Gold Coast Cycling Guide

Cycling maps, advice and information to help you get the most out of your cycling experience.
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Mayor’s message

There is no better place to get on your bicycle than here on the Gold Coast. With our great weather and natural environment, cycling is the perfect way to fully experience the Gold Coast lifestyle and keep fit and healthy.

Our city has more than 1,000 kilometres of bikeways linking neighbourhoods, schools, parks and major transit routes.

This cycling guide provides all the information you could need to get out and enjoy getting around the beautiful Gold Coast by bicycle, including maps of our expanding cycle network and general information that will make walking and cycling safer, easier and faster.

As part of the City Transport Strategy 2031, our aim is for cycling to represent 6 per cent of all daily trips. To achieve this target we have launched the Love to Ride and Workplace Travel Program, the Active School Travel Program and the Free Cycling Workshops.

So get involved and ‘change the way you move’ – grab a helmet and get on a bicycle.

TOM TATE
MAYOR
About this guide

You can use this guide to plan your journey or keep it as a handy reference tool while you’re out and about as it’s small enough to be placed into your pocket or backpack.

Cycling has so many benefits including improved personal health and fitness. It also helps reduce traffic congestion and pollution. By changing the car for the bicycle, even if it’s one day a week, you will be contributing to a cleaner and more sustainable city. For more information about cycling on the Gold Coast, visit cityofgoldcoast.com.au/activetravel

Before your ride

Cycling timetable

This timetable gives you an indication of how long it will take you to cycle a certain distance.

<table>
<thead>
<tr>
<th>Cycling speed</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5km</td>
</tr>
<tr>
<td>Slow (travelling at 15km/h)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Medium (travelling at 20km/h)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Fast (travelling at 25km/h)</td>
<td>12 minutes</td>
</tr>
</tbody>
</table>
Did you know?

Did you know that the City of Gold Coast has more than 1000 kilometres of bikeways linking neighbourhoods, schools, parks and major transit routes.
Free cycling workshops

Come along to one of our free cycling workshops to help you be a safer, more confident cyclist. Led by accredited instructors, the workshops are held at different locations across the city. Not only is cycling great for your fitness, it may be quicker than taking the car.

For more information visit cityofgoldcoast.com.au/cycleworkshops
Benefits for you and for the city

Reduced traffic congestion
More people cycling means fewer cars on the road.

Better health
Cycling is an ideal form of exercise. You will also arrive at your destination more alert and with more sustained energy.

A better natural environment
Reduced air pollution and road noise.

Saves you money
Cycling is more economical than running a car.

Saves you time
Cycling is often quicker than a car over short to medium journeys. You can also park closer to your destination with bicycle racks and facilities widely available.

Social and fun
Cycling provides enjoyment and can be very social.
“I have ridden my bicycle in many parts of the world and here on the Gold Coast is still one of my favourite places to pedal. I love the variety we have – from the beachfront cruise to the tranquil and scenic hinterland, with of course, great weather to boot!”

Sara Carrigan, Gold Coast Cycling Ambassador and Olympic Gold Medallist
## Bicycle lane and bikeway signs

<table>
<thead>
<tr>
<th>Advisory signs and road markings</th>
<th>Regulatory signs (law enforced)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bicycle route</strong></td>
<td><strong>Bicycle lane</strong></td>
</tr>
<tr>
<td>Indicates to cyclists that they are cycling along a designated bicycle route.</td>
<td>Part of the road system is set aside for cyclists. Motorists may only enter this lane to park, enter or exit property or turn left.</td>
</tr>
<tr>
<td><strong>Route information</strong></td>
<td><strong>Bicycles prohibited</strong></td>
</tr>
<tr>
<td>Indicates places of interest and distances.</td>
<td>The riding of bicycles is prohibited beyond this point.</td>
</tr>
<tr>
<td><strong>Bicycle warning</strong></td>
<td><strong>Bicycles only</strong></td>
</tr>
<tr>
<td>Warns motorists that cyclists may be on the road ahead.</td>
<td>For use by cyclists only.</td>
</tr>
<tr>
<td><strong>Steep grade</strong></td>
<td><strong>Segregated paths</strong></td>
</tr>
<tr>
<td>An unexpected steep slope that may be dangerous under certain circumstances.</td>
<td>One side of the path is for cyclists and wheeled recreational devices*. The other is for pedestrians and wheelchairs.</td>
</tr>
<tr>
<td><strong>Road ahead</strong></td>
<td><strong>Shared-use path</strong></td>
</tr>
<tr>
<td>A road crosses the bikeway ahead.</td>
<td>For use by cyclists, pedestrians and wheeled recreational devices*. Cyclists must give way to pedestrians on the path.</td>
</tr>
<tr>
<td><strong>Bicycle Advisory Zone</strong></td>
<td></td>
</tr>
<tr>
<td>Warns motorists that cyclists may be present on the road and to highlight the road as a route within the cycle network.</td>
<td></td>
</tr>
</tbody>
</table>

