

# Active travel maps



Active travel is all about using physical activity to get around. Whilst walking and cycling are obvious examples, even using public transport can be 'active' if you choose to walk from the bus stop or train station to your destination.

The purpose of this map is to encourage more people to regularly choose active travel for local trips (between 0 and 5km). There are three maps in the City of Greater Geelong active travel map series. These are:

- 1 North/Central Geelong and Lara
- 2 South/Central Geelong and Leopold
- 3 Bellarine Peninsula

## Why an active travel map?

The increase in car use in Australia over the last four decades has coincided with a significant decline in the amount of physical activity we all do day-to-day.

Choosing to drive might seem like the 'easier' option. However, car travel has hidden costs that we don't often weigh up when we put the key in the ignition. Our health, finances and sense of connection to local neighbourhoods are all impacted by using cars, as is the air that we breathe and the safety of those around us.

## Choose active travel and make your travel count

Whilst many of us know that physical activity is great for our overall health and wellbeing, the challenge is often finding the time to do it.

This is where active travel can really help as it increases your physical activity but, unlike joining a gym or taking up a new sport, does not require you to add another activity to your day.

Everyone has to get around – whether it is taking the kids to school, going to work or just picking up dinner from the supermarket. So by using active travel to get to some of these places, you can really make that travel count towards a fitter and healthier lifestyle for you and your family.

## How to use these maps

Use the map for your local area to start planning new ways of getting to the places you go regularly, such as your local school or workplace.

The maps include the following information:

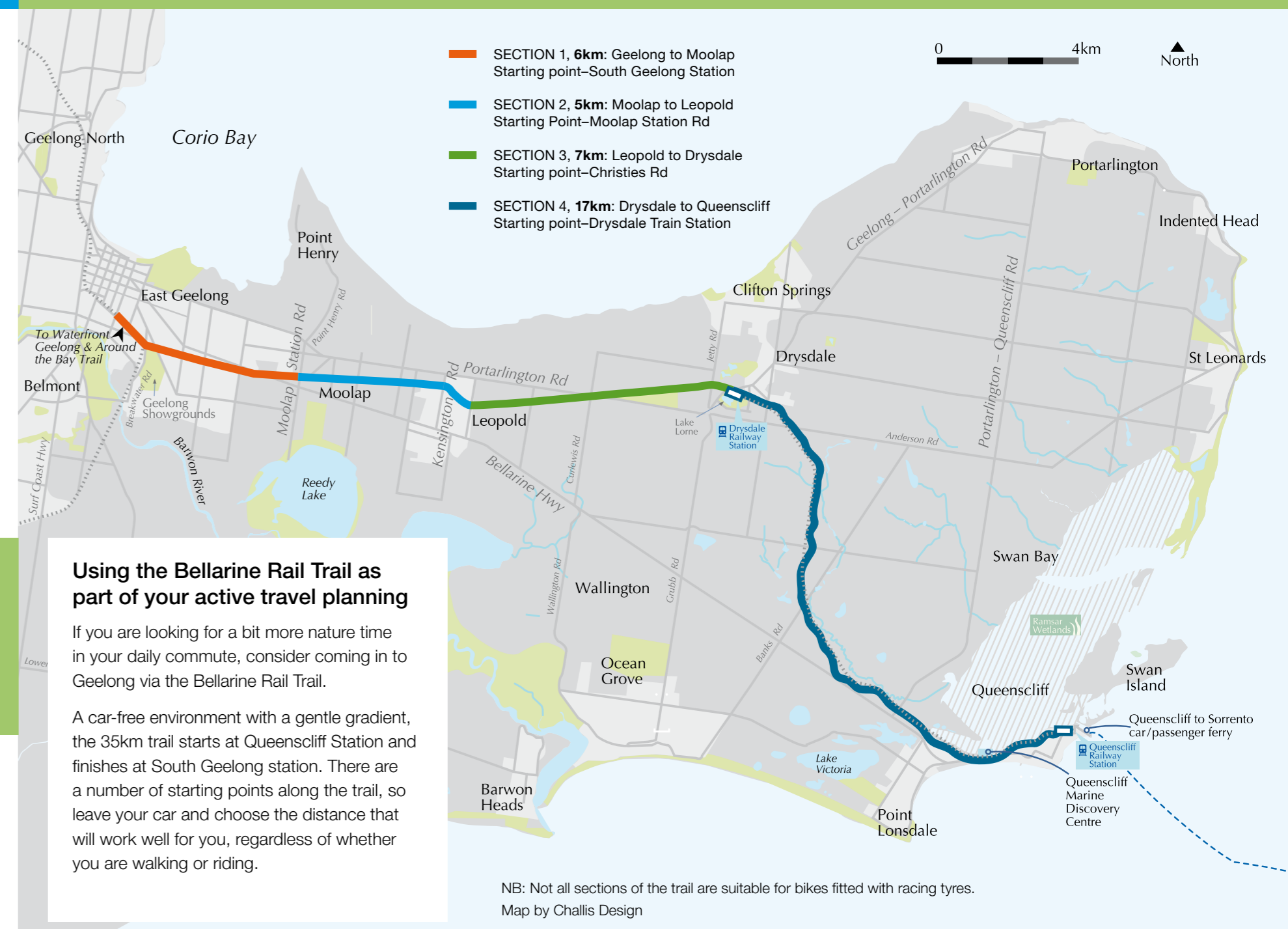
- Off road shared pathways
- On road bike lanes
- Bus routes and railway stations
- Local places such as schools, shopping centres and libraries
- Public toilets
- Playgrounds and reserves
- City of Greater Geelong customer service centres
- 'Off leash – supervised areas' for dogs.



