

With 55 per cent of all car trips less than five kilometres, there's room to increase the number of people choosing sustainable travel options such as walking, cycling and public transport. By providing better access, encouraging changes in travel behaviour and improving end-of-trip facilities for people, we can support the growth of sustainable travel.

TravelSmart is an initiative of the Victorian Government and aims to reduce people's dependency on cars and encourage them to choose sustainable travel options such as walking, cycling and public transport. The team behind TravelSmart Victoria is part of the Department of Transport.

**MELBOURNE**

Melbourne Bike Share offers a quick, healthy and affordable transport alternative for travel within the Melbourne CBD.

To use Bikeshare, simply borrow and return bikes at one of the 50 conveniently located Bike Share docking stations now operating in the CBD. You can choose to subscribe annually online, or simply hire a bike as needed at any Bike Share docking station.

**What you need to know**

**Helmets**  
Riding without a helmet is illegal in Australia. You can either bring your own or purchase an inexpensive (and returnable) helmet at a designated city outlet.

**Walking groups**  
Walking in a group is a great way to stay motivated while increasing physical activity in a social environment.

A valuable resource for local walking information, walking groups can also provide a platform to highlight walking issues and improve pedestrian safety and access in your local area.

Why not start your own group with interested friends or colleagues? You can even combine walking with a cup of coffee or your regular staff meetings.

For detailed information about walking groups in your area contact your local council.

**Victoria Walks**  
Victoria Walks has all the tools, information and support you need to make your neighbourhood walk-friendly. info@victoriawalks.org.au Ph: 9677 1228 victoriawalks.org.au

**Cycling groups**  
Bicycle User Groups (BUGs) operate in many local communities and workplaces across metropolitan and regional Victoria.

BUGs offer social opportunities such as organised rides and activities, as well as providing local cycling and event information.

They can also be a strong platform to highlight cycling issues and lobby for improved facilities to enrich your local cycling environment.

**Bicycle Victoria**  
bicycle.vic.gov.au

TravelSmart projects involve state and local governments working in partnership with individuals, organisations and institutions to change the way Victorians travel.

TravelSmart is a simple program that is easy to initiate. It's about changing one or two trips per week, or reducing the number of car journeys by better planning your travel.

For more information visit [www.transport.vic.gov.au/travelsmart](http://www.transport.vic.gov.au/travelsmart)

For more information visit [www.transport.vic.gov.au/travelsmart](http://www.transport.vic.gov.au/travelsmart)

For more information visit [www.transport.vic.gov.au/travelsmart](http://www.transport.vic.gov.au/travelsmart)



Stepping around Melbourne

Most experts agree that the average adult needs to walk 10,000 steps per day to maintain health and fitness.

With most local trips under two kilometres, replacing the car with a pair of sneakers is an inexpensive way to help the environment and incorporate exercise into your daily routine.

The Melbourne CBD is a great place to explore on foot with most key destinations within only a few kilometres of each other. If you need to travel further why not combine a walk with a quick tram, train or bus ride?

To help you on your way, this table shows estimated steps and walking times between key destinations in the Melbourne CBD.

Location	Est. steps	Est. time
<b>To Flinders Street from:</b>		
Docklands end of Bourke Street	2200	20 mins
North Melbourne Station	3850	35 mins
University of Melbourne and Royal Melbourne Hospital	3300	30 mins
North Richmond Station	3850	35 mins
Jolimont Station	2200	20 mins
Richmond Station	3300	30 mins
<b>Domain Interchange, Cnr. St Kilda Road and Domain Road from:</b>		
South Yarra Station	3300	30 mins
Richmond Station	2750	25 mins
South Melbourne Tram Stop (127) Route 96 East Brunswick to St Kilda Beach	3300	30 mins
Albert Park Tram Stop (128) Route 96	2200	20 mins
<b>Walking the City Loop from:</b>		
Southern Cross Station to Flagstaff Station	1100	10 mins
Flagstaff Station to Melbourne Station	1650	15 mins
Melbourne Central Station to Parliament Station	1100	15 mins
Parliament Station to Flinders Street Station	2200	20 mins
Flinders Street Station to Southern Cross Station	2200	20 mins

