



# CYCLE GUIDE

Cycling to work, school or for leisure is an easy way to save money, avoid traffic congestion, get fit and have fun. However, many people have concerns which prevent them from getting on a bike. This leaflet contains useful tips and advice to help you enjoy cycling more.

Increasing your cycle safety awareness, road presence and talking to other cyclists will help you realise the potential of cycling. Auckland Regional Cycle Maps are also available to help you get around – phone MAXX on 09 366 6400 to order your free Regional Cycle Maps today, or download them from [www.maxx.co.nz](http://www.maxx.co.nz).



## Cycle essentials

Cyclists should always consider these key principles:

- (1) Bikes are vehicles too – follow the laws of the road
- (2) Help other road users know what you are doing next – ride predictably and signal
- (3) No-one will injure you if they see you – be as visible as possible
- (4) No-one is deliberately trying to hit you – but it still pays to be cautious and courteous



## Personal security and safety

### Be seen - day and night



Wear reflective gear, it makes you more visible – think bright. Jackets, fluorescent ankle straps, and reflective tape on bags and panniers all help people see you and are available from your local cycling shop. Cycling Advocates Network ([www.can.org.nz](http://www.can.org.nz)) also sell excellent bright yellow waterproof 'One Less Car' rucksack covers.

- Have both front and back lights – so that other vehicles and pedestrians will see you coming. It's illegal to cycle without lights in the dark
- Use your lights in heavy rain, at dawn and dusk, and on grey days
- Always carry spare light batteries
- When cycling at night, apply the same personal safety principles you would as a pedestrian when judging the safety of short cuts and routes across town

### Wear your helmet - properly

- Wearing a helmet is compulsory in New Zealand and it can save your life
- Check if your helmet fits properly and you're wearing it right. It should sit square and firm on your head, with no tilt backwards, forwards or sideways, and be securely fastened under your chin. Visit your local cycle shop if you're unsure

- Tuck a plastic bag under your saddle to keep it dry when parked
- Try to keep a change of clothes at your regular destination
- Clean your brakes and rims after rain

### Locking your bike

- Get a good lock to secure your bike
- Lock your bike to something secure in visible places with lots of light and pedestrians
- If you have quick-release wheels, lock these too
- Always take your lights with you
- Register your bike with the NZ Bike Registry – [www.mountainbike.co.nz/registry](http://www.mountainbike.co.nz/registry)
- If your bike is stolen, report it immediately to the police

### Cycling in the wet

- Ride to the conditions
- Get decent waterproofs – you won't regret it
- Remember that you and other vehicles will have a longer braking distance
- Squeeze your brakes gently before stopping to clear water off the rims
- Get a good waterproof bag, or use plastic bags to keep things dry
- Watch out for slippery metal like grates and covers, especially when turning
- Painted road markings can sometimes also be slippery when wet
- Beware of puddles – they may be deeper than you think, or hiding other road hazards

### Rusty and new cyclists

- Contact Cycle Action Auckland who may be able to buddy you up with an experienced cyclist to help you get started
- Make sure your bike is set up properly for you – visit your local cycle shop to check
- It's legal to ride two abreast (except when passing parked vehicles), and a third cyclist can overtake – so why not cycle your expected regular routes with a friend first to get used to the journey?

### Add your ICE to your mobile

- ICE means 'In Case of Emergency' – add ICE with your next of kin contact details into your mobile phone

### What to do if you have a crash

- If you are injured and/or your property is damaged as a result of being hit by a vehicle, it is a traffic crash – always exchange details
- Always report all crashes to the police, even if minor, as it will ultimately improve the cycling environment – you must report crashes that cause injury within 24 hours and those that cause damage to property within 48 hours
- To get an incident investigated with a view to legal charges being laid, lodge a formal complaint at your local police station
- Bad driving behaviour can be reported to the police using an online confidential complaint form – [www.police.govt.nz/service/road/roadwatch.php](http://www.police.govt.nz/service/road/roadwatch.php). The police will advise the vehicle owner of the unsafe or risky driving behaviour

### Young cyclists

- To increase a child's cycling confidence, first spend time with your child off-road, or on quiet streets, progressing to busier streets when their riding ability and road safety knowledge is confirmed
- Before the age of 10 most children haven't developed the skills to ride competently in traffic
- Many schools partner with the police to run cycling proficiency classes for children – why not ask if your child's school can do the same?

