





Contents

About this guide	
Before your ride	3
Free bike riding workshops	5
Benefits for you and for the city	6
Bicycle lane and bikeway signs	8
Advice for riders	10
Bike operations	19
Ride to work	21
Gold Coast Oceanway	22
Get involved in caring for 'Our Beaches'	22
The Darren Smith Memorial Route	24
Luke Harrop High Performance Cycling Circuit	26
Gold Coast Cycle Centre	27
Mountain bike trails	28
Freestyle BMX tracks	31
Children's bike education circuits	32
Bike clubs and organisations	35
Mapping	36

This guide demonstrates the City of Gold Coast's commitment to providing a safe and environmentally friendly transport option, linking people and places. To provide feedback on the guide or local bikeways, or to download maps, visit cityofgoldcoast.com.au/activetravel



About this guide

You can use this guide to plan your journey or keep it as a handy reference tool while you're out and about as it's small enough to be placed into your pocket or backpack.

Riding a bike has so many benefits including improved personal health and fitness. It also helps reduce traffic congestion and pollution. By changing the car for the bike, even if it's one day a week, you will be contributing to a cleaner and more sustainable city.

For more information about riding on the Gold Coast, visit cityofgoldcoast.com.au/activetravel

Before your ride

Riding speed timetable

This timetable gives you an indication of how long it will take you to ride a certain distance.

Riding Speed	5km	10km	15km
Slow (travelling at 15km/h)	20 minutes	40 minutes	60 minutes
Medium (travelling at 20km/h)	15 minutes	30 minutes	45 minutes
Fast (travelling at 25km/h)	12 minutes	24 minutes	36 minutes





Free bike riding workshops



Come along to one of our free workshops to help you be a safer, more confident rider. Led by accredited instructors, the workshops are held at different locations across the city. For more information scan the QR code or visit cityofgoldcoast.com.au/bikeworkshops

Benefits for you and for the city



Better health

Riding a bike is an ideal form of exercise. You will also arrive at your destination more alert and with more sustained energy.



Saves you money

Riding is more economical than running a car.



Reduced traffic congestion

More people riding means fewer cars on the road.



A better natural environment

Riding helps to reduce air pollution and road noise.



Social and fun

Riding provides enjoyment and can be very social.



Saves you time

Riding is often quicker than a car over short to medium journeys. You can also park closer to your destination with bike racks and facilities widely available.



Bicycle lane and bikeway signs

Advisory signs and road markings





Bicycle route

Indicates to riders that they are riding along a designated bicycle route.



Route information

Indicates places of interest and distances.



Bicycle warning

Warns motorists that riders may be on the road ahead.



Steep grade

An unexpected steep slope that may be dangerous under certain circumstances.



Road ahead

A road crosses the bikeway ahead.



Bicycle Advisory Zone

Warns motorists that riders may be present on the road and to highlight the road as a route within the bicycle network.



Bicycle lane

Part of the road system is set aside for riders. Motorists may only enter this lane to park, enter or exit property or turn left.



Bicycles prohibited

The riding of bicycles is prohibited beyond this point.



Bicycles only

For use by bicycle riders only.



Segregated paths

One side of the path is for riders and wheeled recreational devices*. The other is for pedestrians and wheelchairs.



Shared-use path

For use by riders, pedestrians and wheeled recreational devices*. Riders must give way to pedestrians on the path.

*Includes rollerblades, skateboards, scooters and tricycles.



Advice for riders



Footpaths

In Queensland, it's legal to ride on the footpath except for where a bicycle prohibition sign is posted. Riders are, however, required by law to give way to pedestrians on the footpath.



Obey traffic laws

As a bike rider, you are operating a 'legal' vehicle. You have the same rights and responsibilities as any other road user. Like roads, bikeways are regulated by the Transport Operations Act. This means that police officers have the power to ticket or arrest riders who fail to obey road rules.



Keep left

The traffic rules on shared paths are similar to those on roads. All riders and pedestrians must keep to the left and pass on the right to avoid accidents.



Be visible

It is illegal to ride your bike between sunset and sunrise without lights. Make sure your bike is also fitted with reflectors and wear bright coloured clothing to ensure that you can be seen by others.



Clothing

Your clothing should be brightly coloured so that you can be easily seen. It should be close fitting so that it doesn't catch in moving parts and it should be appropriate for the weather conditions.



Lights and reflectors (must be used in poor light and at night)

Check your bike is fitted with:

- a white light clearly visible for at least 200 metres from the front of the bike.
- a red light that is clearly visible for at least 200 metres from the rear of the hike
- a red reflector that is clearly visible for at least 50 metres from the rear of the bike when light is projected onto it.



