

# Cycle Ipswich



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# Cycling

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Cycling is a great way to get around. It's cheaper than driving, causes less pollution and can be quicker for short trips, especially in peak hour. You can also get all the exercise you need each day just by riding your bicycle to the shops, school or work.

Ipswich, Queensland's oldest provincial city, is an alluring blend of heritage charm, metropolitan sophistication and expansive green spaces. With more pathways, bike trails and dedicated mountain bike trails being provided all the time, there has never been a better time to get on your bike.

This Cycle Ipswich guide will help you find a ride that will suit every member of the family.



The 'Family Ride' series suit beginner riders, including families with children and riders towing children, who are able to ride 10-15km/hour. The rides are mainly flat, riding on bike paths, foot paths and quiet roads.

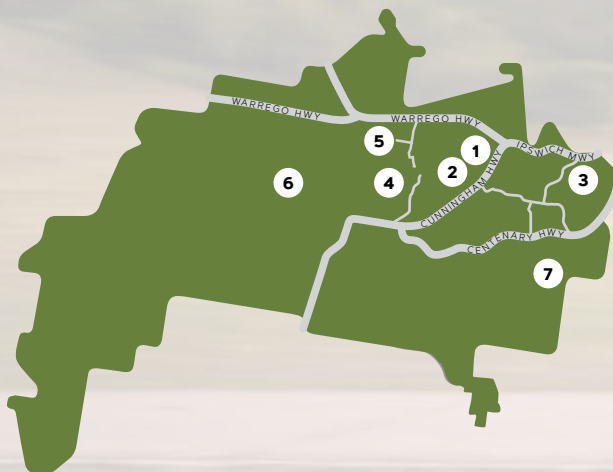


The 'Recreational Ride' series suit more experienced riders who can maintain a pace of 15-20km/hour and who can ride longer distances. The rides use different cycling surfaces, including bike paths, foot paths, on-road bike lanes and roads without bike lanes.

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## Regional map

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1. Bundamba Loops
2. East Ipswich to Riverheart Parklands
3. Goodna to Dinmore
4. Limestone Park to Leichhardt and to Wulkuraka
5. Brassall Bikeway
6. Rosewood Loop
7. Robelle Domain to Springfield Lakes

# Physical activity guidelines



## **Children and young people (5-17 years)**

For health benefits, children and young people should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.



## **Adults (18-64 years)**

Adults should accumulate 150 to 300 minutes of moderate intensity physical activity or 75 to 150 minutes of vigorous intensity physical activity each week. Be sure to include muscle strengthening activities on at least two days each week.



## **Older people (65 years and older)**

Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.







# Cycling speeds/distances

The table below gives you an indication of how long it will take you to cycle a certain distance. You may be surprised by how far you can cycle within a short period of time.

Cycling speed	Distance/time (minutes)		
	5km	10km	15km
Slow (15km/hour)	20 minutes	40 minutes	60 minutes
Medium (20km/hour)	15 minutes	30 minutes	45 minutes
Fast (25km/hour)	12 minutes	24 minutes	36 minutes

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## Tips for a safe and enjoyable ride

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- wear an Australian standards approved helmet
- wear appropriate footwear, such as enclosed shoes
- be seen by using reflectors, lights and bright clothing, especially at night
- stay hydrated
- know your fitness level and riding skills
- obey all road rules
- find a bikeway or shared pathway to plan your route if possible
- be courteous to walkers who use shared paths and always give way to pedestrians

In Queensland cyclists can ride on footpaths and shared paths but must keep left and give way to all pedestrians.

Bicycles are vehicles so you can ride on the road. While sharing the road with motorists, you must share the responsibilities. Remember to try and keep a distance of about 1 metre between you and other vehicles when riding through traffic.

For more information about road rules relating to cyclists and bikes visit [Tmr.qld.gov.au/transport/safety/rules/wheeled-devices/bicycle](http://Tmr.qld.gov.au/transport/safety/rules/wheeled-devices/bicycle)

For information about travelling with bicycles on public transport, or bicycle parking lockers at selected bus and train stations visit [Translink.com.au](http://Translink.com.au) or call 13 12 30.