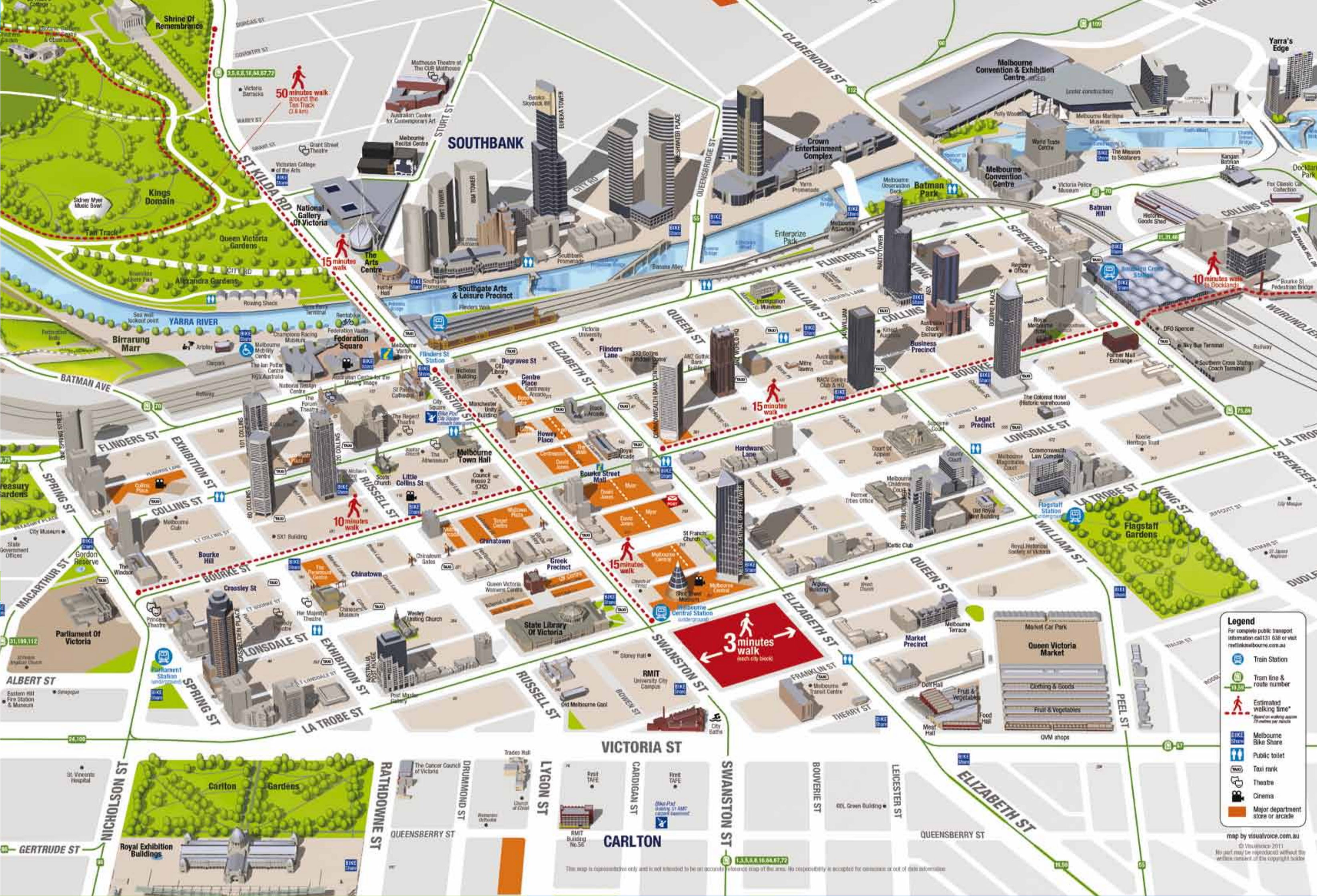
**Access and mobility**

**Trains**  
All train stations are wheelchair accessible, except Heytington Station. Passengers who need help boarding trains should wait on the platform near the front of the train. The train driver will help you board and depart the train by producing a ramp.

**Trams**  
Low-floor trams have two allocated spaces for passengers using mobility aids. This area is inside the double-door marked with a wheelchair symbol.

**Buses**  
More than 70 per cent of Melbourne's bus services are wheelchair accessible, including SmartBus, SkyBus, and NightRider buses. At the stop, the bus driver places a ramp between the front door of the bus and the kerb of the road.

**Taxi**  
Wheelchair accessible taxis can be booked through Silver Top Taxis on 8413 7202 or 13CABS on 9277 3877.



Mobile phone tools

There are a number of mobile phone tools to provide you with personalised train, tram and bus service information to your mobile.

**Metro Trains Platform 1**  
Platform 1 offers metropolitan train travel information services via SMS and email. Join up and choose from instant SMS (timetable information), SMS updates on disruptions or email alerts for weekend and evening improvement works. For more information visit [metrotrains.com.au](http://metrotrains.com.au)

**Yarra Trams tramTRACKER**  
tramTRACKER from Yarra Trams offers real-time tram arrival information for every stop on the network. It's available by phone, SMS, iPhone and online. For more information visit [tramtracker.yarratrams.com.au](http://tramtracker.yarratrams.com.au)

