ACTIVE TRAVEL GUIDE

THE UNIVERSITY OF NEWCASTLE AUSTRALIA

Active Travel is a mode of transport which involves physical activity such as walking or riding a bike, scooter or skateboard. Public transport is also considered active travel especially if you walk to or from your pick up or set down point.

	CYCLE	BUS (Route 11)
Distance	9km	5 - 6km
Time	30mins	19 - 20mins

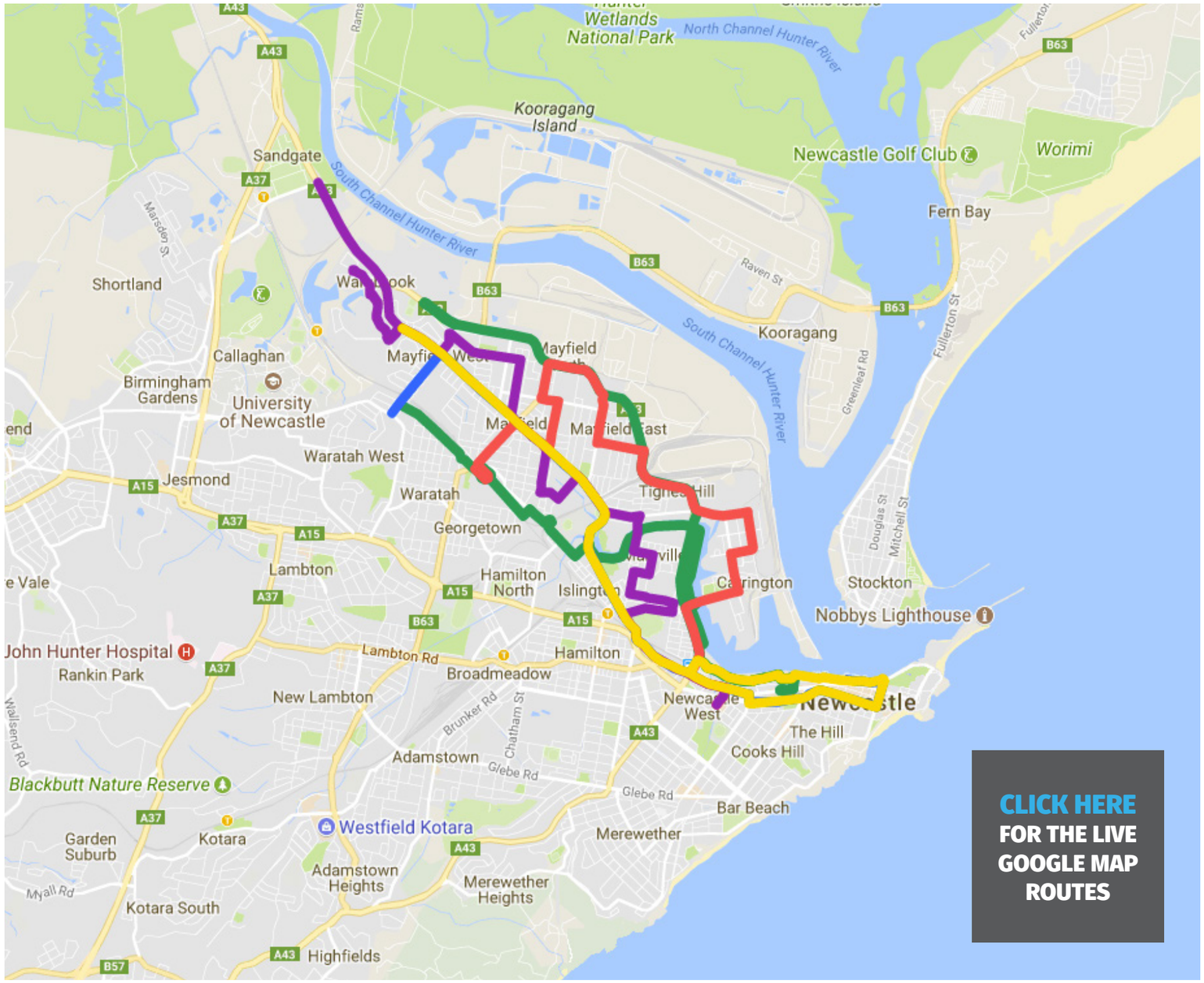
Active travel options are some of the most efficient and effective ways to incorporate regular exercise into our daily lives. By being active you can reduce many long-term health risks, enhance your mental and physical health and your well-being. You will also help our community by easing congestion on the transport network and reduce the environmental impacts associated.

For more information on end of trip facilities, including showers and lockers, available on our campuses visit the Active Travel website.

For all the latest public transport information visit the Transport NSW website.

MAYFIELD > NEWCASTLE CITY CAMPUS

KEY Cycle Route | Bus Route #11 | Bus Route #24 | Bus Route #47 | Bus Route #140



** The cycle routes identified have been created from volunteers as part of the Cycle Safe Network and are considered the best route using a combination of road and cycle paths.*