

Sharing the road for Safer Journeys

Tips for cyclists on urban roads

Cycling is great fun and an excellent way to get around. Here are a few simple tips to stay safe when sharing the road.



Be prepared

Plan a safe route and check your bike before you start – brakes, tyres, chain, lights and reflectors.



Be aware

Watch for car doors opening, potholes, rubbish, grates, pedestrians and other hazards.

Be confident

Ride in a straight line, at least one metre from parked cars and take the lane when you have to. Use cycle lanes when you can.



Be considerate

Try not to hold up the flow of traffic - if necessary, pull over to allow vehicles to pass.

Be predictable

Make eye contact with other road users and signal your intentions clearly.



Be seen

Wear high visibility or brightly coloured clothing. Use front and rear lights at night, in low light and rain.

Be patient

Slow down near parked or lined up vehicles. Pass slowly and only when safe.