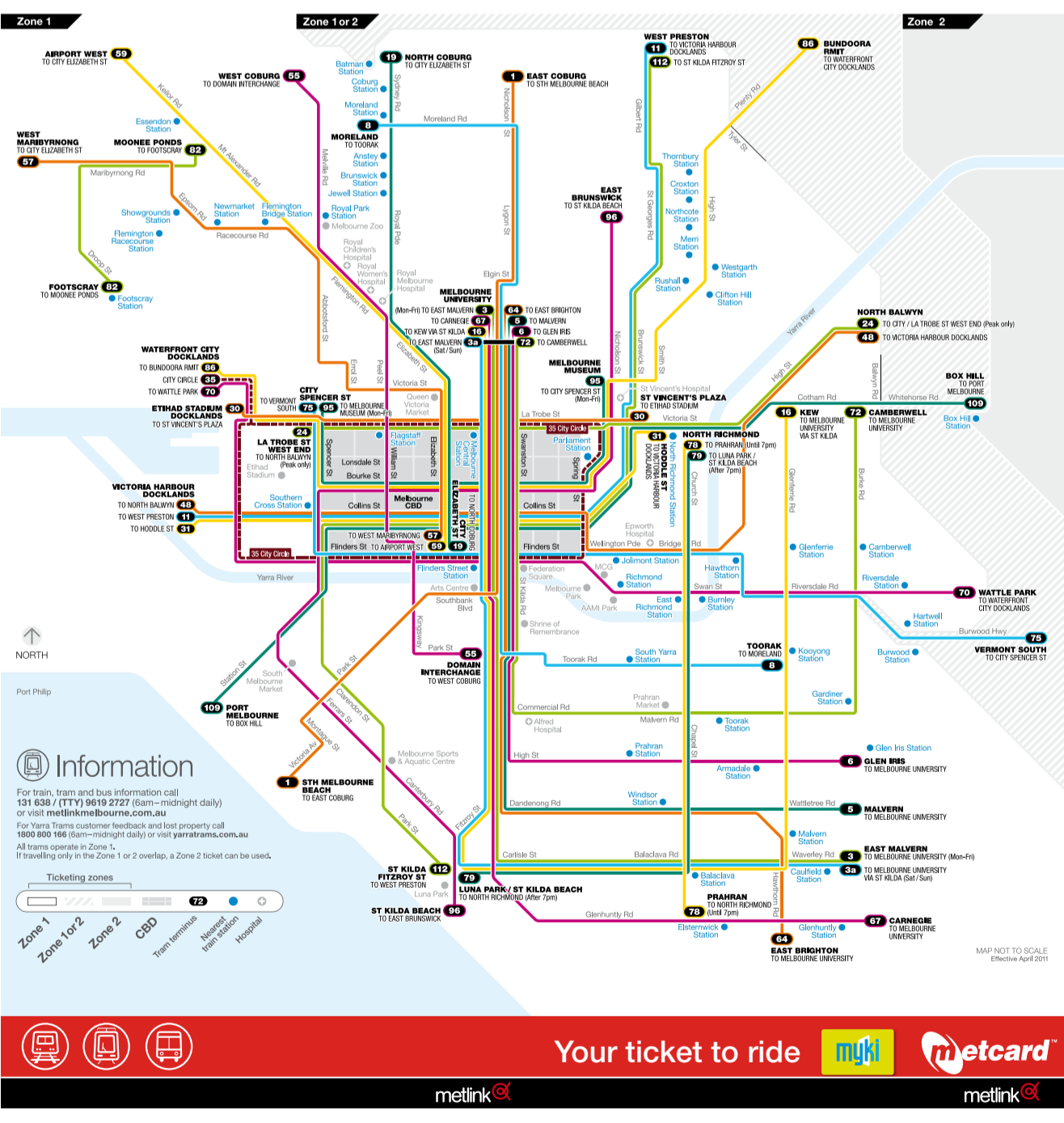
Bus routes on this map

- 200 City (Lonsdale Street) to Bullen via Kew Junction
- 201 City (Lonsdale Street) to Doncaster via Kew Junction
- 203 City (Lonsdale Street) to Bullen via Eastern Freeway and Kilby Road
- 205 Melbourne University to Doncaster Shoppingtown via Kew Junction
- 207 Garden City to La Trobe University via City
- 216 Caroline Springs to Brighton Beach via City
- 219 Sunshine Park to Gardenvale via City
- 220 Sunshine to City to Gardenvale
- 223 Yarraville to Highpoint Shopping Centre via City
- 232 Altona North to Queen Victoria Markets via Westgate Freeway
- 235 City to Fishermans Bend via Williamstown Road
- 237 City to Fishermans Bend via Lorimer Street
- 238 City to Port Melbourne via Lorimer and Salmon Streets
- 246 Elsterwick to La Trobe University via St Kilda Junction
- 250 Garden City to La Trobe University via City
- 251 Garden City to Northland Shopping Centre via City
- 252 Garden City to Carlton North via City
- 303 City (Queen Street) to Box Hill via Eastern Freeway and Eastern Freeway
- 304 City (Queen Street) to North Ringwood via Eastern Freeway and Park Road
- 305 City (Spencer Street) to The Pines Shopping Centre via Eastern Freeway and George Street
- 309 City (Queen Street) to Donvale via Eastern Freeway and Reynolds Road
- 313 City (Russell Street) to Doncaster Park + Ride via Eastern Freeway and Kilby Road
- 315 City (Russell Street) to Box Hill via Eastern Freeway and Kilby Road
- 318 City to Deep Creek via Eastern Freeway and Victoria Street
- 340 City to La Trobe University via Freeway
- 350 City to La Trobe University via Freeway
- 401 North Melbourne to University of Melbourne via Royal Melbourne Hospital
- 402 Footscray to East Melbourne via North Melbourne
- 404 Footscray to Moonee Ponds via Newmarket
- 406 Kellor East to Footscray via Avondale Heights and Maribyrnong
- 409 Yarraville to Highpoint Shopping Centre via Footscray
- 410 Sunshine to Footscray via Ballarat Road
- 411 Footscray to Footscray via Altona and Geelong Road
- 412 Laverton to Footscray via Altona and Geelong Road
- 414 Aircraft to Footscray via Altona and Geelong Road
- 415 Laverton to Williamstown via Altona
- 467 Aberfeldie to Moonee Ponds via Holmes Road
- 471 Williamstown to Sunshine via Altona Gate Shopping Centre
- 472 Williamstown to Moonee Ponds via Footscray
- 503 Essendon to East Brunswick via Albion Street
- 504 Moonee Ponds to Clifton Hill via East Brunswick
- 505 Moonee Ponds to Melbourne University via Parkville Gardens
- 506 Moonee Ponds to Westgarth Station via Brunswick
- 508 Alphington to Moonee Ponds via Northcote
- 510 Essendon to Ivanhoe via Northcote
- 546 Heidelberg to Melbourne University to Queen Victoria Markets via Clifton Hill
- 600 Southland Shopping Centre to St Kilda Light Rail Station via Sandringham
- 605 Gardenvale to City via Kooyong Road
- 626 St Kilda to Fishermans Bend via Port Melbourne
- 628 Glen Waverley to St Kilda via Chesham Road
- 684 Eildon to Melbourne via Lydiate Station
- 906 City to The Pines Shopping Centre (SmartBus) via Eastern Freeway and Templestowe
- 907 City to Mitcham (SmartBus) via Eastern Freeway and Doncaster Road
- 908 City to The Pines (SmartBus) via Eastern Freeway and King Street
- 922 Southland Shopping Centre to St Kilda Light Rail Station via Sandringham
- 923 Southland Shopping Centre to St Kilda Light Rail Station via Sandringham

