

# Active Travel Map



## Alexandra Headland to Birtinya

Includes Buderim, Mooloolaba, Mountain Creek, Sippy Downs.



## Coastal Pathway

Explore the Sunshine Coast Council section of the 96km long coastal pathway from Bells Creek in the south to Tewantin in the north. Slow down and enjoy the spectacular coastline as you meander along the boardwalks and pathways. Walk or cycle with the family for a short stroll or a full day adventure.

### Highlights

- The trails at Point Cartwright to the lighthouse with views across to Coolool.
- Walk out to Mooloolaba Spit for an iconic coastal experience.

The coastal pathway is shown on the reverse map as:



## Get to know your signs

Council has placed signs and special markings on the road and pathways for the safety of all users.

### On pathways

#### Separated pathway

Bicycle riders and pedestrians have separate lanes and should stay on the appropriate side of the path.

#### Shared pathway

For bicycle riders and pedestrians. Keep left, be courteous and riders need to give way to all pedestrians.

#### Bicycle-only pathway

For bicycles, electric bikes, scooters and electric scooters. Pedestrians and people in wheelchairs and mobility scooters must use an alternate pathway.

### On roads

#### Yellow bike symbols

Designate shared space between motorists and bicycle riders. These are used when there isn't enough space on the road for a bicycle lane. Drivers should not overtake bicycle riders until safe to do so.

#### Green bike lanes

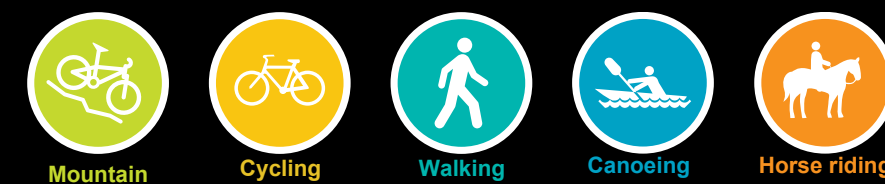
Designate exclusive areas for bicycle riders and highlight potential conflict points. Drivers should pay extra attention when crossing over a marked green bicycle lane particularly at intersections.

#### White bike symbols

Designate exclusive areas for bicycle riders. Bicycle riders can move out of a marked bike lane when making a turn. Motorists can use the bike lane for 50m before turning.

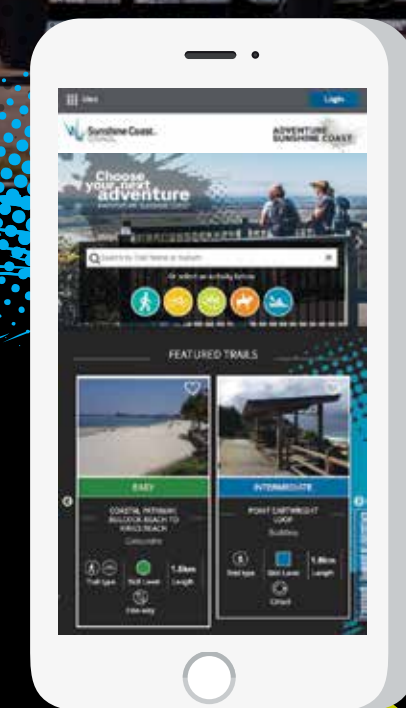
# Choose your next adventure

## #ADVENTURE SUNSHINE COAST



Your next adventure is just around the corner.

Visit [adventure.sunshinecoast.qld.gov.au](http://adventure.sunshinecoast.qld.gov.au), select your activity, location and how easy or hard you want to go to find over 200 free trails.



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## What is active travel?

Active travel means getting to where you need to go without using your car. This can be walking, cycling, scooting, catching public transport, carpooling; anything that gets you moving! Using active transport keeps you healthy by helping you to meet your daily exercise recommendations. It saves you money (walking is free!) and means you don't have to look for a parking spot.

## One day a week counts

Is the school traffic too busy? Are you struggling to find a parking space at work? Every car on our busy roads counts so why not try a new approach and get active for just one day a week.



**Park then walk**  
Park further away from school, shops or work and walk the rest of the way. A 10-minute walk each way gets you closer to your 30 minutes of recommended daily exercise.