Signals

Be sure to signal your actions well in advance. Signals are required when turning left or right, or if you are stopping. Use your bell to warn people that you are near them, especially when passing.



Give way

The traffic rules on shared paths are similar to those on roads. On shared paths riders must give way to pedestrians at all times.



Riding two abreast

Never ride more than two abreast unless overtaking and only overtake when it is safe to do so. On narrow roads when vehicles are travelling behind, move to single file so you don't inconvenience other road users.

For more information about road rules visit qld.gov.au/transport

10 Gold Coast Bike Riding Guide 11

Advice for riders continued



Left turning cars

Cars will sometimes overtake, then suddenly slow down and turn left without being aware that they're cutting across the riders path.

As cars overtake, always monitor their indicator, brake lights and engine noise for signs that they may suddenly turn left. Be prepared to stop suddenly or go around to their right provided the road is clear.



Avoid collisions

When riding, keep your speed down so that you can react quickly to emergencies such as young children running out in front of you.



Ride safe

Do not use ear phones while riding as it impairs vour awareness of vehicles or other bikes coming from behind. Keep both hands on the handle bars at all times, except when signalling turns and stopping. Watch for cars pulling away from the side of the road or opening their doors. Consider using a rear vision mirror so that vou know what is coming from behind if you need to make a right turn or avoid an obstacle.



Ring your bell

Use your bell early, with a friendly ding to let others know you're approaching.



Pedestrian crossings

Riders are able to ride across a pedestrian (zebra) or children's crossing as long as they come to a complete stop first, and then: proceed slowly and safely; give way to any pedestrian on the crossing; keep to the left of any oncoming rider or person who is using a personal mobility device.

Riders do not need to dismount at signalised pedestrian crossings.



Wear a helmet

Helmets aren't just for road riding. Serious injuries occasionally occur on off-road bikeways. Riders face a penalty for not wearing a securely fastened Australian Standards approved helmet. Ensure that vour helmet meets the Australian Standards (AS/NZS 2063), is in good condition and /outer shell is not damaged or cracked. Your straps should not be torn or frayed and should fasten firmly under the chin. Buckles should not be broken. Ensure your helmet is the correct size (snug fit) and sits squarely on your head, faces the correct way and covers vour forehead.

For more information about road rules visit qld.gov.au/transport

Advice for riders continued



Brakes

Check your brake pads are not worn. Ensure there is a gap between the brake levers and the handlebars.



Tyres

Check that your front and back tyres are correctly

back tyres are correctly inflated and that they're in good condition with no gashes.



Chain

Ensure that your chain is oiled (not dry or rusty) and works smoothly without sticking or jumping.



Footwear

When riding, enclosed toes with firm, non-slip soles and laces tucked away is best.



Wheels

Ensure your wheel nuts/ quick release isn't loose and is correctly tightened and closed in position.

Check that you have no loose or broken spokes.

Ensure that your front and back wheel spins freely and that you have no damage to your rims.

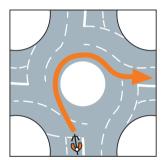


Bikes and roundabouts

Bikes have the same legal right-of-way as cars at roundabouts. Make your intentions clear by signalling. Make eye contact to ensure you have been seen and be prepared to take evasive action. Riders may turn right from the right lane of two-lane roundabouts.

Riders may also turn right from the left lane of two-lane roundabouts but must give way to vehicles exiting the roundabout.

Roundabout example A



Roundabout example B



Advice for riders continued

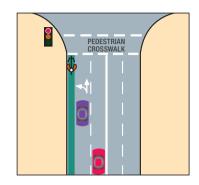
Green bicycle lanes

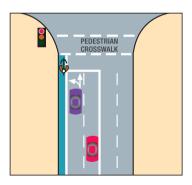
The City of Gold Coast is progressively installing green bicycle lanes at major intersections within the bicycle network. The green treatment is to increase motorist awareness of bicycle lanes at the approaches and departures at signalised intersections and roundabouts.

Advanced stop lines

The advanced stop line at intersections allows riders to queue in front of vehicles at traffic signals.

This improves rider visibility and reduces conflict associated with vehicles turning left across riders who are proceeding straight through the intersection.









Bike operations

Bikes and public transport Buses and the G:link

You can take a bike on a bus or the G:link providing it folds up and can be carried in a bag no bigger than 80cm x 60cm x 36cm.

Trains

You can take a bike on trains anytime on weekends and public holidays.

- You cannot travel with a bike on train services from Monday to Friday (except public holidays) between these times:
 - 7am and 9:30am (travelling towards Brisbane)
 - 3pm and 6:30pm (travelling away from Brisbane).
- You also can't travel with a bike if your train passes through Bowen Hills, Fortitude Valley, Central, Roma Street and South Brisbane stations between 7am and 9am and 3:30pm and 7pm.
- If you have a fold-up bike you can travel at any time provided it fits in a carry bag no bigger than 80cm x 60cm x 36cm.

