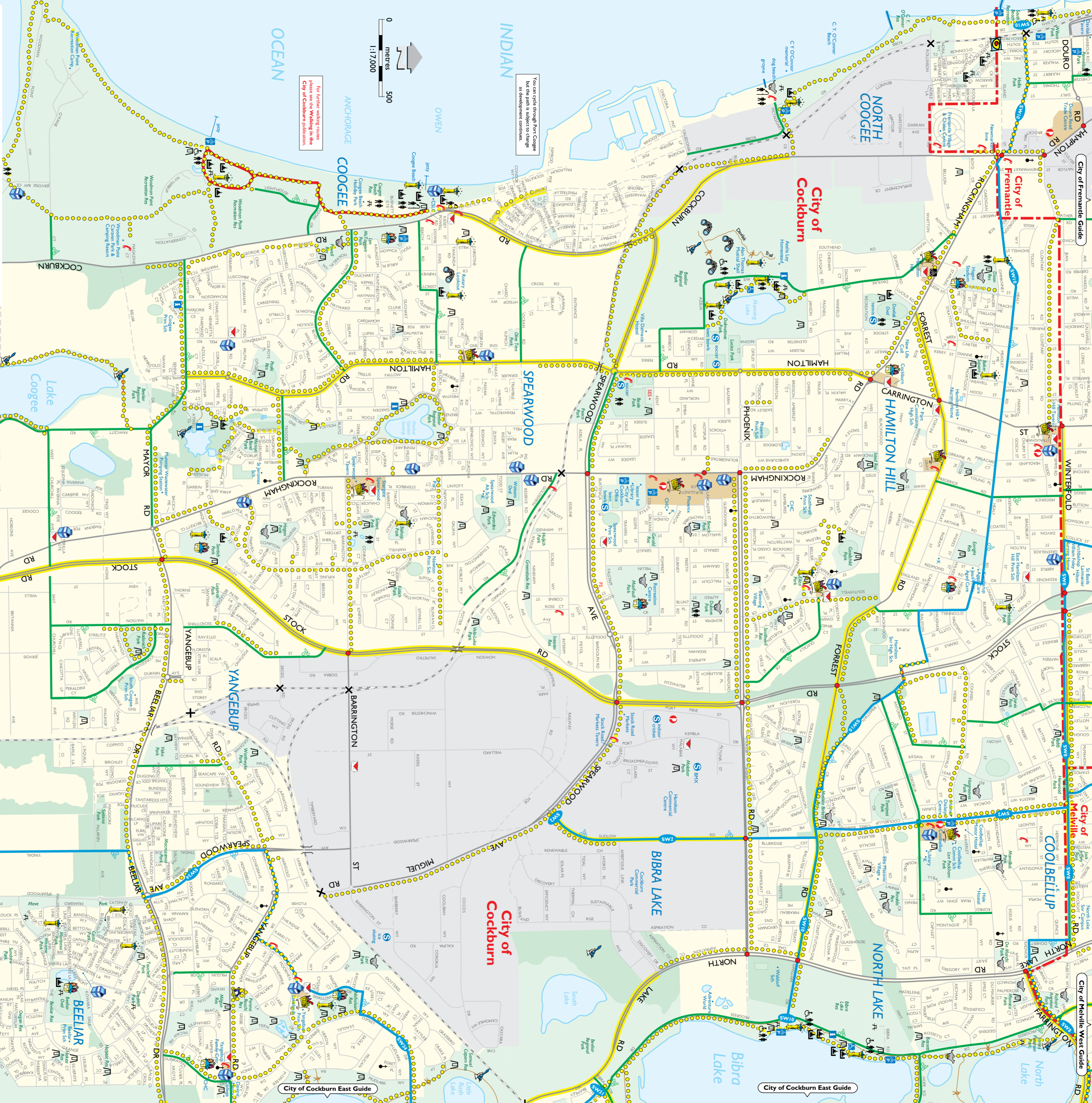


COCKBURN WEST Walk & Cycle Information

Legend

	Perth Bicycle Network (PSN) - Continuous Signaled Routes		Bicycle Parking
	Local Bicycle Friendly Street		Bicycle Shop
	Path (shared by cyclist & pedestrians)		Barbecue
	Bicycle Lanes or Sealed Shoulder either side		Delicatessen / Convenience Store
	Freight Railway, Crossing		Playground / Universal Playground
	Major Road, Proposed Road		Public Toilet
	Minor Road		Accessible Toilet
	Traffic Light		Post Office
	Walk T-Trail		Telephone
	Road Bridge and Footbridge		Sporting Facility
	Local Government Authority Boundary		Place of Worship
	Shopping Area		Picnic Area
	Parks and Recreation		Child Health Centre
	Orchard Prepared Ground		Police, Fire Station
	Bushland		Kindergarten
	Industrial Area		Shower
	Supermarket / Shopping Centre		State Emergency Services
	Drinking Fountain		Information Shelter
	Lockout Point		Bird Watching
	Dog Exercise Area		Be Active - Cockburn Walk Trails
	Community Cultural Centre		Public Artworks



How do you get around?

Most people use the car. A travel survey of residents in the Perth metropolitan area found that 80% of trips were by car and most were by the driver alone. There are travel alternatives available in your local area and many good reasons to use them. By walking, cycling or using public transport you can reduce car trips and so:

- reduce local traffic
- reduce air pollution and greenhouse gas emissions
- improve your health through physical activity
- reduce your travel costs

Wherever you are going, consider your options - that is what being TravelSmart is all about.

Public Transport

Public transport can be a quick and convenient option for many trips, yet only 4% of trips are made this way. The City of Cockburn is well serviced by Public Transport with connections to and from Fremantle, Perth, shopping centres and schools. High frequency routes provide quick access to major destinations outside the City of Cockburn. Instead of being stuck in traffic, try the bus or train. You can sit back and relax, save on car running and parking costs and avoid the hassles of driving. Try public transport for some of your shopping trips or to get to sporting events, concerts or other attractions.

Public Transport hints:

- To access public transport information, phone Transperth 13 62 13 or go online www.transperth.wa.gov.au. Timetables and guides to Transperth services are available at Transperth InfoCentres, Council office and libraries.
- To view the next bus, train or ferry time on your WAP enabled mobile - simply enter 136213.mobi into the browser, then follow the links. For buses, enter the 5 digit stop number which can be found on either the timetable information unit or the orange bus stop pole.