**Ride a bike or scooter**  
Electric bikes are popular, and make it easier to travel longer distances and ride up hills.



**Carpool**  
Organise with friends or colleagues to share your trip.



**Bus it!**  
Walk or ride to your bus stop then catch a bus for the rest of your journey.

## Sharing the pathway

All pathways in Queensland are shared between bicycles, skateboards, scooters and pedestrians unless otherwise signed - no matter what your age. The Sunshine Coast boasts over 1,400km of pathways for recreational cycling and walking. They are for everyone to use safely and respectfully.

### Some tips for pedestrians:

- Keep left
- Don't block the path
- Keep your pet on a leash
- Remember - mobility scooters should follow the same rules as pedestrians.

### Some tips for riders:

- Keep left - overtake on the right
- Be considerate - slow down, use your bell, and give people room when you pass
- Pedestrians always have right of way.



## Sharing the road

Bicycles are classed as vehicles when ridden on roads and cyclists must follow the same road rules as drivers, including stopping at red lights and stop signs.

### Here are a few simple rules for riding on the road:

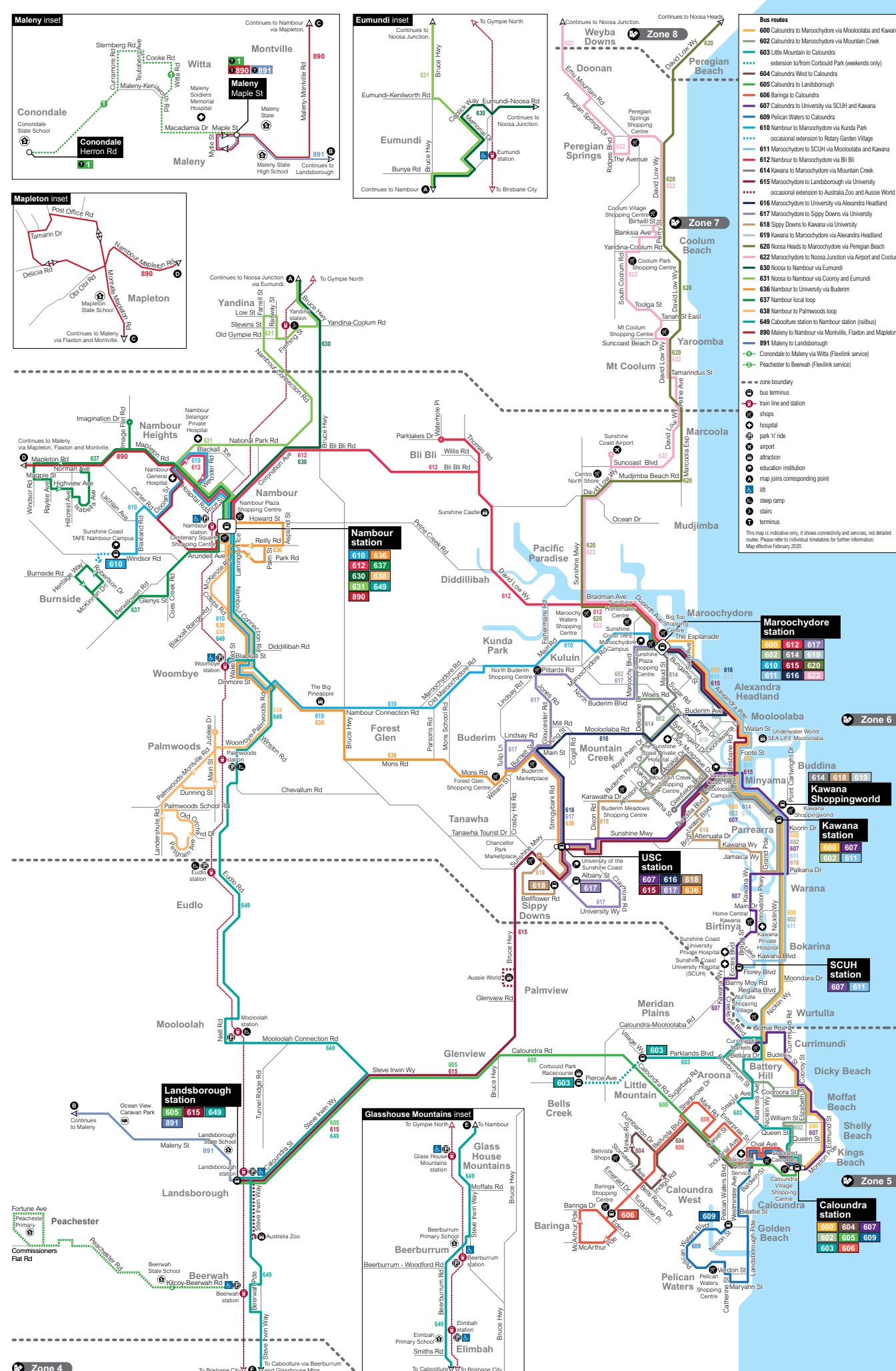
- Wear bright and reflective clothing
- Use bike lights day and night - be seen
- Riding two abreast is allowed
- Keep left and ride predictably in a straight line
- Signal your intention to turn or change lanes
- Always stop on red.

