What's your TRAVEL CHOICE?
Cycling

Cycling is an easy and active way to travel as well as being kind to the environment. Cycling is also a great way to achieve the recommended minimum of 30 minutes physical activity every day to keep fit and healthy.

Benefits

Cycling can provide many health benefits including increased physical fitness and mental health as well as reducing stress and anxiety. Regular cyclists may find their risks of developing heart disease, obesity, type 2 diabetes and high blood pressure are significantly reduced.

Cycling can be a great time saver, as no fuel is required and bicycle parking is free, it is also a much cheaper option to driving. Using pedal power can contribute to reducing greenhouse gas emissions and noise pollution.

Cycling in the Region

There are a number of facilities that can be used for cycling throughout the Moreton Bay Region, including:

- shared pathways: pedestrians, cyclists and wheeled recreational devices (skateboards, roller skates, scooters, mobility scooters)
- separated pathways: dedicated pathways for either pedestrians only or cyclists and wheeled recreational devices only
- cycle lanes: dedicated on-road bicycle lanes for use by cyclists and wheeled recreational devices
- pathways: pedestrians, cyclists and wheeled recreational devices; pedestrians have right of way
- Moreton Bay Cycleway from Ted Smout Bridge, along Redcliffe, through Scarborough, Rothwell and Deception Bay.
- Jinker Track through James Drysdale Reserve.

DID YOU KNOW?

10% of the journeys made in urban areas are less than 1 kilometre while 30% are less than 3 kilometres - these are ideal distances for walking or cycling. Stop and consider which of your weekly journeys can be cycled rather than driven.

Cycling safety tips

When cycling around the region, think of your safety and ensure you:

- wear an Australian Standards approved helmet
- wear appropriate footwear
- stay hydrated
- stay visible – wear bright and reflective clothing
- have working lights on your bicycle
- have working brakes and bell
- be aware of vehicles and pedestrians
- obey all road rules including on pathways
- be aware of your fitness level and ride appropriately.

DID YOU KNOW?

A well-maintained bicycle will perform at its best and will be more reliable. By doing some regular maintenance you can reduce the need for future repairs.