

## Bike Recommended

Hybrid or Mountain bike recommended for all rides.

## Safety Tips

- Please be mindful of speed limits on roads.
- Wear bright clothing to make you easily visible.
- Ensure you have plenty of water with you.
- Cycle in single file on busy roads, and particularly adjacent to unbroken double lines and any winding road with poor visibility.
- Riding two abreast is allowed on quieter stretches.
- Give hand signals when turning, changing lanes or stopping.
- At intersections – even if you have right of way – catch the driver's eye whenever possible.
- If you need to have a drink, check a map or answer your phone, please stop and dismount first.

- When stopping please choose a safe area and move well away from the road.
- Be careful on gravel surfaces, don't brake or turn suddenly.
- Adults must not cycle on footpaths unless in the company of a child under the age of 12 years.
- Children under age 10 should not ride on the road.

## Mobile Phones

There may be areas where mobile phone reception is non-existent or 'patchy'. It is advisable to make necessary arrangements before leaving your accommodation.

## Disclaimer

Users of this cycling booklet do so knowing they are responsible for all their own actions. No warranty or liability is implied.

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## Cycle the Bingara Region

This booklet has been produced in response to the increasing number of cyclists visiting the Bingara region who enquire about 'good places to ride'. It also aims to encourage residents to explore and enjoy their local area by bicycle. Don and Jenny Capel, two local dedicated cyclists, have mapped these rides with a cross section of grade and distance, one or more of which should suit the capability of most cyclists.

### **Acknowledgements:**

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### **Tourist Information:**

Bingara Visitor Information Centre 74 Maitland Street Bingara 2404

Ph: (02) 6724 0066 email: [bingaratourism@gwydir.nsw.gov.au](mailto:bingaratourism@gwydir.nsw.gov.au)

web sites: [www.gwydirshire.com.au](http://www.gwydirshire.com.au) or [www.bingara.com.au](http://www.bingara.com.au)

Open: 9am – 5pm Monday to Friday and 9am – 1pm Saturday to Sunday

Download this booklet in PDF format from the Bingara Tourism web site [www.bingara.com.au](http://www.bingara.com.au) or contact the tourist office.

# The benefits of biking and why you should love it

## 1. Reduce your carbon footprint [go green!]

Do right by your planet, and go green as you cycle your way from A to B. Think about the positive effect you will have on the earth and your body as you make your bike your primary form of transport. No traffic, no worries... a cycle is zero on emission levels and can bypass the most congested traffic without any hassles. WINNER!

## 2. Clock up some cardio time

The easiest way to clock up some calorie burning time is by cycling. It allows you to add a fitness activity into your day even when you think you don't have time for a work-out. It's such an easy and convenient way to move your body, plus you get the same cardiovascular benefits from cycling than you get from any other form of aerobic exercise—walking, jogging or dancing.

## 3. Look Active Chic

Let's face it, bike commuters are street chic. Ever noticed how common cycling is in Europe? Bikes are certainly their #1 choice as far as transport is concerned, and it has become quite the fashion statement. Why walk when you can cycle right? Look active chic as you cycle your way to the gym, work or to your local café. It is the perfect way to get fit, and look tress chic while doing it.

## 4. Save \$\$\$\$

Everyone hates paying for petrol, especially as the prices continue to soar higher and higher! Save some well earned cash by opting for your bike rather than your car. Clip on a super cute basket & use your bike for shopping,

commuting, visiting friends or just taking a joy ride. It may just help your financial health at the same time it boosts your physical health too. Every active girl loves a good deal!

## 5. Amp up the incline

If you can't fit in your work-out for the day, take your bike on a new route and challenge yourself to some high octane incline. Discover a place with a whole lot of hills, and prepare to get that heart rate soaring! It will have you feeling fitter in no time and will give your thighs, arms and rear end a tip top transformation!

## 6. Free your mind

Let your worries wash away as you reach your desired destination on your fixie. There is nothing more relaxing than being one with your thoughts on your daily commute. It harvests time for creativity, is an opportunity to sought through the clutter and allows you to make a strategic plan for the day; ticking off that mental to-do list while soaking up some much needed oxygen. What's not desirable about escaping the hustle and bustle of congested traffic jams, loud beeps and endless banter of fellow commuters on the train by considering cycling. It is the ultimate stress buster and gives you a sense of freedom and enjoyment.

No matter if you have a bike with all the bells and whistles or the battered old reliable one you brought at a garage sale, it's time to start reaping the many health benefits of biking. Be inspired to opt for peddle power over your trusty car, and always remember safety first. Be mindful of the road rules, always wear a helmet and cycle safe!