

The laws and penalties*

Penalties will apply for breaching cycling laws in Alice Springs, some of which include:

- failure to have adequate lighting on bicycle at night
- riding bicycle incorrectly
- carrying excess persons on bicycle
- riding within 2 metres of rear of motor vehicle
- failing to give way to pedestrians
- riding in race or trial without permit
- bicycle rider holding onto moving motor vehicle
- riding bicycle without helmet securely fastened
- riders failing to ensure child or young person wears a helmet on a bicycle designed to carry them



For details of current penalties and legislation refer to the NT Traffic Act, NT Traffic Regulations and Australian Road Rules.

*Source - NT Government Transport Group brochure *SAFE CYCLING - REQUIREMENTS FOR SAFE CYCLING IN THE NORTHERN TERRITORY*.

The photo found on this brochure panel is courtesy of NT Police, Alice Springs.

Cycling contacts in Alice Springs

The following groups may be able to provide you with more information and brochures on cycling in the Northern Territory and Alice Springs.

Alice Springs Cycling Club

Contact: www.alicespringscyclingclub.com.au

The Alice Springs Cycling Club has been operating since 29 June 1966. The Cycling Club promotes all cycling in Central Australia and utilises a world class outdoor velodrome, easy access to endless mountain trails and the Simpson Gap bike path. The Cycling Club provides a broad variety of cycling activities including social road and mountain rides, road racing, track racing and mountain bike and downhill racing.

Alice Springs Triathlon Club

Contact: alicetriclub@yahoo.com.au

The Alice Springs Triathlon Club has been operating since 1992 and promotes participation in the sport of triathlon for people of all ages and abilities through providing training, and social and competitive events. The Triathlon Club provides the opportunity to participate in aquathons, duathlons and triathlon events and activities in town, on the Simpson Gap bike path and occasionally in West MacDonnell Ranges parks and reserves.

Alice Springs Social Cycling Group

Contact: nha17741@bigpond.net.au

A group of community members who encourage participation in cycling on the bike paths of Alice Springs. The focus of the group is cycling for fun and lifestyle enhancement.

NT Government Transport Group

Contact: www.nt.gov.au/transport/ntroads/cycling

Bicycle NT

Contact: www.bicyclnt.org.au

Alice Springs Town Council

Contact: www.alicesprings.nt.gov.au

This brochure has been prepared by the Alice Springs Town Council in collaboration and partnership with

- Alice Springs Cycling Reference Group •
- Alice Springs Cycling Club • NT Police •
- Amy Gillett Foundation • NT Government •

Cycling in Alice Springs



A community guide to cycling safety and sharing our roads

Why cycle in Alice Springs?

Alice Springs has beautiful scenery, great weather conditions and people just love riding their bikes because it is an enjoyable way to get around.

Benefits of cycling

Better health and fitness

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases like obesity, heart disease, cancer, mental illness, diabetes and arthritis.

Riding your bike regularly is one of the best ways to tackle the health problems associated with a sedentary lifestyle. Cycling is a great way to exercise! It is healthy, low impact and can be enjoyed by people of all ages, from young children to older adults.

Reduced stress

Riding home after a hard day at the office is a great way to unwind, and physical activity in general helps reduce stress levels.

Save money and time

Leave your car at home and save on petrol and gym fees. By using your bicycle as your mode of transport you can save time and include exercise in your every day lifestyle.

Taking care of our environment

About half the greenhouse gas emissions produced by an average Australian household each year are from transport. Cycling is one way a household can significantly reduce its contribution to the pollution that causes climate change.

Put your safety first

Your safety is the most important thing to consider when riding your bicycle and adults are reminded to also set a good example for children.



Safe cyclists should always remember to:

- wear a helmet
- make sure your brakes are working well
- have a bell, horn or warning device so you can alert pedestrians and other cyclists if necessary
- wear bright clothing so people can see you

When riding at night or in poor weather conditions cyclists should always:

- use front and rear lights – so you can see, and others can see you
- attach a rear reflector – it will make you visible to cars approaching from behind

Cycling in Alice Springs

In Alice Springs you can legally ride your bicycle on a public road, a footpath (unless otherwise marked) and on bicycle paths.

When riding on roads, footpaths and bicycle paths it is important that everyone follows the same simple rules.

Riding on footpaths and bicycle paths

Cyclists share footpaths and bicycle paths with

pedestrians and must always remember to:

- keep to the left
- give way to pedestrians
- keep to the left of all approaching cyclists, and overtake on the right
- use your bell or horn to warn people, especially when riding up behind them
- make sure you give way to traffic when crossing roads

Riding on the road

When choosing to ride on the road, cyclists have the same legal rights and responsibilities as drivers.

Cyclists are reminded to:

- observe all road rules, including traffic signs, lights and road markings
- ride as close as possible to the left hand side of the road
- use clear hand signals to alert other road users when you are turning, changing lanes or stopping

Safe drivers

It is important that everyone remembers to observe and promote the following safe driving messages:

- be aware that law states that cyclists are allowed to ride two abreast as long as they are no more than 1.8m apart
- be patient and careful when driving near cyclists
- when overtaking a cyclist allow for at least a 1m clearance
- be aware that cyclists may need to swerve to avoid obstacles on the road and paths such as glass and other debris
- before opening your car door, check your mirrors for cyclists
- always indicate your intentions, even when there are no other vehicles in sight - it is important for cyclists on the roads and paths to know whether you are turning