Active travel is critical for exercise during teenage years and in the transition to adulthood, because as children grow older they get less exercise through play. Victoria Walks website, *Benefits for Children* (7 May 2014).

# The Bellarine Rail Trail

The Bellarine Rail Trail is a 2.5 metre wide recreational trail developed for use by walkers, runners, cyclists and horse riders.



## Using the Bellarine Rail Trail as part of your active travel planning

If you are looking for a bit more nature time in your daily commute, consider coming in to Geelong via the Bellarine Rail Trail.

A car-free environment with a gentle gradient, the 35km trail starts at Queenscliff Station and finishes at South Geelong station. There are a number of starting points along the trail, so leave your car and choose the distance that will work well for you, regardless of whether you are walking or riding.

NB: Not all sections of the trail are suitable for bikes fitted with racing tyres.  
Map by Chellis Design

# Getting started with active travel



Successfully incorporating active travel into your day is ultimately about planning. From leaving the house a bit earlier, to making sure you pack a rain coat, it is all about being prepared.

This map is a great place to start as it will not only give you hints and tips to make active travel easier, but it will also assist you to plan your route. This can be particularly important if you are new to travelling by bike and wanting to choose a safer route.

When starting out, consider setting yourself a small goal, such as walking the kids to school at least once a week, and build from there.

If you live a long way from your destination, consider whether you might be able to use public transport or park your car a bit further away and walk the remaining distance.

Ultimately, the most important thing is just to start somewhere – anywhere – because once you do, you are already on your way to better health.

Children under the age of 12 and supervising adults are allowed to ride on footpaths, even if there is a designated bike lane.



## Useful resources to get you started

**Tips on cycle commuting**  
[www.bicyclenetwork.com.au/general/programs/178](http://www.bicyclenetwork.com.au/general/programs/178)

**Safety tips and road rules for cyclists**  
[www.vicroads.vic.gov.au/Home/SafetyAndRules/SaferRiders/BikeRiders/](http://www.vicroads.vic.gov.au/Home/SafetyAndRules/SaferRiders/BikeRiders/)

**Parking your bike at train stations**  
[www.metrotrains.com.au/bike-facilities](http://www.metrotrains.com.au/bike-facilities) or [www.parkiteer.com.au](http://www.parkiteer.com.au)

**Journey planning** [www.ptv.vic.gov.au/journey](http://www.ptv.vic.gov.au/journey)

**Information on public transport ticketing**  
Call 1800 800 007 or [www.ptv.vic.gov.au/tickets/myki](http://www.ptv.vic.gov.au/tickets/myki)

**Greater Geelong paths, trails and tracks**  
[www.geelongaustralia.com.au/leisure/paths](http://www.geelongaustralia.com.au/leisure/paths)

**Tips on how to walk more**  
[www.victoriawalks.org.au](http://www.victoriawalks.org.au)

**'Park and Ride' services in Geelong**  
[www.geelongaustralia.com.au/community/parking](http://www.geelongaustralia.com.au/community/parking)

## Mobility and Accessibility

When travelling on public transport with a mobility aid, you may need to book in advance or check the bus service you wish to use is accessible. To book a seat on V/Line trains and coaches, visit [www.vline.com.au](http://www.vline.com.au). For regional buses, go to [www.ptv.vic.gov.au](http://www.ptv.vic.gov.au) or call 1800 800 007.