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## Ipswich Cycle Park

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The Ipswich Cycle Park provides a safe and diverse cycling experience for all members of the community and also provides a destination for cycling clubs to hold regular sporting events.

The facility is located at 36 Huxham Street Raceview (access available from Briggs Road) and is open to the public from 4.00am to 10.00pm daily (unless an event is booked at the facility).

The park includes a 'learn to ride' facility in addition to the 1.3km asphalt track. For further information or to book the facility please go to [ipswich.qld.gov.au](http://ipswich.qld.gov.au)

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## Mountain biking

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Ipswich is well known as a great sporting community with outstanding parklands and sporting facilities. Less known are the amazing mountain bike trails which come to life on weekends.

Try the small practice track at Mihi Junction on the Brassall Bikeway, or for more serious mountain bikers visit Castle Hill Blackstone Reserve or the Hidden Vale Adventure Park at Grandchester.

# 1. Bundamba Loops



Family

Bundamba to Tite Family Park

5.8km return – 50% off road paths and 50% quiet roads



Recreational

Bundamba to West Ipswich

20.8km return – 10% off road paths and 90% on roads



Bundamba Swim Centre Car Park, 256 Brisbane Road, Bundamba (car parking available)



Intersection crossings, medium gradient climb and descent



Explore the paths and open spaces around Bundamba Creek. Consider finishing off your ride with a swim at the Bundamba Swim Centre. Check out what's on over the road at the Ipswich Turf Club, take a ride on the Pioneer Steam Train or stop for lunch at the Racecourse Hotel.

For a longer ride, ride along Gledson Street to Jacaranda Street and continue through to West Ipswich and Raceview, before travelling back to Bundamba.





## Elevation



## 2. East Ipswich to Riverheart Parklands



4.6km return – 85% off road paths and 15% quiet roads

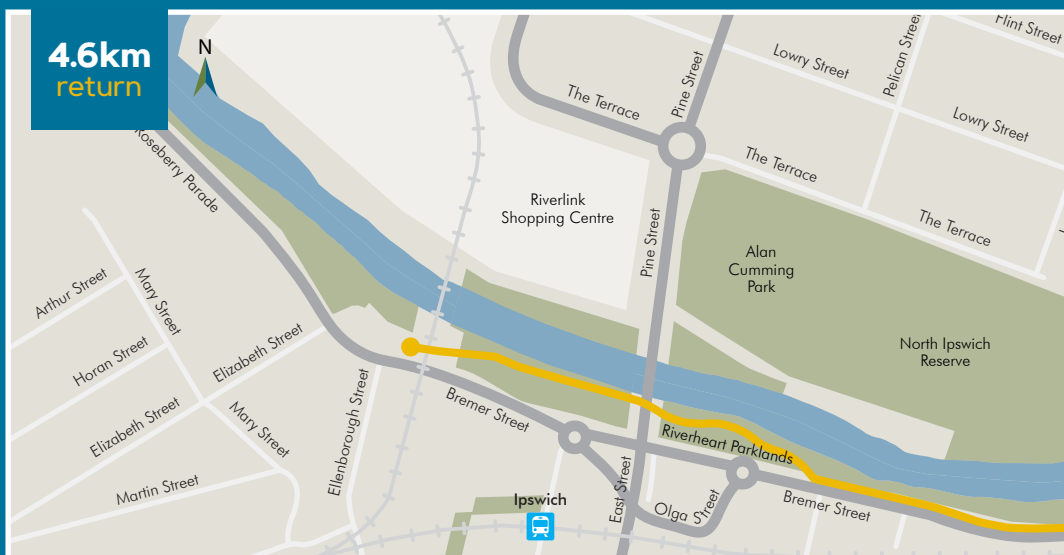
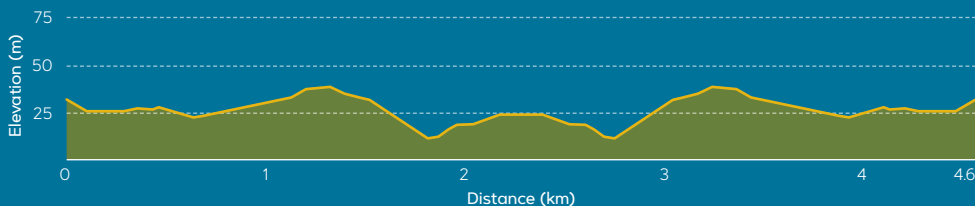
**📍** East Ipswich Train Station (car parking available). Located on the corner of Merton and Cotton street, East Ipswich. Alternatively, begin from the Riverheart Parklands carpark on Roseberry Parade, Ipswich (car parking available) and do the trip in reverse.

