

Redland City Cycling and Walking Guide



For self-propelled adventure
Give Me Redlands Any Day

Handy contacts

- Redland City Council**
- Active and Public Transport Adviser ☎ 3829 8734
- Cycling and walking path maintenance ☎ 3829 8528
- Redlands Visitor Information Centre**
- 7 days a week ☎ 1300 667 386
- Redlands Indigiscapes Centre** ☎ 3824 8611
- Bicycle Queensland (Advocacy)** ☎ 3844 1144
- ☎ www.bq.org.au
- Cycling Queensland**
- Racing/Club contacts ☎ 3390 1477
- ☎ www.qld.cycling.org.au
- Wynnum Redlands Cycling Club**
- ☎ www.wynnumredlandscycling.org.au
- Brisbane South Mountain Bike Club**
- ☎ www.bsmc.asn.au
- Sharks Triathlon & Cycling Club**
- ☎ www.sharkstri.com.au
- Capalaba Police** ☎ 3433 3333
- Cleveland Police** ☎ 3824 9333
- Redland Bay Police** ☎ 3829 4111
- Dunwich Police** ☎ 3409 6020
- Russell Island Police** ☎ 3409 1244

On the cover: Redland Bay

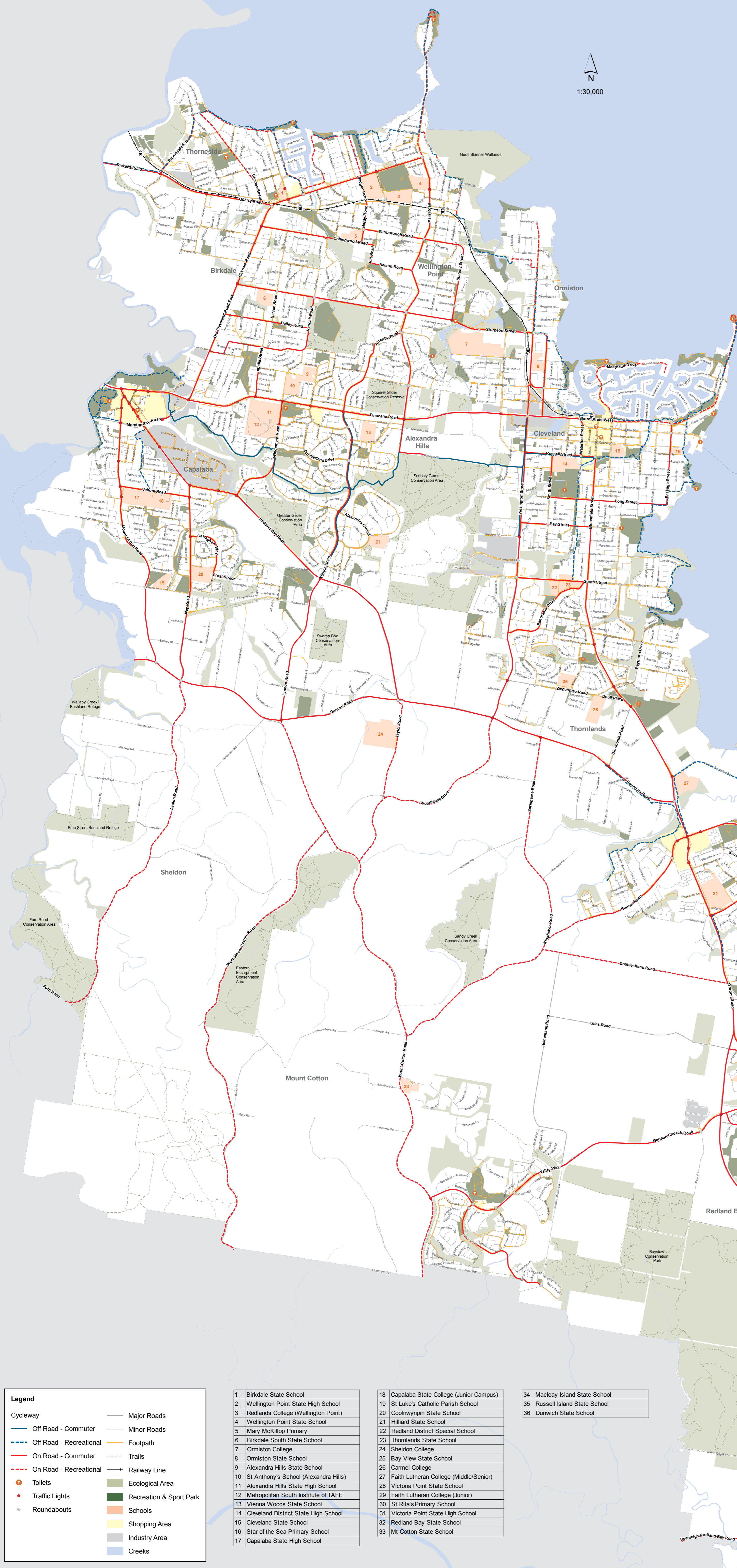


Share your best walking and cycling adventure photos of the beautiful Redlands on Instagram by hashtagging #redlandsanyday and #brisbaneanyday

www.redland.qld.gov.au



www.redland.qld.gov.au



Bicycle shops

RT Cycles	50 Middle St, Cleveland	3134 0516
Capalaba Cycles	Shop 7, 1 Dan St, Capalaba	3823 1772
Park Bikes	Capalaba Park Shopping Centre, Shop 107A Cnr Redland Bay and Mount Cotton Rd, Capalaba	3390 1300
99 Bikes	Capalaba, 1 Moreton Bay Rd, Capalaba	3156 2499
V1 Cyclery	Shop 2, 360 Main Rd Wellington Point	3822 1524