### For drivers:

- Always expect bike riders, check your blindspots
- Stay focused and keep eyes on the road
- Pass bike riders safely (1m in speed zones up to 60km/hr and 1.5m in speed zones over 60km/hr)
- Look before opening car doors
- Wait behind bike riders before turning.

For more information on sharing the road visit the Department of Transport and Main Roads website at [tmr.qld.gov.au](http://tmr.qld.gov.au)

## Public Transport Network Map



## Public transport

Most areas of the coast are easily accessible by public bus services, which offer a stress-free, affordable and sustainable way to travel. Train services are also available between the Sunshine Coast and Brisbane, and connect with local bus services. To plan your journey download the MyTransLink app.

## Tickets

Grab a go card from selected retailers to travel seamlessly on all TransLink bus, train, ferry and tram services. It entitles you to a minimum 30% saving on all fares and can be topped up online.

For more information on local buses and trains visit [translink.com.au](http://translink.com.au) or call 13 12 30 anytime.

Council also offers community transport options. For more information visit Council's website [sunshinecoast.qld.gov.au](http://sunshinecoast.qld.gov.au)



## Bike parking

Park and lock your bike safely around the Sunshine Coast. Most major shopping centres, sport and recreation facilities, libraries and foreshore precincts provide bike parking. Look out for bike racks and carry a robust lock.

## Bike to the bus

You can leave your bike in the secure bike locker at Maroochydore bus station (corner Cornmeal Pde and Horton Pde, Maroochydore) and freshen up before you catch your bus. There are two showers and secure storage for 24 bikes for passengers wanting to add more activity into their daily commute.

## Separated cycleways

Across the coast, Council is introducing dedicated pathways only for people riding bikes. Separated cycleways use physical dividers to separate bikes from both cars and walking paths. By giving everyone some space it improves safety for bicycle riders, pedestrians and drivers.

Try the separated cycleway on Brisbane Road, Mooloolaba to get to Kawana, or try the new cycleways in Aura, Caloundra South.

## Road closures and planned works

Roads Hub provides reliable, up-to-date information about road works and road closures across the Sunshine Coast. Updated every two minutes, Roads Hub is a free, accessible online visual mapping tool keeping you informed about current and scheduled works and closures.

Check it out at [roads.sunshinecoast.qld.gov.au](http://roads.sunshinecoast.qld.gov.au)

## Local riding and walking clubs

Sunshine Coast Bicycle Touring Club	Sunshine Coast BMX Club
Bushrangers Mountain Bike Club	Hinterland BMX Club
Sunshine Coast Cycling Club	parkrun
Caloundra Off Road Cycling Association	Hear Foundation Walking
Cycling Without Age	Australian Cycling Academy

For more information search the internet or social media, or visit your local bike shop.

## Bikes for sale and hire

The Coast has lots of great bike shops with a huge range of bikes for sale or hire, including electric bikes. Search online for local bike shops and hire companies.

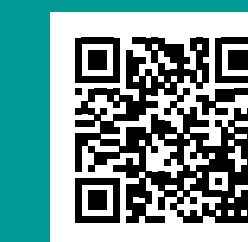


## Get online

Open your camera and scan the QR Code

Visit the Sunshine Coast Council website for more local cycling and walking information.