Bikes and the motorway

Bikes are not permitted on the Pacific and Smith Street motorways. The V1 is a cycleway utilising service roads that run alongside the Pacific Motorway. This facility extends from Brisbane to the Smith Street Motorway (refer to V1 shown on maps 1-3 and 5-7).

Bikeway improvement

We encourage riders to actively participate in the planning and maintenance of the city's bikeway network. Community input is important to us. If you have any suggestions for improvements to the network or if you notice hazards such as pavement damage, potholes, overgrown vegetation, dangerous stormwater grates, etc. contact us on 1300 GOLDCOAST.

Non-urgent issues can also be reported using our City of Gold Coast app. Search for City of Gold Coast in iTunes app store or Google Play app store to download it.

If the hazard is located on a state controlled road, please direct your concerns to the Department of Transport and Main Roads on 13 23 80.

Ride to work

Commuting by bike is a fun, time efficient way to get to and from work that reduces road congestion and is better for the environment. It also saves you money and keeps you fit and healthy. On the Gold Coast, half the population live within 10 kilometres of their workplace.

Even if you live too far from work to ride the entire distance, consider driving part of the way and riding the rest, or ride to your bus stop or train station and complete your journey by using public transport.



Did you know?

By riding to work 50km a week you could reduce CO₂ emissions by up to 14kg and burn calories equal to 2.5 hamburgers with cheese. (source: bq.org.au).





Gold Coast Oceanway

The Gold Coast Oceanway is a 36 kilometre network of shared bike and pedestrian pathways along the city's iconic coastline.

The Oceanway provides access to our beautiful beaches and since the early 2000s, the City has been progressively building the Oceanway to be a world class facility for residents and visitors.

Public facilities along the Oceanway include barbecues, seating,

toilets, lighting, viewing platforms, showers and bike racks.

The Gold Coast Oceanway map highlights existing and planned project stages as part of the City's investment to extend the network to create a better connected Gold Coast.

For more information visit cityofgoldcoast.com.au/oceanway

Get involved in caring for 'Our Beaches'

Jump on your bike and cruise the Oceanway to join a fun and educational activity along our coastline.

The City's 'Our Beaches' program encourages the community to get involved in keeping our beaches safe and beautiful through activities such as regular dune planting, yoga and beach clean sessions and coastal education activities especially for the kids during the school holidays.

To find out more or to book visit cityofgoldcoast.com.au/ourbeaches





The Darren Smith Memorial Route

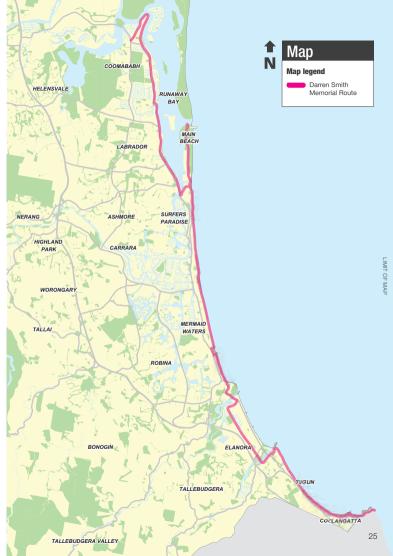
If you're up for a challenge, the Darren Smith Memorial Route is one of the best rides on the Gold Coast. The route is named in honour of Olympic cyclist Darren Smith and runs along the coast between Point Danger, Coolangatta and Paradise Point.

The path starts at Captain Cook Memorial, Point Danger, and is 48 kilometres long. It takes several hours for those who ride at a leisurely pace. It's a great ride for individuals or groups and many sections are situated right next to

the beach. If you're in need of a break from riding, you can relax at any of the great local cafes or beautiful beaches. During the trip, the route veers slightly inland, giving you a taste of both beach and bush scenery and adding variety to the journey.

A ride on the Darren Smith Memorial Route is a healthy, fun and inexpensive activity. If you don't have a bike of your own, consider hiring one from a bike hire store, tourist park or hotel.





Luke Harrop High Performance Cycling Circuit

Runaway Bay

Oxley Drive, Runaway Bay - see map 6 and 8

This facility was officially opened in December 2004. The 1.9km long, eight metre wide, off-road training circuit is a permanent memorial to Australian triathlete, Luke Harrop. The track is available for use by riders of all grades and can be booked for specific events. Please note that the track

is a shared use facility and can also be used by pedestrians. It's free to use this facility, however it may be booked out for special events.

For further information and bookings please contact Parks and Recreation Services on 1300 GOLDCOAST.



