Cycling

Cycling is a healthy, low cost, environmentally friendly and above all, a fun way of getting around our City.

Rockdale City's cycleway network has three recreational off road routes and a series of on road commuting routes which covers most of the City and connects major destinations.

Did you know that our cycleway network can take you to places like Sydney CBD, Homebush Bay, Hurstville, and Kurnell?



Cook Park Recreational Cycleway

Walking

can be done by all ages.

trails and routes.

Cook Park Trail

pedestrian/cycleway path.

Rating: Easy Length: 13km one way

Water and toilet facilities: Easily accessible

This level path, which forms part of the Sydney Coastal

Walk, runs the length of Cook Park from Sans Souci to

Wolli Creek along the Botany Bay beach front. It treats

you to expansive views across Botany Bay from Sydney

Airport to the Towra Point Nature Reserve. There are

a swim take a dip in one of the six swimming enclosures

along the trail. The majority of this trail is a shared

several beaches and picnic areas along the way. If you fancy

Walking is an ideal form of exercise that

requires no special clothing or equipment and

The City of Rockdale has a number of picturesque walking

One of the main features of Rockdale's recreational network is the Cook Park cycleway along Sydney's famous Botany Bay foreshore. To the north it connects with the Cooks River Cycleway at Tempe and leads to Olympic Park at Homebush Bay (called the Bay to Bay Cycleway). It is an easy ride suitable for all ages and skill levels. The cycleway begins at Cahill Park, Wolli Creek and ends at Fraters Avenue, Sans Souci, where it joins the Captain Cook Bridge leading to historic Kurnell. The majority of this cycleway is a shared pedestrian/cycleway path. Along the cycleway there are restaurants and cafes. The foreshores of Botany Bay and the Cooks and Georges Rivers have a diverse range of vegetation and marine life that can be explored on your ride.

Shared paths

Shared paths are for the use of both bike riders and pedestrians. When cycling on a shared pathway, riders should give way to pedestrians. Slow down and use your bell to warn others, especially when approaching from behind or around blind corners.

Riding to Work

Most of the people working in our City live within a 20 to 30 minutes riding distance of their work places. Almost 30% of them are local residents. If this is you, why not consider riding to work?

The Rockdale commuter cycleway network offers accessible and direct routes for commuters. The routes suggested are predominantly on road. Extra care should be taken when riding on the road, particularly at intersections and during busy periods.

Want to ride socially and have fun?

Join your local BUG (Bicycle Users Group).

The St. George BUG is a community group promoting cycling in the Hurstville, Kogarah and Rockdale Local Council Areas. For more information, visit www.stgeorgebug.org.au or call (02) 8004 9495.



Safer Riding Checklist

Follow these tips for a safer journey:

Make yourself visible

Always wear a reflective vest or bright, light clothing in low light conditions and ensure your bike is fitted with working lights (white on the front and red at the back).

Follow the road rules

Under the NSW Road Rules, a bike is considered a vehicle and is required, by law, to obey the same road rules as a car. Hand signals are required for turning and always wear an approved bicycle helmet.

Use low risk riding techniques

Maintain control of your bike and ride predictably to enable others around you in cars, walking or on a bike to be able to anticipate your moves.

☐ Be alert

Watch for car doors, pedestrians and others in your vicinity, giving them enough room to manoeuvre safely.

Maintain your bike

Keep your bicycle in good condition by performing regular maintenance checks.

Want to know more about Cycling?

Visit the NSW bicycleinfo website - a comprehensive source of NSW Government cycling information www.bicycleinfo.nsw.gov.au

Where you can go...

The City of Rockdale has many great places you can go using sustainable transport options including:

- bushland and wetland areas with high conservation value and threatened and endangered species of plants
- town centres with great businesses where you can dine or shop; and
- valued heritage sites and panoramic views.
- Listed below are some of the highlights:

Prime Minister's Walk (B/C 3)

This walk is along the Bardwell Valley Walking Trail and features a series of plaques of each of our Prime Ministers.

Stotts Reserve (C2/3)

Stotts Reserve is the most intact patch of bushland within the City of Rockdale. Stand in the middle of Stotts Reserve and you can escape from the city grind.



Tempe House and St Magdalen's Chapel (F2)
The state heritage listed Tempe House, built circa 1836, is
the oldest surviving building south of the Cooks River. It is
just a five minute walk from Wolli Creek railway station and
can be accessed from Brodie Spark Drive.

