

Top cycling trails

1

Newcastle Foreshore & Throsby Creek

START – NOBBYS BEACH

6.5 km, easy, family-friendly, flat, partly shaded with minimal street crossings.

KEY DESTINATIONS

- Honeysuckle Dining Precinct
- Pirate Ship & Islington Park Playgrounds
- Newcastle Fishermen's Co-op & Yacht Club
- Carrington Mangroves

DESCRIPTION

This popular ride follows along the south edge of Newcastle Harbour and continues upstream to the mangrove-lined Throsby Creek. There are plenty of spots along the way to stop for a bite to eat or to let the kids loose on a playground.

2

Tramway Track - Wallsend to Glendale

START – CNR MINMI RD & COWPER ST

Approx. 5.2km (4km on track, plus street riding), family-friendly, long gradual slopes, partially shaded, several road crossings.

KEY DESTINATIONS

- Rest stops on Tramway Track
- Wallsend town centre
- Wallsend Park (including skate park)

DESCRIPTION

Following the old tramway that operated between Wallsend and Glendale from 1912 to 1930, this historic rail trail with rural views and beautiful bushland links Newcastle with the great riding opportunities in Lake Macquarie. Hint: take the train home from Booragul Station.

3

Fernleigh Track

START – PARK AVE NEAR ADAMSTOWN STATION

16km, family-friendly, gradual but long slopes, mostly shaded by the tree canopy, very few road crossings.

KEY DESTINATIONS

- Railway Tunnel
- Glenrock State Conservation Area
- Redhead Beach
- Belmont Wetlands and Foreshore

DESCRIPTION

The Fernleigh Track is the quintessential cycling experience of the Newcastle region. Following an old railway corridor through dense bushland and wetlands, the track connects Adamstown to the eastern side of Lake Macquarie. You will likely hear bellbirds and plenty of bicycle bells while riding on this track, as the Fernleigh is a favourite with native wildlife and locals alike.

4

Bathers Way

START – NOBBYS BEACH

7.5 km (including Macquarie Pier), hilly, family-friendly, limited road crossings. An alternative route is offered for those wishing to avoid hills, but are happy to ride on short sections of busy roads.

KEY DESTINATIONS

- Nobbys Lighthouse
- King Edward Park
- Skate Parks – South Newcastle & Empire Park
- Newcastle Baths, Bogey Hole & Merewether Baths
- Beaches – Nobbys, Newcastle, Bar, Dixon & Merewether

DESCRIPTION

Bathers Way commands sweeping views of Newcastle's pristine coastline and provides access to all five patrolled beaches along this stretch of coast. You can also access the Newcastle Memorial Walk from Strzelecki Lookout.

5

Broadmeadow to Brickworks

START – DENNEY ST NEAR BROADMEADOW STATION

4.5 km, family-friendly, flat, several road crossings (mostly quiet roads or with signals), partly shaded.

KEY DESTINATIONS

- McDonald Jones Stadium
- Wallarah Park (Skate Park & Fields)
- Lambton Park (Playground & Pool)
- Lambton Local Centre
- Jesmond Park (Playground & Disc Golf)

DESCRIPTION

Connecting Broadmeadow to Lambton & Jesmond through beautiful parks & bushland, this cycleway takes the path of a historic tramway with old railway cuttings softening the slope between Lambton & Jesmond.

6

University to John Hunter Hospital

START – VALE ST BRIDGE NEAR SHORTLAND WATERS GOLF CLUB

4.5km, family-friendly, hilly (some steep sections), minimal road crossings, partly shaded (through Jesmond Bushland & Park).

KEY DESTINATIONS

- Newcastle University
- Jesmond Shops
- Jesmond Park & Bushland

DESCRIPTION

This ride connects two key destinations of Newcastle – the main university campus and the main hospital. Predominantly riding on a shared path, you will barely cross a road with some quirky bridges and underpasses along the way and beautiful bushland up to the hospital.

7

Stockton Foreshore

START – STOCKTON FERRY WHARF

6.5 km, easy, flat, family-friendly, single road crossing (option to stop prior).

KEY DESTINATIONS

- Stockton Breakwater & Wharf
- Stockton Local Centre
- Stockton Pool
- Stockton Sandspit
- Adolphe Shipwreck & Wharf
- Fern Bay
- Griffith Park Playground & Skatepark

DESCRIPTION

Take the Ferry to Stockton with your bike, cruising across the Hunter River. Sweeping around from the beach to the harbour and on towards the mangroves, the Stockton Foreshore path is a peaceful ride with magnificent panoramas of the city, the sea, and the river.

