

CYCLING GUIDE



**BARDEN RIDGE,
ILLAWONG, MENAI
AND SUTHERLAND**



References:

D.R Kirkby (1970) From Sails to Atoms,
Sutherland Council

Ashton, Cornwall, Salt (2006) Sutherland Shire a
History, UNSW Press

Cyclists using the SSC cycleway guide do so at
their own risk. The SSC will not accept liability
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Although every care has been taken, no
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Welcome to the Sutherland Shire cycleway network

This cycling guide has been specially created
by Sutherland Shire Council and focuses on
15 km of cycle ways between Barden Ridge,
Illawong, Menai and Sutherland.

The routes recommended in this guide are
mostly shared off-road cycle/pedestrian
routes that link to major shopping centres,
schools, recreational facilities, services
and railway stations.

Whether you choose to use the cycle
routes outlined to commute to work or
school, access the area's shops or for
recreation, the variations in terrain makes
it suitable for a range of fitness levels
and riding experiences.



Off road cycle/pedestrian paths

Of the 15km of cycleways profiled on this map, 12km is off-road cycle/pedestrian path built specifically to share with other cyclists and pedestrians. These shared pathways are clearly sign posted.

Note: The law requires that you ride to the left of the path and give pedestrians priority. Take care when you are crossing roads and watch out for motor vehicles.

On-road cycling

The on-road sections of the cycleway network include bike lanes, sealed shoulders and road space that is shared with other traffic. They are marked with bicycle signs and/or logos to show the route.

The on-road sections and their level of difficulty identified on this map are a guide only. They can vary, depending on factors such as weather, traffic conditions, personal fitness and ability.

They include:

On-road low difficulty – Suitable for young and inexperienced riders.

On-road low difficulty steep - As above, but road has a steep gradient.

On-road moderate difficulty – Challenging. Road has increased traffic and vehicle speeds. Extra care needs to be taken when approaching intersections.

Suggested itinerary

There are a range of riding options to choose from within the map. Below are two potential rides the family can enjoy.

Menai Market Place to Old Menai Rd (Akuna Oval) 2.4km – F to C on map

Suitable for inexperienced cyclists, this ride is on a shared cycleway/pedestrian path and has flat and short hilly sections. Extra care needs to be taken at the cycleway/road intersections, particularly if young children are riding. Park at Menai Market Place carpark and cycle out to the cycle path at the eastern (Club Menai) side. Continue through the bushland section onto the pedestrian bridge which takes you over Menai Road and onto the cycleway at Menai Road. The ride takes you past local schools and the Bangor shops, and finishes at the traffic lights at Akuna Oval.

Menai Market Place to Woronora Bridge and Sutherland 6.6km – F to D on map

This ride is ideal for more experienced riders. Extra care needs to be taken at the cycleway/road intersections, particularly if young children are riding. The ride has a mixture of flat and short hilly sections through Menai and short moderate steep sections to the pathway under the Woronora Bridge where you can enjoy spectacular views over the river.

Take extra care on the on-road sections between Akuna Oval, Old Menai Rd and Woronora Bridge. If you are not a confident rider, consider dismounting near the traffic lights at Old Menai Rd at Akuna Oval and walking this section on the footpath, then joining the off-road cycleway at the traffic lights. The on-road section at Oakwood Street, Sutherland has low traffic and continues onto an off-road section on the cemetery side of Grand Parade just before the traffic lights at Linden Street. From this point you may choose to cycle into Sutherland via the Grand Parade or Adelong Street.



Cycling safety and tips

Wear a helmet

Head injuries cause up to 85% of all cycling fatalities. The helmet should be approved with an Australian Standards AS/NZS 2063 sticker. It must fit firmly and comfortably to protect you against a head injury.

Be seen at night or in low light conditions

You must display a steady or flashing light on the front of your bike and a red flashing light from the rear of your bike. Your bike must also have a red rear reflector. Wear bright clothing during the day and reflective clothing at night.

