

# CYCLING GUIDE

BARDEN RIDGE, ILLAWONG,  
MENAI, SUTHERLAND

## WELCOME TO THE SUTHERLAND SHIRE CYCLEWAY NETWORK



This cycling guide has been prepared by Sutherland Shire Council and focuses on 15km of cycleways between Barden Ridge, Illawong, Menai and Sutherland.

The routes recommended 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.



## REFERENCES

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

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

Cyclists using this guide do so at their own risk. Sutherland Shire Council will not accept liability for personal injury and/or damage to property. Although every care has been taken, no responsibility is accepted for any errors or omissions.

## FOR MORE INFORMATION

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## HISTORY - MENAI AREA AND SUTHERLAND TOWNSHIP



**MENAI** - 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 River and Woronora River valleys. Because of poor soils, lack of water and limited access across the Woronora River and Georges River, 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 sporting facilities.

**SUTHERLAND** - 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 post office opened on the 1 September 1886 and a school began classes in 1887 in Eton Street Sutherland.

The name Sutherland was officially declared in 1906 with the proclamation of the Shire of Sutherland. The first council chambers was 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.





# CYCLING SAFETY AND TIPS



## WEAR A HELMET

It is the law. 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 head injury. Choose one that is light weight and a bright colour so other road users can see you.

## BE SEEN AT NIGHT OR IN LOW LIGHT CONDITIONS

When riding in the dark or in hazardous weather 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. If you have no reflective gear for night riding a plain white t-shirt is the next best thing.

## 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.

## KEEP LEFT

Except when overtaking slower traffic.

## DON'T SPEED

Remember that shared pathways are used by children, the elderly and the disabled.

## USE YOUR BELL

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

## 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 Roads and Maritime Services (RMS) on 13 22 13 or go to [rms.nsw.gov.au](http://rms.nsw.gov.au).

## SPECIAL ROAD RULES FOR CYCLISTS INCLUDE:

- Children under 16 years of age may legally ride on the footpath. An adult may only ride on the footpath if accompanying a child under 16 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 check the tyres, brakes, wheels, chain, lights and reflectors and make sure your bike is in good working order. Have your bike serviced every six months if you ride often.

Use sun block and sunglasses, even on cloudy days.

Consider wearing bike gloves as they help reduce jarring, protect your hands and keep your fingers warm in the winter. Take a jumper on cooler days to keep you warm when you stop riding. Don't forget to take a good lock, puncture repair kit (or spare tube), a pump, water bottle and a backpack or pannier to carry your gear.

## 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.

### By cycling you can:

- feel more energetic
- enhance your level of concentration, learning and memory
- help manage weight
- feel more confident, happy, relaxed
- sleep better and improve your sense of well-being
- reduce your chance of heart disease and cancer.

Riding a bike 5km (15 to 20 minutes) each day, rather than driving, can reduce greenhouse gas emissions by 0.6 to 0.7 tonnes a year! When you think that the cost of buying and maintaining a bike is around 1% of the cost of buying and maintaining a car, getting on a bike is not a bad option especially if you're considering that second (and third) family car. You could also be travelling as fast as a car - research shows that for trips up to 5km they can be quicker on a bike.

### OFF-ROAD CYCLE/PEDESTRIAN PATHS

The off-road component of the cycleway network has been built specifically to share with other cyclists and pedestrians. The shared pathways are sign posted and marked accordingly to let you know if you are meant to share the path with pedestrians.

Please note that as a cyclist 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 are shared with other traffic. They are generally marked with bicycle signs and/or logos to show the route.

### CYCLE ROUTE GRADIENT

This map provides a colour coded guide for the gradient of the cycle routes.

#### The gradient is a measure:

$(\text{horizontal distance} / \text{vertical climb}) \times 100$

For example, if you travel 100m and rise 5m the gradient is 5%.

#### The gradient is categorised in this guide as:

- **Easy** < 5% a gradient that most riders will find easy
- **Slight** 5% to 8% a gradient that will start to bother inexperienced riders and start to be interesting for regular riders.
- **Moderate to Difficult** 8% + inexperienced riders will find this requires some effort. As gradients go above 10% regular riders will start to find this challenging.

