



Active Travel Map

Make your travel count and be active everyday

1

North/Central
Geelong
and Lara



About 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.

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

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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.

Mobility and Accessibility

When travelling on public transport with a mobility aid, you may need to book in advance or check the service you wish to use is accessible.

V/Line trains and coaches: www.vline.com.au

Regional buses: www.ptv.vic.gov.au

Phone 1800 800 007

Useful resources to get you started

Tips on cycle commuting

www.bicyclenetwork.com.au

Safety tips and road rules

www.vicroads.vic.gov.au

Parking your bike at train stations

www.metrotrains.com.au/bike-facilities

or www.parkiteer.com.au

Journey planning www.ptv.vic.gov.au/journey

Information on public transport ticketing

Call 1800 800 007 or www.ptv.vic.gov.au/tickets/myki

Greater Geelong paths, trails and tracks

www.geelongaustralia.com.au

Tips on how to walk more

www.victoriawalks.org.au

'Park and Ride' services in Geelong

www.geelongaustralia.com.au

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.

Meiklejohn, 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

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

www.geelongaustralia.com.au/maps

Active travel to work



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.

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).

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.

Want to bring your dog along?



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 or contact our Customer Service Centre on (03) 5272 5272.

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.

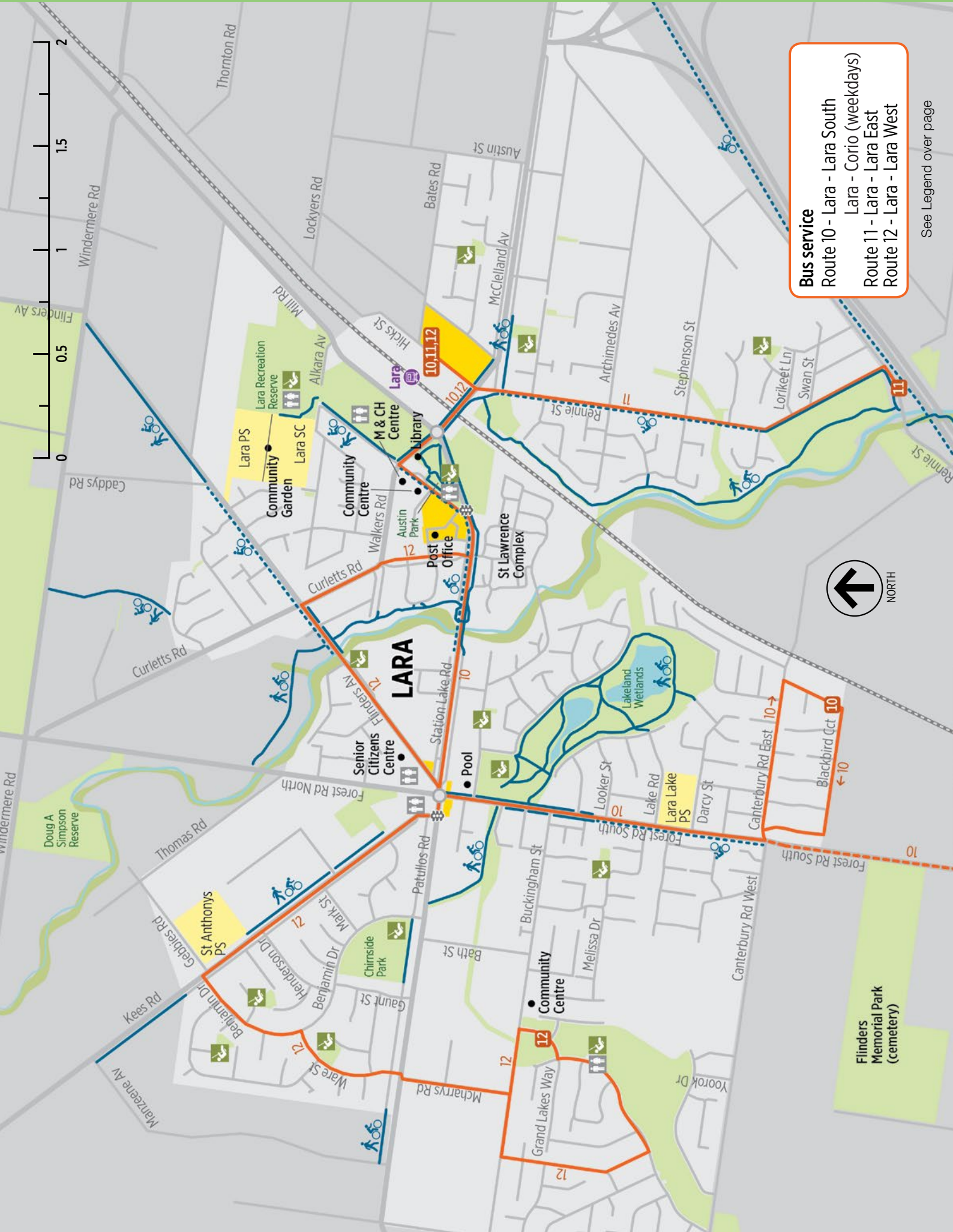
Better Health Channel website, *Dog Walking – the health benefits* (7 May 2014).

