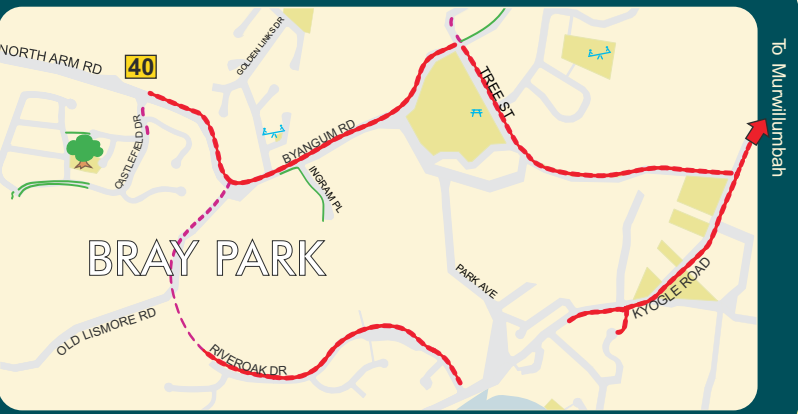


CYCLE FOR YOUR HEALTH

A 30 minute cycle trip a day provides all the exercise you need to halve the chance of becoming obese or diabetic. *World Health Organisation, 2000.*

1	Knox Park		
2	Budd Park		
3	Nicholl Park/Wharf		
4	Lions Lookout		
5	Showground		
6	Willward Park		



SHARED USE PATHS

This sign indicates a 'shared used path'. Pedestrians have right of way on these paths. Keep to the left and ring your bell as a warning that you are about to pass, especially when approaching from behind.

WHAT'S ON

Tweed Shire Council's website is a great resource for finding out what's on. Whether it's a special event or a regular market, you'll find the details on the site at www.tweed.nsw.gov.au or visit the Tweed Tourism website at www.tweedtourism.com.au

Phone: 1800 674 414

Email: info@tweedtourism.com.au

Information centres at:

- Twin Towns (corner of Wharf and Bay Streets)
- Murwillumbah (Budd Park-Alma St)

CYCLE FOR YOUR WALLET

SkYROCKETING petrol costs are cutting into household budgets. Bicycles have no fuel tank and so they are the perfect solution to avoiding the pain at the pump. Swap the car keys for a bicycle helmet and keep your hard earned cash for more important things.

CYCLE FOR THE PLANET

Transport is responsible for 34% of household greenhouse gas emissions, whilst lighting accounts for only 5%. *Australian Greenhouse Office, 2006.*

Cycling for short journeys is a practical, easy way to lower our impact on the environment. Every litre of petrol you save cuts greenhouse gas emissions by 2.6 kg. Travel Smart because its how you get there that counts.



SAFETY CHECKLIST

- Helmet - approved and correctly fitted and fastened
- Bell or horn - working, within easy reach
- Head light - white (steady or flashing) visible for at least 200m
- Tail light - red (steady or flashing) visible for at least 200m
- Red reflector - visible for at least 50m to the rear of the bike
- Brakes - in good working order
- Chain - well oiled and properly fitted
- Pedals - spin freely and undamaged
- Tyres - fully inflated with good tread
- Clothing - bright coloured to ensure visibility
- Sunscreen and sunglasses - to protect you from the sun
- Water - carry water to stay hydrated