# Active travel to school



We all know that children need physical activity to be healthy and happy and active travel is a great way for them to get it. Not only is it good for their growing bodies, it is also really important for their learning and development.

Road safety is a vital skill for everyone – from young children to adolescents getting their P-plates. But road sense is not something you just 'get' automatically. More importantly, it is not something you can develop from the back seat of a car.

By walking, scooting, riding or skating to school, kids learn the important foundational skills that will allow them to independently and safely get around.

Other great benefits kids get from active transport include:

- learning where things are in their local neighbourhood
- having the opportunity to walk with their friends
- being more alert and ready to learn when they get to school
- improved safety, as there are more 'eyes on the street' during pick up and drop off times
- safer school zones, as there are less cars on the road and less cars reversing and parking.

A review of active travel to school programs by the Australian Greenhouse Office noted that there had been a 75 per cent drop in the number of children walking and cycling to school since 1970.

Meeklejohn, D. & Bagnati, L. (2013) *School travel planning an engineer will love: using audits and surveys to identify capital works priorities*, Papers of the Australasian Transport Research Forum, Brisbane.



## Tips for active travel to school

- Teach your children road safety and navigation skills by walking with them around the neighbourhood – practice on weekends when roads are quieter and you have more time.
- Drive just part of the way to school and drop your child 500m away so that your child can walk the remainder.
- Pack bags and make lunches the night before to give your children enough time to walk or ride in the morning.
- Talk to other parents in your neighbourhood about taking turns to walk young children to and from school.
- Organise older kids into buddy groups who can walk together without adult supervision.

## Online maps

[www.geelongaustralia.com.au/maps](http://www.geelongaustralia.com.au/maps)

For an online and up-to-date view of what is around in your local area, please visit our online map.

# Want to bring your dog along?

Walking your dog regularly will result in improved cardiovascular fitness, lower blood pressure and decreased stress, and is great for your dog's health too.

Better Health Channel website, *Dog Walking – the health benefits* (7 May 2014).



Taking your dog for a walk is a great way to get more physical activity into your day and we are lucky to have so many walking tracks, parks and recreation reserves to share with them – many of which are marked on this map.

When you are walking your dog, please try and be considerate of others as not everyone will love your dog as much as you do and research tells us that uncontrolled dogs can be a significant barrier for some people who are keen to walk, particularly older people.

As well as designated 'off-leash' reserves, dogs are also allowed to be 'off-leash' on some sporting grounds at times when they are not being used, but refer to local signage to be certain.

Please be aware that dogs must be kept on-leash within 10 metres of all playgrounds, even in designated 'off-leash' areas, and that all dog litter must be picked up and disposed of in any bin.

For more information about dog walking, go to [www.geelongaustralia.com.au](http://www.geelongaustralia.com.au) or contact our Customer Service Centre on (03) 5272 5272.

CITY OF GREATER GEELONG

VicHealth

State Government of Victoria

# Active travel to work

Cycling 10km each way to work saves about \$1700 per year in transport costs.

Department of Transport and Main Roads website, *Queensland Government, Cycling Benefits* (7 May 2014).



# Other active travel ideas



## For more ways to build active travel into your day, why not consider:

- purchasing a shopping trolley or panniers for your bike so you can easily carry your groceries home from the shops
- choosing extracurricular activities for the kids that are close to home or near public transport
- organising catch-ups with friends in local public spaces so you can walk there and back
- getting younger kids on to a scooter as soon as possible, instead of pushing them around in a pram
- resolving to not take the car on outings less than one kilometre away.



With more of us now employed in 'sedentary' work - sitting at desks and using computers - it is more important than ever that we look for ways to balance this time with increased physical activity.

Whilst some of us might walk the dog or get to the gym a few times per week, often this does not constitute sufficient activity to offset the impact of being sedentary for long periods of time.

However finding time to do more physical activity can seem impossible when faced with longer working hours and the demands of busy family and social lives.

This is where active travel can help. Getting to work by walking, cycling or catching public transport is a great way to squeeze a bit of extra physical activity into your day with a minimum extra time commitment.

The benefits of active travel include:

- improved health and wellbeing
- reduced stress levels
- reduced expenditure on car-related costs, such as parking fees, fuel and maintenance.

