



active Travel TOWNSVILLE

With over 300 days of sunshine a year,
Townsville is the perfect place to get
outdoors and Get Active and Healthy!

ACTIVETOWNSVILLE.COM

Bike ways, walking trails and swimming facilities are located all around town. Get involved in your community, create lasting memories, improve your health, relax and unwind.

Now there's an easy way to search for fitness activities in townsville! Head to activetownsville.com and see how you can get active today.

Why not join a Heart Foundation Walking Group, you don't have to have a heart condition! It is open to everyone. Meet new people and enjoy being active.

Sign up for 'Live Life Get Active', to enjoy free boxing, X-training and yoga as well as tailored nutritional planning.

Start planning your next ACTIVE adventure!

ACTIVETOWNSVILLE.COM





GET active + HEALTHY UPDATE

Keep your finger on the pulse with the latest news in sport, fitness and recreation in our city!

Sign up now at **activetownsville.com** to receive your Active and Healthy Update with the latest news on sport and recreation, free events, tips on keeping safe and healthy as well as exercise and fitness tips.

While visiting our Active Townsville page, check out Townsville's outdoor facilities (basketball courts, skate parks, outdoor fitness equipment, BMX tracks), pools and aquatics facilities, camping and caravan sites, popular parks and more!

LIVE THE LIFE



active TRANSPORT

Active travel is any journey that relies on walking, cycling, riding scooters/skateboards and using public transport. It's a great way to fit physical activity into your daily life by simply leaving the car at home!

IMPROVE YOUR OUTLOOK, GET ACTIVE OUTDOORS!

- Avoid traffic jams and reduce the level of traffic congestion
- Reduce the level of air pollution created by cars
- Reduce pressure on car parking
- Save money on fuel costs
- Improve your social network
- Improve your health by increasing Your level of incidental exercise, just 30mins of physical activity every day benefits your health
- This can be easily achieved in as little as three, 10 minute sessions or two, 15 minute sessions.

BIKeway SIGNS



Stop



Give Way



Pedestrian Crossing



No Bicycles



Shared Path



End Shared Path



Bicycle Lane



End Bicycle Lane



Cyclists Dismount*



Watch For Bicycles



Direction for all Bicycles*



Bicycle Lane Symbol & Arrow (on road pavement markings)



Bicycle Lane Symbol & Arrow (green paint is often used to identify areas of likely conflict with other road users)



Bike Route Markers

*Please note, these are advisory signs.

CYCLING RULES

RULES FOR CYCLISTS

- Wear an approved helmet and keep it fastened at all times
- Give way to pedestrians
- Do not exceed the speed limit
- A child being carried in a baby seat must also wear a helmet
- Obey all traffic/road rules
- You can only double another person if the bicycle is designed to carry more than one person and has a passenger seat. (each commuter must be wearing a helmet).
- Use front and rear lights when riding at night to combat poor visibility
- Secure all luggage that is carried
- Scooters and skateboarders must give way to cyclists and pedestrians
- Keep at least one hand on the handle bars at all times
- Stop before riding across a pedestrian crossing

All bikes must have:

- At least one effective brake
- A bell, horn or similar warning device in working order





SMART RIDING

- Ensure proper size and function of bike
- Be predictable and be visible at all times
- Learn and follow the road rules
- Ride with care and share the road
- Hand signals must be given when turning right
- Cyclists may also give a left hand signal when turning or diverging left
- Stay focused and alert
- Always carry a bicycle lock

FOOTPATHS AND SHARED PATHS

Cyclist Tips

- Keep left at all times
- Pass on the right and with care
- Sound your bell as you are approaching pedestrians
- Slow down if path is crowded

Pedestrian Tips

- Don't block the path, keep as far left as possible
- Keep dogs on a short leash
- Tell a responsible person where you are going and your expected time of return
- Beware of cyclists and other wheeled recreational devices around you

For more information on bicycle and pedestrian safety, visit the Department of Transport and Main Roads website tmr.qld.gov.au/travel-and-transport