ROAD RULES AND TIPS

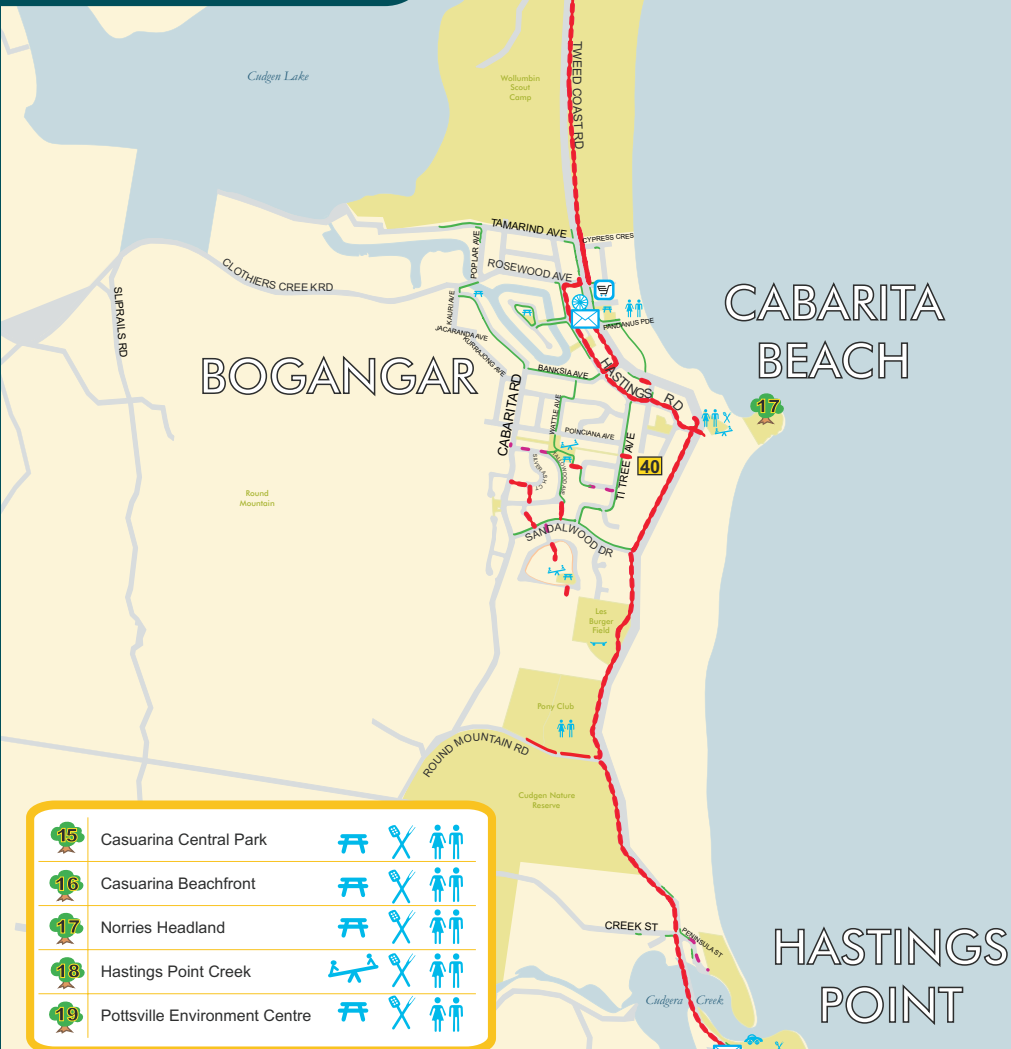
Cyclists are required to obey the road rules and traffic regulations at all times. Ride on the left hand side of the road. Give way to pedestrians crossing the road. When using a shared path, keep to the left and give way to pedestrians. Use your bell to warn them that you are about to pass. Use clear hand signals to alert drivers to your intentions to turn left or right. Remember to ride defensively and stay alert at all times, particularly when riding in traffic. It is against the law to ride on a footpath unless:
 you are under 12 years of age
 you are an adult supervising a child under 12 years
 it is a shared use footpath that is specifically for cyclists and pedestrians.