Gold Coast Cycle Centre

Nerang

8 Hope Street, Nerang - see map 11

This venue comprises of an outdoor velodrome and a 1.5 kilometre purpose-built off-road criterium circuit. Both facilities are available for training use by clubs and individuals and can be booked for specific events. There are change and shower facilities available as well as a kiosk.

For further information and bookings please contact the Venues Booking Officer on **1300 GOLDCOAST**.



Mountain bike trails

Old Tambo mountain bike track

Wongawallan Road, Eagle Heights

Opened in 2014, 'Old Tambo' is for experienced riders looking for a high adrenaline run. It features fast flowing corners, rollers, dips and gaps, and a nice chill out section through treed grasslands before the tight and technical bermed corners, drop offs and steep grades to the exit.

The descent is approximately three kilometres and takes experienced riders around 10 minutes. Newer riders should allow up to 20 minutes for a run. The trail exit is on Wongawallan Road (close to the intersection with Welches Road), and shuttling back to the trail head is a breeze using the main road to Tamborine Mountain.

The trail crosses sections of shared use fire trail so look out for other users. Please respect nature and neighbouring homes by parking away from houses and keeping noise to a minimum.

- · Single direction (descending only).
- Suitable for advanced mountain bike riders.
- Suitable for most mountain bikes but best suited for 'All Mountain' and 'Downhill' bikes.
- Full face helmets, gloves and body armour recommended.



Nerang National Park and State Forest

Nerang

Visit gcmtb.com.au/nerang

The Peter Hallinan Mountain Bike Precinct

Hinze Dam

Visit gcmtb.com.au/hinze-dam

Glossy Black Reserve

Reedy Creek

Visit gcmtb.com.au/reedy-creek





Freestyle BMX tracks

The Gold Coast is home to the most skate and BMX parks in Australia.

Beginners	
Elanora	Elanora Oval, Park Court, Elanora
Jacobs Well	Riesenweber Park, 3 Bay Drive, Jacobs Well
Ormeau	Norfolk Park, Pascoe Road, Ormeau
Parkwood	Driftwood Park, Driftwood Place, Parkwood
Intermediate	
Burleigh	Deodar Park, Omao Avenue, Burleigh Waters
Oxenford	Gambamora Park, Oxenford
Tallebudgera	Dolan Family Park, Dungogie Drive, Tallebudgera
Advanced	
Parkwood	Abbot Park, 12 Woodlands Way, Parkwood
Upper Coomera	Upper Coomera Adventure Parklands, 221 Reserve Road, Upper Coomera

To view all the skate and BMX parks visit cityofgoldcoast.com.au/parks

The Ashmore BMX Club is sponsored by the City of Gold Coast and is located on the corner of Cotlew Street and Currumburra Road, Ashmore.

Children's bike education circuits

Bring your children and their bikes and try out one of the mini circuits located at Broadwater Parklands, Varsity Lakes, Currumbin Waters and Burleigh Waters. These facilities have been designed to improve children's road safety awareness and feature various examples of road signs, crossings and traffic lights.

Abbott Park	Parkwood Boulevard, Parkwood
Broadwater Parklands	Marine Parade, Southport
North Shore Park	North Shore Avenue, Varsity Lakes
Galleon Way Park	Galleon Way, Currumbin Waters
Coronet Park	Coronet Crescent, Burleigh Waters



Ashmore Bicycle Safety Centre

The Ashmore Bicycle Safety Centre teaches bike safety and road rules to children in conjunction with local schools. The Centre delivers a bike education course to year four students. The course includes classroom studies of road rules, followed by an intensive riding session on a specially-designed road layout with its own traffic signals and signs.

Children's parties are also catered for at the Centre. Parties can only be held on Saturdays during school terms and the minimum age is seven years. Bookings can be made through the Bicycle Safety Centre office on **07 5539 5774**.









Bike clubs and organisations

Here is a list of clubs and organisations on the Gold Coast that offer a great way to meet like-minded riding enthusiasts with a variety of events and rides available to members and visitors.