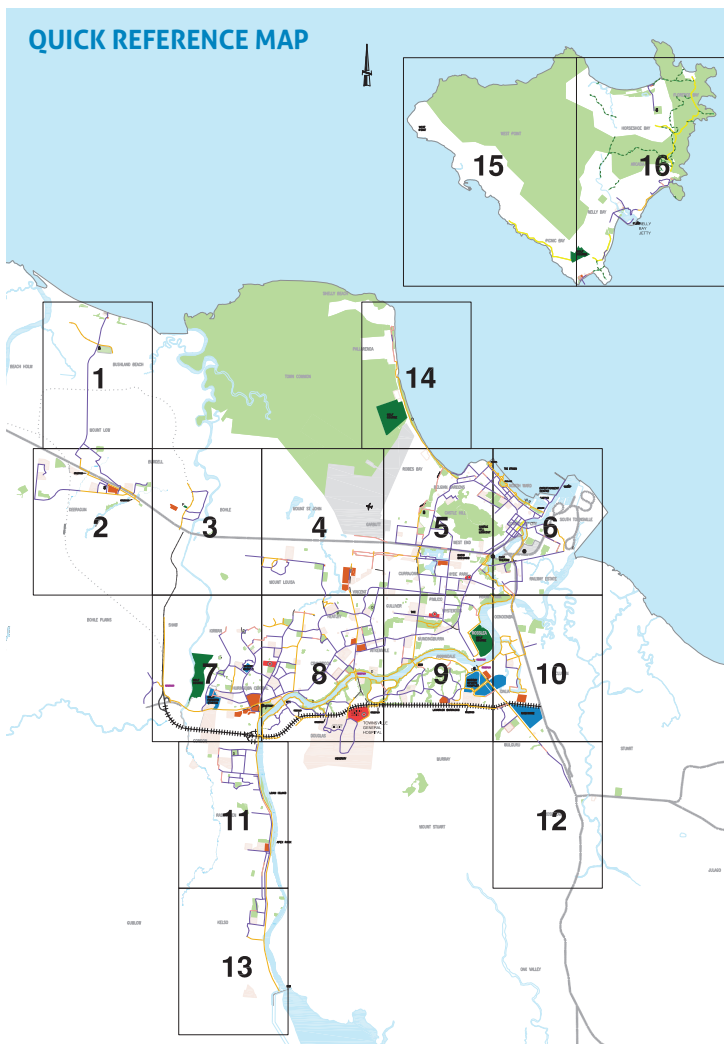
MAP REFERENCES BY SUBURB

MAP

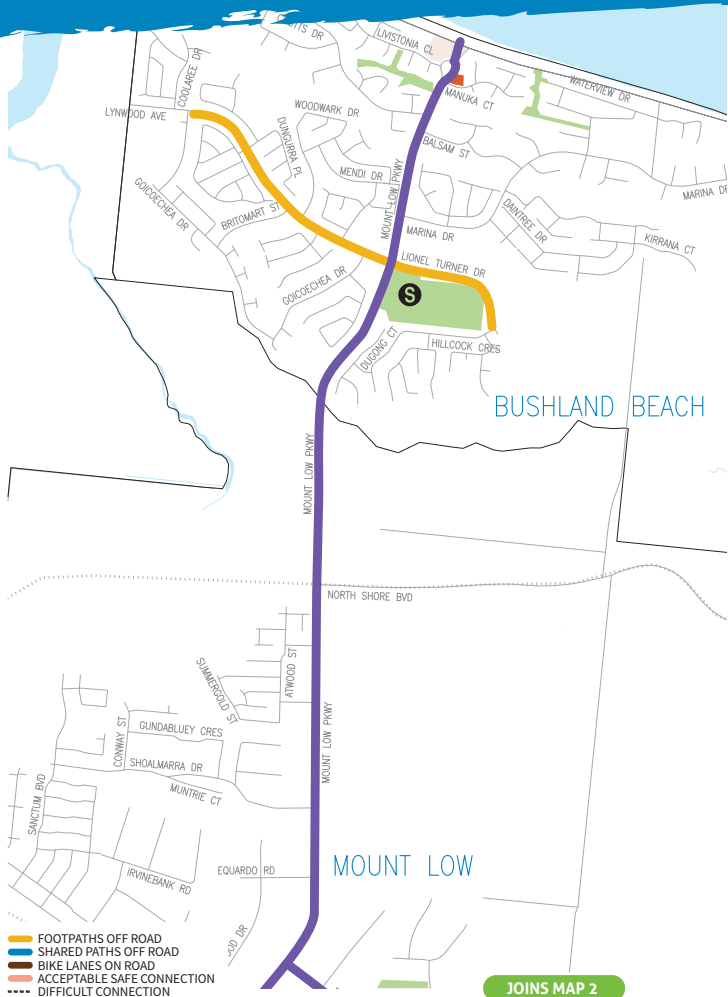
Aitkenvale	8
Annandale	9
Arcadia	15
Belgian Gardens	5
Bohle	3
Bohle Plains	2
Burdell	3
Bushland Beach	1
Castle Hill	5
Cluden	10
Condon	11
Cranbrook	8
Currajong	5
Deeragun	2
Douglas	8
Florence Bay	15
Garbutt	4
Heatley	8
Hermit Park	5
Horseshoe Bay	15
Hyde Park	5
Idalia	9/10
Kelso	13
Kirwan	7