### Bike maintenance

- Learn some bike maintenance basics – ask at your local cycle shop about classes
- Ensure your bike is roadworthy
- Always carry a puncture repair kit

## Road positioning

- Occupy your place on the road confidently
- Don't hug the gutter, you'll get squeezed off the road completely
- Don't weave in and out of empty car parking spaces to stay close to the kerb – cycle in a straight line
- Avoid the parked cars 'door zone' (area where a parked car door opens)



## Turning right

- Look behind you, and when it's safe merge across to the centre. Wait in the centre, and give way as required by the road rules. Turn right, and merge safely back across to the left
- If you can't merge across because the traffic is too busy, pull over to the left, dismount, then cross as a pedestrian
- At traffic signals, if a normal right hand turn leaves you exposed, consider using a 'hook turn' to cross to your right – stay in the left lane and cycle to the far side of the junction, then join the traffic waiting to cross in the left lane of the road on your left



## Use your eyes!

- Look ahead and anticipate where other vehicles and pedestrians are going – prepare for evasive action if necessary
- To look over your right shoulder, simply bend your left arm as it's a lot easier. If you're not confident looking back over your shoulder, fit a bicycle rear view mirror to your right handlebar
- A car's blind spots are to the side and next to the back doors – look for the eyes of the driver in the vehicle's mirror. If you can't see the driver's eyes, then the driver can't see you
- Watch out for car headlights or reverse lights from side streets or driveways, especially if you are an adult cycling with a child, as the driver will find it very difficult to see a child cyclist when reversing
- Be wary of cars that have just parked – the door may open. Look through car windows for occupants who may open doors. Watch for a turning front wheel of a parked car – the driver is about to move out and may not have seen you
- Make eye contact with other road users – never assume that they have seen you

## Passing on the left

- It is legal to pass vehicles on the left if you are in a different lane or if the vehicles you are passing are stationary or signalling a right turn. However, you will need to anticipate passengers getting out of stationary cars and buses on the left. They are unlikely to look back for cyclists

## Remember, you're still a vehicle!

- You cannot cycle past vehicles on their left if a vehicle ahead is indicating or turning left
- Never pass a truck or bus on the left – you may be in their blind spot if they decide to turn left
- There is a risk of vehicles turning from the other side of the road through a gap in a stationary queue and across your path, so slow down and be prepared to react

## Navigating roundabouts

- Before reaching the roundabout, check behind for traffic and move into the middle of the lane. As you enter the roundabout, make eye contact with the other drivers but prepare to move out of the way if needed

### Single lane roundabouts:

- Give way to traffic coming from your right
- Watch out for traffic entering from your left who may not have seen you
- When turning right, signal right to ensure other vehicles don't think you're going straight
- Signal left before you exit the roundabout

### Multi-lane roundabouts:

- If you are experienced and confident, consider using the roundabout as a car would. If not, use paths as a pedestrian, giving way at each crossing point
- Be wary of cars going straight from behind or beside you
- Consider breaking the turn into stages
- If you're with another cyclist you can legally take both lanes
- Consider avoiding the roundabout by taking another route

## Cycle skills in traffic

When riding in traffic be confident, predictable and visible at all times – use cycleways or cycle friendly routes wherever you can.

For free Auckland Regional Cycle Maps phone MAXX on 366 6400.

For more information on road rules and cycle safety, see: [www.landtransport.govt.nz](http://www.landtransport.govt.nz)  
Copies of the road code are available at most book shops and libraries.



# Where you can cycle

## Bus lanes

Cyclists and motorcyclists are allowed to share bus lanes (unless marked 'bus only lane'). When using a bus lane, anticipate where and when a bus is likely to pull over. Be aware of their blind spots. Be visible to bus drivers – they rely on your front lights at night to see where you are in their mirrors – and share the lane with care. If you can't see the driver's mirror, the driver can't see you. Don't pass if the bus indicators are flashing – the driver is about to pull out from the bus stop.