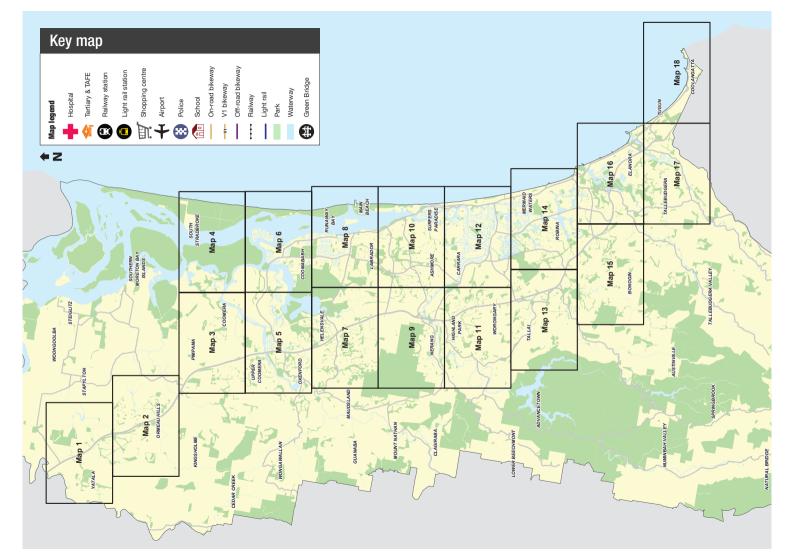
Bicycle Network bicyclenetwork.com.au

Bicycle Queensland bq.org.au

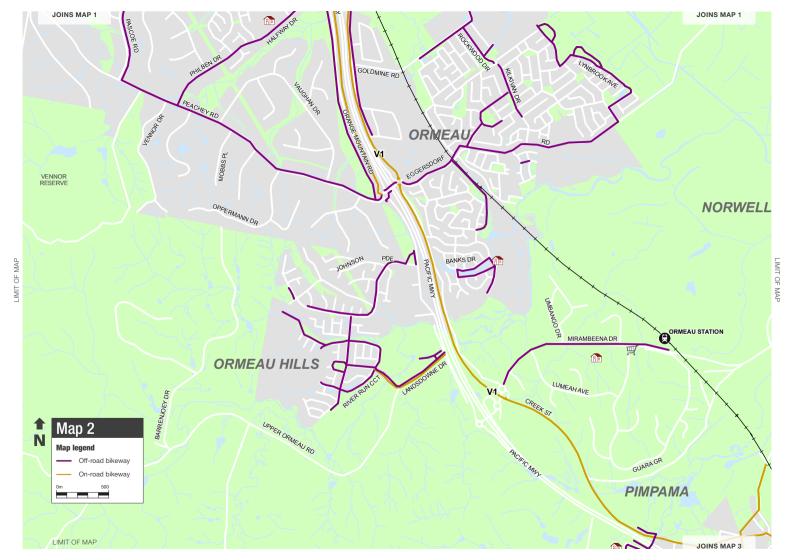
BMX Australia auscycling.org.au Gold Coast Masters Cycling Club goldcoastmasterscycling.com

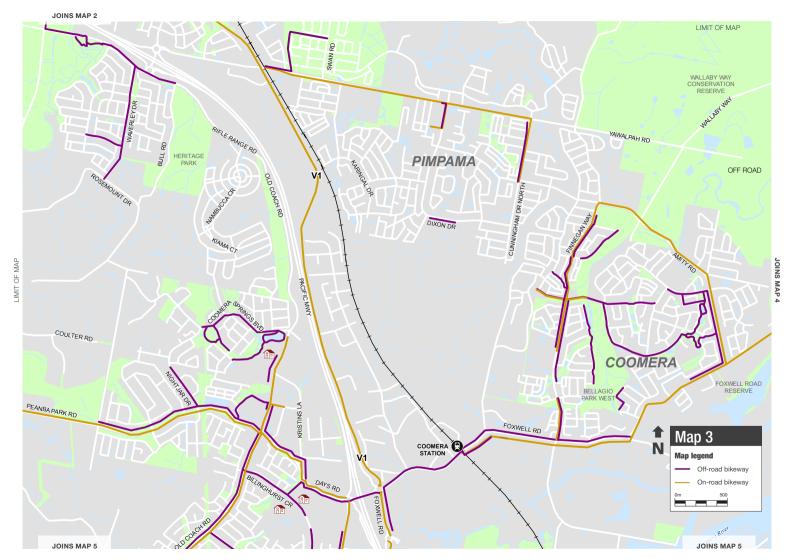
Gold Coast Mountain Bike Club gcmtb.com.au