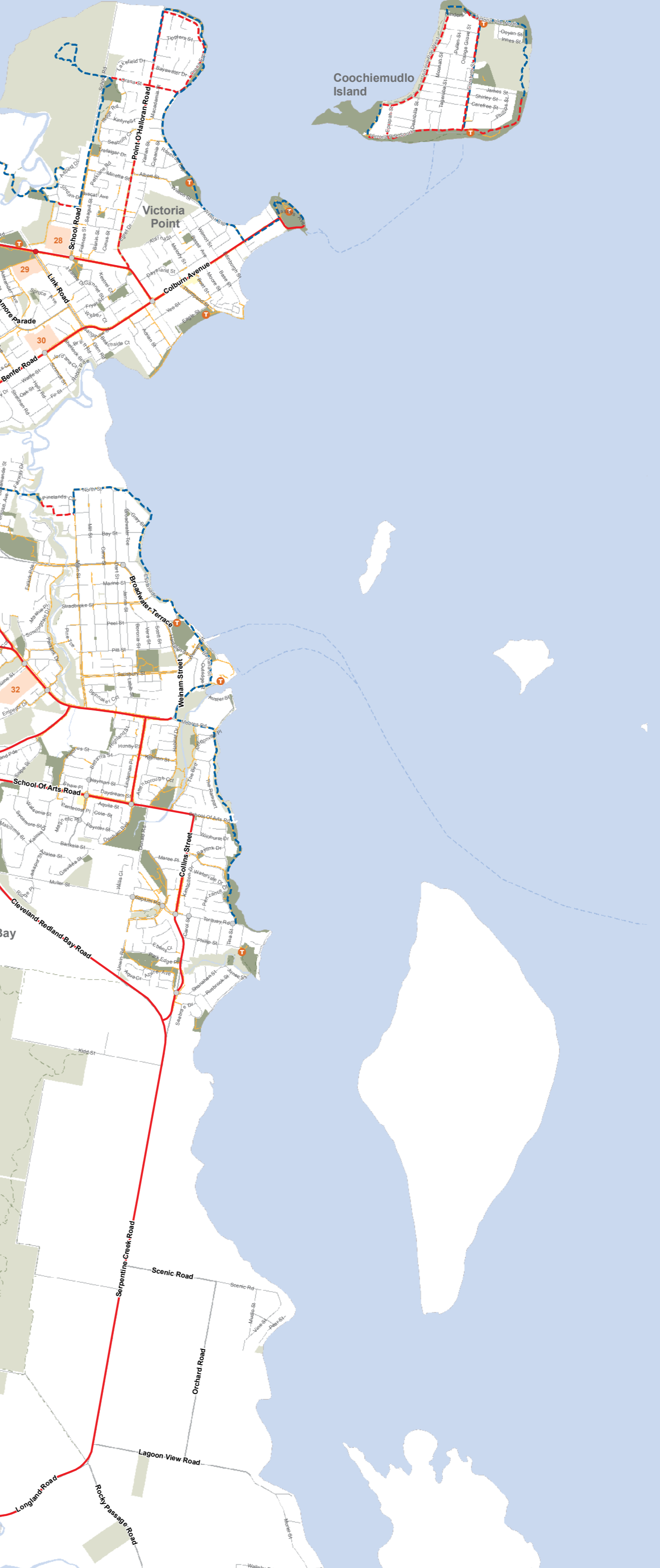
Legend

Cycleway	Major Roads
Off Road - Commuter	Minor Roads
Off Road - Recreational	Footpath
On Road - Commuter	Trails
On Road - Recreational	Railway Line
Toilets	Ecological Area
Traffic Lights	Recreation & Sport Park
Roundabouts	Shopping Area
	Industry Area
	Creeks

1 Birkdale State School
2 Wellington Point State High School
3 Redlands College (Wellington Point)
4 Wellington Point State School
5 Mary McKillop Primary
6 Birkdale South State School
7 Ormiston College
8 Ormiston State School
9 Alexandra Hills State School
10 St Anthony's School (Alexandra Hills)
11 Alexandra Hills State High School
12 Metropolitan South Institute of TAFE
13 Vienna Woods State School
14 Cleveland District State High School
15 Cleveland State School
16 Star of the Sea Primary School
17 Capalaba State High School

18 Capalaba State College (Junior Campus)
19 St Luke's Catholic Parish School
20 Coolwyrpin State School
21 Hilliard State School
22 Redland District Special School
23 Thornlands State School
24 Sheldon College
25 Bay View State School
26 Carmel College
27 Faith Lutheran College (Middle/Senior)
28 Victoria Point State School
29 Faith Lutheran College (Junior)
30 St Rita's Primary School
31 Victoria Point State High School
32 Redland Bay State School
33 Mt Cotton State School

34 Macleay Island State School
35 Russell Island State School
36 Dunwich State School



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Public transport and bicycles

Translink 13 12 30 or visit www.translink.com.au to check out the bus and train services you could use.

Trains

You can take a bicycle on Queensland Rail city network services outside of peak flow service times. Bicycle travel must be completed by 7am (inbound to Brisbane CBD) and 3pm (outbound from Brisbane CBD). Bicycles are not permitted on trains weekdays.

- inbound to the city between 7am and 9.30am.
 - outbound from the city between 3pm and 6.30pm.
- You are permitted to travel on city network services with your bike at all times during weekends and public holidays.

Folding bikes are accepted at all times.

Bicycle lockers and parking rails are provided at most train stations. A small fee is required for the use of lockers. Contact Queensland Rail for more information.

Ferries and barges

Bicycles can be carried onto all vehicle barges to the Southern Moreton Bay Islands, Coochiemudlo Island and North Stradbroke Island. This is the preferred method of transport to minimise inconvenience to other passengers.

Passengers can take bikes on some passenger ferry services (subject to space availability). Check with individual operators on current policy.



Public transport contacts

- Bay Island Transit Systems (B.I.T.S.) ☎ 3409 1145
- B.I.T.S. Ticket Office ☎ 3206 8033
- Coochiemudlo Island Barge Service (Amity Trader) ☎ 3820 6557
- Gold CATS Water Service (Stradbroke Flyer) ☎ 3821 3821
- Stradbroke Ferries and Big Red Cat ☎ 3488 5300
- www.stradbrokeferries.com.au
- Stradbroke Island Bus Service ☎ 3415 2417
- Transdev Bus Service ☎ 3248 6100
- Queensland Rail ☎ www.qr.com.au

Timetables and guides to Veolia Transdev Bus Services are available at Redland City Council Customer Service Centres.

Cycling on roads & paths

Safe riding on paths

- Always slow down when approaching pedestrians and sound your bell.
- Ride predictably and keep to the left – always try to pass pedestrians on the right. Give way to pedestrians on footpaths/narrow paths or when unsafe to pass on a shared path.
- Look ahead for hazards on the path, especially debris or branches after heavy rain or storms.
- Wear reflective clothing/reflective bands and always use lights (front and rear) in low-light situations. Direct the beam downwards to avoid dazzling/blinding oncoming pedestrians and cyclists.



