

SPRING CYCLE
Bicycle NSW

 Lifeline

SUNDAY

11

OCT '26



Spring Cycle

Ride Guide

PRINCIPAL PARTNER



Supported by



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Welcome to Spring Cycle 2026!

For 40 years, Spring Cycle has brought riders together for a unique day of cycling through Sydney, and we will shortly be celebrating this milestone with another memorable day in 2026.

As the only charity ride that crosses the Sydney Harbour Bridge, Spring Cycle gives riders the chance to experience Sydney from a completely different perspective. Whether taking on the 10km City Ride, finishing at Pirrama Park, or the 50km Classic Ride, finishing at the brand-new Finish Festival at Parramatta Park, riders can look forward to iconic views, a fantastic atmosphere and plenty to enjoy along the way.

Spring Cycle also gives riders the opportunity to pedal for purpose in support of Lifeline. Every dollar raised helps support Lifeline's crisis support and suicide prevention services, helping to ensure no one has to face their toughest moments alone.

Spring Cycle is made possible with the generous support of Bicycle NSW, BLACKMORES, City of Sydney, Transport for NSW, Booktopia and our other valued partners and sponsors.

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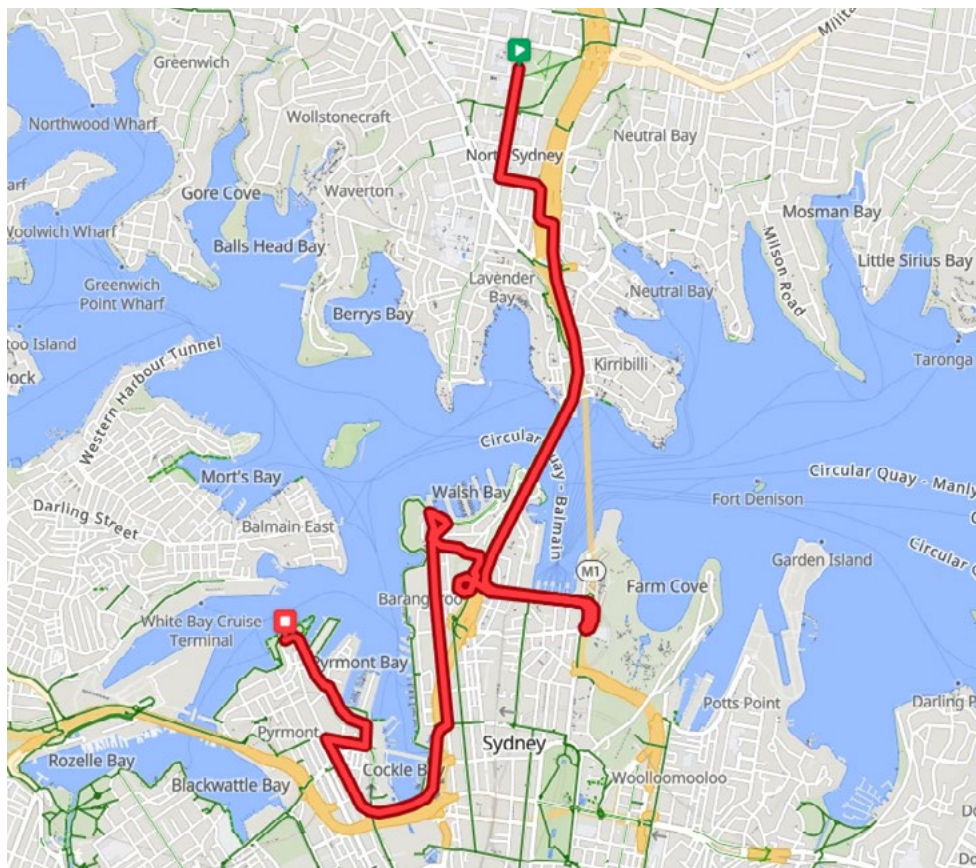
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The Rides

Route Maps

10km City Ride

The 10km route goes over the Sydney Harbour Bridge, along the Cahill Expressway and through the CBD on closed roads. The ride will finish at Pirrama Park, in a celebration of cycling and community spirit!