MAP

Mount Louisa	4
Mount Low	1
Mount Saint John	4
Mundingburra	9
Mysterton	9
Nelly Bay	15
North Ward	6
Oonoonba	9/10
Pallarenda	14
Picnic Bay	15
Pimlico	9
Railway Estate	6
Rasmussen	11
Roseneath	12
Rosslea	9
Rowes Bay	5
Shaw	7
South Townsville	6
Stuart	12
Thuringowa Central	7
Townsville City	6
Vincent	4
West End	5
West Point	15
Wulguru	12



MAP 1



MAP 2



MAP 3

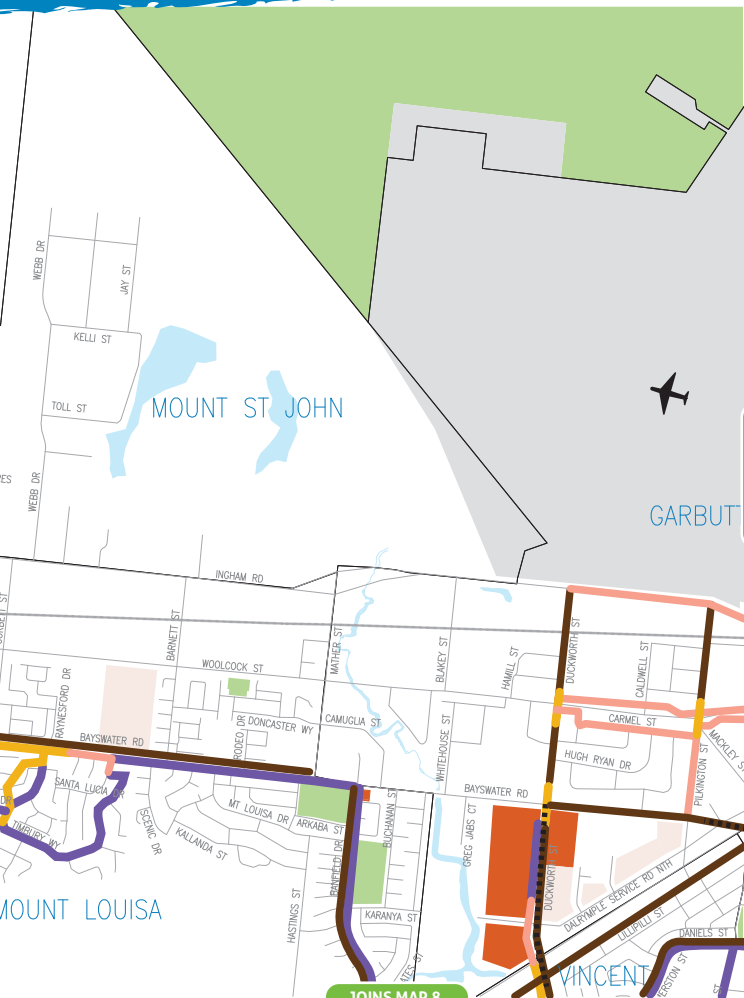
JOINS MAP 2

JOINS MAP 7

- FOOTPATHS OFF ROAD