Bardwell Valley is the largest area of bushland in the City of

Rockdale. It supports a diverse range of native plants and animals. A trail follows the Bardwell Creek through the valley

and it is possible to connect to the longer bushland walks

Rockdale which is well serviced by public transport provides

a wide mix of businesses and services. King Street Place is

Lydham Hall - 18 Lydham Avenue, Rockdale

Enjoy a visit to one of Rockdale's lovely old historic homes

overlooking Botany Bay. Thanks to the St George Historical

Society you can also visit the Folk Museum inside the 140

year old building. See one of Sydney's finest collections of

From this reserve you can see the lovely Primrose House

(190 Russell Avenue) and take a walk along Cook Park all

the way to the Georges River and Captain Cook Bridge.

Stop at either the Georges River Sailing Club or the St

antique furniture. Open Sundays 2:00pm to 4:00pm.

Enquires and group bookings (02) 9587 8307.

George Sailing Club for a meal or drink.

Peter Depena Reserve, Dolls Point (E9)

Bardwell Valley Parklands (C3)

through the Wolli Valley and Stotts Reserve.

Rockdale Town Centre (D4)

renowned for its great outdoor dining.

This document contains important information about Rockdale City Council. If you do not understand, please visit Council's Customer Service Centre at 2 Bryant Street Rockdale on Monday to Friday from 8.30am to 4.30pm, Saturday from 9.00am to 1.00pm, Council Staff will be happy to arrange interpreter services for you.

Cycling, walking and taking public transport

are beneficial to you, the

it takes at least 200 full cars to transport

1,000 people, but only 15 buses or 1 train;

the cost of buying a bicycle is approximately 1%

the recommended 30mins walking a day can be

easily achieved by walking to work, walking your

kids to school, walking to the town centre for

your favourite coffee or exploring one of the

walking trails with your family on the weekends;

Lady Robinsons Beach is one of Sydney's premier

There is a lot to see and do in our City and most of

these activities can be accessed by walking, cycling or

taking public transport. That is why we developed the

On the Go map. It is your guide to our City, showing you

how to get around Rockdale without a car and what to

By using sustainable forms of transport, we

can all do our part to help our environment,

our City and at the same time, improve our

recreational and foreshore attractions?

see and enjoy along the way.

of the cost of buying a car; and no rego or petrol;

Did you know?

City and the environment

You may also contact Telephone Interpreter Services in 131 450 and ask them to ring Rockdale City Council on 9562 1656 on your behalf.

重要消息 本文件報刊課所 Rockstelle 市政府的重要提供、加速使有不利白之森、瑞 市出来一旦世界日、上午4時の公立下午4時の29・及起来入上午4時日 午1時・新兵位別2会Systet Street・Rockstelle・市政府的電客延携中心・

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на: Тарраго ото 300 гд. - 1.00 уд. Та Провытией это Агулов На удраг на живенибах інтиравіла багдукувічну уна вод. Мларийна стітору на пинатичнитрата уд та Пульяршчкіх, Уппуватіну, Окумунскам (Прівержине Interpreter Services) ата 131-450 как на таки, Суттрата на пульяршчинати ата Расінаніе Сту Сочинсії ата 9562 1666 ука

Importante: Questo documento contiene important Recodoir City Se avete difficultà a com-

Racidale City Se avete difficultà a comprendenne il continuata, recorna presso il Comprene Service Centre del Consume a 3 linyant Street, Racidale dal lannedi al venendi stelle ner e 3 di alle 16 30 e al sobiate dalle 300 e ile 13 00; il periodale del Comune sarà ben letto di procusarai un streccio incerperi! Partete anche chamane il Servicas telefanica interperii (70) al numero 131 450 chieciendo che telefani per vestro conto al Comune di Racidale City al rumino 5562 1666.

Bazzee:

Osel perspenent coppissi sassiviri sindiopissapai se Racidale City Council (Spagicara arruminio se Racidale). Assi se era passimpare, se sissivire.

