

Sharing the roads for Safer Journeys

Tips for cyclists

on rural roads

Cycling is great fun and an excellent way to experience rural New Zealand. Here are a few simple tips to stay safe when sharing a rural road.



Be prepared

Plan your route, carry a map if required, sufficient water/food and basic tools for repairs. Check your bike before you start – brakes, tyres, chain, lights and reflectors.



Be aware

Watch and listen for approaching vehicles, pedestrians, farm animals, potholes and other potential hazards.

Be confident

Know how to safely approach railway crossings, roundabouts, intersections, descents, one lane bridges and loose gravel roads.



Be considerate

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

Be predictable

Signal your intentions clearly and keep to the left.



Be visible

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

Be safe

Ride to the conditions and cycle no more than two abreast. Ride single file on corners, hills and roads with less than 200 metres visibility. Leave space between cyclists in front of you and communicate any upcoming obstacles on the road to cyclists behind you.



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Tips for motorists on rural roads

Cycling is growing in popularity in rural areas. Here are a few simple tips for sharing the road.



Be aware

Watch for cyclists, especially in low light and rain, before passing other vehicles, at intersections and on hills and blind corners. Cyclists may be travelling faster than you expect.

Be patient

Slow down when approaching cyclists, and if need be, wait behind them. Pass slowly and only when safe and ideally leave a space of 1.5 metres.

Be considerate

Cyclists sometimes need to use the traffic lane for their safety, particularly as many rural roads have limited or no shoulders. Please be patient and allow plenty of time and space to carry out a passing manoeuvre. Take special care in larger/longer vehicles as your speed can have a wind blast effect on cyclists.

Be predictable

Signal your intentions clearly and keep to the left.

Be safe

Know your blind spots. Take extra care turning at intersections, slow down for narrow or one lane bridges, hills, blind corners and in limited visibility.

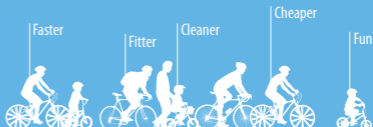
Cyclists and motorists have the same rights and responsibilities so for everyone sharing our roads - be friendly!

For more comprehensive information on safety visit the NZTA website. See the *Safety tips for cyclists and truck and bus drivers* leaflet, *The official New Zealand code for cyclists* and *The official New Zealand road code*.



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