**⚠️** Intersection crossings at Joyce Street, Chermiside Road, Northcote Street and Blackall Street

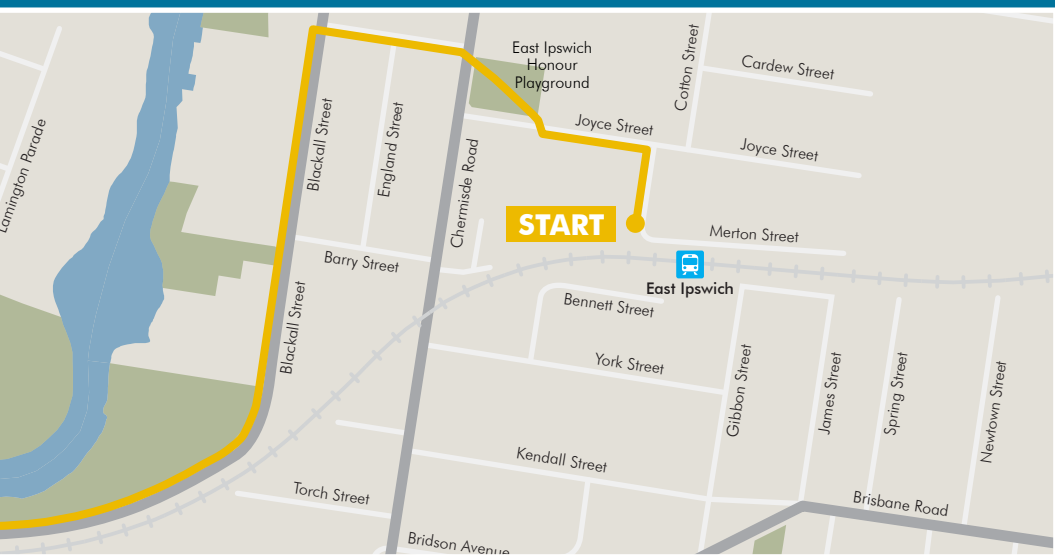
**📍** See the Bremer River from a different viewpoint. Start at the East Ipswich Train Station (parking available) and ride through East Ipswich Honour Playground. Note there are gates to open at each end of the park. Ride along Blackall Street until you reach Riverheart Parklands entry.

Dismount on the boardwalks. Take a picnic or BBQ lunch, or challenge yourself to ride up the hill under the railway foot bridge. On the return trip, you can use the underpass under Chermiside Road (stairs at both ends), entered off Barry Street. Find the bike path that runs along the railway line to return to Ipswich East Train Station.