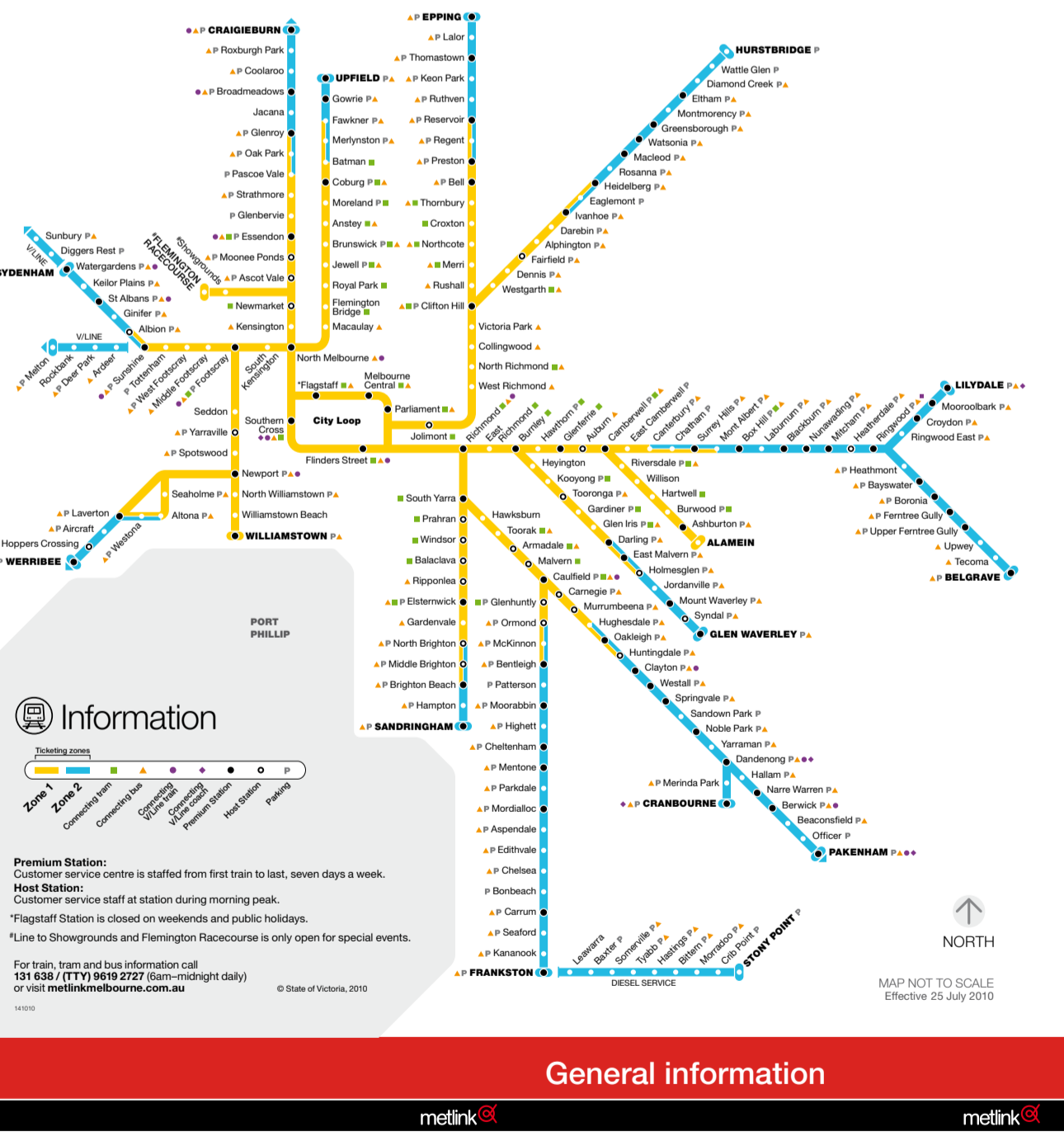
Tram routes on this map

- 1 East Coburg to South Melbourne via Carlton, Southbank and City
- 3/3a East Malvern to Melbourne University via Caulfield, St Kilda and City
- 5 Malvern to Melbourne University via Armadale, Windsor and City
- 6 Glen Iris to Melbourne University via Armadale, Prahan and City
- 16 Moreland to Toorak via Carlton, City and South Yarra
- 11 West Preston to Victoria Harbour via Docklands
- 16 Melbourne University to Kew via City, St Kilda Road, St Kilda Beach and Malvern
- 19 North Coburg to City (Elizabeth Street) via Coburg, Brunswick and Parkville
- 24 North Balwyn to La Trobe Street West End via Kew, East Melbourne and City (La Trobe Street)
- 30 St Vincent's Plaza to Ethand Stadium Docklands via City
- 31 Hoddle Street to Victoria Harbour via East Melbourne and City
- 35 City Circle (Free tourist tram)
- 42 Box Hill to Victoria Harbour via Docklands
- 48 North Balwyn to Victoria Harbour Docklands via Kew, Hawthorn, Richmond and City
- 55 West Coburg to Domain Interchange via Brunswick West, Parkville, City and Southbank
- 57 West Maribyrnong to City (Elizabeth Street) via Maribyrnong, Flemington and North Melbourne
- 59 Airport West to City (Elizabeth Street) via Essendon, Moonee Ponds and North Melbourne
- 64 East Brighton to Melbourne University via Caulfield, Windsor and City
- 67 Carnegie to Melbourne University via Elsterwick, St Kilda and City
- 70 Waterfront City Docklands to Wattle Park via City, Richmond, Hawthorn, Camberwell and Surrey Hills