## Tips for active travel to work

- Find out whether your workplace has a shower and change facilities for employee use – if not, try and find another solution such as riding slower or speaking to a nearby gym about using their facilities.
- If you need a change of clothes and don't want to carry them every day, drop your clothes at work ahead of time.
- If you live a long way from work, drive to a nearby location and then walk or cycle the rest of the way.
- Set achievable goals – even walking to and from work one day a week is a great start.
- Allow time before and after meetings to walk all or part of the way.

# Active travel map

Making your travel count



3 Bellarine Peninsula

CITY OF GREATER GEELONG

Every reasonable effort has been made to ensure that the information provided on this map is accurate, however if you find an error please contact us on (03) 5272 5272 or email [contactus@geelongcity.vic.gov.au](mailto:contactus@geelongcity.vic.gov.au)

- 1 North/Central Geelong and Lara
- 2 South/Central Geelong and Leopold
- 3 Bellarine Peninsula

Maps are available from all City of Greater Geelong Customer Service Centres or by contacting (03) 5272 5272.

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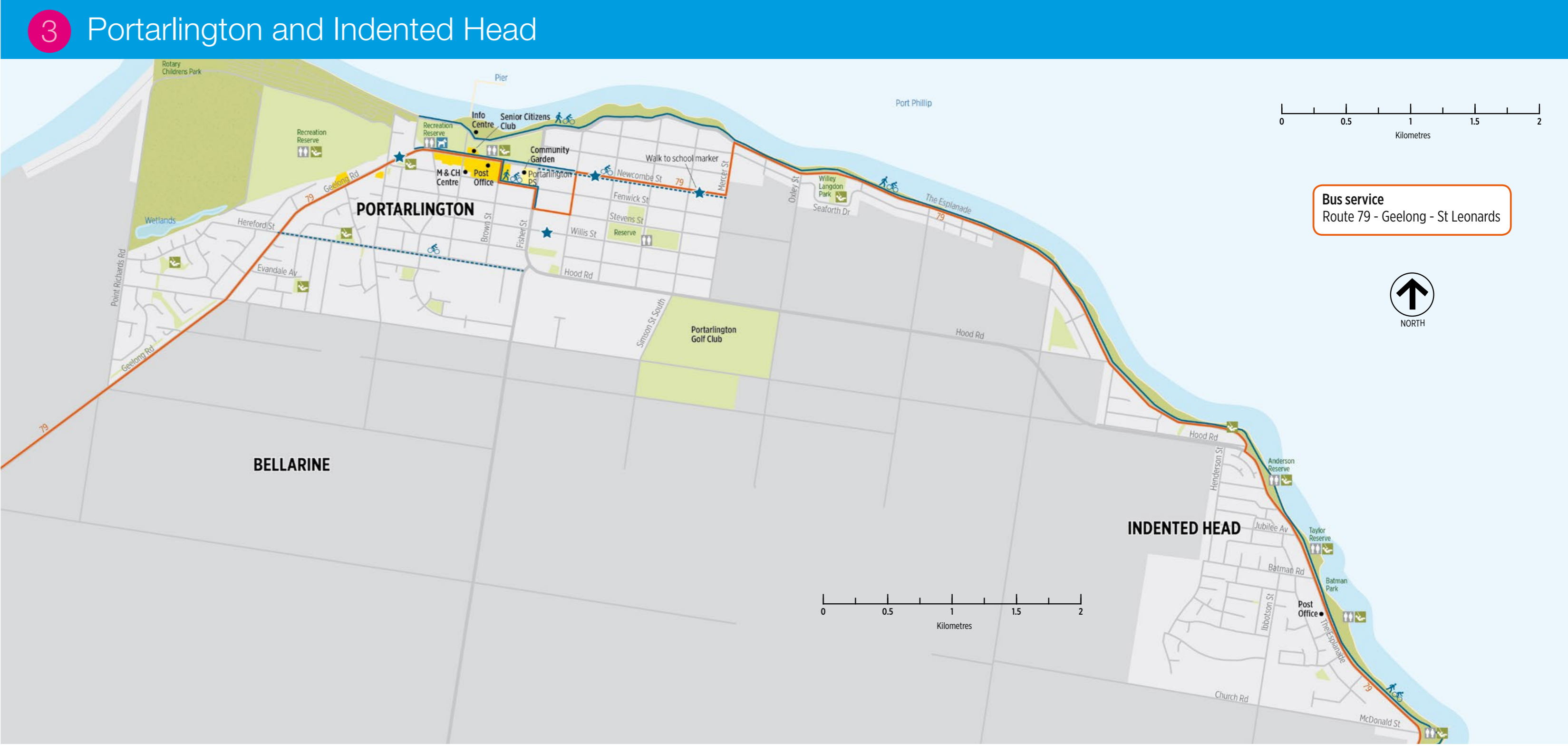
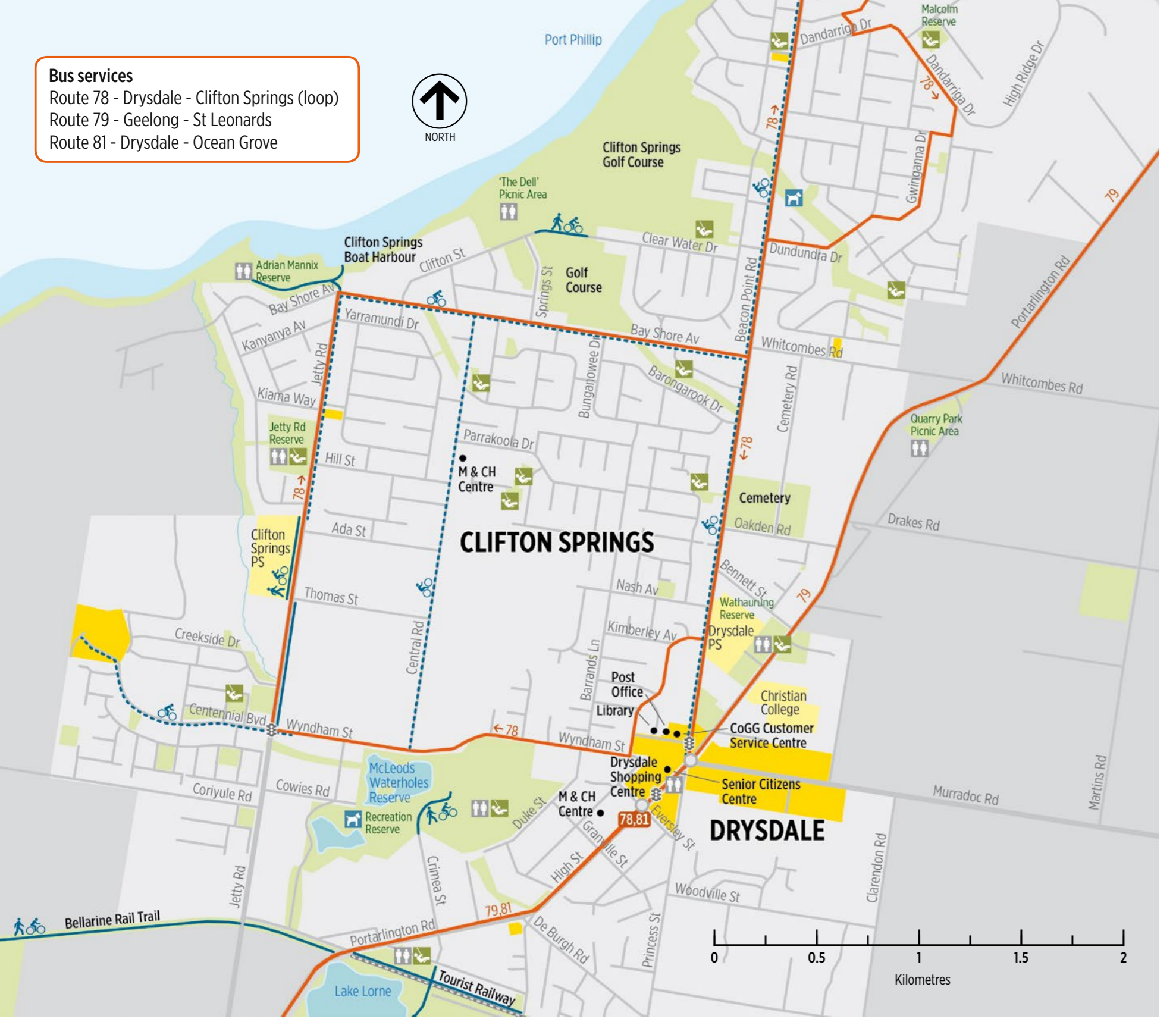


# Legend

- On road path
- Off road/shared path
- Bus route/terminus
- Signalised crossing
- Public toilet
- Playground
- Dog off-leash area
- Place of interest
- M & CH Centre** Maternal & Child Health
- Shops/commercial
- Schools/education



## 1 Drysdale and Clifton Springs



## 4 Point Lonsdale and Queenscliff



## 2 St Leonards



## 5 Barwon Heads and Ocean Grove