послете на въшения и Създавет безиле Санто Вънгар за услуга на клиенан), кај се наоѓа на 2 Bryant Street, Rockdale, од понеделния да нетак, од 830 наугра да 430 поткадие и на сабата вд 500 наугра да 1.00 посладия. Вдибенияте во впштината са задовоство бе ви однаженирае: да карестите преводувати.

lares taxa, securite quesciparer, ao Telephone Interpreter Services (Crysdia sa opesagysava no temphon) es 131.450, e qui te savoriver ao saus vive ga ce jasat se (papicasa expresa sa Rockdale ve 5562.666. Impartante:

Este documento contiene leformación importante robre el Rockdale City Council (Municipio de Rockdale). El no la entienela, le regionas concursi al Centro de Servicia di Cliente del Municipio, uticada en 2 Biryas Street.



impartante.
Este discurrenta contiene leformación importante sobre el Rockdale City
Cauncil (Municipio de Rockdale). Si no la entiende, le regemas concurrir
al Centro de Servicio al Ciento del Municipio, ubicado en 2 linyani Strest,
Rockdale, stención de lunes a viernes, de 830 am a 100 gmy el vialudo de
900 am a 1,00 pm. El personal del municipio se compleantá en obtener los
servicios de un intérprete para subed.
Puede asimismo llamar el Servicio Telefónico de Intérpretos al 131 490 y
pedifes que llamon de su parte el Rockdale City Countil, telefona 9362 164

2 Bryant Street Rockdale NSW 2216 PO Box 21 Rockdale NSW 2216 Tel 02 9562 1666 Fax 02 9562 1777 Email roc@rockdale.nsw.gov.au www.rockdale.nsw.gov.au

Walking

Rockdale Wetlands Trail

Rating: Easy Length: 8km one way
Water and toilet facilities: Limited

This easy trail winds through the Rockdale Wetlands Corridor from the Georges River to the Cooks River at Arncliffe. The trail passes through parklands and borders several wetlands where migratory birds regularly visit in the spring and summer.

Scarborough Ponds Trail

Rating: Easy Length: 6km loop
Water and toilet facilities: Limited

This loop is part of the longer Rockdale Wetlands Trail. The trail consists of dirt tracks with a section of constructed pathway in Bicentennial Park (E5).

Bardwell Valley Trail

Rating: Intermediate **Length:** 4km one way **Water and toilet facilities:** Limited

This trail is a combination of constructed paths and grassland tracks. It begins at Bexley Pool (B4) and follows Bardwell Creek until you reach the golf club.

You can choose to continue around the edge of the golf course to Coolibah Reserve and then onto the Wolli Creek Trail via a pedestrian bridge at the western end of Henderson Street

Alternatively, exit the Bardwell Valley trail through the golf course onto Hutchison Street, turn left onto Churchill Street and walk through the serene bush pocket of Stotts Reserve (C3). From Stotts Reserve it is possible to access the southern end of the Wolli Creek Trail by walking along Slade Road and crossing the railway line at the bridge in Bexley North. (B2/3)

VValkıng

Valley to Bay Trail

Rating: Intermediate **Length:** 5.4km one way **Water and toilet facilities:** Limited

Starting at Bexley Pool, this trail connects Bardwell Valley to the Brighton Baths at Botany Bay via a combination of local parks and streets. This trail runs downhill from Bardwell Valley to Botany Bay.

Wolli Creek Trail

Rating: Intermediate/Difficult **Length:** 6km one way **Water and toilet facilities:** Limited

This trail offers a true bushland walk through the largest piece of bush left in inner Sydney.

You can join the Wolli Creek Trail trail from any of the following locations:

- Kingsgrove Road, Kingsgrove, north of Kingsgrove Avenue (A3)
 Bexley Road, Bexley North, north of Kingsgrove
- Avenue (B2)
- Hartill-Law Avenue, Bardwell Park (C2)Henderson Street, Turrella (D2)

bush Bay (Olympic Park).

Several other walking trails within the Rockdale area adjoin trails in adjacent Council areas:

- Cook Park Trail via Captain Cook Bridge, Sans Souci (C/D 10) connects at Taren Point to a trail that leads to the Kurnell Peninsula.
- Cook Park Trail via Princes Highway at Wolli Creek
 (FI) joins the Cooks River Trail that leads to Home-
- Cook Park Trail via Marsh Street, Arncliffe joins the Alexandra Canal Trail (F2) that leads to Sydney Park at

 St. Paters

Public Transport Public Transport

Taking a bus or train is a far more environmentally friendly means of transport than driving.

Public Transport

Taking public transport in our City is an easy option: there are two railway lines, and a regional rail/bus interchange in the Rockdale Town Centre. There are also more than 20 bus services within the City of Rockdale. Taking public transport reduces pollution and congestion on our roads.