- 72 Camberwell to Melbourne University via Glen Iris, South Yarra, St Kilda Road and City
- 75 Vermont South to City (Spencer Street) via Burwood, Hawthorn and Richmond
- 78 Prahan to North Richmond via Windsor and South Yarra
- 79 St Kilda Beach to North Richmond via Windsor, South Yarra and Richmond
- 86 Bundoora RMIT to Waterfront City Docklands via Preston, Northcote, Fitzroy and City
- 95 Melbourne Museum to City (Spencer Street) via North Fitzroy and Carlton
- 96 East Brunswick to St Kilda Beach via North Fitzroy and Carlton
- 109 Box Hill to Port Melbourne via Kew, Richmond and City
- 112 West Preston to St Kilda/Fitzroy Street via Northcote, City and South Melbourne

yaarra trams



M METRO



Bicycle parking at train stations

**Lockers**  
Bike lockers are available at stations across Victoria. They can be rented free after paying a bond of \$100 for a new locker with a built-in lock or \$50 for lockers that require you to supply a lock.

You can hire a locker at Premium Stations for up to three months at a time and renew without paying any additional bond. They can be used for storing your bike, helmets, clothes and shoes. Items stored in lockers remain your responsibility.

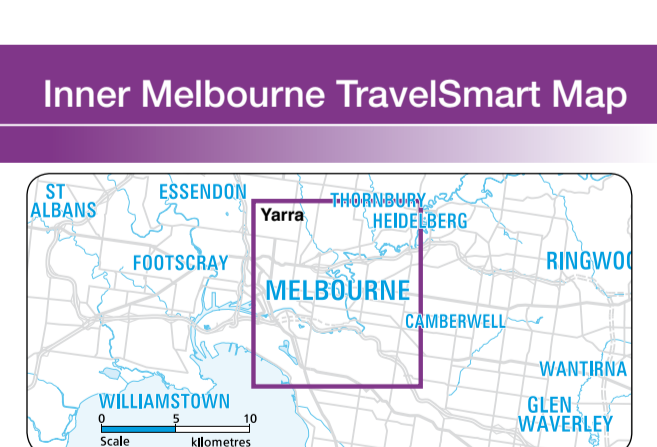
For more information visit [metrotrains.com.au](http://metrotrains.com.au)

**Cages**  
New bike cages are being installed at stations across Melbourne and key regional centres. The bike cages, known as Parkiteer cages, provide undercover, free and secure parking for around 26 bikes.