## Cycleways and cycle friendly routes

A number of cycleways and cycle friendly routes exist across the region – get a copy of the Regional Cycle Maps to see where they are.

## Advance stop boxes for cyclists

Advance stop boxes are designated areas at the front of crossings, where cyclists can wait across the whole width of the lane in front of cars. They enable cyclists to make a safe head start when lights turn green. They also make cyclists more visible to drivers.

## Make friends with pedestrians

Steer wide of pedestrians if you have to share their space – no-one likes close encounters with speeding cyclists, especially in pedestrian priority zones (such as pavements and crossings). Look out for people stepping off the pavement, especially when there's little traffic. On a shared pedestrian/cycleway, keep to the marked side for cyclists. Fit a bell to your bike to let pedestrians know you are approaching and passing them, or before you go around a blind corner.

## Off road cycling

Check out mountain biking opportunities in Auckland Regional Council's regional parks by calling **09 366 2000** or visit [www.arc.govt.nz](http://www.arc.govt.nz) for more information. Mountain biking is also possible in Woodhill, Riverhead and Whitford – [www.bikepark.co.nz](http://www.bikepark.co.nz)



# Seen a problem?

To improve safety for yourself and for other cyclists, please report incidents and maintenance issues to the relevant local council:

Auckland City Council 09 379 2020

Franklin District Council 09 237 1300

Manukau City Council 09 262 5104

North Shore City Council 09 486 8600

Papakura District Council 09 295 1300

Rodney District Council 0800 426 5169

Waitakere City Council 09 839 0400



## Make a difference

Cycle Action Auckland is a voice for Auckland cyclists:  
[www.caa.org.nz](http://www.caa.org.nz)

Cycling Advocates Network is New Zealand's national network of cycling advocates. Cycle Action Auckland is affiliated to the Cycling Advocates Network:  
[www.can.org.nz](http://www.can.org.nz)

Bike NZ acts as an umbrella body for all national bike and cycling organisations:  
[www.bikenz.org.nz](http://www.bikenz.org.nz)

For information on a cycle shop near you, look in the Yellow Pages or contact The Bicycle Industry Association of New Zealand (BIANZ) on: **09 845 3550**

Many schools and workplaces are now developing Travel Plans, which encourage people to use public and active transport more, and the car less. Travel Plans encourage workplaces to set up facilities for cyclists, for example showers, good cycle parking spaces, and also cycling action teams. For information on how to develop a Travel Plan, or if you want to set up a cycling action team at your workplace, email: [travelwise@arta.co.nz](mailto:travelwise@arta.co.nz)



## Cycling and public transport



FERRY

Bicycles can be carried on most ferry services for free. The West Harbour Ferry, Harbour Cruise, Rangitoto Island and Tiri Tiri Matangi Island ferries are the exceptions.



TRAIN

On trains, a bicycle ticket must be purchased for each trip, at a cost of \$1. Carrying of bicycles on board trains is dependent on space and at the discretion of onboard staff. Avoid travelling with bicycles at peak times, as space will be limited. Please contact Connex Auckland on **09 969 7777** for more information.



BUS

Bicycles cannot be taken on any bus services (unless it's a folding bike).

For public transport information, contact MAXX on **09 366 6400** or visit [www.maxx.co.nz](http://www.maxx.co.nz)



This leaflet has been produced by the Auckland Regional Transport Authority (ARTA) with contributions from Cycle Action Auckland, Cycling Advocates Network, the Urbanbicyclist project, the NZ Police, and Land Transport New Zealand.

ARTA is responsible for planning, funding and contracting public transport - bus, ferry and train services - in the Auckland region. ARTA also provides timetable information and promotes sustainable ways to get around using MAXX.

ARTA is a council-controlled organisation of the Auckland Regional Council and is responsible for implementing the goals set out in the Regional Land Transport Strategy, which outlines the way forward for transport in the Auckland region over the next 10 years.

Cycling tips courtesy of Damon Rao from the "City Rider Guide"