Safe road cycling

- Road rules relating to cyclists were amended in 2014 and again on 1 January 2015 as a result of a Queensland Government Parliamentary Committee of Inquiry into Cycling. Further changes may take place. Check the Department of Transport and Main Roads website: www.tmr.qld.gov.au
- Use a bicycle lane where provided (though this is not mandatory).
- Keep as close to the left as practicable on a road that is not a multi-lane road – use the road shoulder whenever possible.
- On a multi-lane road, you can take up any position within the lane – though it is highly recommended to keep to the left of the kerb-side lane.
- Ride in a bus, transit or bicycle lane whenever possible.
- You can turn right from either the right or left-hand lane of a multi-lane roundabout. If you use the left lane you must give way to traffic exiting the

roundabout as you are changing lanes.

- Take care at narrow bridges and roundabouts. When entering a single lane roundabout, watch for other vehicles before merging with traffic.
- Overtake other vehicles on the left unless they are signalling and turning left.
- When riding two abreast you must stay within 1.5m of each other. Be courteous to other road users and return to single file if traffic is backing up behind you.
- You can ride across pedestrian crossings situated at traffic lights if you proceed slowly and safely, give way to any pedestrians on the crossing and keep to the left of any oncoming cyclist rider.
- You can ride across a zebra crossing or children's crossing as long as you come to a complete stop first, and then proceed slowly and safely, give way to any pedestrians on the crossing and keep to the left of any oncoming cyclist.
- Wear reflective clothing / reflective bands and always use lights (front and rear) in low-light situations.

Cycling on rural roads in the Redlands

These routes are more suited to experienced sport and touring cyclists with good fitness levels. When riding on roads in the Mount Cotton, Sheldon, Redland Bay and Capalaba areas be prepared for:

- undulating (hilly) terrain
- motor vehicles travelling at higher speeds
- heavy industrial vehicles
- punctures and emergencies – take sufficient food, water and spare equipment.



Know these signs

Bike route

These signs provide information on the route, distances and destinations so cyclists can find their way around a cycling network.



Bicycle route markers

These smaller signs provide directions to help cyclists find their way around cycling networks.



Bicycle awareness zone

Advisory treatment signs consist of yellow bicycle symbols on the road. They are used to increase awareness of the presence of bicycles and to advise cyclists they must share the road with traffic and it is not a dedicated bicycle facility.



Shared path

For use by cyclists, those in wheelchairs and pedestrians. Cyclists as well as other wheeled recreational devices including skateboards, scooters and rollerblades must be aware that pedestrians have the right of way on shared paths.

Note: A footpath is similar to a shared path but is not signed. In Queensland, a cyclist can legally use a footpath unless signed with a bicycle prohibition sign.



Bicycles only

Only cyclists may use this path or roadway.



Bicycle lane

Part of the road is designated for use by cyclists. These can either be on the vehicle carriage-way or separate from it. When a bicycle lane has been designated, cyclists should try to use this lane whenever possible.



Road ahead

Warns cyclists and pedestrians that a road crosses the bikeway or shared path ahead.



Segregated path

One side of the path is for cyclists and wheeled recreational devices, such as rollerblades, skateboards and tricycles, while the other is for pedestrians and wheelchairs.



Bicycle prohibition

Bicycles are not permitted where this sign is displayed.



Trail courtesy sign

Cyclists must give way to walkers and horse riders. Used on bushland tracks and trails to show a path is multi-use and demonstrates the appropriate behaviour between users.



Firing Line 265m, Luge 393m



Parks and conservation walking track sign

Used to define routes and may include location, name, distance and directional information.