### Elevation







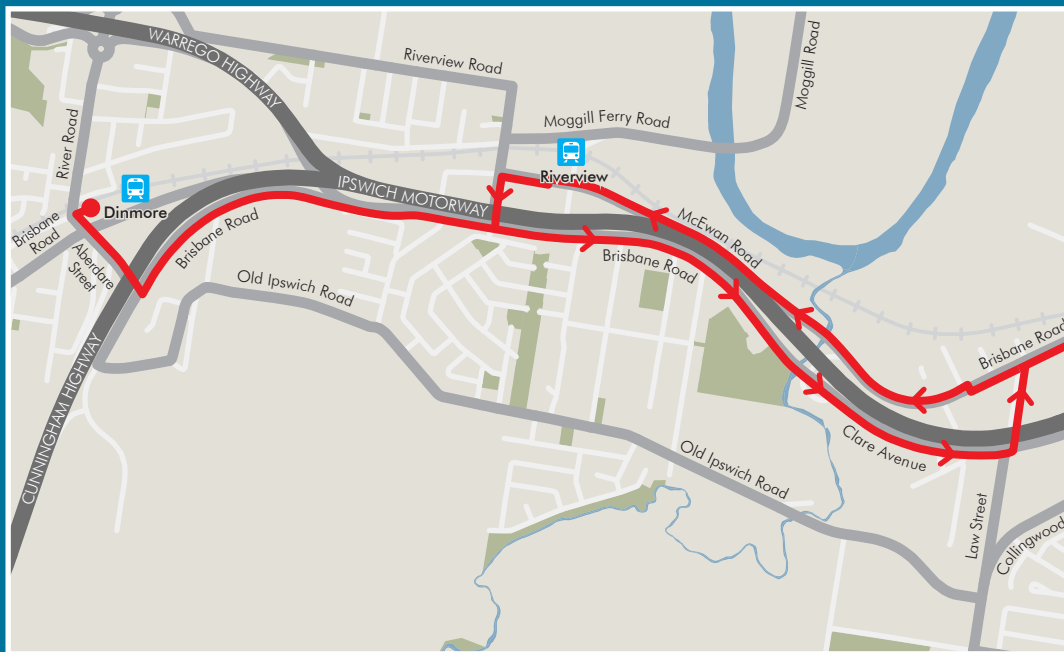
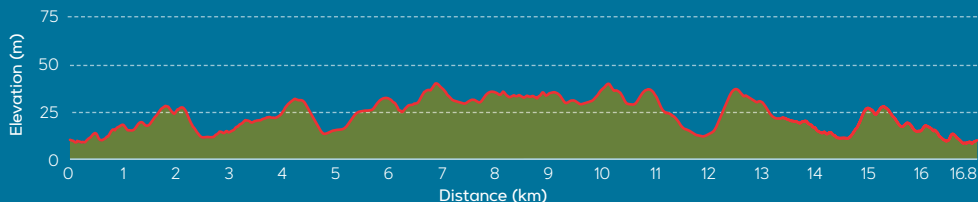
### 3. Goodna to Dinmore

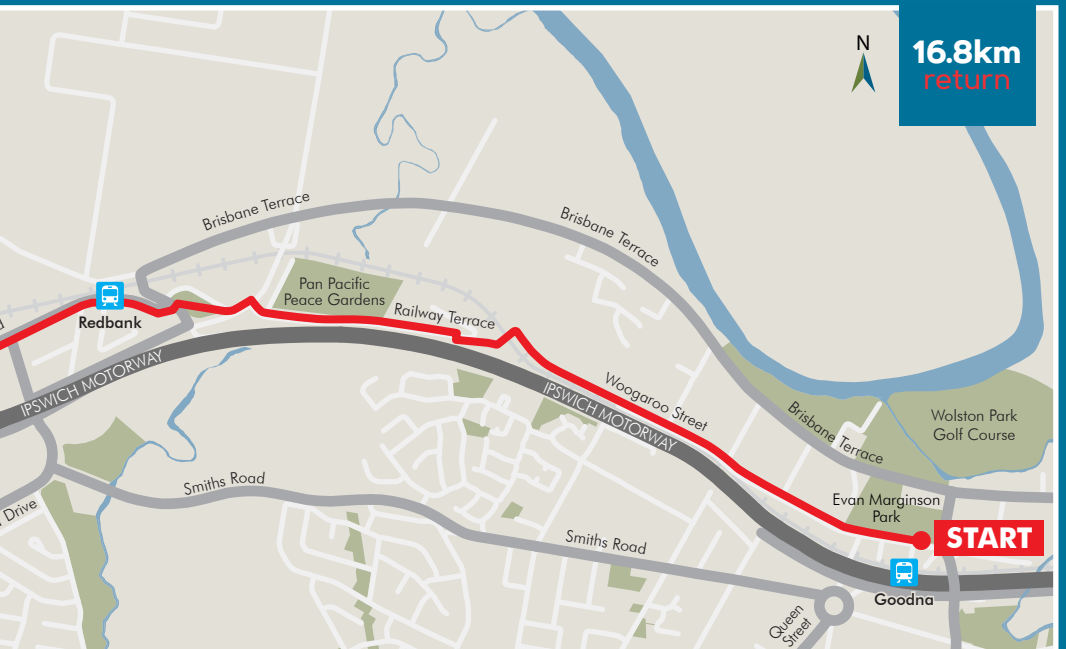


16.8km return – 95% off road paths and 5% quiet roads



- 📍 Evan Marginson Park, Woogaroo Street, Goodna (car parking available)
- ⚠️ Crossing Mason Street, traffic lights at the end of the bike path at Dinmore, medium gradient climb and descent
- ℹ️ Start at Evan Marginson Park which has parking, toilets, water and BBQs.  
Try this route as a longer ride along the Goodna bike way, or as a commuter route between the Goodna and Dinmore Train Stations.




