

CYCLING GUIDE

SUTHERLAND, KIRRAWEE,
SYLVANIA, WOOLLOOWARE BAY



WELCOME TO THE SUTHERLAND SHIRE CYCLEWAY NETWORK



REFERENCES

D.R Kirkby (1970)
From Sails to Atoms, Sutherland Shire Council

Ashton, Cornwall, Salt (2006)
Sutherland Shire: a History, UNSW Press

Cyclists using this guide do so at their own risk. Sutherland Shire Council will not accept liability for personal injury and/or damage to property. Although every care has been taken, no responsibility is accepted for any errors or omissions.

This cycling guide has been prepared by Sutherland Shire Council to assist you plan and choose a suitable cycling route through the Sutherland to Woollooware Bay area.

The cycling guide focuses on 10-11km of cycling facilities between Sutherland, Kirrawee, Sylvania Waters and Taren Point. This is a mostly on-road cycle route that links to industrial/employment areas, schools, recreational facilities and services.

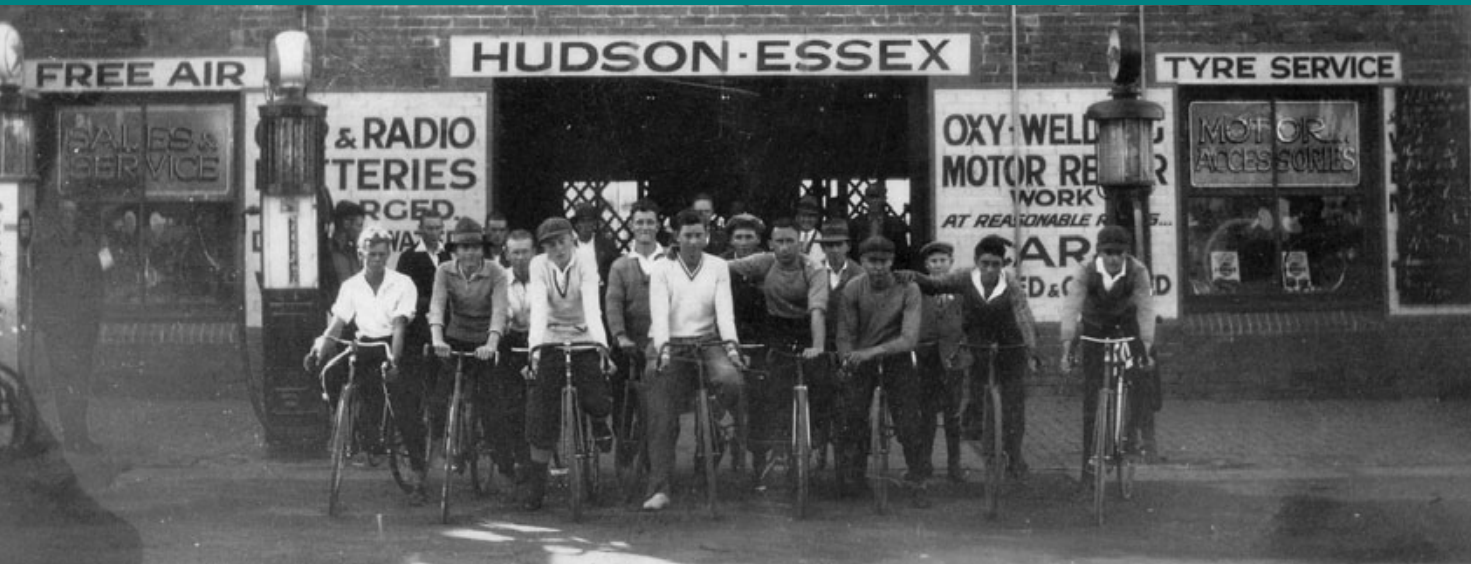
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HISTORY

SUTHERLAND TOWNSHIP



Sutherland is named after Forby Sutherland, a sailor on the Endeavour who is buried at Kurnell. The township was first subdivided in 1881 by the Holt-Sutherland Estate Land Company. Much of its early growth centred on the construction of the Illawarra rail line in the 1880s and its gateway location to the Royal National Park and Cronulla beaches (via the steam tram). By 1886 there were only four permanent buildings in Sutherland, the railway station, station master's residence, the railway keeper's cottage and a general store. The post office opened on 1 September 1886 and a school began classes in 1887 in Eton Street Sutherland.