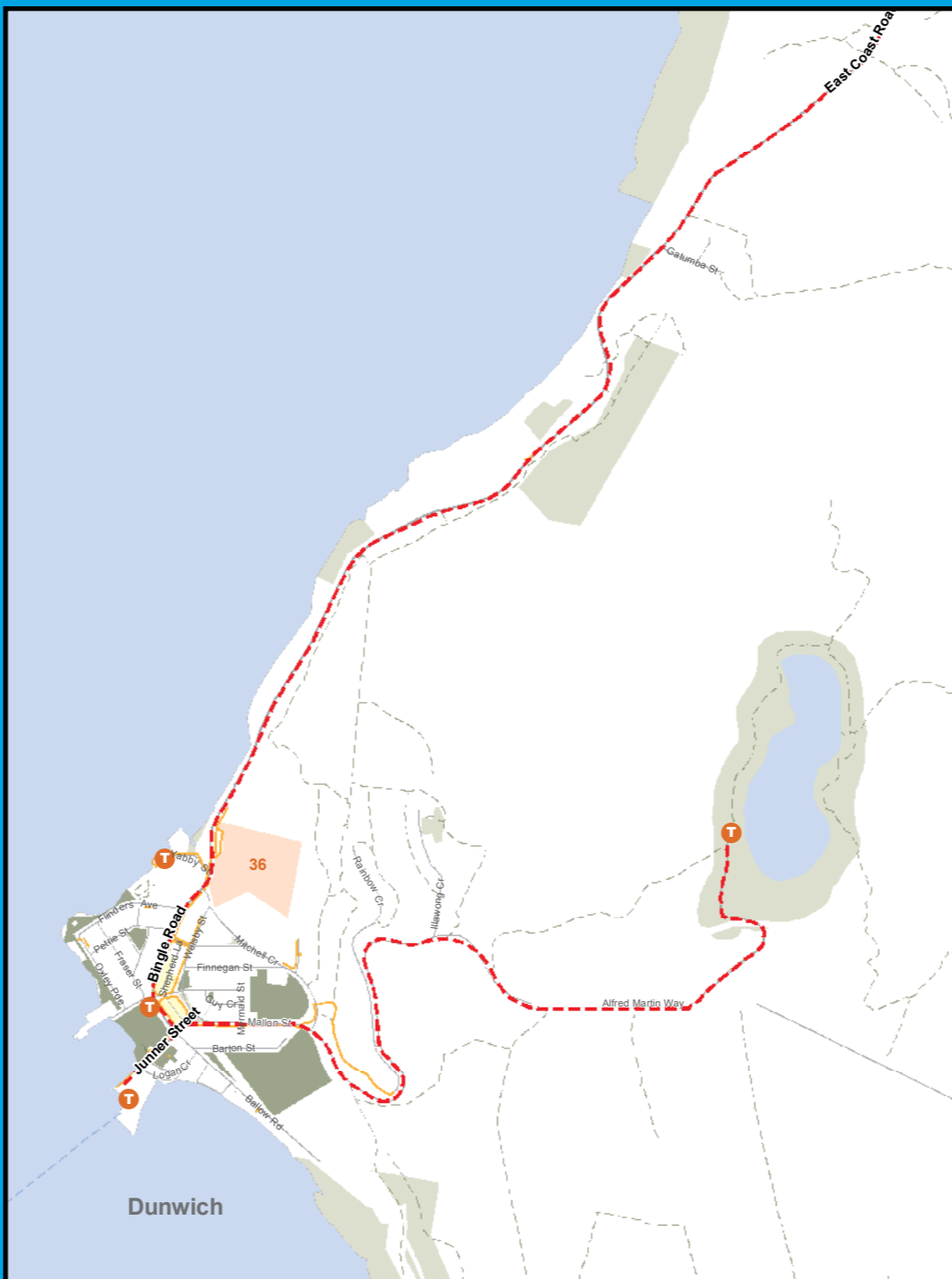