To minimise the carbon footprint of your journey - Walk or ride your bike to the train station



Local Bus Routes:

- K03 Sans Souci to CBD (Circular Quay) via Dolls Point, Ramsgate, Monterey, Brighton-Le-Sands, Kyeemagh and Surry Hills (Peak Hour Express Service)
- M41 Hurstville to Macquarie Centre via Bexley North, Campsie, Burwood, Concord, Rhodes, Ryde, Top Ryde, North Ryde and Macquarie Park
- 303 Sans Souci to CBD (Circular Quay) via Dolls Point, Ramsgate, Monterey, Brighton-Le-Sands, Kyeemagh, Mascot, Eastlakes, Kensington, Waterloo and Surry Hills
- 348 Wolli Creek to Bondi, via Sydenham, St Peters, UNSW, Randwick, Waverley and Bondi Junction (Monday to Friday service)
- 400 Burwood to Bondi Junction Interchange via Campsie, Bexley North, Rockdale, Sydney Airport, Mascot, Pagewood, Maroubra Junction, Kingsford, University of NSW and Randwick (Limited Stops Service)
- 10 Rockdale to Bondi Junction via Mascot, Pagewood,
 Maroubra Junction, Kingsford, University of NSW
 and Randwick (Peak Hour Limited Stop PrePay Only
 Service)

 122 Kogarah to CBD (Circular Quay) via Rockdale,
- Arncliffe, Tempe, Princes Highway, St Peters,
 Newtown, University of Sydney, Railway Square,
 Town Hall and Wynyard

 Kogarah to Roseland via Bexley, Bardwell Park,
- Kingsgrove and Beverly Hills (Punchbowl Bus Service)

 52 Beverly Hills to Rockdale via Hurstville and Bexley
- (Veolia Transport)
 Hurstville to Rockdale via Carlton (Veolia Transport)
 Kingsgrove to Rockdale Plaza via Hurstville,
- Kogarah and St George Hospital (Veolia Transport)

 Campsie to Rockdale via Clemton Park, Earlwood,
 Bardwell Park Station, Turrella Station, Arncliffe
 Station and Bexley

Local Bus Routes:

- 476 Dolls Point to Rockdale Station via Sans Souci,
- Ramsgate, Kogarah Station and Rockdale Plaza

 477 Miranda to Rockdale Station via Taren Point, Sans
 Souci, Ramsgate, Kogarah Station and Rockdale Plaza
- 478 Ramsgate to Rockdale Station via Monterey and Brighton-Le-Sands. Extends Monday to Friday daytime to Miranda via Taren Point
- 479 Rockdale Station to Kyeemagh via Brighton-Le-Sands. Extends to Rockdale Plaza during shopping hours (Loop Service)
- 490 Drummoyne to Hurstville via Rodd Point, Five Dock, Burwood, Campsie and Kingsgrove

Five Dock to Hurstville via Ashfield, Ashbury,

- Canterbury, Earlwood, Bardwell Park and Bexley
 North

 492 Drummoyne to Rockdale via Five Dock, Burwood,
- Campsie and Kingsgrove

 493 Roselands Shopping Centre to Rockdale via
 Beverly Hills Station, Kingsgrove, Bexley North
- Station and Bexley

 947 Hurstville to Kogarah via Dolls Point, Ramsgate and Kogarah (Veolia Transport)

Hurstville to Rockdale Plaza via Carss Park and

Kogarah (Veolia Transport)

Notes: Unless otherwise specified, services are provided by Sydney Buses.

For more transport information including:timetable for train and bus services

- ticket and fare information
- detailed map of Rockdale Interchange
 call 131 500 or visit
 - Transport Info

Brighton Le Sands (F5) On the beautiful Botany Bay, this town centre has many excellent restaurants, cafes and boutique shopping options. It is conveniently located adjacent to the

(off Forest Road)

cycling and walking trail in Cook Park and Lady Robinsons Beach, which is one of Sydney's premier recreational and foreshore attractions.



Hawthorne Street Reserve (E7)

The Hawthorne Street natural area is a patch of rare bushland divided by Tonbridge Creek. It connects to the Scarborough Ponds Trail and offers a short but tranquil bush walk.

Rockdale Wetlands Corridor (between Cooks River F2 and Georges River D10)

The Rockdale Wetlands Corridor offers a unique opportunity to observe rare migratory birds in the middle of suburbia. From September, birds from as far away as Siberia are spotted in the string of wetlands between the Cooks and Georges Rivers. Take your binoculars or join a bird watching tour and visit Eve Street, Landing Lights or Scarborough Ponds.

FEEDBACK

If you have any suggestions for improvements to the map, please contact us: Rockdale City Council T: (02) 9562 1666 E: rcc@rockdale.nsw.gov.au