The name Sutherland was officially declared in 1906 with the proclamation of the Shire of Sutherland. The first council chambers was built in 1915 which cemented the township's role as the administrative centre of the shire. Today Sutherland hosts a number of facilities and services that include the entertainment centre, leisure centre, central library and regional sports fields.

TAREN POINT - Access across the Georges River between the Sutherland Shire and southern Sydney has historically been limited to a number of key locations, one of which is Taren Point. Initially called Comyns Point, small boats and a ferry service between 1916 and 1965 provided passenger and vehicular transport across the river to Rocky Point Road. The construction of the Captain Cook Bridge in 1965 consolidated Taren Point's role as a major access corridor into the shire, contributing to the area's residential growth and development as a major employment centre comprising bulky goods and variety of light industrial/commercial development.

KIRRAWEE - During the early to late 1800s, Taren Point, Sylvania, Kirrawee and Sutherland formed part of the Thomas Holt Estate. Sutherland House, built in 1862 by Thomas Holt at Gwawley Bay provided the nucleus for a small farming and fishing community and post office in the area in 1883. The large stands of Iron Bark and Black Butt trees (remnants seen adjacent to Kirrawee railway station) were a major

source of income for the early settlers. Clays in the area were mined and supported a brick making industry from the early 1900s to 1970s - the most notable at the Kirrawee brick pits at Flora Street Kirrawee. Many of the early streets in the area are named after governors/captains and surveyors e.g. Bligh, Kemp, Meehan and Johnstone. From the 1950s the streets reflected Aboriginal and Maori names and Flora e.g. Nyrang, Weemala, Wanganui, Flora, Oak, Waratah, Willow and Acacia.

SYLVANIA WATERS - Sylvania Waters is one of Australia's few privately owned bays. Modelled on Florida Keys (USA), many of the houses are built on artificial islands. It is the second reclamation project in Australia, the first being at Surfers Paradise in 1959. Mostly a residential area it has local shopping centres, a major athletics track and tennis court complex. It was part of a reality television program and used in the filming of *Superman Returns* in 2006.

CYCLING SAFETY AND TIPS



WEAR A HELMET

It is the law. Head injuries cause up to 85% of all cycling fatalities. The helmet should be approved with an Australian Standards AS/NZS 2063 sticker. It must fit firmly and comfortably to protect you against head injury. Choose one that is light weight and a bright colour so other road users can see you.

BE SEEN AT NIGHT OR IN LOW LIGHT CONDITIONS

When riding in the dark or in hazardous weather you must display a steady or flashing light on the front of your bike and a red flashing light from the rear of your bike. Your bike must also have a red rear reflector. Wear bright clothing during the day and reflective clothing at night. If you have no reflective gear for night riding a plain white t-shirt is the next best thing.

LET OTHERS KNOW WHAT YOU'RE DOING

Let other cyclists, motor vehicle drivers and pedestrians know what you are doing. Use the correct hand signals before turning left or right, changing lanes or stopping.

KEEP LEFT

Except when overtaking slower traffic.

DON'T SPEED

Remember that shared pathways are used by children, the elderly and the disabled.

USE YOUR BELL

Every cyclist must have a working bell. Warn pedestrians that you are approaching and give them plenty of room.

OBEY THE ROAD RULES

When riding on the road, cyclists need to obey the same road rules as motorists. For more information on traffic regulations contact the Roads and Maritime Services (RMS) on 13 22 13 or go to rms.nsw.gov.au.

SPECIAL ROAD RULES FOR CYCLISTS INCLUDE:

- Children under 16 years of age may legally ride on the footpath. An adult may only ride on the footpath if accompanying a child under 16 years of age.
- Cyclists must give way to pedestrians and walk with their bike when using a pedestrian crossing.
- You are able to ride two abreast, but not more than 1.5m apart.
- Cyclists (especially children) should dismount and walk their bikes across intersections.