Surfers Paradise Triathlon Club surfersparadisetriclub.com.au

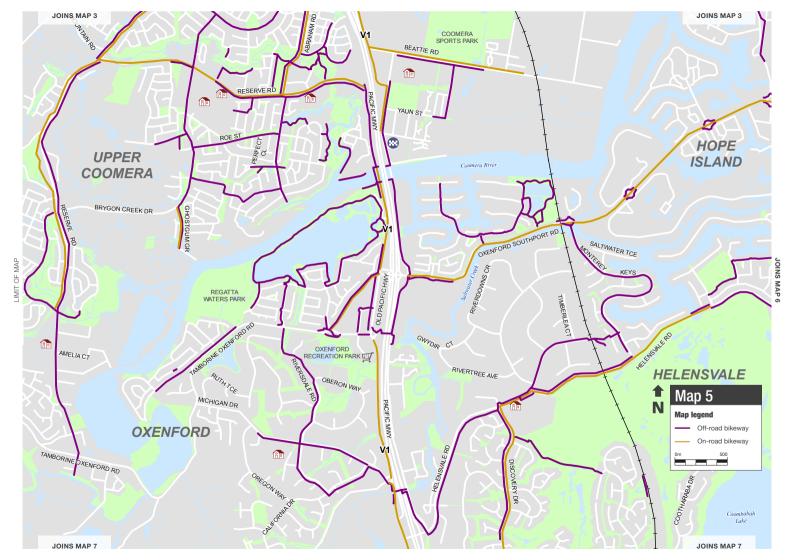




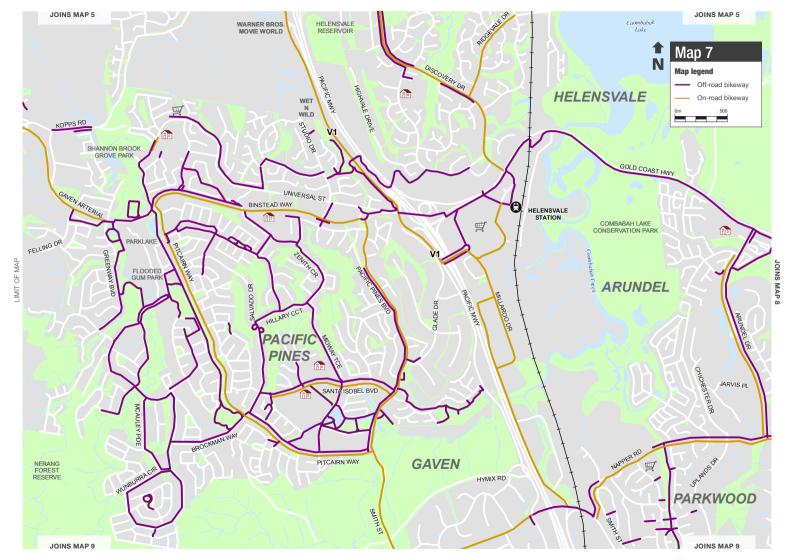


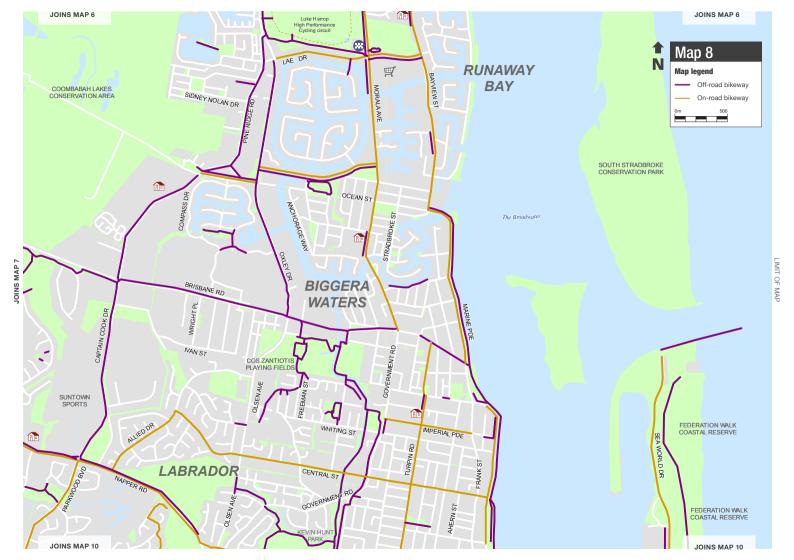


