



Esplanade shopping centre Scarness;
 Esplanade shopping centre Torquay;
 Esplanade shopping centre Urangan.
 Plalba CBD (The Plalba CBD is restricted during business hours from 9.00am to 5.00pm Monday to Friday and 9.00am to noon on Saturdays);
 There are four areas within the city where riding or skating on the footpath is restricted. These areas are:

Cycling and Skating Restrictions

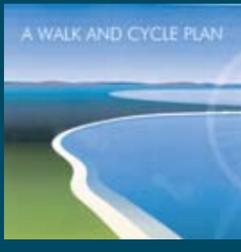
- When riding on a two-way road the basic rule is to keep left;
- Obey all traffic signs and traffic lights;
- Keep at least one hand on the handlebar at all times;
- Do not "double" anyone unless the bicycle is designed to carry more than one person and each person wears a helmet;
- Fasten any luggage safely and securely;
- Use a bike lane where provided;
- Dismount and walk your bike across a zebra crossing or school crossing;
- Give way to pedestrians on footpaths and shared paths.
- Hervey Bay has prohibited the use of footpaths by cyclists in some locations;
- Do not ride more than two abreast unless overtaking;
- Give hand signals to indicate what you're about to do.

Cyclist Rules



Living Streets is a vision of Hervey Bay streets and parks becoming vibrant with pedestrian and cycle activity as people enthusiastically use these facilities for social, recreation and transport purposes. It is an opportunity for the City to recognize all the good things associated with Hervey Bay and encourage greater participation in walking and cycling through a number of strategies targeting education, enforcement, encouragement and the provision of infrastructure.

HERVEY BAY LIVING STREETS STRATEGY



This walk and cycle brochure is one of the actions identified in the Living Streets Strategy adopted by the former Hervey Bay City Council.

Fraser Coast Bicycle Users Group Inc.

The Fraser Coast BUG was formed in February 2004 to foster cycling in the region and advise Council and other Government bodies on cycling issues. The Fraser Coast BUG has their own website that contains useful information about local rides as well as tips about how to maintain your bike. www.fcbug.org.au

Fraser Island Great Walk

World Heritage Listed Fraser Island is the largest sand island in the world. The Fraser Island Great Walk is 90 km of amazing landscapes including ocean and estuarine beaches, cliffs and gorges, dense rainforest, tall open forest and pristine lakes. The complete walk takes six to eight days, but there are also short walks, full day walks and overnight walks. www.derm.qld.gov.au



- You are legally required to wear a correctly fitted and fastened bike helmet;
- Wear bright colours so other road users can see you;
- You must have reflectors on both the front and rear of your bike;
- When riding at night you must have a flashing or steady front and rear light fitted;
- Your bike must be fitted with a bell and one effective brake.

Cyclists Safety Equipment

Cyclists are legitimate road users sharing the same rights and responsibilities as any other driver on the road. There are also road rules just for cyclists. Queensland Transport's *Your Keys to Driving in Queensland* contains detailed information about the road rules relating to cyclists.

Cycling Rules and Safety Tips

- Dogs on a leash**
By law you must keep your dog on a leash in all public places. There are some designated foreshore areas and parks where dogs are allowed off leash. There are also some areas where dogs are prohibited. Look for the signs.
- Safe speeds**
Ride or skate at a speed that allows you to move safely around others. Ride or skate at speeds appropriate to the conditions - ride slower if it is raining or the path is crowded.
- Cyclists use your bell**
Hear and be heard - by law, you must have a bell on your bike. Others on the path should remember that bike riders sound their bells to warn you that they are approaching, not to demand you get out of the way.

- Cyclists give way**
Cyclists are required by law to give way to others on a footpath or shared path.
- Skaters take care**
Skaters, rollerbladers and people on scooters must also take extra care and give way.
- Keep Left**
Keep to the left hand side and allow room for faster moving walkers, joggers, wheelchairs, rollerblades, scooters, skateboards and bikes to pass safely.
- Be predictable**
Walk, ride or skate in a straight line. Crashes may occur when someone does something unexpected.

Tips on Sharing Paths

Shared paths are footpaths that have been especially designed for use by both cyclists and pedestrians. They are typically wider with curves designed for cyclists and are designated by a shared path sign at the start and finish. The two major shared paths in Hervey Bay are along the foreshore at the Esplanade and the Link Corridor. Shared paths are also common around schools. Skaters take care. Skaters, rollerbladers and people on scooters must also take extra care and give way.

Using Shared Paths



Heart Foundation Walking

Heart Foundation Walking is a free community walking program developed by the Heart Foundation. It aims to increase participation in regular enjoyable physical activity. Volunteer Walk Organisers lead small groups on regular walks in their local area. For information on groups in the Fraser Coast region phone 1300 794 929 or log onto www.heartfoundation.org.au

10,000 Steps

10,000 Steps, funded by Qld Health, aims to increase day-to-day activity by encouraging the accumulation of "incidental" physical activity as part of everyday living. Significant health and well-being benefits can be made just by moving more everyday. Many people can reach 10,000 steps a day by adding a 30-minute walk to their everyday activities. If you're not very active start out slowly and gradually increase your activity. Even small increases can have a big impact on your health. To find out how many steps you do each day, you can use a pedometer (step counter). *10,000 Steps* pedometers and logbooks can be purchased from *10,000 Steps*. For more information contact: Central Population Health Unit, Wide Bay Burnett on 4120 6000. www.10000steps.com.au

Stay On Your Feet

It is estimated that one in three people over 60 years will fall this year. The good news is that many falls can be prevented. Although falls can be caused by a number of factors, the best way to reduce falls for older people is to maintain a good level of physical activity. *Stay On Your Feet* encourages local agencies, groups and individuals to work together to support healthy and active ageing and advocate for infrastructure change and supportive environments to help older people make changes to their lifestyle and environment to reduce the likelihood of falls. For more information contact Central Population Health Unit, Wide Bay Burnett on 4120 6000. www.health.qld.gov.au/stayonyourfeet/

HERVEY BAY'S LIVING STREETS



Walk and Cycle Facilities

Further Information

Fraser Coast Regional Council supports active lifestyle programs. For further information on facilities or any of the programs mentioned, contact Fraser Coast Regional Council on 1300 794 929.