BE PREPARED

Before you leave check the tyres, brakes, wheels, chain, lights and reflectors and make sure your bike is in good working order. Have your bike serviced every six months if you ride often.

Use sun block and sunglasses, even on cloudy days.

Consider wearing bike gloves as they help reduce jarring, protect your hands and keep your fingers warm in the winter. Take a jumper on cooler days to keep you warm when you stop riding. Don't forget to take a good lock, puncture repair kit (or spare tube), a pump, water bottle and a backpack or pannier to carry your gear.

CYCLE YOUR WAY TO GOOD HEALTH AND FOR A SUSTAINABLE FUTURE

Each time you ride your bike it's a benefit to your health and the environment.

By cycling you can:

- feel more energetic
- enhance your level of concentration, learning and memory
- help manage weight
- feel more confident, happy, relaxed
- sleep better and improve your sense of well-being
- reduce your chance of heart disease and cancer.

Riding a bike 5km (15 to 20 minutes) each day, rather than driving, can reduce greenhouse gas emissions by 0.6 to 0.7 tonnes a year! When you think that the cost of buying and maintaining a bike is around 1% of the cost of buying and maintaining a car, getting on a bike is not a bad option especially if you're considering that second (and third) family car. You could also be travelling as fast as a car - research shows that for trips up to 5km they can be quicker on a bike.

OFF-ROAD CYCLE/PEDESTRIAN PATHS

The off-road component of the cycleway network has been built specifically to share with other cyclists and pedestrians. The shared pathways are sign posted and marked accordingly to let you know if you are meant to share the path with pedestrians.

Please note that as a cyclist the law requires that you ride to the left of the path and give pedestrians priority. Take care when you are crossing roads and watch out for motor vehicles.

ON-ROAD CYCLING

The on-road sections of the cycleway network include bike lanes, sealed shoulders and road space that are shared with other traffic. They are generally marked with bicycle signs and/or logos to show the route.

CYCLE ROUTE GRADIENT

This map provides a colour coded guide for the gradient of the cycle routes.

The gradient is a measure:

$(\text{horizontal distance} / \text{vertical climb}) \times 100$

For example, if you travel 100m and rise 5m the gradient is 5%.

The gradient is categorised in this guide as:

- **Easy** < 5% a gradient that most riders will find easy
- **Slight** 5% to 8% a gradient that will start to bother inexperienced riders and start to be interesting for regular riders.
- **Moderate to Difficult** 8% + inexperienced riders will find this requires some effort. As gradients go above 10% regular riders will start to find this challenging.

SUGGESTED ITINERARY

There are a range of riding options to choose from with distances and topography profiles provided to help you decide. The area between Sutherland and Woollooware Bay is generally undulating with moderate to steep hill climbs from Sylvania to Sutherland. Flatter but undulating sections occur between Taren Point and Port Hacking Road, Sylvania and around the Sutherland township.

Whether you choose to use these routes to commute to work or school, visit the local shops or for recreation, the variation in terrain makes it suitable for different levels of personal fitness and riding experience. Below are some possible rides you can enjoy.

WARATAH PARK CYCLING CRITERIUM TRACK

Located in Sutherland, Waratah Park comprises a short course mountain bike track and three looped criterium track circuits, the longest being 1.2km. The tracks are used regularly for club bike races on weekends but when not in use it offers the opportunity to learn to ride, undertake training or ride for fitness in a safe off-road environment. Plenty of parking available outside of race days.

WOOLLOOWARE BAY CYCLEWAY

This is an easy off-road ride along the scenic foreshore of Woollooware Bay: see Woollooware Bay Cycling Guide in Council's cycling map series. It's suitable for beginners and young children though care needs to be taken as it is a popular location with walkers and other cyclists. For experienced riders, on-road links from Captain Cook Drive provide access to Kurnell.