#### Elevation



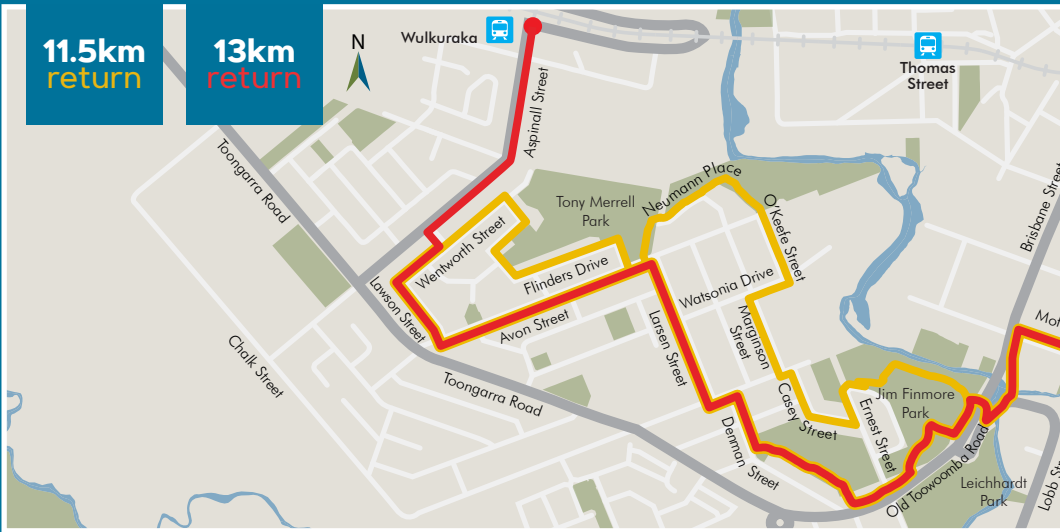
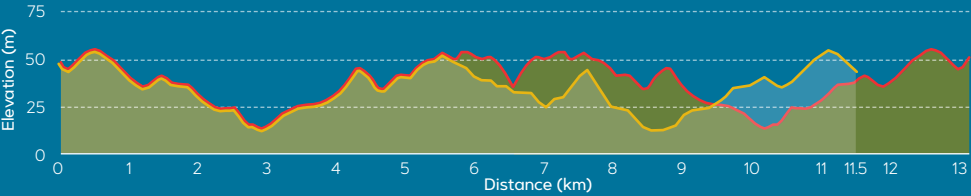


# 4. Limestone Park

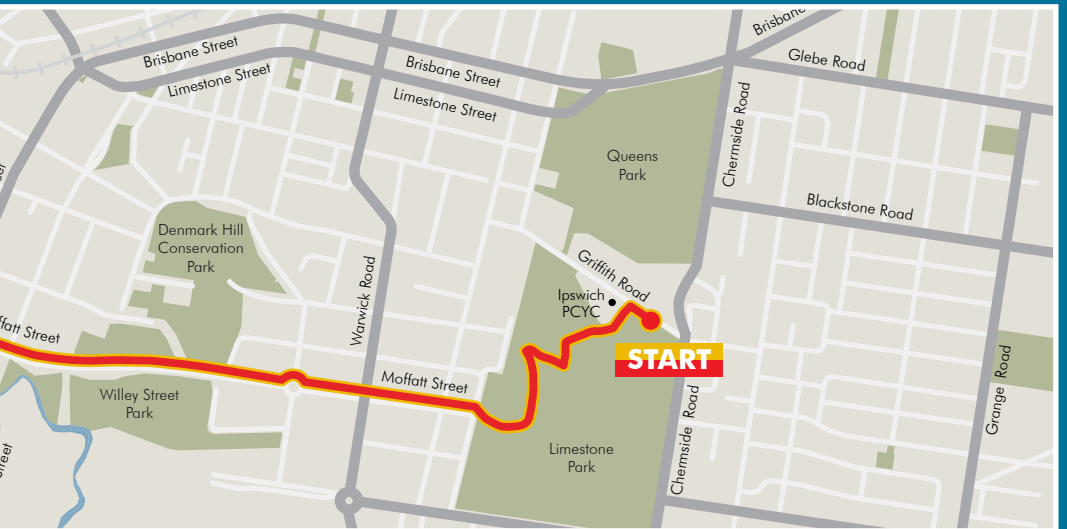
 Family	Limestone Park to Leichhardt Park Loop 11.5km return – 40% off road paths and 60% quiet roads
 Recreational	Limestone Park to Wulkuraka Train Station 13km return – 60% off road paths and 40% quiet roads