- SHARED PATHS OFF ROAD
- BIKE LANES ON ROAD
- ACCEPTABLE SAFE CONNECTION
- DIFFICULT CONNECTION



MAP 4

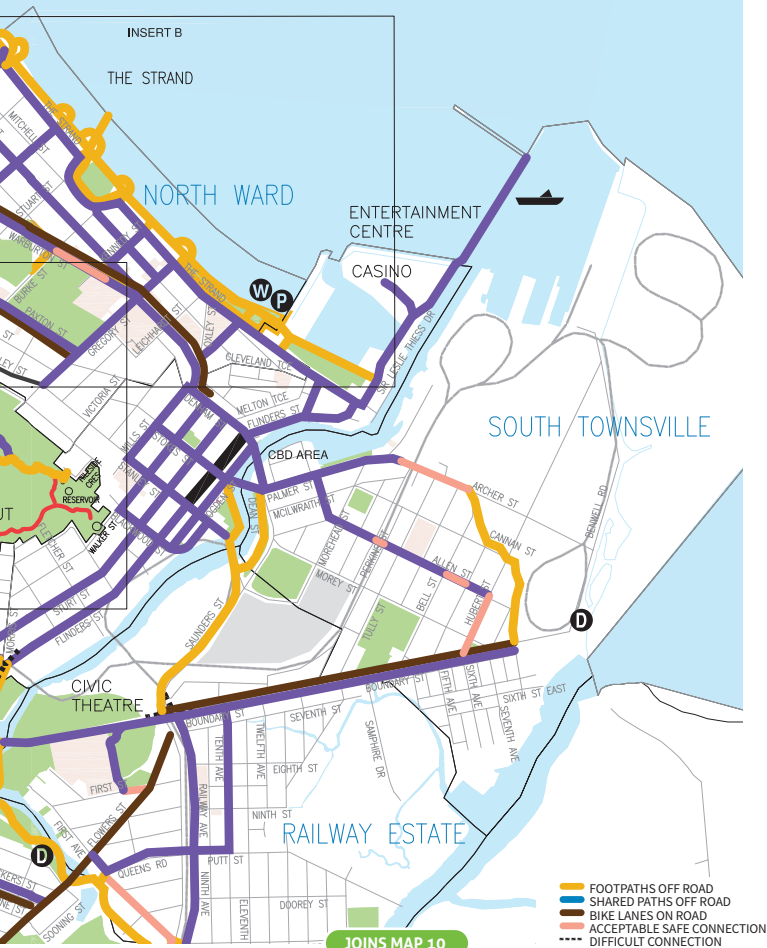


JOINS MAP 5

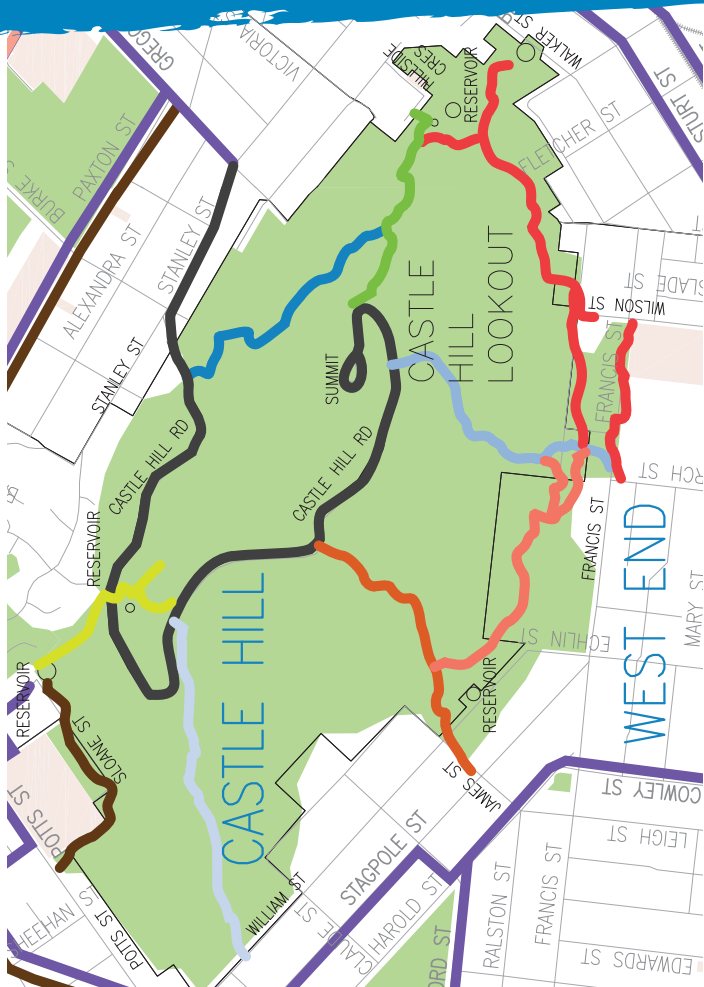
JOINS MAP 8