The Woollooware Bay cycleway links with the Sutherland to Woollooware Bay route in this guide, which enables cyclists to travel safely on off road shared paths across the Georges River to Brighton, with links to the Airport, Homebush and Cronulla.

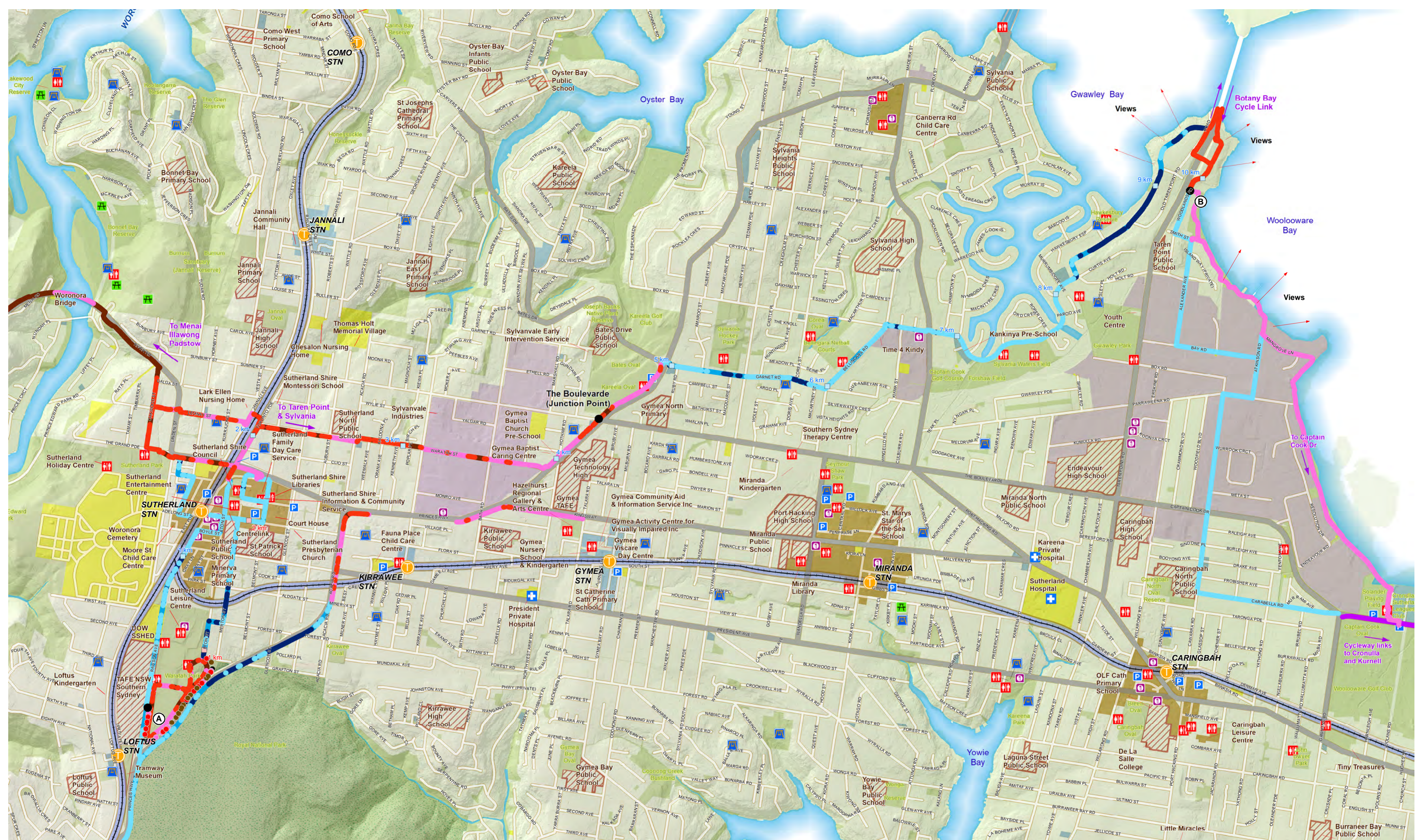
KAREELA OVAL – TAREN POINT

Suitable for more experienced riders this route starts at Kareela Oval on an off-road section. At the intersection of Bates Drive and Princes Highway use the pedestrian lights to cross over the Princes Highway and link to Garnet Road. From here it is on-road. Turn left at Bellingara Road, then continue to the roundabout and turn right into Box Road. Care needs to be taken in this short section in Box Road due to the traffic. Continue to Port Hacking Road and cross at the pedestrian lights into Belgrave Esplanade.

