

Sharing the RURAL roads for Safer Journeys

Cycling is great fun, a great way to exercise and an excellent way to experience rural New Zealand.

Be Prepared

Check your bike before you start – brakes, tyres, chain, lights and reflectors. Make sure accessories such as pumps, drink holders are properly secured to the bike.

Plan your route, carry a map if required, sufficient water/ food, spare tyres and basic tools for repairs.

Be Aware

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

Be Confident

Know how to safely approach railway crossings, animals, 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, especially on narrow roads.

Be Predictable

Signal your intentions clearly and keep to the left, especially on country roads.

Be Visible

Wear high visibility or brightly coloured clothing. Use front and rear lights at night, and in low light and rain. For extra precautions you can wear a light on your helmet and flashing lights on your legs.

Be Safe

Ride to the conditions and cycle no more than two abreast. Ride single file on blind 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 and visa versa with vehicles approaching.

NZ Transport Agency (n.d.). *Tips for Cyclists on rural roads*. Retrieved from https://www.bikewise.co.nz/sites/default/files/safety_tips_for_cyclists_and_motorists_on_rural_roads.pdf