*Includes rollerblades, skateboards, scooters and tricycles.
Remember

Bicycle lanes are marked lanes on a road specifically designated for use by cyclists.

A bicycle lane must have a bicycle lane sign installed at the beginning of it.

If there is no bicycle lane sign, it is not a bicycle lane even if there are yellow or white bicycle symbols painted on the road.
Advice for cyclists

Footpaths
In Queensland, it’s legal for a cyclist to ride on the footpath except for where a bicycle prohibition sign is posted. Cyclists are, however, required by law to give way to pedestrians on the footpath.

Obey traffic laws
As a bicycle rider, you are operating a ‘legal’ vehicle. You have the same rights and responsibilities as any other road user. Like roads, bikeways are regulated by the Transport Operations Act. This means that police officers have the power to ticket or arrest cyclists who fail to obey road rules.

Keep left
The traffic rules on shared paths are similar to those on roads. All cyclists and pedestrians must keep to the left and pass on the right to avoid accidents.

Be visible
It is illegal to ride your bicycle between sunset and sunrise without lights. Make sure your bicycle is also fitted with reflectors and wear bright coloured clothing to ensure that you can be seen by others.

Clothing
Your clothing should be brightly coloured so that you can be easily seen. It should be close fitting so that it doesn’t catch in moving parts and it should be appropriate for the weather conditions.

For more information about road rules visit qld.gov.au/transport
Lights and reflectors (must be used in poor light and at night)
Check your bicycle is fitted with:
- a white light clearly visible for at least 200 metres from the front of the bicycle.
- a red light that is clearly visible for at least 200 metres from the rear of the bicycle.
- a red reflector that is clearly visible for at least 50 metres from the rear of the bicycle when light is projected onto it.

Give way
The traffic rules on shared paths are similar to those on roads. On shared paths cyclists must give way to pedestrians at all times.

Riding two abreast
Never ride more than two abreast unless overtaking and only overtake when it is safe to do so. On narrow roads when vehicles are travelling behind, move to single file so you don’t inconvenience other road users.

Signals
Be sure to signal your actions well in advance. Signals are required when turning left or right, or if you are stopping. Use your bell to warn people that you are near them, especially when passing.

Share the path
With more locals and visitors using shared paths on the Gold Coast, it’s important for cyclists and pedestrians to be familiar with ‘shared path’ etiquette to help make shared paths safer for everyone.
Advice for cyclists cont.

Left turning cars
Cars will sometimes overtake, then suddenly slow down and turn left without being aware that they’re cutting across the cyclist’s path.

As cars overtake, always monitor their indicator, brake lights and engine noise for signs that they may suddenly turn left. Be prepared to stop suddenly or go around to their right provided the road is clear.

Ride safe
Do not use ear phones while riding as it impairs your awareness of vehicles or other bicycles coming from behind. Keep both hands on the handle bars at all times, except when signalling turns and stopping. Watch for cars pulling away from the side of the road or opening their doors. Consider using a rear vision mirror so that you know what is coming from behind if you need to make a right turn or avoid an obstacle.

Riding in lanes
Cyclists can chose to ride in bus, transit and bicycle lanes as well as on the road shoulder or in a traffic lane.

Never ride in a bicycle lane on the wrong side of the road (travelling towards oncoming traffic).

For more information about road rules visit qld.gov.au/transport
Pedestrian crossings

Cyclists are able to ride across a pedestrian (zebra) or children’s crossing as long as they come to a complete stop first, and then: proceed slowly and safely; give way to any pedestrian on the crossing; keep to the left of any oncoming bicycle rider or person who is using a personal mobility device.