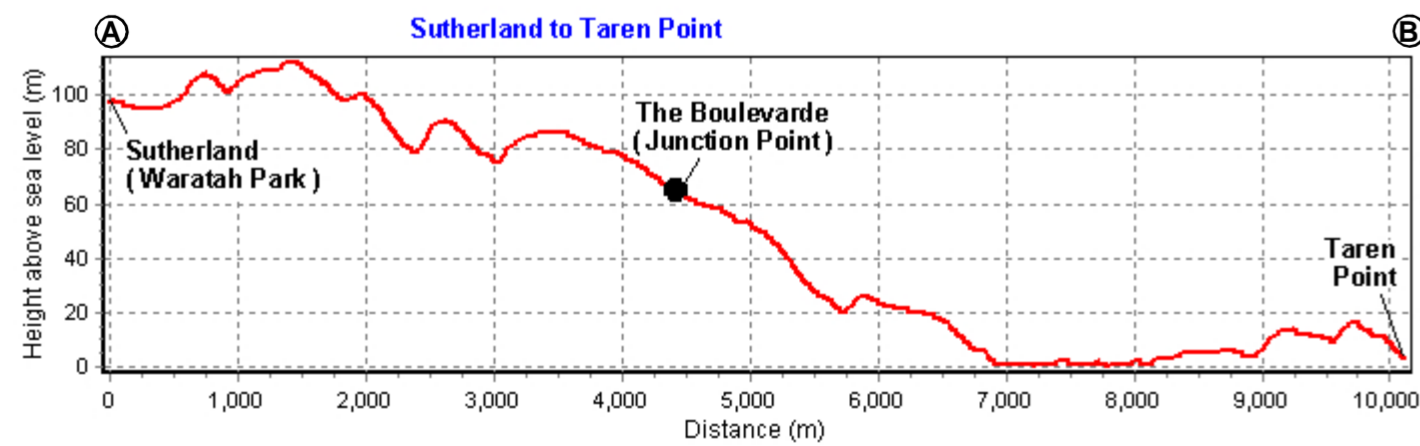
A line-marked on-road cycleway then winds through Sylvania Waters using Belgrave Esplanade and Holt Road, continuing to Taren Point and finishing at Woodlands Road. The ramp crossing Captain Cook Bridge links with the Brighton to Homebush regional cycleway and is accessible from Holt Road and Woodlands Road.

To the south-east the Woollooware Bay cycleway provides an off-road link along the Woollooware Bay foreshore to the Solander Playing Fields, onto Captain Cook Drive and Cronulla. An on-road cycleway provides a link from Elouera Road to Kurnell.





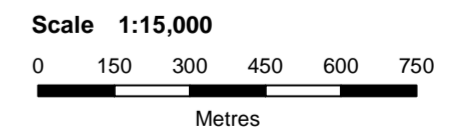
TRACK INFORMATION
(CYCLEWAY CROSS SECTIONS)
See map for point locations



- Off Road, easy gradient
- Off Road, slight gradient
- Off Road, moderate to difficult gradient
- On Road, easy gradient
- On Road, slight gradient
- On Road, moderate to difficult gradient
- Both On and Off Road
- Alternate Route

- Employment
- Local Centre
- Neighbourhood Centre
- Schools
- Shopping Centre
- Special Uses (Church etc)
- National Park
- Reserves/Parks
- Railway Line

- Arterial
- Hospital
- Car Parking
- Food
- Picnic Area
- Play Area
- Toilet



SUTHERLAND TO TAREN POINT CYCLING GUIDE