-  Ipswich PCYC, Griffith Road, Eastern Heights (car parking available)
-  Crossing Warwick Road, crossing Brisbane Street
-  Start in the historic and lush green surrounds of Limestone Park and use the shared paths to cycle to Leichhardt.  
After your ride satisfy your hunger cravings at the Queens Park Café, or pack a picnic lunch to enjoy at one of the many BBQs in the park. Combine your ride with a visit to the Japanese styled Nerima Gardens, or stop and see the animals at the Nature Centre. For a longer ride, try riding out to Wulkuraka Train Station and back.

## Elevation







## 5. Brassall Bikeway



14km – Some hills, 95% off road paths and 5% quiet roads

📍 The Workshops Rail Museum, North Street, North Ipswich (car parking available)

⚠️ Intersection crossings, medium gradient climb and descent

📖 The Brassall Bikeway is a high quality path for use by pedestrians and cyclists. When fully completed the Brassall Bikeway will link the Ipswich CBD with the suburbs of North Ipswich, Brassall, Wulkuraka, Karrabin and Pine Mountain.

There is also a 600 metre mountain bike track you can access from the bikeway if you're feeling adventurous. The track has a bike repair station and shaded seat for spectators. The trail is perfect for all ages although training wheels are not recommended.

Discover the old steam engine, railway siding and other surprises along the way as you wind your way along the bike path. Visit the heritage listed Workshops Rail Museum, or take the kids out to the bicycle learning track at Sutton Park.