### SUGGESTED ITINERARY

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

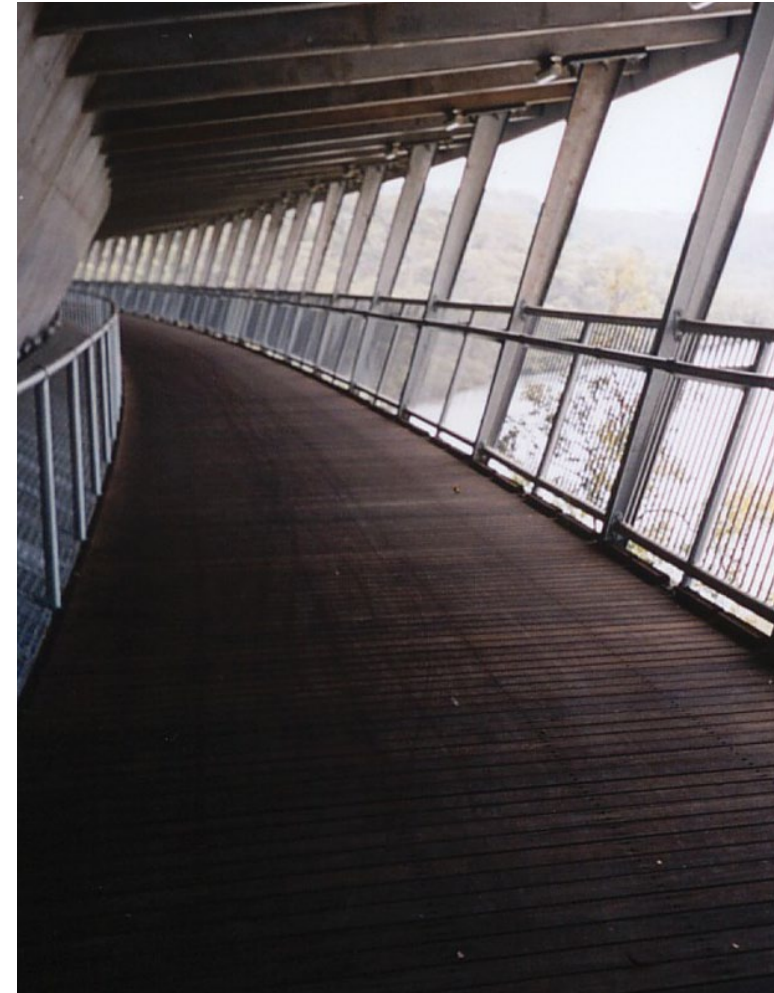
#### MENAI MARKET PLACE TO AKUNA OVAL ON OLD MENAI ROAD - F TO C ON MAP

Suitable for inexperienced cyclists, this ride is on a shared cycleway/pedestrian path and has a mix of 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 to the 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 Bangor shops, and finishes at the traffic lights at Akuna Oval.

#### MENAI MARKET PLACE TO WORONORA BRIDGE AND SUTHERLAND - F TO D ON MAP

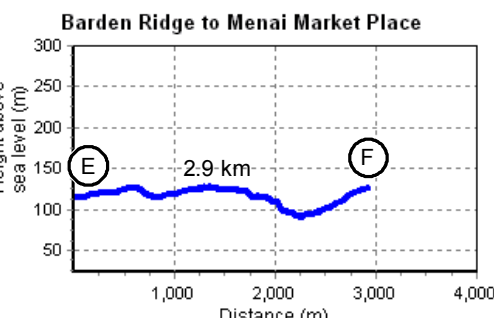
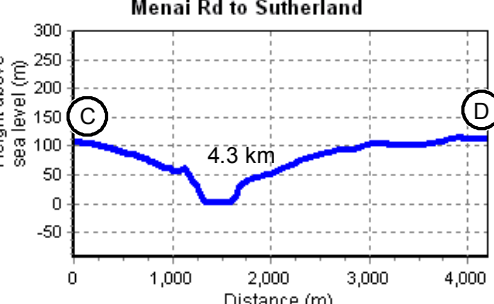
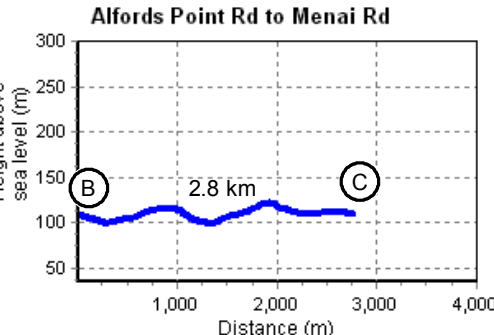
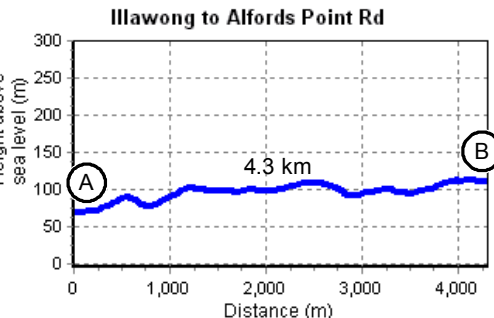
This ride is suited to cyclists that ride regularly and don't mind a challenging hill. Extra care needs to be taken at intersections, particularly if young children are riding. The ride has a mixture of flat and short hilly sections through Menai and a moderately steep hill leading out from Woronora Bridge where you can enjoy spectacular views of the river. Continue to Sutherland where you will find a number of coffee shops and food outlets.





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TRACK INFORMATION  
(CYCLEWAY CROSS SECTIONS)  
See map for point locations



Legend

- Off Road - easy gradient
- Off Road - slight gradient
- Off Road - moderate to difficult gradient
- On Road - easy gradient
- On Road - slight gradient
- On Road - moderate to difficult gradient
- Alternate Route
- Employment
- Local Centre
- Neighbourhood Centre
- Schools
- Shopping Centre
- Special Uses (Church etc)
- National Park
- Reserves/Parks
- Railway Line
- Road
- Arterial
- Hospital
- Car Parking
- Food
- Picnic Area
- Play Area
- Toilet

Scale: 1:15,000