- To download timetables to your PDA or iPod, go to the website, www.transperth.wa.gov.au and follow the links to 'timetables' and 'services 4 mobiles'.
- Transperth's SMS service can send you information on bus, train and ferry services as well as Smartrider and specific bus stop information direct to your mobile phone. Telstra, Optus and Virgin customers should send an SMS to 13 62 13 while customers of other networks need to SMS 0429 332 211 and follow the prompts.

SmartRider Information:

SmartRider is Transperth's electronic ticketing system. It's a smarter, more convenient, more secure way to pay for your travel on Transperth services. Your SmartRider stores value or credit, your journey details are recorded (when you tag on and tag off all Transperth buses, trains and ferries) and the appropriate fare is deducted from the stored value on your SmartRider. SmartRider saves 15% to 25% off cash fares every time you use public transport. You can add value to your SmartRider via; Autoload (direct debit), BPay, Transperth InfoCentres and selected SmartRider Retail Outlets, Add-value Machines and on board buses and ferries. Cash tickets are also available. To find out more about the benefits of SmartRider and other Transperth services, visit the Transperth website at www.transperth.wa.gov.au or call the Transperth InfoLine on 13 62 13.

Walk or Cycle

There are many short trips where travelling on foot or bicycle is a good alternative to driving. A recent travel survey found that almost half of the car trips made by Perth metropolitan residents are 5km or less, 30% are 3km or less and some were just a few hundred metres.

Walking hints:

- Two trips a day will go a long way to find 30 minutes of exercise.
- Be courteous to cyclists on shared paths by keeping left.
- For information on great Perth walks and other useful walking information go to: www.transport.wa.gov.au/walking

Cycling hints:

- Find a convenient route. Use this map or one of the Perth Bike Map Series (more comprehensive cycling maps) that can be purchased from bike shops.
- Wear a helmet and bright clothing.
- At night, use front and rear lights.
- Be courteous to walkers who use shared paths and always give way to pedestrians.
- Bikes can be carried for free on all Perth trains, however they are not permitted on trains during the peak travel hours of 7:00-9:00am and 4:30-6:30pm.
- For further information about taking bikes on Perth public transport can be found in the Transperth website: www.transperth.wa.gov.au/PassengerInfo/BikesonTransperth
- For further cycling information visit: www.transport.wa.gov.au/cycling