## Elevation



## 6. Rosewood Loop



2.8km return – 90% foot paths and 10% on roads

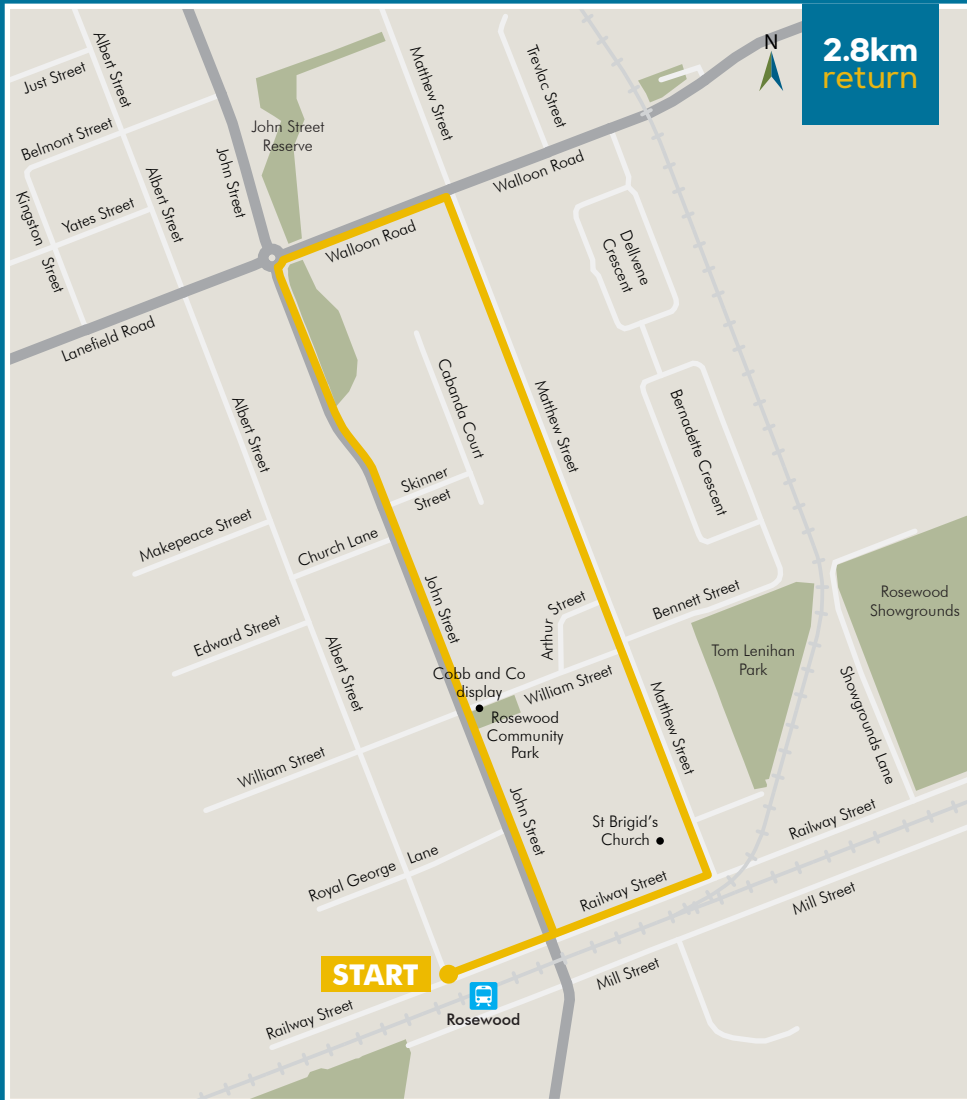
📍 Rosewood Train Station, Railway Street, Rosewood (car parking available)

⚠️ Crossing John Street, medium gradient climb and descent

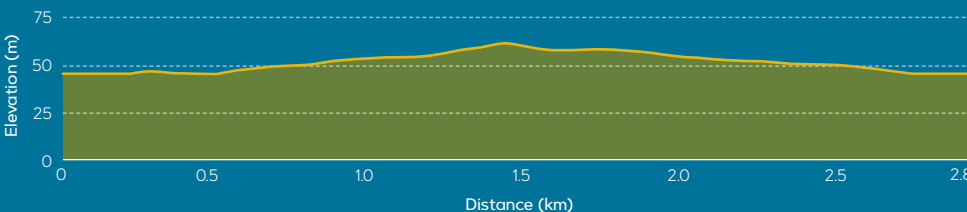
📖 Take the train out to Rosewood with your bike and take a trip back in time. Visit the historic Cobb and Co display in the community park, get a photo taken on one of the three Penny Farthing cycles or stop in at Australia's largest wooden church St Brigid's. It is recommended that cyclists dismount and walk along the CBD section of John Street.