Other active travel ideas

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

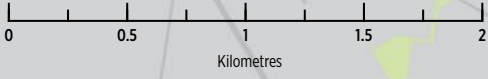
- purchasing a shopping trolley or panniers for your bike so you can easily carry your groceries home from the shops
- choosing extracurricular activities for the kids that are close to home or near public transport
- organising catch-ups with friends in local public spaces so you can walk there and 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.

Lara



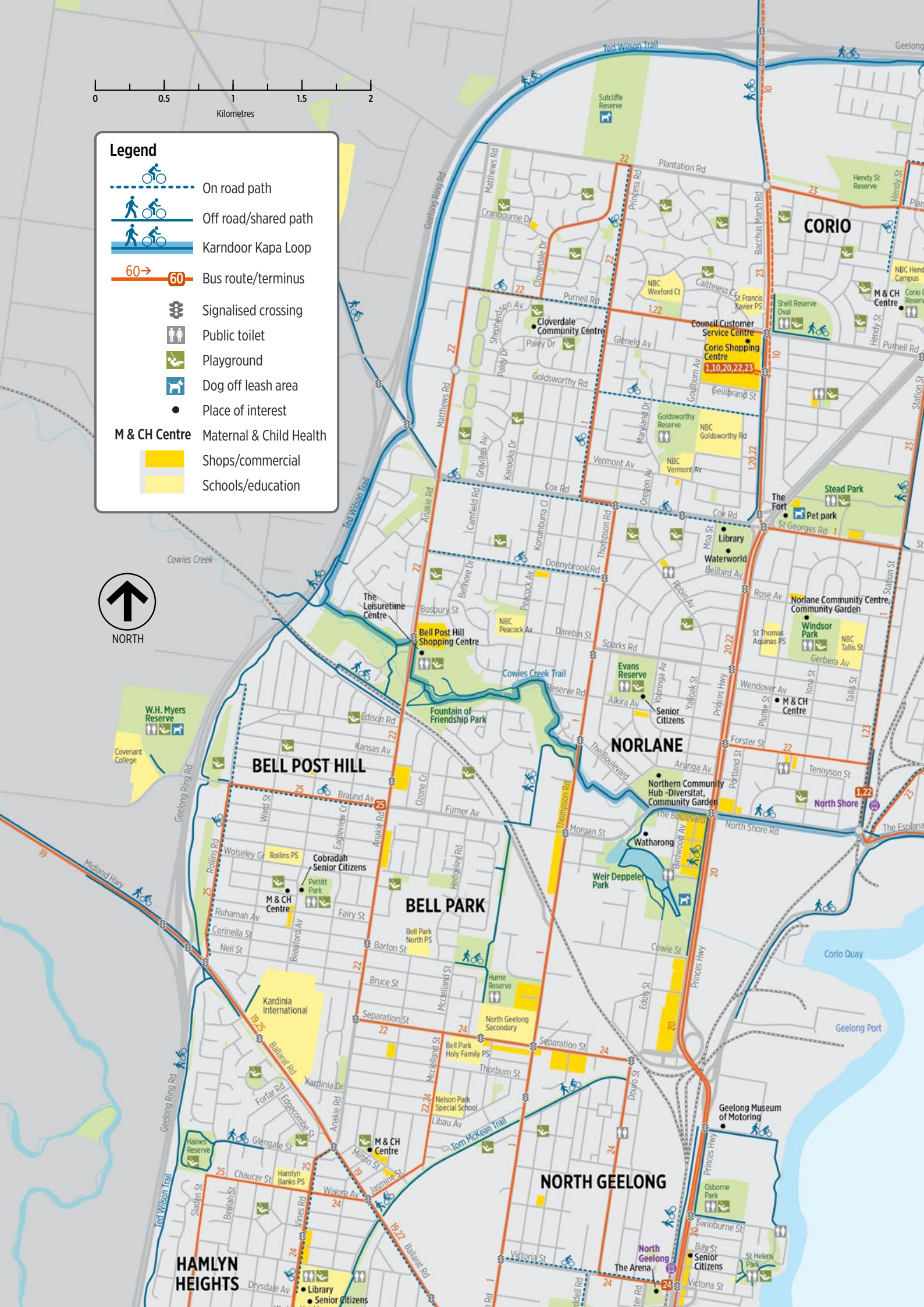
Bus service
Route 10 - Lara - Lara South
Lara - Corio (weekdays)
Route 11 - Lara - Lara East
Route 12 - Lara - Lara West