Cyclists do not need to dismount at signalised pedestrian crossings.

Avoid collisions

When cycling, keep your speed down so that you can react quickly to emergencies such as young children running out in front of you.

Wear a helmet

Helmets aren’t just for road riding. Serious injuries occasionally occur on off-road bikeways. Cyclists face a penalty for not wearing a securely fastened Australian Standards approved helmet. Ensure that your helmet meets the Australian Standards (AS/NZS 2063), is in good condition and/or outer shell is not damaged or cracked. Your straps should not be torn or frayed and should fasten firmly under the chin. Buckles should not be broken. Ensure your helmet is the correct size (snug fit) and sits squarely on your head, faces the correct way and covers your forehead.

Ring your bell

Use your bell early, with a friendly ding to let others know you’re approaching.
Advice for cyclists cont.

**Brakes**
Check your brake pads are not worn. Ensure there is a gap between the brake levers and the handlebars.

**Tyres**
Check that your front and back tyres are correctly inflated and that they’re in good condition with no gashes.

**Chain**
Ensure that your chain is oiled (not dry or rusty) and works smoothly without sticking or jumping.

**Footwear**
When cycling, enclosed toes with firm, non-slip soles and laces tucked away is best.

**Wheels**
Ensure your wheel nuts/quick release isn’t loose and is correctly tightened and closed in position.
Check that you have no loose or broken spokes.
Ensure that your front and back wheel spins freely and that you have no damage to your rims.
Bicycles and roundabouts

Bicycles have the same legal right-of-way as cars at roundabouts. Make your intentions clear by signalling. Make eye contact to ensure you have been seen and be prepared to take evasive action. Cyclists may turn right from the right lane of two-lane roundabouts.

Cyclists may also turn right from the left lane of two-lane roundabouts but must give way to vehicles exiting the roundabout.
Green bicycle lanes

The City of Gold Coast is progressively installing green bicycle lanes at major intersections within the bicycle network. The green treatment is to increase motorist awareness of bicycle lanes at the approaches and departures at signalised intersections and roundabouts.

Advanced stop lines

The advanced stop line at intersections allows cyclists to queue in front of vehicles at traffic signals.

This improves cyclist visibility and reduces conflict associated with vehicles turning left across cyclists who are proceeding straight through the intersection.
Did you know?

Cycling causes less strain and injuries than most other forms of exercise and is easy on your joints.
Bicycle operations

Bicycles and the motorway
Bicycles are not permitted on the Pacific and Smith Street motorways. The V1 is a cycleway utilising service roads that run alongside the Pacific Motorway. This facility extends from Brisbane to the Smith Street Motorway (refer to V1 shown on maps 1-3 and 5-7).

Bicycles and public transport
Buses and the G:link
You can take a bicycle on a bus or the G:link providing it folds up and can be carried in a bag no bigger than 80cm x 60cm x 36cm.

Trains
You can take a bicycle on trains anytime on weekends and public holidays.

- You cannot travel with a bicycle on train services on Monday to Friday (except public holidays) between these times:
  - 7am and 9.30am (travelling towards Brisbane)
  - 3pm and 6.30pm (travelling away from Brisbane).
- You also can’t travel with a bicycle if your train passes through Bowen Hills, Fortitude Valley, Central, Roma Street and South Brisbane stations between 7am and 9am and 3.30pm and 7pm.
- If you have a fold-up bicycle you can travel at any time provided it fits in a carry bag no bigger than 80cm x 60cm x 36cm.
Bikeway improvement

We encourage cyclists to actively participate in the planning and maintenance of the city’s bicycle network. Community input is important to us. If you have any suggestions for improvements to the network or if you notice hazards such as pavement damage, potholes, overgrown vegetation, dangerous stormwater grates, etc. contact us on 1300 GOLDCOAST.

Non-urgent issues can also be reported using our City of Gold Coast app. Search for City of Gold Coast in iTunes app store or Google Play app store to download it.

If the hazard is located on a state controlled road, please direct your concerns to the Department of Transport and Main Roads on 13 23 80.
Cycle to work

Commuting by bicycle is a fun, time efficient way to get to and from work that reduces road congestion and is better for the environment. It also saves you money and keeps you fit and healthy. On the Gold Coast, half the population live within 10 kilometres of their workplace.