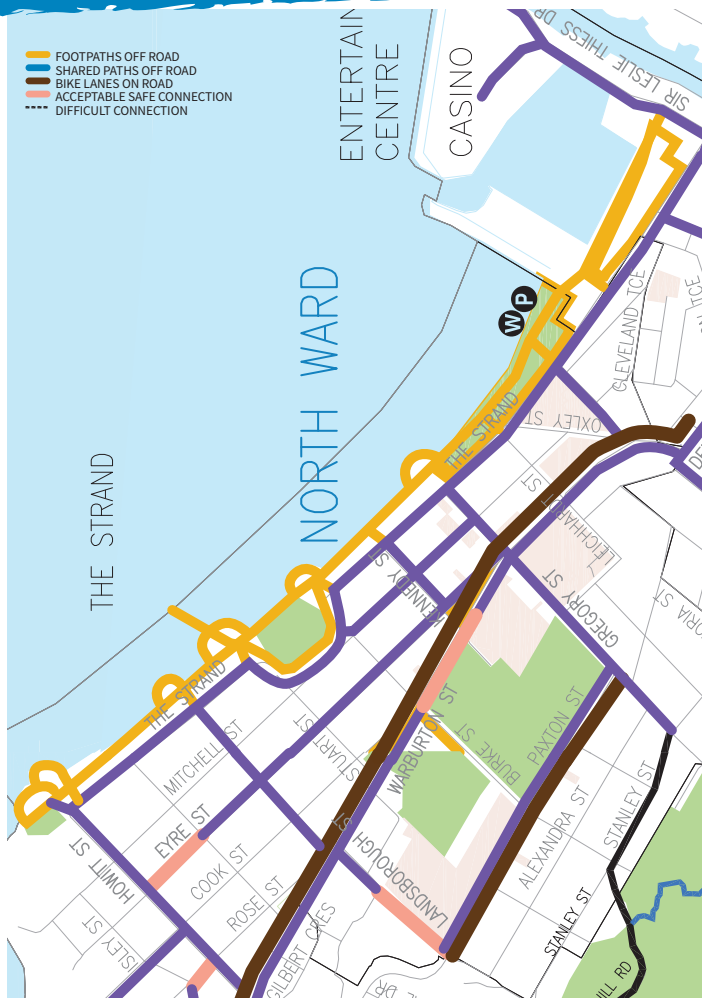
MAP 6



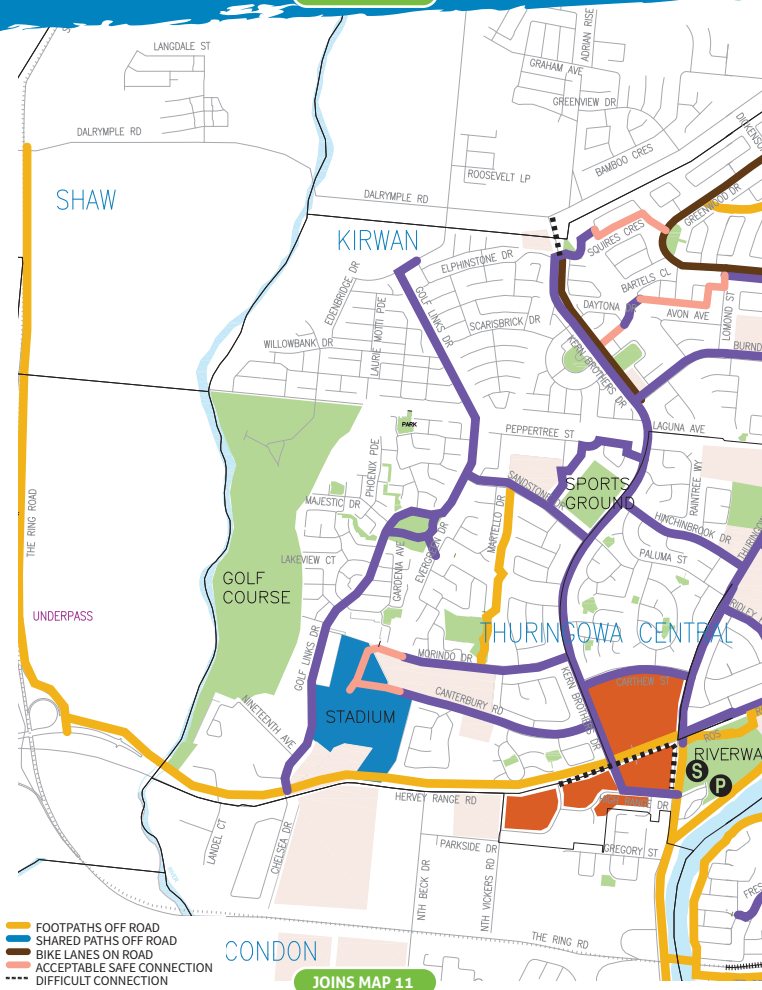
INSERT A - CASTLE HILL



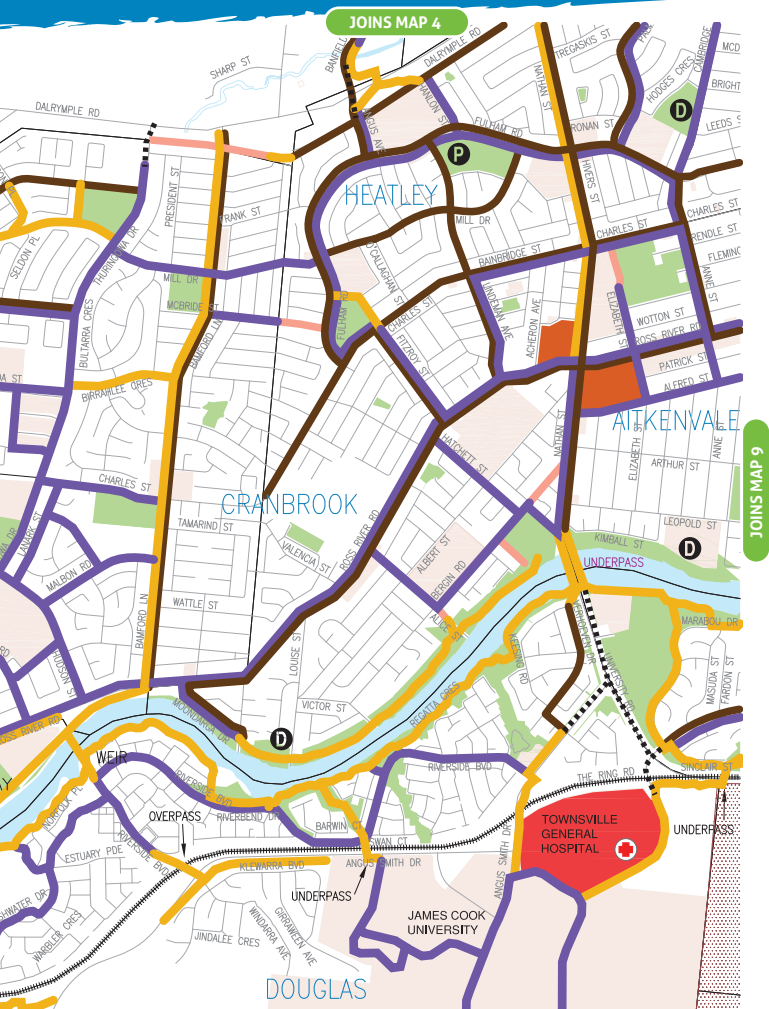
INSERT B - THE STRAND



JOINS MAP 3



MAP 8



MAP 9

JOINS MAP 5

