING WITH PUBLIC TRANSPORT OR THE CAR.



Plan your route

Be prepared to start small by riding just a day or two a week, and build from there as your confidence and fitness grow.

Before beginning a regular bike trip, it's a good idea to plan your journey. Route selection depends on your level of riding experience, personal preference and access to bike lanes, paths and trails.

If you know someone who rides to your destination regularly, ask for advice. You may pick up some great tips on where to ride, park, shower and change if necessary. Most regular riders are happy to share tips to help others get started.

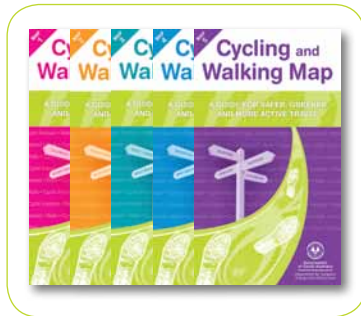
Some riders prefer riding on main roads for a direct route to their destination while others prefer local streets and off-road paths. Whichever you choose, consider doing a trial ride on a weekend, to check your route's suitability and the time it will take.

If you're riding within the Adelaide metropolitan area, plan your trip using the **Bikedirect** network, which includes main roads, bike lanes, local streets, off-road and unsealed paths.

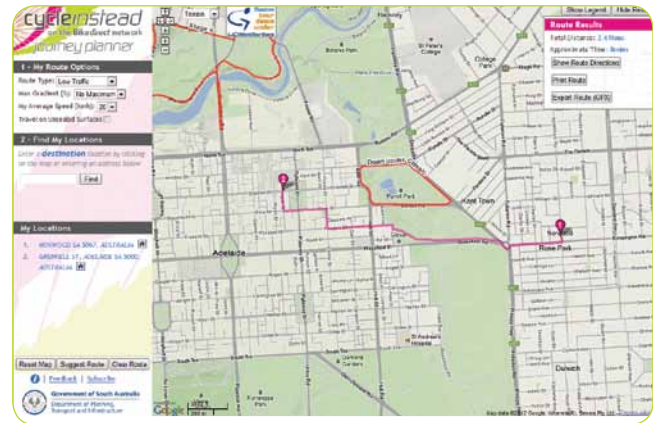
The **Cycle Instead Journey Planner** is an interactive tool which generates cycling routes using the **Bikedirect** network, allowing you to choose a variety of options that take into account fitness and confidence levels, road conditions and speed of travel.

These are available online:
www.sa.gov.au/cycling

If you prefer a hard copy, **Cycling and Walking Maps** complement the online **Bikedirect** maps. These five compact guides cover the majority of metropolitan Adelaide and are available from: DPTI.TravelSmartSA@sa.gov.au



Outside the metropolitan area, organisations such as councils may provide local maps.



Riding for local trips

Think of a short trip you currently use the car for – could you ride instead? With some preparation you could ride to:

- the local shops
- sports practice or the gym
- the movies
- catch up with friends or family
- school with your children.

You'll be supporting local business, getting some exercise and avoiding the hazards and hassles of carparks.

Riding with your children is a great way to teach them how to ride safely. Quiet local roads and off-road paths provide a good learning environment. If you are riding with children, remember they are legally entitled to ride on the footpath until they are 12 years old.



Bike parking, security and insurance

If you are leaving your bike in a public area, try to choose a well lit place in full public view. Always lock your bike to an immovable object (parking rail if possible) with a good quality lock, even when only leaving it for a short time. Lock the frame and wheels to the rail. If security is important you may also want to remove accessories such as lights, pump, pannier bags or bike computers.

The following precautions can improve the chances of your bike being recovered if stolen:

- engrave your driver's licence number on the base of the frame (or a relative or friend's licence number)
- record the bike's serial number
- keep a photograph or description of the bike (bike brand, model, size and colour).

Some household insurance policies may cover your bike against theft. Some also provide public and personal liability coverage if you injure someone else or damage someone else's property whilst riding. Refer to your insurance policy or contact your insurance company for details. A number of cycling organisations provide third party public liability insurance and personal accident insurance.



Bikes and public transport in Adelaide

If your journey is too long to ride, why not combine riding with public transport? You may be able to ride to a public transport interchange and store your bike safely in a bike locker. You can also take your bike on a train for a low cost at peak travel times and free during off-peak times. Visit the Adelaide Metro website www.adelaidemetro.com.au or call their Infoline on 1300 311 108 for information on lockers, timetables and public transport journey planning.

