

Useful links

Cycle skills
A cycle skills training course is a great way to gain confidence and skills to help you stay safe on the roads.
Go to the Pedal Ready website at pedalready.org.nz to find out more.
Visit www.gw.govt.nz/cycling/ for advice on cycling or follow [facebook.com/greaterwellington](https://www.facebook.com/greaterwellington) for the latest events.
BikeReady is New Zealand's national cycling education system. www.bikeready.govt.nz
Learn to ride or improve your skills at a school bike track. www.gw.govt.nz/school-bike-tracks/
Wellington Velodrome Maintained by PNP Cycling Club
Contact: track@pnp.org.nz

Information
The official New Zealand code for cyclists is a user-friendly guide to New Zealand's traffic law and safe cycling practices.
nzta.govt.nz/roadcode/code-for-cycling/
BikeThere is a Wellington City Council website that aims to support people who want to ride their bike in Wellington.
bikethere.org.nz
Metlink has information about how to make the most of bikes and public transport.
metlink.org.nz/getting-around/using-a-bicycle-on-public-transport
You can register your bike on the NZ Police SNAP system at snap.org.nz. If your bike is stolen, call 105 or report it at 105.police.govt.nz for the best chance of getting it back.

Advice
Cycle Wellington advocates for better biking in Wellington and organises a Facebook community where you can ask questions about cycling: cycwell.wordpress.com or join the group on [facebook.com/groups/cyclewellington](https://www.facebook.com/groups/cyclewellington)

Set yourself up for riding

Make sure you and your bike are safe and legal.

Helmets, brakes and lights



Wear a bike helmet that fits properly. The helmet and straps should feel snug. Helmets protect you once – replace yours when it gets old or damaged.



You need good brakes on the front and back wheels so you can stop quickly if you need to.



Use front and back lights if you ride between sunset and sunrise, or if visibility is bad. Don't dazzle – point your front light down a bit. Bikes must have reflectors too.

Do the right thing
Ride responsibly – follow the rules and be kind. Remember that other people make mistakes. Pass other people carefully and without startling them.

Stopping in a hurry
For a quick stop in an emergency, use both brakes. Brace your arms and move your weight back – this helps you avoid pitching forwards. Watch your balance so you don't fall. Brake in a straight line if you can.

Signalling a turn
Think ahead – check and signal before you make the turn, so you have both hands on the bars for turning. Only take your hand off the bars if you can stay in control.

When you signal, put your arm out straight for 3 seconds.

Look, signal, look again and move if it's clear.

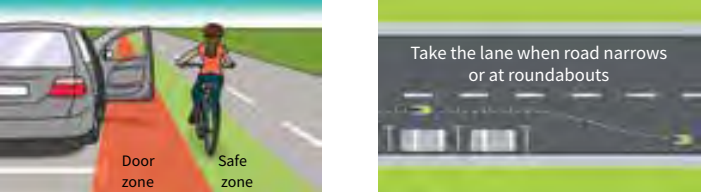


Riding in traffic

See, be seen and communicate.

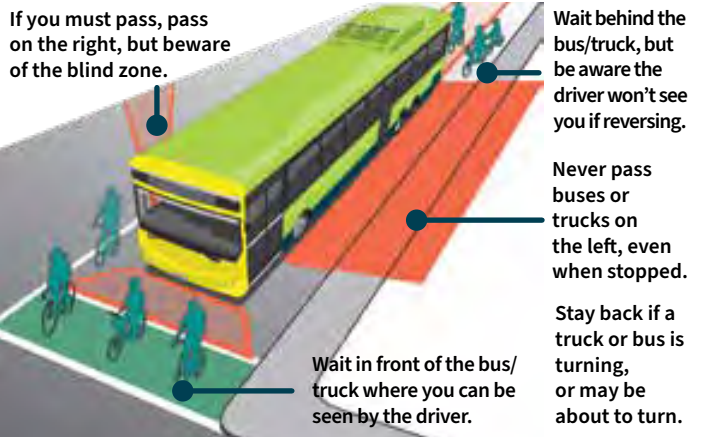
Be aware of others and whether they can see you, eg, past parked cars.
Let people know what you are going to do, eg, by signalling. Make eye contact if you can.
Look for hazards and be ready to stop.
Ride left when safe, but stay away from hazards, like car doors that could open.
Ride to be seen and be predictable – don't swerve in and out of gaps.

Move further out (take the lane) if you need to, but be kind and let following traffic pass when safe.
Do the right thing at intersections
Follow the Give Way rules at intersections, including roundabouts.
Stop fully at stop signs and red traffic lights.
The Road Code describes the Give Way rules in full detail.



Watch out for heavy vehicles

Trucks and buses have blind spots where the driver can't see you, and they may need to swing wide or cut the corner when turning.



Visit www.sharetheroad.org.nz for more info.

Road signs and markings

You can ride in bus lanes, but not in bus-only lanes – some bus-only lanes can be used by all vehicles outside the times indicated.



Sharrow markings (a bike with a double arrow) are a reminder that people on bikes can take the lane.



Advanced stop boxes (green, with bike symbols) give you space to wait at the front of a queue – if you can get there safely.



Cycle lanes are marked or signposted. An Except Cycles sign shows you can ride somewhere other vehicles can't go – eg, past a No Entry sign.



Shared paths are marked or signposted. Give way to people walking.



Some have dedicated areas for walking and biking.



You can ride in a shared zone.

Give way to people walking and be aware of other vehicles.





Wellington City Cycle Map

Bike network of the Greater Wellington region
Ko ngā ara Pahikara o Pōneke Nui Tonu