## Elevation

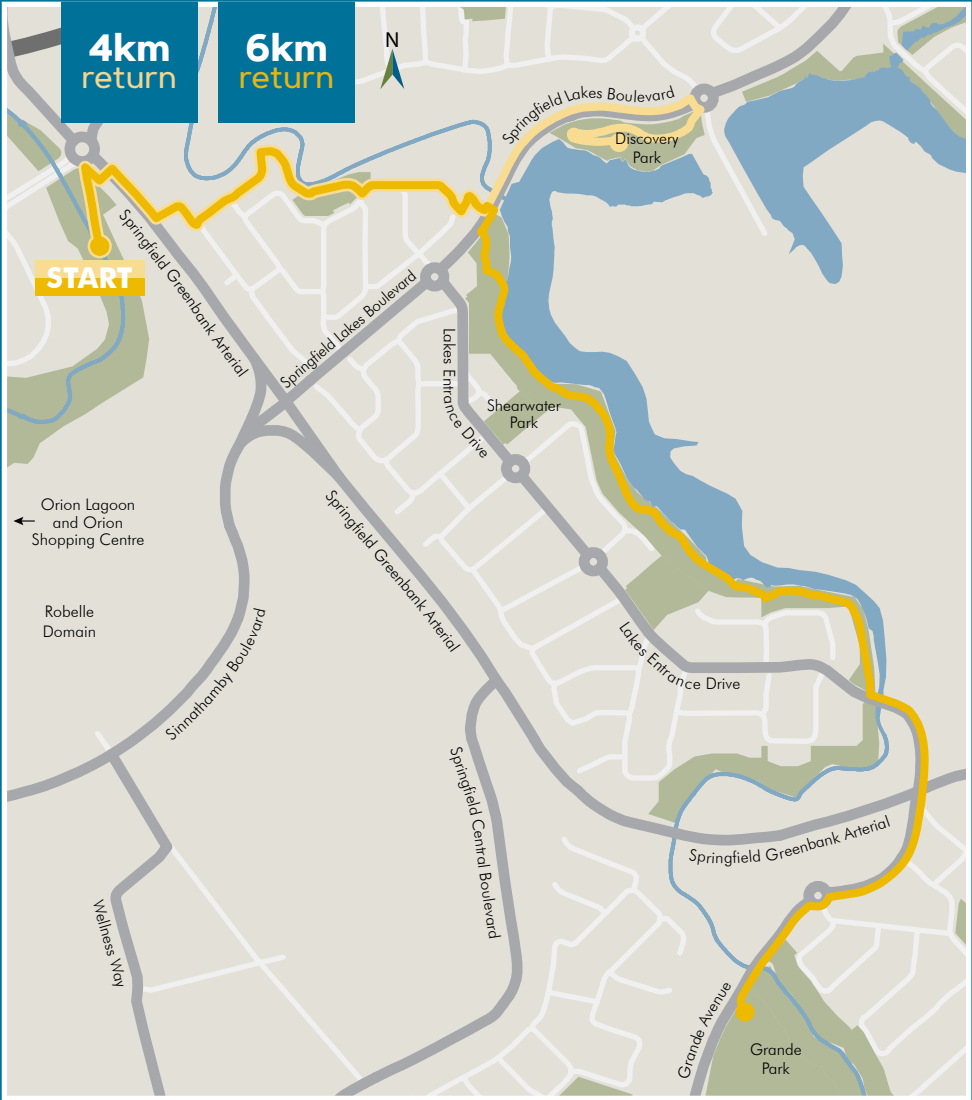


# 7. Robelle Domain to Springfield Lakes

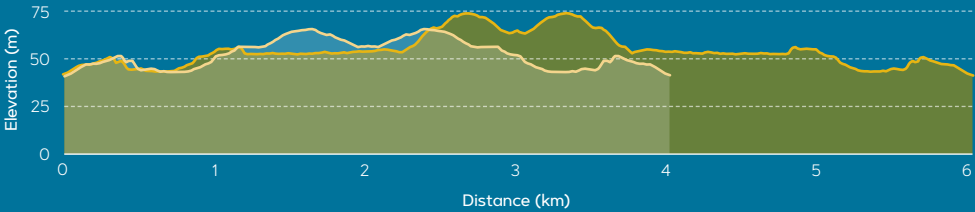
 Family	Robelle Domain to Discovery Park 4km return – 90% off road paths and 10% on roads
 Family	Robelle Domain to Grande Park 6km return – 90% off road paths and 10% on roads

-  Robelle Domain, 155 Southern Cross Circuit, Springfield (car parking available)
-  Intersection crossings at Springfield Greenbank Arterial and Springfield Lakes Boulevard, medium gradient climb and descent.
-  Explore the many paths and walking tracks of Robelle Domain and Springfield Lakes. Ride up the boardwalk for a great view at Discovery Park, explore the bicycle learning track and mountain bike pump track at Grande Park, enjoy a hit of tennis on the free courts, or sit in the giant arm chairs at Shearwater Park.  
Finish off your ride with a swim at Orion Lagoon or some shopping at Orion Shopping Centre.





## Elevation








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A number of these parks remain sacred to the Traditional Owners of Ipswich. Sacred sites are very important to the Traditional Owners, as they provide a link between Country and personal identity and allow the passing on of cultural knowledge. Some of the sacred sites within Ipswich include quarry sites, traditional food resources, story places, pre-contact and historical camp sites, fighting grounds, ceremonial sites, bora rings and women's business sites.