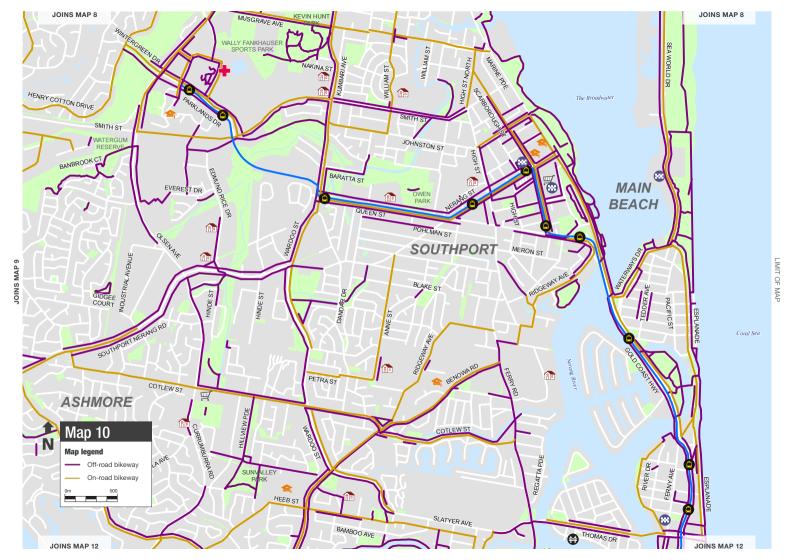


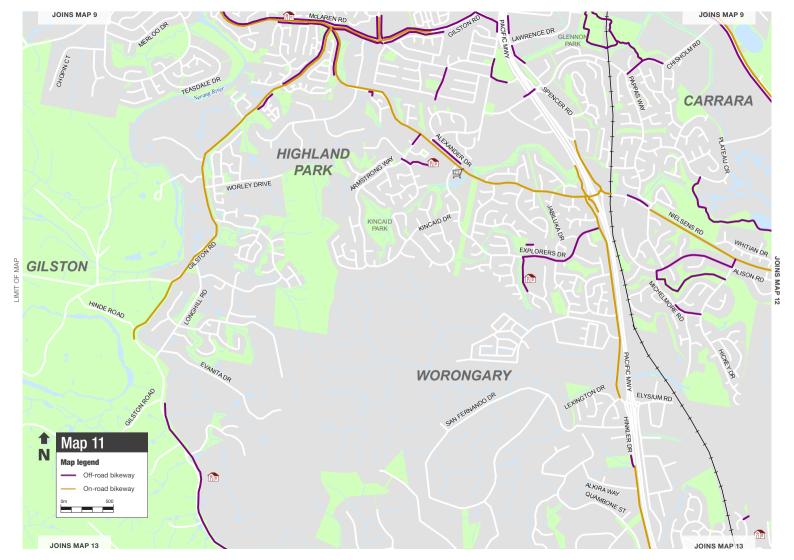


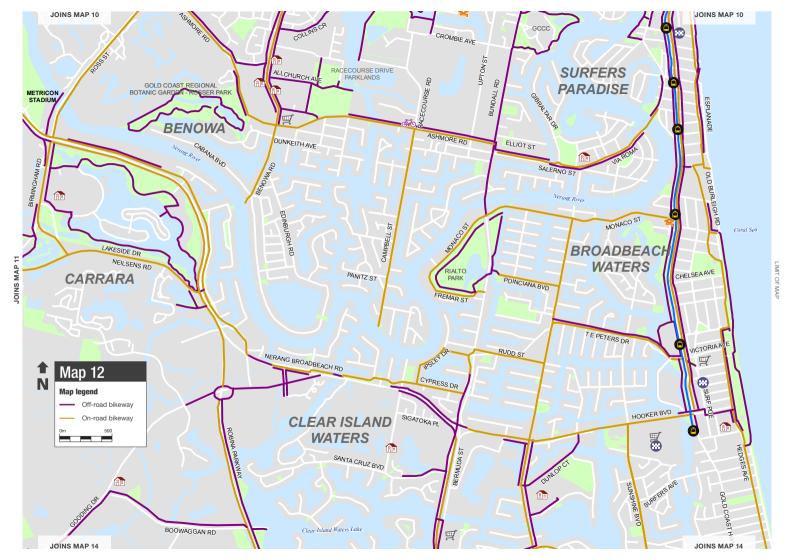


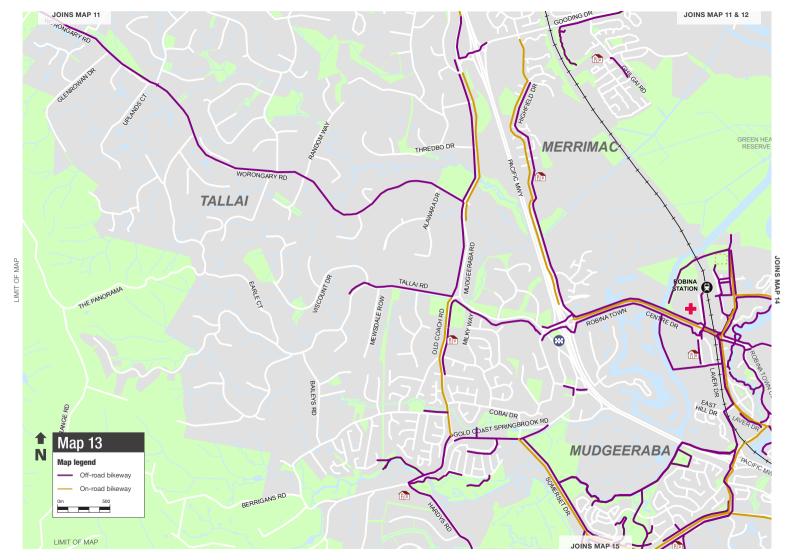


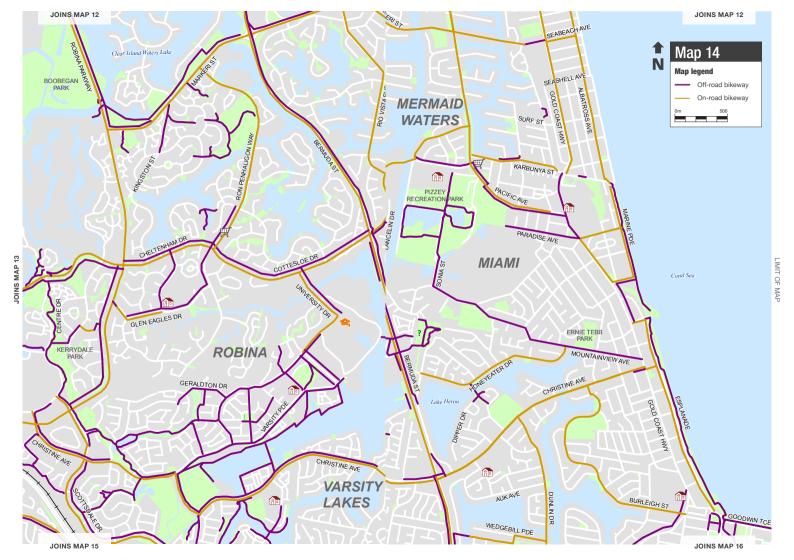


