

ACTIVE TRAVEL GUIDE



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)	BUS (Route 12 and connections)	TRAIN
Distance ¹	6 - 9.5km	8km	9km ¹	5.1km
Time ¹	26 - 37mins	24 - 26mins	27 - 34mins	8mins ²

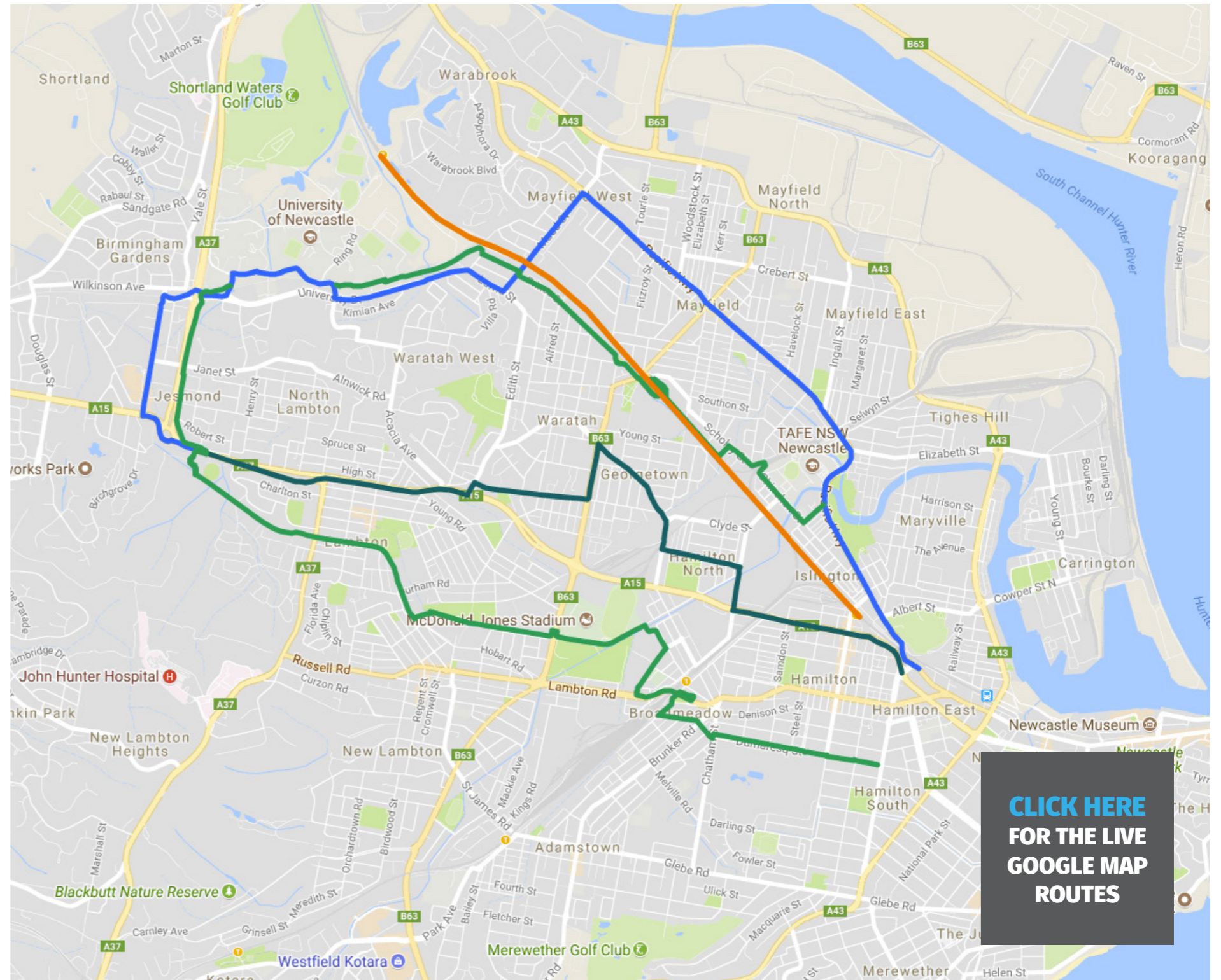
Active travel options are some of the most efficient and effective ways to incorporate regular exercise into our daily lives. By being active you can reduce many long-term health risks, enhance your mental and physical health and your well-being. You will also help our community by easing congestion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

HAMILTON > CALLAGHAN CAMPUS

KEY ■ Cycle Route ■ Bus Route #11 ■ Bus Route #12 ■ Train



* 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.

¹ Travel times and distances based on travel from Hamilton Station.

² Excludes travel from Warabrook Station and Callaghan Campus. University of Newcastle operates a free shuttle service from Warabrook Station. Allow additional time if walking to campus from Warabrook Station.