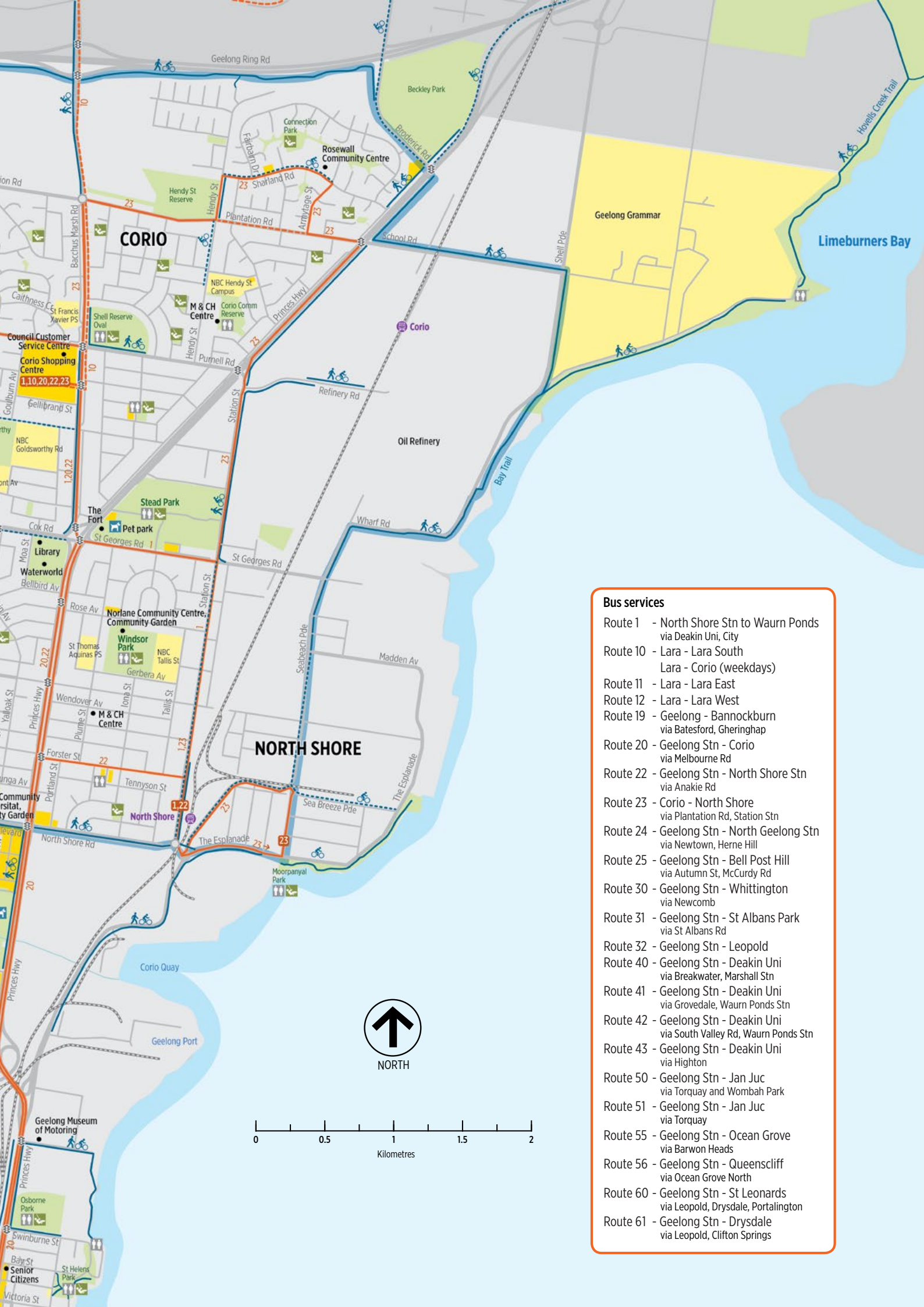
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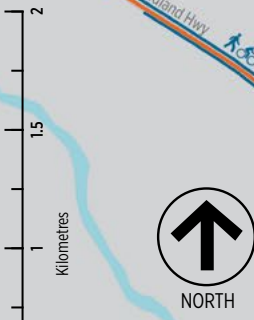
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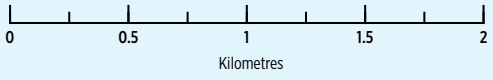
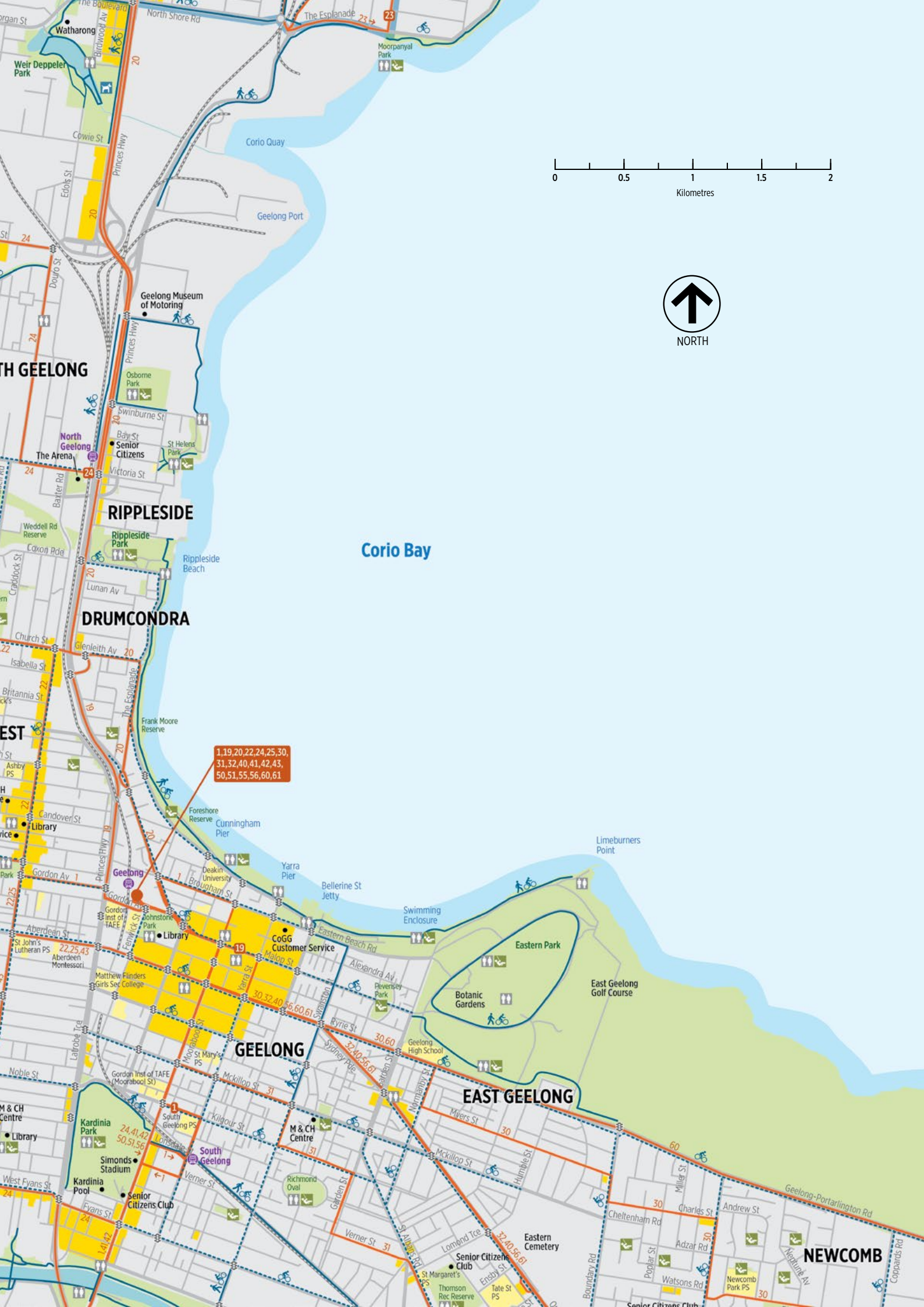
- On road path
- Off road/shared path
- Karndoor Kapa Loop
- Bus route/terminus
- Signalised crossing
- Public toilet
- Playground
- Dog off leash area
- Place of interest
- M & CH Centre** Maternal & Child Health
- Shops/commercial
- Schools/education