To access a Parkiteer cage you will need to register for a swipe card. Cards are available for a \$50 refundable deposit.

For more information and to register visit [parkiteer.com.au](http://parkiteer.com.au)

Platform 1 tram TRACKER



This TravelSmart map was developed by the Department of Transport and Metlink to encourage the use of sustainable transport. It has been designed to highlight sustainable transport options on a pocket-sized, complete street map with standard Metlink references.

Walking and cycling, like any physical activity, is potentially hazardous. Use your common sense and stay alert at all times. Always wear your protective equipment and follow any applicable laws.

This map was accurate at the time of printing. For up-to-date public transport information and timetables please visit [www.metrotrains.com.au](http://www.metrotrains.com.au)

Published by: Department of Transport GPO Box 2797 Melbourne VIC 3000

Printed August 2011 On Recycled Paper

This map was accurate at the time of printing. For up-to-date public transport information and timetables please visit [www.metrotrains.com.au](http://www.metrotrains.com.au)

© State of Victoria 2011

SmartBus

Melbourne's public transport network can help you explore every corner of this vibrant city.

Train and tram services operate between 5am and midnight, Monday to Thursday, with extended hours to around 1am on Friday and Saturday nights. On Sunday, trains and trams operate 7am-11pm. Many of Melbourne's bus routes have been upgraded to run from 6am-9pm Mon-Fri, 8am-9pm Saturday and 9am-9pm Sunday.

**SmartBus** services can be used by passengers holding a valid public transport ticket for the area in which they are travelling.

SmartBus services can be used by passengers holding a valid public transport ticket for the area in which they are travelling.

For more information or to use the journey planner call Metlink on 131 638 or visit [metlinkmelbourne.com.au](http://metlinkmelbourne.com.au)

Your ticket to ride

Melbourne is progressively making the switch to a new ticketing system called myki. You can choose to use either myki or Metcard to travel on Melbourne's trains, trams and buses.

**Metcard**  
The existing Metcard ticketing system can still be used and will run alongside myki for a period of time. Always validate your Metcard before entering and leaving the paid area of a train station and each time you board a tram or bus.

You can buy Metcards from:

- the online store at [metlinkmelbourne.com.au](http://metlinkmelbourne.com.au)
- retail outlets
- Metcard ticket machines at train stations, on trams (coins only) and most buses.

For the most current information about Metcards call 131 638 or visit [metlinkmelbourne.com.au](http://metlinkmelbourne.com.au)

**myki**  
myki is a durable, plastic smart card which stores value and can be used over and over again. Keep your myki topped up and you'll always be ready for travel.

Each time you enter the paid area of a train station or board a tram or a bus, you must touch on at a myki reader. Train and bus users need to touch off at the end of each trip for the lowest myki money fare. When travelling on a tram, you only need to touch off to get the lowest myki money fare if your whole trip is in Zone 2.

Information

Premium Station: Customer service centre is staffed from first train to last, seven days a week.  
Host Station: Customer service staff at station during morning peak.  
\*Flagstaff Station is closed on weekends and public holidays.  
\*Line to Shepparton and Flemington Racecourse is only open for special events.

For train, tram and bus information call 131 638 (TTY) 949 2727 (8am-midnight daily) or visit [metlinkmelbourne.com.au](http://metlinkmelbourne.com.au)

General information

You can buy a myki:

- online at [myki.com.au](http://myki.com.au)
- by calling 13 6954 (13 myki)
- at the myki discovery centre at Southern Cross Station
- at the myki ticket window at Premium Stations
- at the MetShop (Melbourne Town Hall, corner of Swanston and Little Collins streets).

The card price for a full fare myki is \$10 and \$7 for a concession, seniors or child myki. Seniors get their first myki free.

You can top up your myki:

- online at [myki.com.au](http://myki.com.au) (allow at least 24 hours for processing)
- by calling 13 6954 (13 myki) (allow at least 24 hours for processing)
- at myki machines at metropolitan train stations and selected tram platform stops and bus interchanges
- at selected retailers where you see the myki sign.

For more information visit [myki.com.au](http://myki.com.au) or call 13 6954 (13 myki).

**Travelling with shopping jeeps and golf buggies**  
Shopping jeeps can be carried free on public transport services. Supermarket trolleys are not permitted. Golf buggies and similar items can be carried for free on services provided the comfort, access and safety of other passengers is not affected.

**Bikes and surfboards**  
Some train stations and major transport interchanges have bike lockers or bike cages that can be used to store bikes and related equipment such as helmets and safety vests.