Even if you live too far from work to ride the entire distance, consider driving part of the way and cycling the rest, or ride to your bus stop or train station and complete your journey by using public transport.

Did you know?

If you swap your car for a bicycle you could save between $7000 and $21,000 per year (as per RACQ vehicle running costs 2014).
Commuting by bicycle to and from work

Follow these tips for a safer journey:

- get the right bicycle – ensure it is the correct size and type to meet your needs
- plan your route
- maintain your bicycle with a regular service
- fit your bicycle with a bell and a white and red reflector
- pack a change of clothes, wet weather gear and a water bottle

- use front and rear lights at night
- carry a simple puncture repair kit
- use a good quality lock and where possible park your bicycle in a secure place
- always wear a helmet that complies with Australian Standards.
Remember

You need to ride only 15 minutes to work and home each day to meet the recommended minimum daily exercise requirements.
The Darren Smith Memorial Route

If you’re up for a challenge, the Darren Smith Memorial Route is one of the best rides on the Gold Coast. Darren, who was an Olympic cyclist, was tragically killed when he was struck by a vehicle while he was training in 1992. The route is named in his honour and runs along the coast between Point Danger, Coolangatta and Paradise Point. The path starts at Captain Cook Memorial, Point Danger, and is 48 kilometres long. It takes several hours to cycle for those who ride at a leisurely pace. It’s a great ride for individuals or groups and many sections are situated right next to the beach. If you’re in need of a break from riding, you can relax at any of the great local cafes or beautiful beaches. During the trip, the route veers slightly inland, giving you a taste of both beach and bush scenery and adding variety to the journey.

A bicycle ride on the Darren Smith Memorial Route is a healthy, fun and inexpensive activity. If you don’t have a bicycle of your own, consider hiring one from participating bicycle stores, tourist parks or hotels.
Luke Harrop High Performance Cycling Circuit

Runaway Bay

Oxley Drive, Runaway Bay - see map 6 and 8

This cycling facility was officially opened in December 2004. The 1.9 kilometre long, eight metre wide, off-road training circuit is a permanent memorial to Australian triathlete, Luke Harrop, who was tragically killed while training in 2002. The track is available for use by cyclists of all grades and can be booked for specific cycle events. Please note that the track is a shared use facility and can also be used by pedestrians. It’s free to use this facility, however it may be booked out for special events.

For further information and bookings please contact Parks and Recreation Services on 1300 GOLDCOAST.
Gold Coast Cycle Centre

Nerang

8 Hope Street, Nerang - see map 11

This cycling venue comprises of an outdoor velodrome and a 1.5 kilometre purpose-built off-road criterium circuit. Both facilities are available for training use by clubs and individuals and can be booked for specific cycle events. There are change and shower facilities available as well as a kiosk.

It’s free to use this facility, however it may be booked out for special events. For further information and bookings please contact the Venues Booking Officer on 1300 GOLDCOAST.
Mountain bicycle trails

Old Tambo mountain bicycle track
Wongawallan Road, Eagle Heights

Opened in 2014, ‘Old Tambo’ is for experienced riders looking for a high adrenaline run. It features fast flowing corners, rollers, dips and gaps, and a nice chill out section through treed grasslands before the tight and technical bermed corners, drop offs and steep grades to the exit.

The descent is approximately three kilometres and takes experienced riders around 10 minutes. Newer riders should allow up to 20 minutes for a run. The trail exit is on Wongawallan Road (close to the intersection with Welches Road), and shuttling back to the trail head is a breeze using the main road to Tamborine Mountain.

The trail crosses sections of shared use fire trail so look out for other users. Please respect nature and neighbouring homes by parking away from houses and keeping noise to a minimum.

• Single direction (descending only).
• Suitable for advanced mountain bicycle riders.
• Suitable for most mountain bicycles but best suited for ‘All Mountain’ and ‘Downhill’ bicycles.
• Full face helmets, gloves and body armour recommended.
Nerang National Park and State Forest
Nerang


The Peter Hallinan Mountain Bicycle Precinct
Hinze Dam

Did you know?

It is legal to ride on footpaths in Queensland (unless signed otherwise).
# Freestyle BMX tracks

The Gold Coast is home to the most skate and BMX parks in Australia.