8

Ships & Steel along Selwyn Street

START – CNR MOUNTER ST & SELWYN ST

2km, flat, relatively quiet street, with some large trucks – less on weekends.

KEY DESTINATIONS

- Sculptures – Muster Point & Newcastle Steelworkers Memorial
- Old BHP Administration Building & Machinery
- South Channel of Hunter River

DESCRIPTION

This is a quick ride for those who are interested in our industrial heritage and views of a working harbour. The old BHP site is closed to the public, but you can catch glimpse of the beautiful old BHP administration building and machinery.

9

Raspberry Gully

START – ST JAMES RD OPP. MACKIE AVE

4km, family-friendly, flat, shaded in section (between Park Avenue & Vista Parade).

KEY DESTINATIONS

- Kotara Shops
- Raspberry Gully Reserve with picnic areas

DESCRIPTION

This is a flat straight ride with lots of beautiful forest once you leave the shops and main roads behind. While there may not be any raspberries on this ride, at certain times of the year you might be able to pick some mulberries at the end of the gully.

10

Fletcher Wetlands

START – CNR HARDES AVE & MARYLAND DR

10 km, family-friendly, mostly flat, patchy shade, narrow path, minimal crossings, & some small sections on quiet streets.

KEY DESTINATIONS

- Reserves – Whistler Parade, Tumpoaba, Kurraka
- Places of Aboriginal Heritage – Kauma Park & Yutilliko Park
- Rest stops with views of the Hunter Wetlands

DESCRIPTION

Skirting the edge of the wetlands, you will ride past sweeping view of the Hexham Swamp (Burrighinbinng). There are plenty of parks for kids to play & hidden histories to explore as you ride along the ridgeline that local aboriginal groups likely walked.

11

Waratah to Maryland

START – CNR VERA ST & QUEEN ST

6.5 km, family-friendly (except road crossings), mostly flat, patchy shade, some difficult crossings, sections next to busy roads.

KEY DESTINATIONS

- University of Newcastle
- Wallsend Local Centre
- Maryland Drive Reserve
- Wallsend Pool & Active Hub

DESCRIPTION

This shared path follows the old tramline through bushland at the edge of the University campus through residential and commercial areas, towards the suburb of Maryland. Some parts of this route are adjacent to busy roads with some tricky crossings, but other parts offer long stretches away from traffic.

12

Ash Island

START – THE WELCOME WALK CARPARK

Up to 15 km, family-friendly, mostly flat, patchy shade, narrow path, minimal crossings, and some small sections on quiet streets. Limited access without a car (Hexham Station is 2.5km away with no cycleway).

KEY DESTINATIONS

- Riverside Park
- Radar Station
- Milhams Farm Homestead
- The Welcome Walk

DESCRIPTION

Ash Island gives you a variety of options, from a quick ride out to Riverside Park with the kids or a more challenging exploration of the various gravel roads that crisscross the island. Enjoy the abundant birdlife along the river and throughout the extensive network of lakes and creeks.

Mountain biking at Glenrock

MOUNTAIN BIKING YOUR THING?

Head to www.nationalparks.nsw.gov.au for 34km of mountain bike trails at Glenrock State Conservation Area. Tip – Consider using insect repellent.

Connecting places



Riding a bike can be a great way to get to destinations, whether you want to play, shop, eat, or explore. To get to places such as the University of Newcastle, Blackbutt (Richley Reserve), Glenrock, Beaumont Street, and Hunter Wetlands use the connecting routes on the map which combine existing trails with quiet streets and other pathways.

Public transport & bikes

Public transport is a great way to extend the range of your journey. Visit www.transportnsw.info to plan your trip.

Take your bike on the NSW Intercity Rail from Sydney or the Hunter Valley. Look for bike symbols on older trains and be prepared to hang your bike by the wheel. You can stay next to your bike on other trains.

Broadmeadow, Hamilton, Adamstown, Waratah, Warabrook, Beresfield and Newcastle Interchange are all accessible for your bike. Other stations require you to lift your bike up and down stairs.

Take your bike on the Stockton Ferry. Ask the crew where to store your bike for the crossing.

Buses and light rail do not permit standard bikes. There are some exceptions for folding bikes. Some taxi services may offer options to transport your bike.

It's possible to take long distance trains and planes with a bike but you must book and box your bike.

Newcastle Airport is 20km north of Newcastle. There is a quiet cycle route via Stockton and Fullerton Cove Road for most of the way, but for 3km near the airport, bikes must use a narrow shoulder along busy Nelson Bay Road.