For more information about travelling with bikes and surfboards visit [metlinkmelbourne.com.au](http://metlinkmelbourne.com.au)

**Information in other languages**  
Public transport information is available in other languages.

Visit [metlinkmelbourne.com.au](http://metlinkmelbourne.com.au) to download the Fares and Travel Guide in your language or call:

Arabic	9321 5440
Mandarin	9321 5454
Cantonese	9321 5441
Somali	9321 5446
Croatian	9321 5442
Spanish	9321 5447
Dinka	9321 5452
Sudanese	9321 5453
Greek	9321 5443
Turkish	9321 5448
Italian	9321 5444
Vietnamese	9321 5449
Macedonian	9321 5445
All other languages	9321 5450

TravelSmart Map  
better ways to go

Inner Melbourne

Walking, Cycling & Public Transport

Melway





### Cycling

**Cycling in traffic**  
When cycling in traffic, it is important to remain visible and confident at all times. Always look ahead for gaps in traffic and be prepared to take evasive action.

**Take or share the lane**  
Depending on lane width and traffic speed, keep left or take the lane.

**Always cross tram and train tracks at wide angles**

**Don't hug the gutter**  
If you hug the gutter you will get squeezed out. Don't weave in and out of empty car parking spaces to stay close to the gutter - keep a straight line.

**Positioning in traffic**  
Be aware of drivers' blind spots to the side and next to their back doors.

**Use hook turns**  
If a normal right-hand turn leaves you exposed in an intersection, use a hook turn.

**Why buy a car when you can share one?**  
As a car share member, you have access to clean, new cars whenever you need them. You pay no registration, petrol or maintenance - just a simple fee based on your use.

Cars are available 24/7 for use for an hour or longer if you need it. Car share cars live at priority on and off street parking bays around Melbourne's CBD, Richmond, Northcote, Brunswick, St Kilda and lots of places in between.

When you join a car share program, you receive an access key or card. Book the car online or on the phone before you need to use it. If you drive less than 15,000 kms a year, you'll save money by car sharing.

**goget** **flexicar** **greensharecar**  
www.goget.com.au www.flexicar.com.au greensharecar.com.au

### Taxi services

You can catch a cab by booking it on the phone, hailing it from the side of the road or hiring it from a taxi rank. Order a taxi ahead of time to ensure it arrives as close as possible to where you need it. Prepaid fares apply between 10pm-5am.

Passengers are encouraged to provide feedback on their taxi experiences. Contact the Victorian Taxi Directorate on 1800 638 802 (toll free) or visit [taxi.vic.gov.au](http://taxi.vic.gov.au)

Always get an electronic receipt after your taxi trip.

**13CABS** **Platinum Taxis** (includes associated taxis) **9090 1800**  
**Silver Top Taxis** **13 1008**  
**West Suburban Taxis** **9689 1144**

### Cycling

**Roundabouts**  
**Take the lane**  
As you approach the roundabout, move into the middle of the lane. As you enter, look around and make eye contact with drivers but prepare to move out of the way.

**Single lane roundabouts**  
Give way to cars already on the roundabout.

**Turning right**  
Hand signal so cars know you are turning.

**Multi-lane roundabouts**  
Watch for cars going straight from behind or beside you. Do a hook turn or break the turn into stages if you need to. Two cyclists can legally take both lanes. Consider avoiding the roundabout by taking another route.

**Cycling in the wet**  
**Preparing your bike**  
Invest in a good set of mudguards or make your own. Keep a plastic bag under your seat for waterproofing when parking in the rain. Clean your brakes, rims and chain after rain.

**What to wear**  
Get a good waterproof jacket. Spray your shoes and bag with sealant. Carry spare socks in a plastic bag or just wear sandals. Keep a change of clothes at work/unl.

**Get a good bike bag**  
Use plastic bags inside your bike bag to keep things dry.

**Riding in the wet**  
Watch out for slippery tram tracks, grates and metal covers, especially when turning. Squeeze your brakes gently before stopping to clear water off the rims. Beware of puddles as they may be deeper than they seem. You and others will have a longer stopping distance in the wet.

**Walking tips**  
**Getting ready**  
warm up and stretch to prevent injury.  
always wear comfortable clothing and supportive walking shoes  
know your route and make sure it is appropriate for your level of fitness  
apply sunscreen if walking during the day or insect repellent at night  
make sure you have a broad-brimmed hat and sunglasses if walking during the day  
always carry a bottle of water to ensure you don't get dehydrated

**Walking at night**  
Dress appropriately - cover up arms and legs to protect against insects such as mosquitos and make sure you dress warmly in winter. Always wear light or reflective clothing to increase visibility at night - carry a torch to help you see your way.

**Pick your path**  
To ensure your safety and to protect natural vegetation, always stay on marked pedestrian or shared trails and paths. Wherever possible choose paths that are even, smooth and soft underfoot - this offers the best protection against injury.

**Technique and fitness**  
Always walk with good posture and think about how you are using your limbs. Don't over exert yourself when you first start out, work up to longer walks.