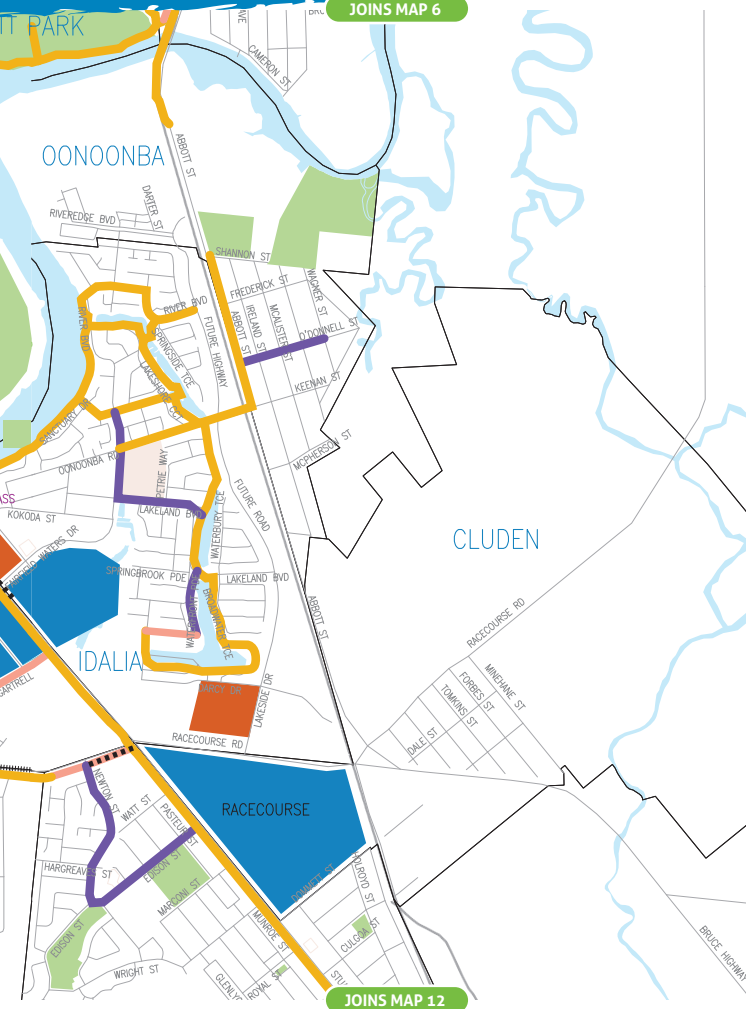


JOINS MAP 8

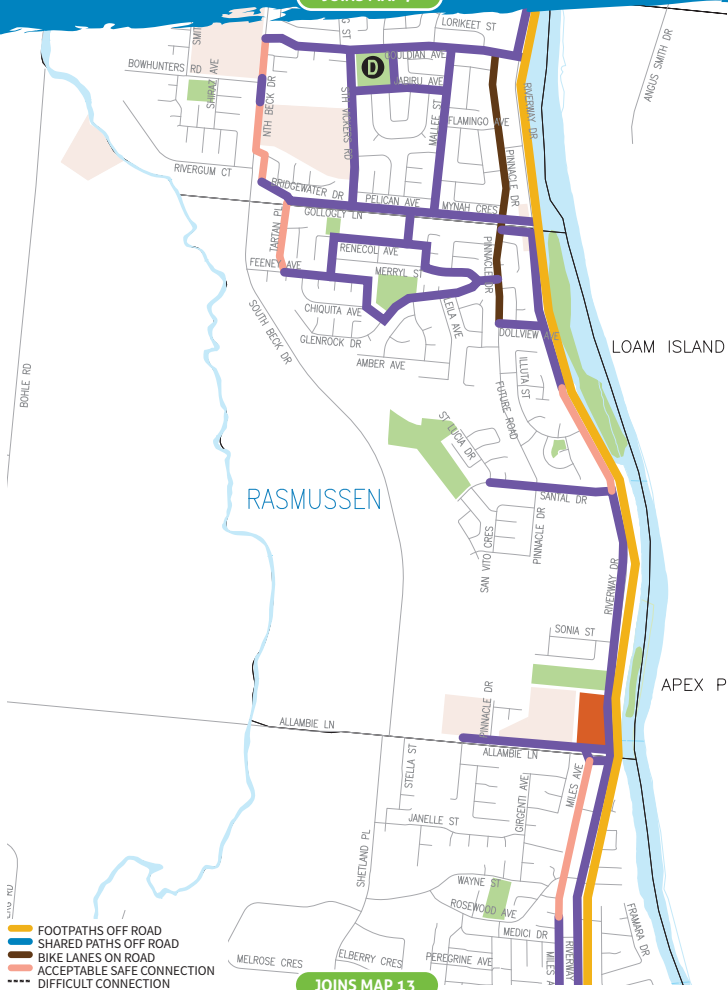
- FOOTPATHS OFF ROAD
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- ACCEPTABLE SAFE CONNECTION
- DIFFICULT CONNECTION