Let others know what you're doing

Let other cyclists, motor vehicle drivers and pedestrians know what you are doing – use the correct hand signals before turning left or right, changing lanes or stopping.

Use your bell

Every cyclist must have a working bell to warn pedestrians that you are approaching and give them plenty of room.

Don't speed

Shared pathways are used by children, the elderly and the disabled.

Keep left

Except when overtaking slower traffic.

Obey the road rules

When riding on the road, cyclists need to obey the same road rules as motorists. For more information on traffic regulations contact the RTA on 13 22 13 or their website www.rta.nsw.gov.au

Special road rules for cyclists include:

- Children under 12 years of age may legally ride on the footpath. An adult may only ride on the footpath if accompanying a child under 12 years of age
- Cyclists must give way to pedestrians and walk with their bike when using a pedestrian crossing
- You are able to ride two abreast, but not more than 1.5m apart
- Cyclists (especially children) should dismount and walk their bikes across intersections.



Be prepared

Before you leave on your ride, check brakes, wheels, chain, lights and reflectors and make sure your bike is in good working order.

- Use sun block and sunglasses – even on cloudy days
- Wear bike gloves to protect your hands
- Dress for the weather
- Take a good lock, puncture repair kit (or spare tube) and a pump
- Have adequate water supplies with you.

Cycle your way to good health and for a sustainable future

Each time you ride your bike it's a benefit to your health and the environment!

As little as 30 minutes of moderate exercise a day, like cycling or walking, can improve and maintain good health. Regular exercise such as cycling can help you:

- Enhance your level of concentration, learning and memory
- Manage your weight and increase energy levels
- Sleep better and improve your sense of wellbeing
- Reduce your chance of heart disease and cancer

Riding a bike 5km (15 to 20 minutes) each day can reduce greenhouse gas emissions by 0.6 to 0.7 tonnes /year. The cost of buying and maintaining a bike is also around 1% of the cost of buying and maintaining a car, so getting on a bike is an economical transport option.

History of Menai area

Initially named Bangor in 1895 after farmer and land owner Owen Jones' birth place in Wales, the area was renamed Menai by the Post Master General's office in 1910. The name Menai originates from Menai Bridge, a town on the Menai Straits in Wales, Great Britain.

Historically, the early European settlement in the area developed on the plateau between the Georges and Woronora River valleys. Because of poor soils, lack of water and limited access across the Woronora and Georges rivers, market gardens, poultry farms and piggeries predominated in the area. The relative

remoteness of the area prompted the Atomic Energy Commission (later to become ANSTO) to construct Australia's first nuclear reactor at Lucas Heights in 1958.

To accommodate Sydney's growing population and housing demands, Menai was identified as part of a network of urban corridors and self contained "New Towns" that would provide strong local employment opportunities and support an array of community facilities and services. The opening of Alfords Point Bridge in 1973 provided a vital link to southern Sydney across the Georges River and by 1975 the first subdivisions were released for development. Today the area boasts a number of schools, local shopping centres and recreational/ sporting facilities.

Sutherland township

Sutherland is named after Forby Sutherland, a sailor on the Endeavour who is buried at Kurnell. The township was first subdivided in 1881 by the Holt-Sutherland Estate Land Company. Much of its early growth centred on the construction of the Illawarra rail line in the 1880s and its gateway location to the Royal National Park and Cronulla beaches (via the steam tram). By 1886 there were only four permanent buildings in Sutherland, the railway station, station master's residence, the railway keeper's cottage and a general store. The postoffice opened on the 1st of September 1886 and a school began classes in 1887 in Eton St Sutherland.

The name Sutherland was officially declared in 1906 with the proclamation of the Shire of Sutherland. The first council chambers were built in 1915 which cemented the township's role as the administrative centre of the Shire. Today Sutherland is a thriving township with a number of well utilised council facilities and services including the entertainment centre, leisure centre, central library and regional sports fields.