MURWILLUMBAH



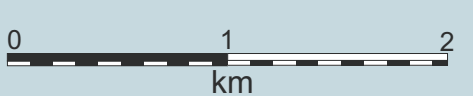
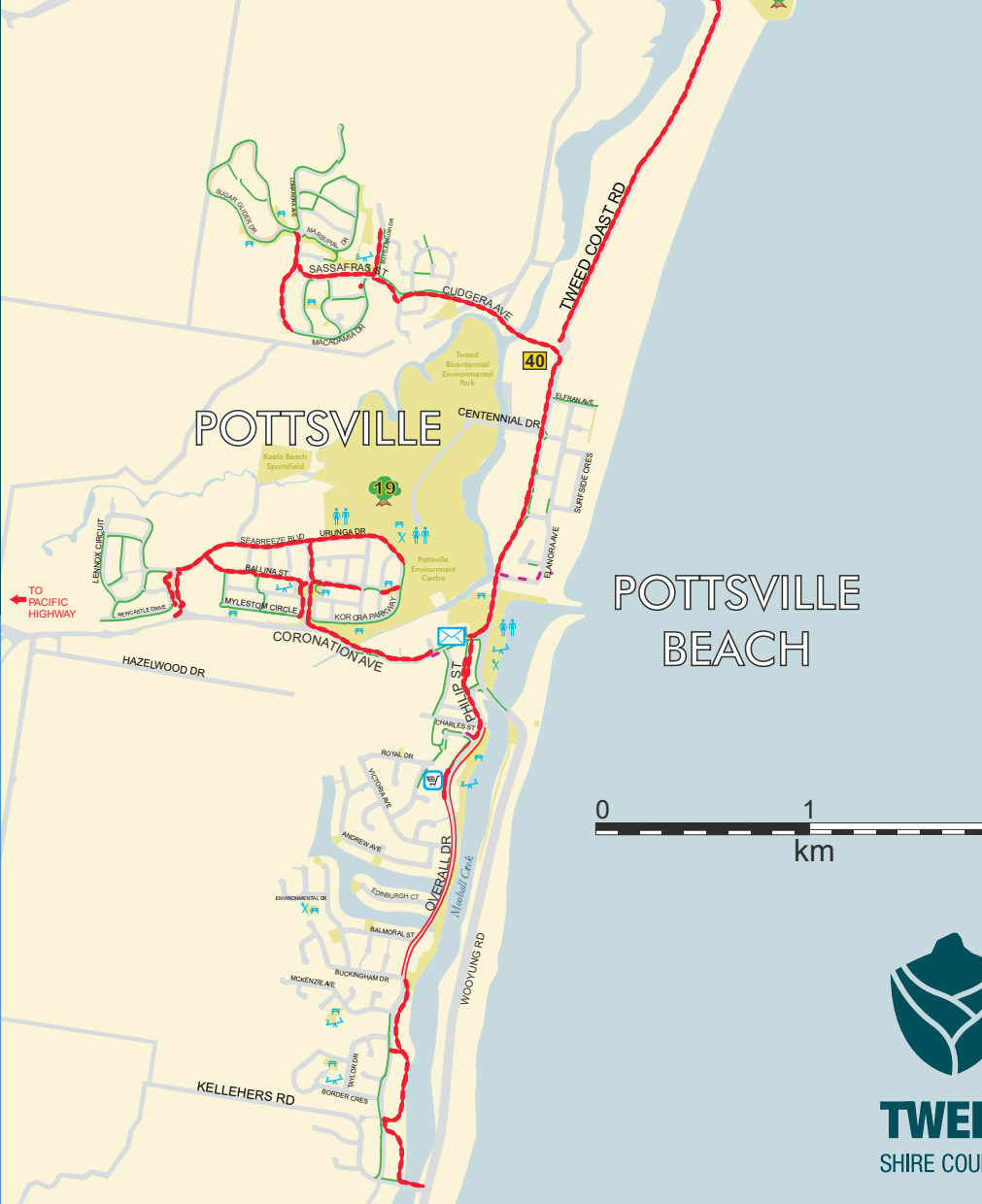
SOUTH MURWILLUMBAH

BOGANGAR



15	Casuarina Central Park		
16	Casuarina Beachfront		
17	Norries Headland		
18	Hastings Point Creek		
19	Pottsville Environment Centre		

POTTSVILLE



Cyclists using Tweed Shire's cycleway and maps do so at their own risk. Every care has been taken in the preparation of this map, however the Tweed Shire Council will not accept responsibility for any personal injury and/or damage to property arising from the use of this map.