<table>
<thead>
<tr>
<th>Beginners</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Elanora</td>
<td>Elanora Oval, Park Court, Elanora</td>
</tr>
<tr>
<td>Jacobs Well</td>
<td>Riesenweber Park, 3 Bay Drive, Jacobs Well</td>
</tr>
<tr>
<td>Ormeau</td>
<td>Norfolk Park, Pascoe Road, Ormeau</td>
</tr>
<tr>
<td>Parkwood</td>
<td>Driftwood Park, Driftwood Place, Parkwood</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intermediate</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Burleigh</td>
<td>Deodar Park, Omao Avenue, Burleigh Waters</td>
</tr>
<tr>
<td>Oxenford</td>
<td>Gambamora Park, Oxenford</td>
</tr>
<tr>
<td>Tallebudgera</td>
<td>Dolan Family Park, Dungogie Drive, Tallebudgera</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Advanced</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkwood</td>
<td>Abbot Park, 12 Woodlands Way, Parkwood</td>
</tr>
<tr>
<td>Upper Coomera</td>
<td>Upper Coomera Adventure Parklands, 221 Reserve Road, Upper Coomera</td>
</tr>
</tbody>
</table>

To view all the skate and BMX parks visit [cityofgoldcoast.com.au/parks](http://cityofgoldcoast.com.au/parks)

The Ashmore BMX Club is sponsored by the City of Gold Coast and is located on the corner of Cotlew Street and Currumburra Road, Ashmore, Gold Coast.
Children’s bicycle education circuits

Bring your children and their bicycles and try out one of the mini bicycle circuits located at Broadwater Parklands, Varsity Lakes, Currumbin Waters and Burleigh Waters. These facilities have been designed to improve children’s road safety awareness and feature various examples of road signs, crossings and traffic lights.

<table>
<thead>
<tr>
<th>Parklands</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broadwater Parklands</td>
<td>Marine Parade, Southport</td>
</tr>
<tr>
<td>North Shore Park</td>
<td>North Shore Avenue, Varsity Lakes</td>
</tr>
<tr>
<td>Galleon Way Park</td>
<td>Galleon Way, Currumbin Waters</td>
</tr>
<tr>
<td>Coronet Park</td>
<td>Coronet Crescent, Burleigh Waters</td>
</tr>
</tbody>
</table>
Ashmore Bicycle Safety Centre

The Ashmore Bicycle Safety Centre teaches bicycle safety and road rules to children in conjunction with local schools. The Centre delivers a bicycle education course to year four student. The course includes classroom studies of road rules, followed by an intensive riding session on a specially-designed road layout with its own traffic signals and signs.

Children’s parties are also catered for at the Centre. Parties can only be held on Saturdays during school terms and the minimum age is seven years. Bookings can be made through the Bicycle Safety Centre office on 07 5539 5774.

Did you know?

Almost two-thirds of primary school students and half of all secondary school students live within three kilometres of their nearest school.
Bicycle clubs and organisations

Here is a list of clubs and organisations on the Gold Coast that offer a great way to meet like-minded cycling enthusiasts with a variety of events and rides available to members and visitors.

Ashmore BMX Club
W ashmorebmx.com.au

Bicycle Network
W bicylenetwork.com.au

Bicycle Queensland
W bq.org.au

Gold Coast Cats Cycling Club
W goldcoastcats.com

Gold Coast Masters Cycling Club
W goldcoastmasterscycling.com

Gold Coast Mountain Bike Club
W gcmtb.com.au

Goldstars Cycling Club
W goldstarscyclingclub.com

Nerang BMX Club
W bmxaustralia.com.au

Southport Triathlon Club
W southporttriclub.com.au

Surfers Paradise Triathlon Club
W surfersparadisetriathlonclub.com.au
Map 6

Map legend:
- Off-road bikeway
- On-road bikeway

Coomera Island
State Forest Reserve

Paradise Point

South Stradbroke

Limit of Map

Luke Harrop
High Performance Cycling circuit

Joins Map 4

Joins Map 8
Safe and active travel

This cycling guide demonstrates the City of Gold Coast’s commitment to providing a safe and environmentally friendly transport option, linking people and places.

To provide feedback on the cycling guide or local bikeways, or to download your cycling guide maps, visit cityofgoldcoast.com.au/activetravel

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For more information

P  1300 GOLDCOAST (1300 465 326)
W  cityofgoldcoast.com.au/activetravel