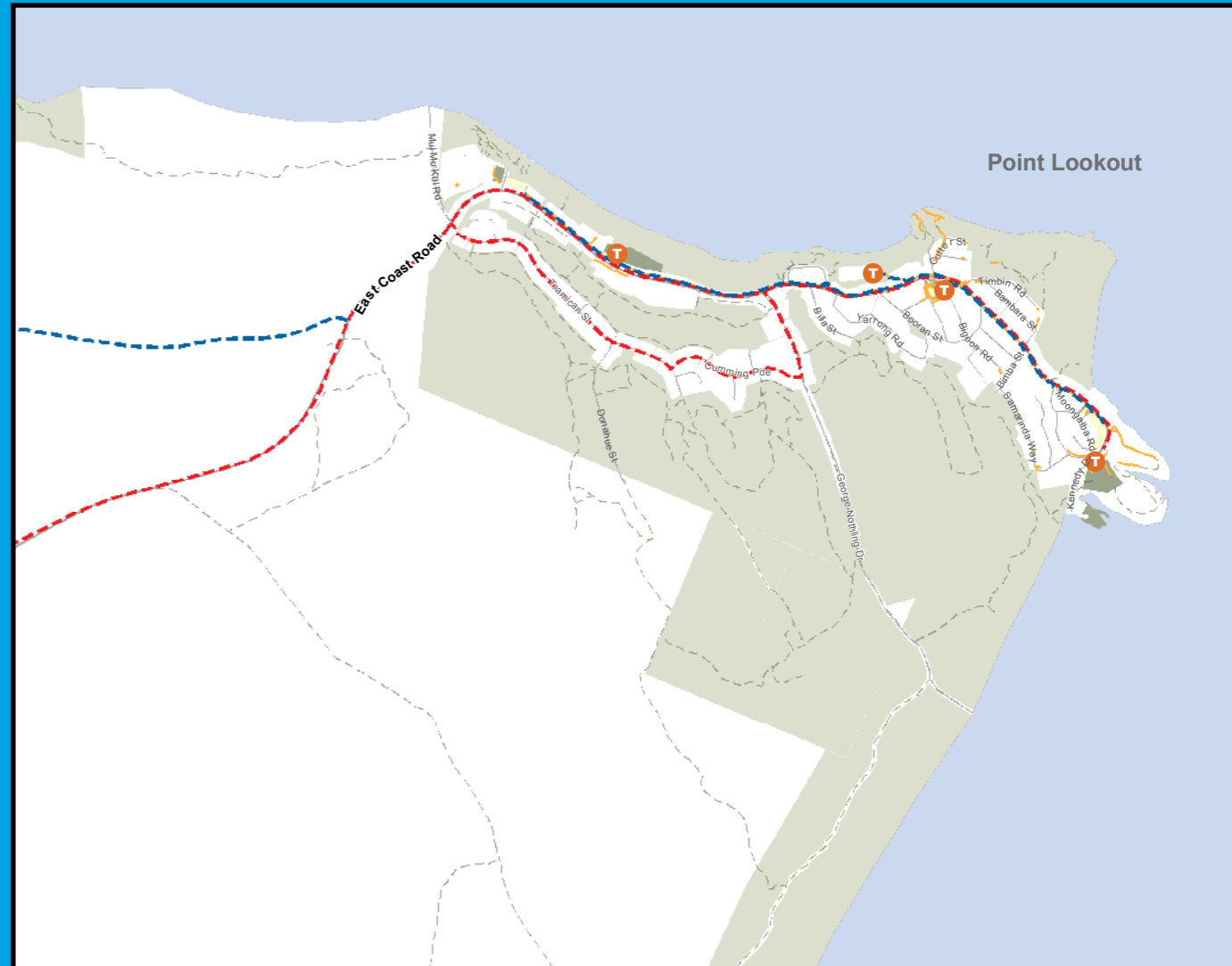
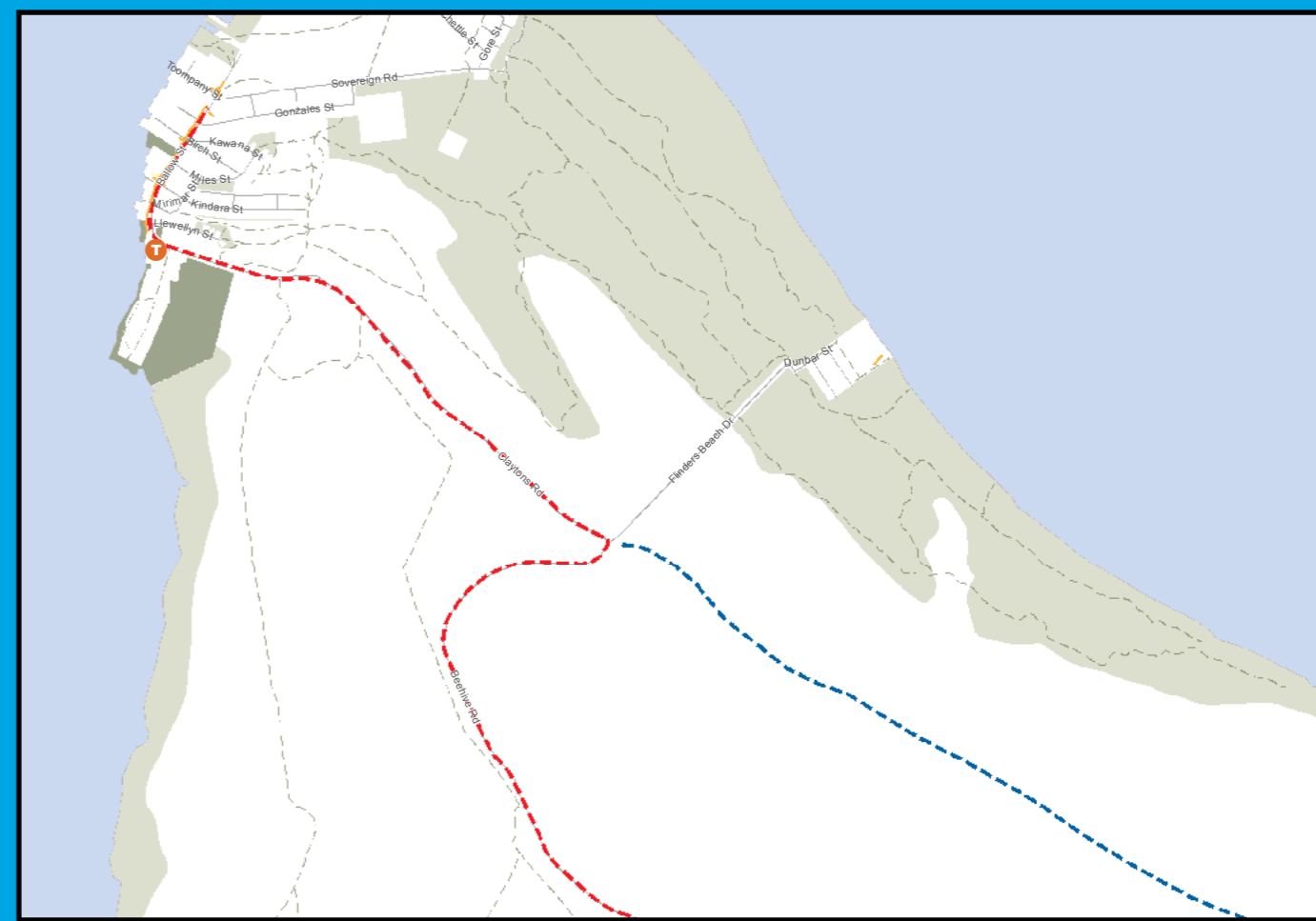
Heart Foundation Walking Program