### Cycling

**Cycling at night**  
**Lights**  
Use steady lights to see and flashing to be seen. Buy lights that take standard battery types (AA or AAA) and carry spares with your puncture kit. Avoid lights that need a tool to change batteries.

**Be reflective**  
Add reflective material, tape and stickers to your helmet, clothing, shoes, bike and bag. Reflective tape, fabric and stickers can be sourced from fabric shops, hardware stores, and boating and bike shops.

**Riding behaviour**  
Steer wide of pedestrians. Watch out for people who may step in front of you. Look for car headlights in side streets and from behind.

**Road rules**  
**Bikes are legal vehicles covered by the Victorian Road Rules.**  
**Your bike is a vehicle**  
You must have a warning device such as a bell or horn on your bike. You must wear a bicycle helmet. At night you must have a white front light, red back light and a red rear reflector.

**Laws for others**  
It is illegal to open car doors into traffic. Cars cannot double park or park in bike lanes marked 'No stopping', 'No standing' or 'Clearway'.

**What you can do**  
Cyclists can pass on the left, but not if a car is indicating and turning left. Cyclists can ride two abreast and a third rider may overtake. You must use a bike lane or path if it is practical to do so.

This is not a full statement of the law. For more information visit [vicroads.vic.gov.au](http://vicroads.vic.gov.au)

### Victoria Walks

**Want tips and ideas to walk more, or resources to create a more walkable community?**  
Victoria Walks is a walking promotion organisation that wants to see vibrant, supportive and strong neighbourhoods and communities where people can and do choose to walk wherever possible. Whether you're new to walking, keen to put walkability on the front foot or want tips to encourage children to get walking, we've got just the thing for you. Visit [www.victoriawalks.org.au](http://www.victoriawalks.org.au) to find out more.

**Stepping out for a walk?**  
Check out Walking Maps ([www.victoriawalks.org.au/walkingmaps\\_orgs/](http://www.victoriawalks.org.au/walkingmaps_orgs/)) - a new and exciting website where you can create, discover and share your walks. Whether you want to explore what is at your own doorstep, take a scenic stroll around Victoria's premier destinations or schedule a 30-minute walking meeting around your workplace, this site will excite and inspire you to explore Victoria on foot.

We're on a mission to capture walks all over Victoria. You can help by creating your favourite walks, or contact us for more information. [info@victoriawalks.org.au](mailto:info@victoriawalks.org.au)

### Cycling

**Lock your bike**  
**Use a D-LOCK**  
Cables are easily cut. Get a good D-lock or an armoured cable. Using a cable and D-lock together is even more secure.

**Where and how to lock**  
Always lock your bike, even when it's at home. Lock in visible areas with lots of people around. Don't lock to 'sucker poles' that can be lifted out of the ground. Check your lock before leaving.

**Secure your bike**  
Remove your lights or secure them with super glue or cable ties. Disguise the value of your bike with stickers and tape or even a fake DIY rusty paint job. Replace quick releases with bolts or secure with hose clamps. Engrave your bike with a driver's licence number of someone you trust. The police can assist in the recovery of stolen bikes.

**If your bike is stolen**  
Report it immediately to the police. Look in second hand shops but don't tell staff. If you find it then call the police.

**Car doors**  
**It's illegal to open doors into traffic**  
A person must not cause a hazard to any person or vehicle by opening a vehicle door, leaving a door of a vehicle open, or getting off, or out of, a vehicle.

To avoid doors, look:  
• through car windows for heads  
• in mirrors of trucks and vans  
• at cars that have just parked  
• at cars' tail lights

**Watch the door zone**  
If you can't see into cars, ride slower or move out of the door zone. Be aware of what's behind you if you have to swerve or take a lane if you're being forced into the door zone.

**If a door opens**  
Use your brakes and slow down. Move out of the door zone, but don't swing into traffic.

**If you get hit**  
If you're hit by a door and injury or damage results, it's a traffic accident and details must be exchanged. Report uncooperative motorists to the police.

### WalkSmart and CycleSmart

Once registered with WalkSmart, you can log your daily steps, set personal goals and receive weekly updates of your progress.

For more information or to register visit [walksmart.net](http://walksmart.net)

The linked websites are interactive behaviour change tools. They provide support and encouragement to participants as they increase their use of walking and cycling.

By choosing to walk or cycle as part of the daily commute, members are encouraged to think about sustainable transport options.

**WalkSmart**  
The WalkSmart website makes it fun and easy to stay motivated and reach the magic 10,000 steps per day recommended for health and wellbeing.

Using a pedometer is also a great motivator for increasing physical exercise, especially when used in conjunction with WalkSmart.

Whether you are experienced or a beginner, CycleSmart has all the information you need to get started and keep motivated.

To participate all you need is a cycle computer and an email address. By registering with CycleSmart you can set goals, monitor your progress and even monitor changes in your heart rate.

For more information or to register visit [cyclesmart.net](http://cyclesmart.net)