[sunshinecoast.qld.gov.au](http://sunshinecoast.qld.gov.au)



## On-road cycling

The Sunshine Coast has plenty of on-road adventures for experienced cyclists ready to explore. From the coast to the hinterland, there is something for everyone. On-road cyclists should always ride with caution and be aware that conditions can change at any time. Cyclists using rural roads may encounter heavy vehicles and should be aware that roads can be narrow and undulating with varying shoulder widths. Notify someone of your intended route and be prepared with water, food and sun protection.

## Top 10 road rides

Sunshine Coast Council has teamed up with the Australian Cycling Academy (ACA) to put together the Top 10 Road Rides on the Sunshine Coast. Based at the University of the Sunshine Coast, the ACA run a continental professional cycling team and development program crafting the next wave of Aussie cycling talent. They are training regular on rides across the coast so give them a friendly wave if you spot them!

Visit [Adventure.SunshineCoast.qld.gov.au](http://Adventure.SunshineCoast.qld.gov.au) and download your next ride.

## Go electric!

E-bikes and e-scooters are a convenient, efficient and low energy way to travel. They are great for tackling hills, heat and humidity, which means you can keep riding throughout the year and wear ordinary clothes. Remember that you still need to wear a helmet and ride safely.

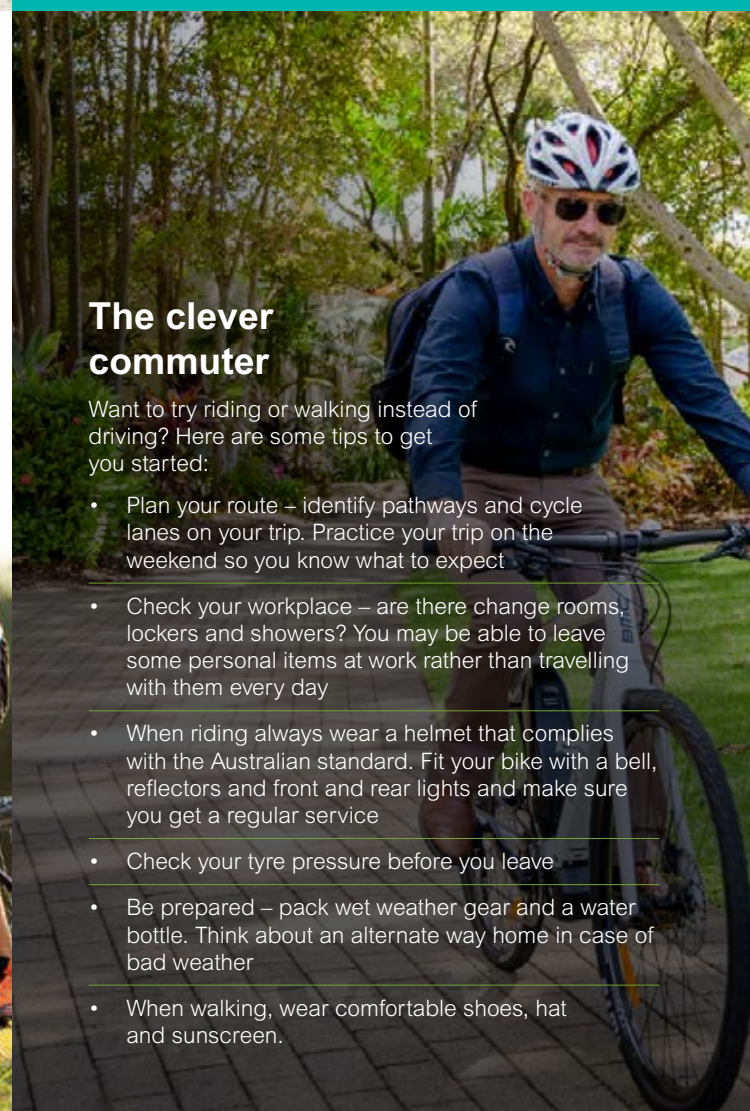
For Queensland road rules see [tmr.qld.gov.au](http://tmr.qld.gov.au)



## The clever commuter

Want to try riding or walking instead of driving? Here are some tips to get you started:

- Plan your route - identify pathways and cycle lanes on your trip. Practice your trip on the weekend so you know what to expect
- Check your workplace - are there change rooms, lockers and showers? You may be able to leave some personal items at work rather than traveling with them every day
- When riding always wear a helmet that complies with the Australian standard. Fit your bike with a bell, reflectors and front and rear lights and make sure you get a regular service
- Check your tyre pressure before you leave
- Be prepared - pack wet weather gear and a water bottle. Think about an alternate way home in case of bad weather
- When walking, wear comfortable shoes, hat and sunscreen.