MAP 10

JOINS MAP 6

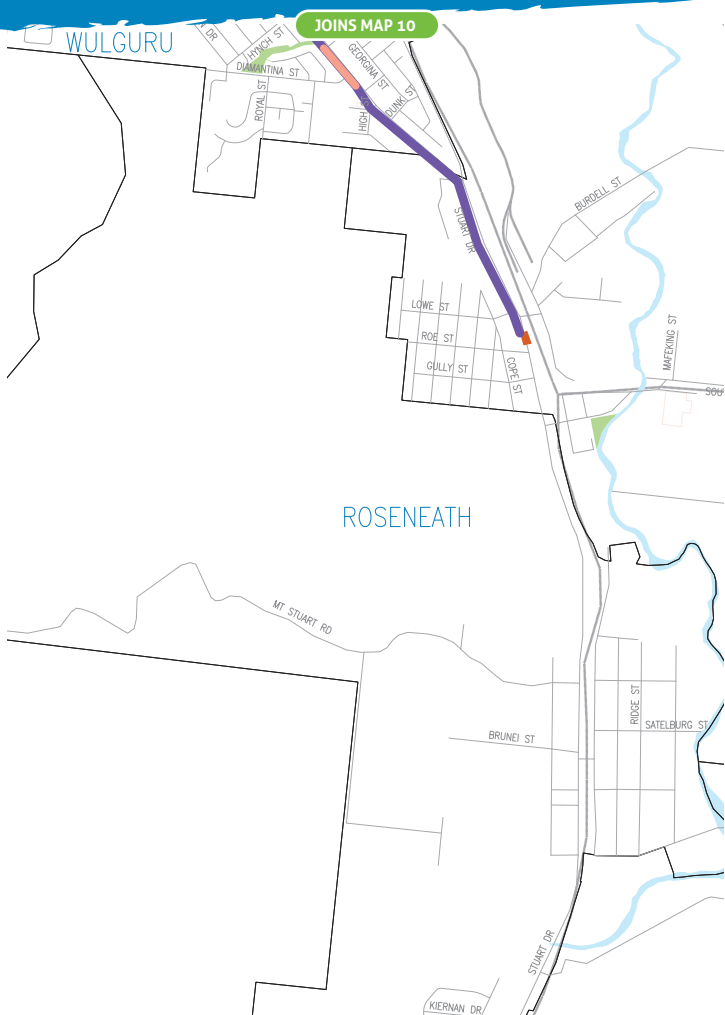


JOINS MAP 12

JOINS MAP 7

JOINS MAP 13

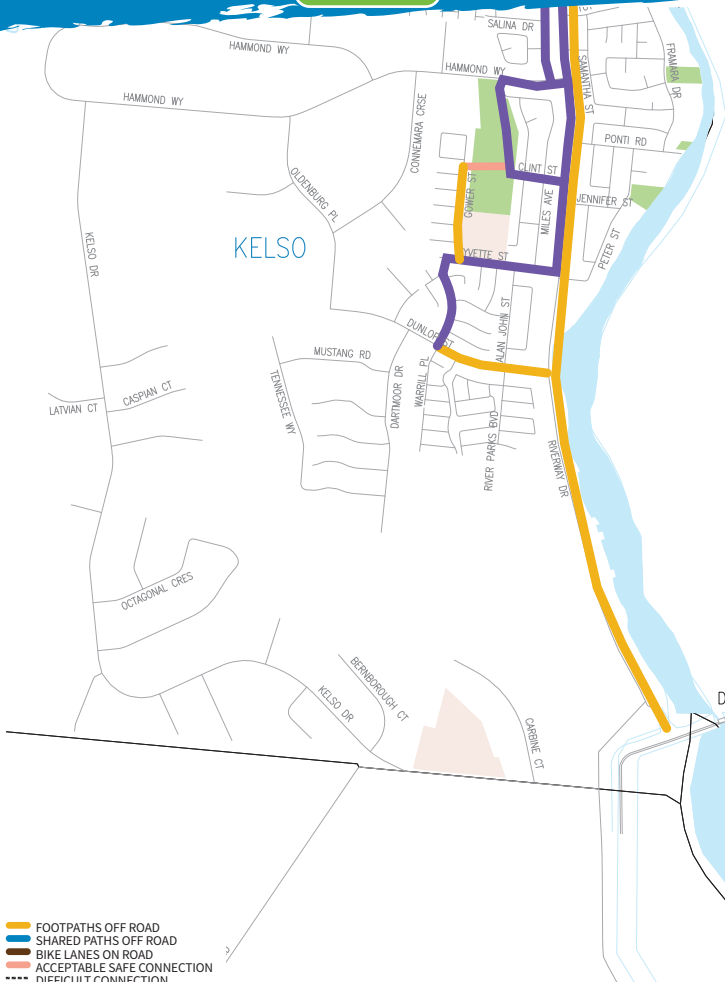
MAP 12



MAP 13

JOINS MAP 11

KELSO



MAP 14



MAP 15



MAP 16





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