Benefits of walking and cycling

Catch the exercise habit

• Figure out your local shortcuts and walk, jog or bike whenever you can
• Build some exercise into getting the milk or the paper from the shop – take a backpack and you’ll be surprised at how much shopping you can carry
• Get into active socialising. Instead of sitting chatting with a friend, go out for a walk together.
• Save money on fuel and other car costs – commute by bike
• Be an active role model for your family – walk the kids to school and turn routine errands into family walks

Safety First

Walkers and cyclists...

• Warn other users as you approach from behind
• Keep left – listen out for cyclists or other users coming from behind and move to the left if you hear them – do not block the path when stopped
• It’s safer to not wear ipods or walkmans. This means you will hear vehicles and others approaching
• Be bright at night – use high visibility vests and lights
• Watch out for sneaky driveways that cross the shared path – vehicles may enter or exit without warning
• Slow down at crossing points and GIVE WAY to vehicles at side streets
• Cyclists wear a helmet and make sure your bike is in good working order
• Cyclists - slow down at narrow points and give way to walkers

Drivers...

• Be aware of cyclists and walkers when entering or exiting driveways and side roads.

For more information contact: Margaret Parfitt, Transport and Road Safety Coordinator, Nelson City Council ph: 546 0390. margaret.parfitt@ncc.govt.nz

Background

Nelson is lucky to have a range of urban cycling and walking opportunities with some of the best off road facilities in the country.

Investment in over 20 kilometers of off road shared pathways around the city ensures that cycling and walking have a strong future as sustainable and environmentally friendly transport modes.

This map shows the main cycleway routes. For more information on recreational walking and cycling routes, pick up a copy of...

...or the urban lanes and linkages map, all available at Nelson City Council.
Nelson CYCLE and WALK map

SHARE THE PATH
Move off path when stopped
Warn when approaching

CYCLE HELMET Cyclists must wear an approved cycle helmet. Your helmet should be positioned properly on your head and must be securely fastened.

RIDING ON FOOTPATHS It is illegal to ride on the footpath unless there is a signed cycleway.

DOGS Some of the off road cyclepaths shown are designated dog exercise areas and dogs are allowed off the leash. The entire Railway Reserve is one such area. Owners should keep the dog under control but cyclists should exercise caution when riding in those areas.

BIKING AND WALKING • We’ve been doing it for years!
• Good for you • Great with friends • Safe for our environment

ITS GOT TO FIT - make sure your helmet fits firmly

STAND OUT - Wear bright clothes and helmet. Use reflectors and lights

LOOK AFTER YOUR BIKE • Remember 5 check points - pedals, brakes, wheels, frame and helmet

SORRY UNDER 10s - Don’t ride on the road without an adult