Heart Foundation Walking Groups have been established across the Redlands with volunteer organisers and guides.

Being part of a walking group is a great way to meet friends and incorporate regular physical activity into your everyday life. For more information call the Heart Foundation on 1300 36 27 87 or visit www.heartfoundation.org.au

Pedestrian tips

- Keep as far left as possible and don't block the path. Step off the path if having a conversation with friends.
- Be predictable – suddenly changing direction or stopping without warning may cause accidents.
- Teach children to be aware of other people using the path.
- Give people on bicycles and wheeled recreational devices room to pass. Listen for bicycle bells.
- Keep dogs on a short leash.



Cycling on the islands – helpful hints

Southern Moreton Bay Islands

The Southern Moreton Bay Islands offer a pleasant range of day trips for the adventurous cyclist and provide panoramic views across Moreton Bay. When planning a trip to the Islands you should be aware:

- conditions may change at any time so prepare appropriately
- most island roads are unsealed
- sealed roads on the islands are narrow, without a shoulder for cyclists, but are generally low in traffic volume
- the terrain on Macleay and Russell Island is undulating – there are several hill climbs
- plan for punctures and emergencies – take sufficient food, water and spare equipment.

North Stradbroke Island

Straddie is a fantastic location to ride a bicycle and explore the diverse landscape. When planning a trip you should:

- watch for sand. When cycling on sand try using wider tyres (with reduced tyre pressure) and use a dry lubricant on your chain to reduce sand clogging
- watch for traffic. The only sealed road from Dunwich to Point Lookout is East Coast Road. It is constantly used by heavy industrial vehicles, 4WDs, buses and regular vehicles and is considered hazardous
- never enter mining leases. Observe regulatory notices on restricted mining tracks
- expect undulating terrain with narrow shoulders
- be visible and predictable in your behaviour when riding along beaches used by 4WD vehicles
- take sufficient water and food when cycling on the island and expect hot conditions when riding in summer
- be prepared for punctures
- check with local bus operators about bicycle carriage beforehand – this is not normally allowed due to Queensland Transport regulations.

Be prepared!

There are no bicycle shops on the islands. Cyclists need to be prepared for punctures and emergencies, and also ensure they take sufficient food, water and essential spares.