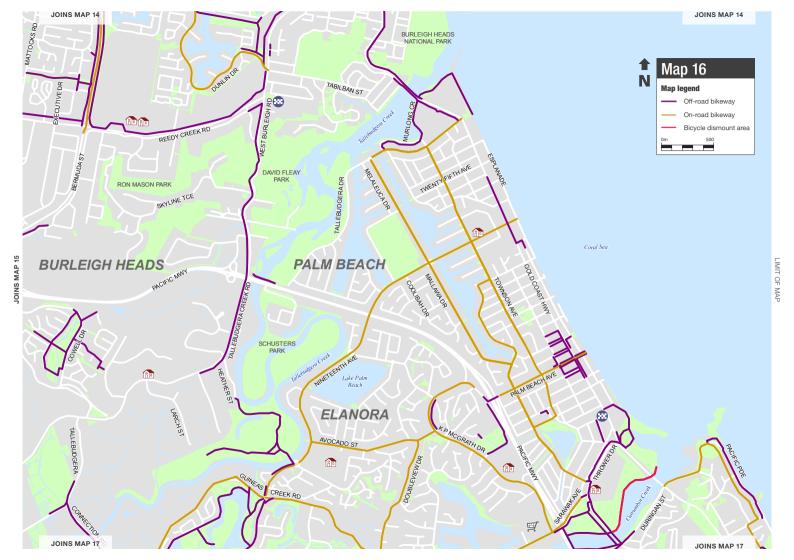


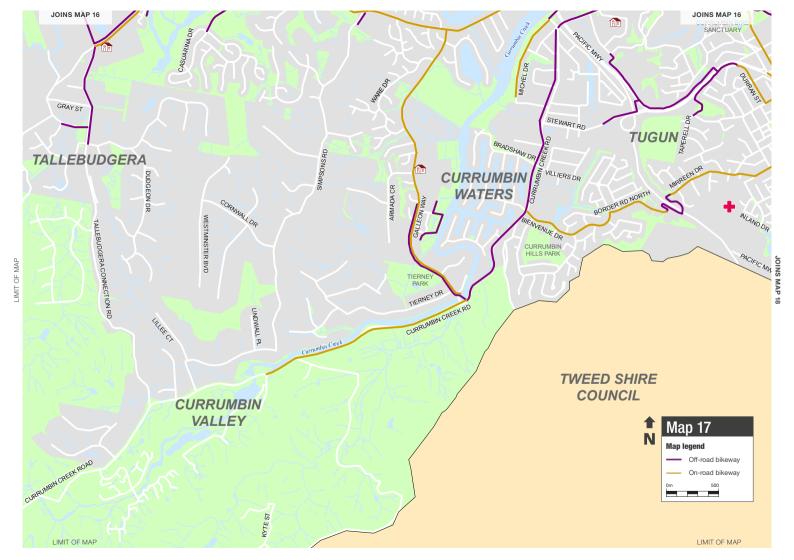
















FOR MORE INFORMATION

P 1300 GOLDCOAST (1300 465 326)

W cityofgoldcoast.com.au