- Bus services**
- Route 1 - North Shore Stn to Waurn Ponds via Deakin Uni, City
 - Route 10 - Lara - Lara South
Lara - Corio (weekdays)
 - Route 11 - Lara - Lara East
 - Route 12 - Lara - Lara West
 - Route 19 - Geelong - Bannockburn via Batesford, Gheringhap
 - Route 20 - Geelong Stn - Corio via Melbourne Rd
 - Route 22 - Geelong Stn - North Shore Stn via Anakie Rd
 - Route 23 - Corio - North Shore via Plantation Rd, Station Stn
 - Route 24 - Geelong Stn - North Geelong Stn via Newtown, Herne Hill
 - Route 25 - Geelong Stn - Bell Post Hill via Autumn St, McCurdy Rd
 - Route 30 - Geelong Stn - Whittington via Newcomb
 - Route 31 - Geelong Stn - St Albans Park via St Albans Rd
 - Route 32 - Geelong Stn - Leopold
 - Route 40 - Geelong Stn - Deakin Uni via Breakwater, Marshall Stn
 - Route 41 - Geelong Stn - Deakin Uni via Grovedale, Waurn Ponds Stn
 - Route 42 - Geelong Stn - Deakin Uni via South Valley Rd, Waurn Ponds Stn
 - Route 43 - Geelong Stn - Deakin Uni via Highton
 - Route 50 - Geelong Stn - Jan Juc via Torquay and Wombah Park
 - Route 51 - Geelong Stn - Jan Juc via Torquay
 - Route 55 - Geelong Stn - Ocean Grove via Barwon Heads
 - Route 56 - Geelong Stn - Queenscliff via Ocean Grove North
 - Route 60 - Geelong Stn - St Leonards via Leopold, Drysdale, Portlinton
 - Route 61 - Geelong Stn - Drysdale via Leopold, Clifton Springs





1, 19, 20, 22, 24, 25, 30,
31, 32, 40, 41, 42, 43,
50, 51, 55, 56, 60, 61

TH GEELONG

RIPPLESIDE

DRUMCONDRA

Corio Bay

EST

GEELONG

EAST GEELONG

NEWCOMB