Bike Hire throughout Newcastle region may be available through local bike shops and some bike share systems have operated in the area.



cycle your way

newcastle.nsw.gov.au

City of Newcastle

For the kids



Beginning to ride

If you want to learn to ride or teach your children how to get the fundamentals of balance and braking, outdoor netball and basketball courts are ideal when not in use by community sporting clubs. Newcastle region has:

- B1** NATIONAL PARK NETBALL COURTS, UNION STREET, COOKS HILL
- B2** KENTISH OVAL NETBALL COURTS, KARoola ROAD, NEW LAMBTON
- B3** KURRAKA RESERVE BASKETBALL COURTS, KURRAKA DRIVE, FLETCHER
- B4** NESBITT PARK NETBALL COURTS, CASEY AVENUE, KOTARA

Short circuits

Once you have the fundamentals of cycling, there are plenty of options for your kids (or yourself) to keep practicing at a range of easy circuits:

- C1** ISLINGTON PARK PLAYGROUND
A cycleway perfect for kids
- C2** WALLSEND ACTIVE HUB, FEDERAL PARK
A pump track for thrill seekers
- C3** MYERS PARK, ADAMSTOWN
An 800m shared path loop
- C4** NEWCASTLE VELODROME, HAMILTON SOUTH
A velodrome open to the public
- C5** MITCHELL PARK OVAL, MEREWETHER
A cycling track around the oval

Picnic & pedal

These bike-riding gems will give you a taste of Newcastle's hidden beauty, all without breaking a sweat & giving you somewhere to relax & picnic.

- P1** WARABROOK LAKES' LOOP
2.3km of cycling along Warabrook Lakes and the Eucalyptus Circuit Reserve Playground. This short ride has plenty of birdlife, a picnic spot, a playground, and exercise equipment.
- P2** BRAYE PARK TRACKS
1.5km of paths with stunning views, picnic spots and playground at Waratah West. This path includes sections that are narrow, have gravel surfaces, and there are some hills.
- P3** LAMBTON PARK
1.6km pleasant, easy and well-shaded loop of Lambton Park passing Lambton Pool, playground and exercise equipment, a café and bowling club, and the Rotunda.
- P4** BRICKWORKS PARK
700m cycle path through bushland and parkland at Wallsend. The loop passes the Brickworks Bird Hide, where you can look out over the lake, perfect for catching glimpses of the park's busy birdlife.
- P5** HUNTER WETLANDS
3km loop with plenty of paths through the wetlands, taking you as far as Ironbark Creek at the far end of the wetlands. You are required to pay for entry to the wetland, with plenty of picnic spots and a café on site www.wetlands.org.au
- P6** BLUE GUM HILLS
2km loop at Minmi, where you can cycle along fire trails through bushland. There is a picnic area with a great wooden maze and playground at the start of the ride.



Top trails

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- 2** TRAMWAY TRACK WALLSEND TO GLENDALE
- 3** FERNLEIGH TRACK

- 4** BATHERS WAY ALTERNATE ROUTE
- 5** BROADMEADOW TO BRICKWORKS
- 6** UNIVERSITY TO HOSPITAL

- 7** STOCKTON FORESHORE
- 8** SHIPS & STEEL ALONG SELWYN STREET
- 9** RASPBERRY GULLY

- 10** FLETCHER WETLANDS
- 11** WARATAH TO MARYLAND
- 12** ASH ISLAND

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- CONNECTING ROUTES**
- T** TRAIN
- F** FERRY
- P** PARKING

cycle your way

Tips & tricks

- 1. Take care of yourself** – Be aware that in Australia we ride on the left side of the road, and helmets are compulsory. Search 'bicycle safety and rules' at www.nsw.gov.au to find out more.
- 2. Plan your ride** – Use this map to work out an itinerary and find more details online. This map aims to show the safest ways, but the routes vary in difficulty. Time your ride to avoid commuting times (when roads are busy) and weekends for popular rides (when tracks are busy).
- 3. Get set for your ride** – Be aware of the harsh Australian sun; stay covered, wear sunscreen, carry water and avoid riding in the heat. Adjust your bike seat so that your leg is almost straight when your pedal is down the bottom. Pack a pump, spare tube and multi-tool for your adventure.
- 4. Take care of each other** – Be kind and patient on shared paths. Always take the time to slow down and let people know you are coming and ring your bike bell when possible. When passing others, it is common to give people a smile or a wave and thank them for sharing the path with you.
- 5. Take cover from the birds** – You may come across birds and other wildlife as you ride. Please don't feed native animals and be aware that some birds swoop cyclists, particularly during Spring, see www.magpiealert.com
- 6. Take a lock and explore more** – Always lock up your bike before leaving it unattended. A decent sized lock will deter most thieves, so you can take the opportunity to explore by foot or have a bite to eat.