# Alexandra Headland to Birtinya

MAP 3

### How to use this map

Sunshine Coast Council encourages you to leave the car at home and discover a new way to actively get around the Sunshine Coast. This map provides details of pathways, cycling facilities and public transport options in our region. Use it to plan your journey and keep it as a handy reference tool while you're out and about.

- Shared pathway >1.5m** sealed paths shared between cyclists and pedestrians unless signed otherwise. Best for users travelling as a group and for passing other users.
- Shared pathway ≤1.5m** sealed paths shared between cyclists and pedestrians unless signed otherwise. Give way to other path users.
- Unsealed trails** varying surface types (gravel/grass/dirt). Some trails are not suitable for bicycles.
- On-road cycling facilities** include white and green bicycle lanes, yellow bike symbols and linemarking that denotes shared roadscape. If you are a more confident road cyclist, these markings may help to plan your route.
- Separated cycleways** sealed off-road pathways exclusively for people riding bicycles.
- Suggested active travel routes** are a sealed off-road pathway network for planning longer walking and cycling trips. These routes may intersect with the Coastal Pathway which can be used to continue your journey. Always use the provided pathway where possible. May include some short sections of safe local streets.
- Coastal pathway** is a sealed off-road shared pathway suitable for recreational walking and cycling.

### Legend

▲ Traffic signals	🐕 Dog parks
● Bus stops	🏊 Aquatic centres
🛒 Shopping centres	👮 Police stations
🏥 Hospitals	✈ Airports
🚻 Public toilets	🏛 Council buildings
🏋 Fitness areas	🏖 Beach access
🎮 Playgrounds	
🛹 Skate facilities	
🏠 Community centres	
📖 Libraries	

North arrow icon

### Scale - 1:20,000

Average walking and riding speed

🚶 2 min	🚴 4 min
0m	250m 500m 750m 1km
🚶 6 min	🚴 12 min

## Walks and Rides to Try

Choose your next adventure  
ADVENTURE SUNSHINE COAST

There are plenty of options for outdoor fun on the Sunshine Coast. Try a coastal family walk, go bush on your mountain bike or see the sights on a road ride, the choice is yours. Visit [adventure.sunshinecoast.qld.gov.au](http://adventure.sunshinecoast.qld.gov.au) for information on these and other adventures.

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| <p><b>1</b> Buderim Forest Park - Falls Loop/River Walk<br/>Easy 🚶 0.7km one way or 1.4 km return</p> <p><b>2</b> Buderim Walks - Mountain Creek Circuit<br/>Easy 🚶 3.9km circuit</p> <p><b>3</b> Maroochy Regional Bushland Botanic Garden<br/>Easy - Intermediate - Difficult 🚶 various distances</p> <p><b>4</b> Mooloolah River National Park: Mooloolah River Section<br/>Intermediate 🚶 5.1km one way</p> <p><b>5</b> Brightwater Loop The Lake<br/>Easy 🚶 3.1km circuit</p> <p><b>6</b> Coastal Pathway: Mooloolah River to Alexandra Headland<br/>Easy 🚶 3.3km one way</p> | <p><b>7</b> Kawana Forest: River Trail<br/>Easy 🚶 3.8km one way</p> <p><b>8</b> Coastal Pathway: Kawana Beach to Point Cartwright<br/>Easy 🚶 2.7km circuit</p> <p><b>K</b> Kevin Asmus Park, Buddina</p> |
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### Just for Kids

Help the kids build confidence and skills on their bikers and scooters at these bicycle education facilities for kids aged five and under. These parks have concrete bike tracks, roundabouts and stop and give way signs and are heaps of fun for kids.

