






**Key**

-  Off-road cycleway
-  Route follows existing road
-  On-road cycle lane
-  Shared bus/bike lanes
-  Controlled crossing



Specially designed cycle traffic signals are located at St Lukes Road and Newton Road. Park your bike on the diamond markings to activate the signal or press the pedestrian button. The green bike symbol lights up when it's time to cross.

The north-western cycleway includes a cycle path through the Unitec campus and an overbridge at the Waterview Interchange, Great North Road.

The overbridge provides a safer crossing of Great North Road and in combination with the Unitec cycle path provides a more direct and continuous cycle route.



**Just 30 minutes exercise a day can offer real benefits for your health – and it doesn't have to be all at once.**

*The National Heart Foundation*