



Local Websites

MoveMe – www.moveme.org.nz

For more information and maps of cycling tracks in Dunedin, see the 'Activity Maps' section of the MoveMe website.

Mountain Biking Otago – www.mountainbikingotago.co.nz

If you're ready for some more challenging off-road biking, visit the Mountain Biking Otago (MBO) website for more information. They have regular mid-week and night rides, as well as a women's group. The website lists upcoming events and more information on tracks around Dunedin. All MBO managed hubs and tracks, and up to date information, are also available here: www.trailforks.com/region/dunedin/. We also suggest you visit the Dunedin City Council website www.dunedin.govt.nz/facilities/mountain-biking.

Cycling Otago – www.cyclingotago.co.nz

Cycling Otago offers competitive road and track cycling, non-competitive rides, and social events. Most weekends there is road racing, and from November to February there is track racing on a Tuesday night. Cycling Otago also provide a mentor program for new members, as well as coaching for all levels.



Getting on your bike with MoveMe

www.moveme.org.nz is a Getting Dunedin Active initiative, led by the Dunedin City Council, that provides all the information you need to get active, and stay active, in and around Dunedin.

If you are new to cycling, or would love to get back into it but need help to get started, then this is for you. We've put together this resource to show you some of the best places around Dunedin to get on your wheels. We've also included lots of other information we hope you'll find useful, such as how to take your bike on a bus,

and where you can take children to help grow their bike skills. All you need is a bike that works (it doesn't have to be a fancy one!) and, of course, a helmet. If your bike has been gathering dust for a while it's not a bad idea to have it serviced, it'll make for a safer and more enjoyable ride.



Cycling Events

Having an event to train for gives you a goal and a timeframe to work with. Some annual Dunedin and Otago cycling events include:

Bike Wise – February

Bike Wise is a month dedicated to biking related events and activities. See the MoveMe or BikeWise website for more information. www.bikewise.co.nz

Trail Journeys Rail Trail Duathlon – February

This course has a very gentle gradient and the event can be done in teams. While there is a competitive edge to the event, most people participate for the enjoyment and challenge of completing the 150km course. There are a wide range of team categories to encourage participation. www.railtrailduathlon.co.nz

Otago Peninsula Challenge – May

Crossing through 10 private properties, this is your once-a-year chance to walk, run or ride down the wild side of the Otago Peninsula. With some of the most spectacular scenery in the country, this is not an opportunity to be missed. Some training and skill level is required. www.otagopeninsulachallenge.co.nz

Otago Central Rail Trail

The Central Otago Rail Trail takes you on a cycling adventure of a lifetime through 150km of some of New Zealand's most memorable scenery and awe-inspiring gold mining history. The year-round cycling (and walking) trail is a public reserve, and because the trail follows an old railway line, hills are not steep, making it accessible to most ages and fitness levels. www.otagocentralrailtrail.co.nz

For more tips and ideas for staying active in Dunedin see www.moveme.org.nz

Like us on Facebook to keep up to date with the latest news and event information; you can also sign up to our monthly e-newsletter directly from our Facebook page or website, or by emailing info@moveme.org.nz

Did you know?

Crooked Spoke

The Crooked Spoke, at 111 Moray Place, is a DIY bicycle workshop. The crew at Crooked Spoke will show you how to fix your bike yourself, which is a very handy skill to have when you are part way through a ride and something goes wrong! Visit their Facebook page for opening hours and more information www.facebook.com/TheCrookedSpoke

Helmets

Kids grow out of their helmets quicker than you might think, and it's very important that they are wearing one that's the right size. If you're not sure, take both child and helmet into any local bike shop, smile nicely, and they'll happily check it for you.

Bikes on buses

All buses in Dunedin will have bike racks by 1 July 2016, and many already do have them fitted. Being able to take your bike on the bus gives you a great back - up plan in case of changes in the weather, or tired legs. Ask the driver how to use them if you are not sure, but please note the racks are only suitable for adult bikes.



Visit MoveMe on Facebook www.facebook.com/MoveMeDunedin

www.moveme.org.nz

Some good places to get started



Off-road tracks

Signal Hill Recreational Reserve 'The Big Easy'

This is a grade 2 (easy) uphill 5km ride that starts at Logan Park High School. Follow the signs to the track entrance. It finishes at the monument at the top of Signal Hill. This isn't a loop track, so you can ride up from the bottom and then enjoy the downhill, or you'll need to organise transport at the other end. There are a huge number of more technical tracks and downhill routes for experienced riders to take as well. There are shuttles on Wednesday afternoons and Sunday mornings during the summer months, which will take you back to the top for just a few dollars. See www.mountainbikingotago.co.nz for more info.

Wakari Creek

There are a number of beginner and intermediate trails at Wakari Creek, your best option is to just get in there and explore! Access is via a sign-posted carpark on Wakari Rd. There is a map of the whole area at the carpark, and all tracks are individually sign-posted and graded.

For the kids

There are some great places around town for kids to develop their bike skills. For beginners, Marlow Park in St Kilda (also known as the Dinosaur Park) is a great option, as is John Wilson Drive (just a few metres up the hill from Marlow Park). John Wilson Drive is open to car traffic weekdays 11am to 2pm, the rest of the time it is closed to vehicles, making it very cycle-friendly. Once children are more confident on their bikes, both Forrester Park and the Spooky Forest (Norwood St, North Dunedin) have great off road tracks to extend their skills further. There is also a kiddie loop at Wakari Creek (Wakari Road).



To St Leonards

Harbourside shared pathway

Starting at Dunedin Boat Harbour, this relatively new and beautifully flat pathway can take you as far as St Leonards (6km one way). This is a great family-friendly option, with a number of points of interest along the way. Be aware of walkers and other pathway users.



Portobello Rd

Currently there are separate cycle tracks on some parts of Portobello Rd; if you want to stick to these then Vauxhall Yacht Club or Macandrew Bay carparks are good places to start a short journey. Beware of cars at all time as the road is windy and narrow in places; travel single file if you are biking with others.

Otago Peninsula

Whether you take the high road or the low road, the Otago Peninsula offers you the chance to enjoy the most stunning scenery Dunedin has on offer. For a more challenging option, Highcliff Rd (the high road) is a steady uphill climb, offering some of the best views you could hope to find anywhere in the world. Beware of cars at all times at the road is windy and narrow in places; travel single file if you are biking with others.



Cycle Map Key

- Separated cycleway, flat
- On-road and separated cycleway, flat
- On road, steep in places
- Public Toilets
- Points of interest
- Area mentioned in track info