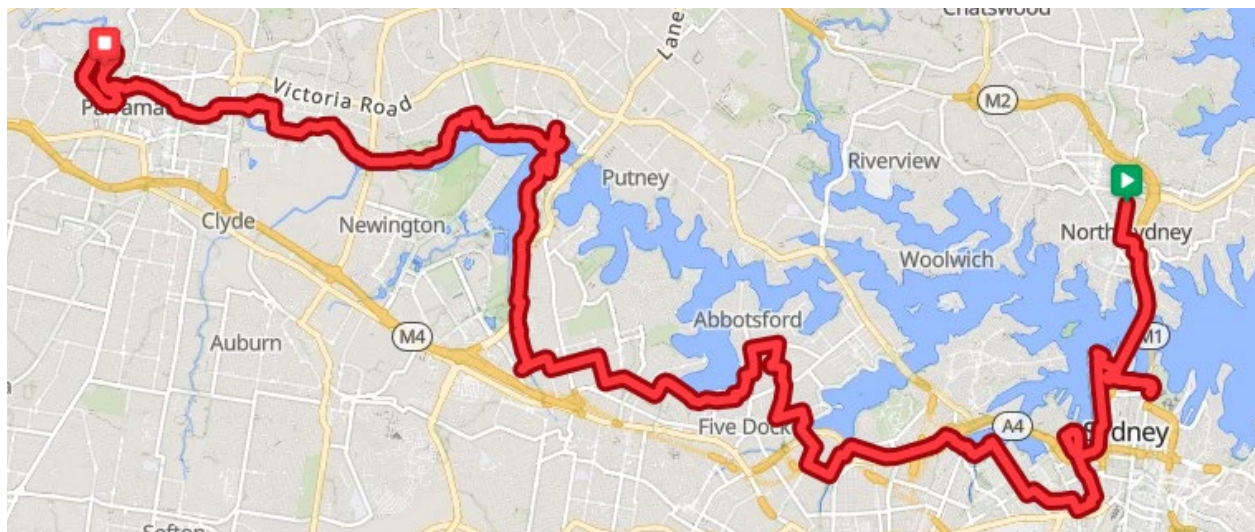
Start and finish line cut-off times 10km

Start site: St Leonards Park, North Sydney	
6:00am	Site Open
8:00am – 8:45am	Start 10km Ride
9:00am	Site Closed
Finish site: Pirrama Park, Pyrmont	
8:00am	Site Open
8:30am	First rider 10km City Ride arrives
11:30am	Last rider 10km City Ride arrives
12:30pm	Site Closed

50km Classic Ride

The 50km route takes in the best of the 10km City Ride including the ride over the spectacular Sydney Harbour Bridge, past the Opera House and historic Rocks area, before exploring the diverse Inner West and venturing out to Parramatta Park.

Fuel up along the way: a huge thank you to Tropicana Bananas for generously supplying bananas for riders at both rest stops and the Parramatta Park Finish Festival.



Start and finish line cut-off times 50km

Start site: St Leonards Park, North Sydney	
6:00am	Site Open
6:30am – 7:30am	Start 50km Classic Ride
9:00am	Site Closed
18km Rest stop: Richard Murden Reserve, Haberfield	
7:00am	Site Open
7:15am	First rider
10:15am	Last rider
10:30am	Site Closed
37km Rest stop: Melrose Park, Meadowbank	
7:30am	Site Open
7:45am	First Rider
12:15pm	Last Rider
1:00pm	Site Closed
Finish Festival: Parramatta Park	
7:30am	Site Open
8:15am	First rider 50km Classic Ride arrives
1:30pm	Last rider 50km Classic Ride arrives
2:30pm	Site Closed

How long do the rides take to complete?

Time to complete the ride will depend on your fitness and level of experience, and which distance you've chosen to participate in. More experienced riders may be able to complete the 50km distance in under 105 mins, whilst casual and social riders may take over 3 hours. The 10km ride for families should take between 45 mins – 1.5 hrs.

The Spring Cycle is not a race – the aim is to enjoy yourself and ride safely.

Road closures and special event clearways

Road closures

- **North Sydney:** between 4am and 11am on sections of Miller St, Berry St, Blue St, Arthur St, Carlow St, McLaren St and Little Walker St.
- **Cahill Expressway & Sydney Harbour Bridge:** from 4am to 10:30am the Cahill Expressway lanes 7 and 8, including Mount St and High St on ramps will be closed. On the Sydney Harbour Bridge deck, lanes 3 and 6 will be closed – two lanes will remain open in both directions. From 4am to 11am the Cahill Expressway Circular Quay Overpass will be closed in both directions.
- **Sydney CBD, The Rocks and Millers Point:** between 4am and 11am on sections of Argyle Pl, Dalgety Rd, Towns Pl, Argyle St, Hickson Rd, Sussex St and King St.
- **Pymont, Darling Harbour, Annandale and Ultimo:** between 4am and 11:30am on sections of Pymont Bridge Rd, Pymont St, Union St, Murray St, Pirrama Rd, Chapman St, Harris St and Kelly St.
- **Western Distributor from Pymont to the City:** will be closed from 4am to 11:15am including on and off- ramps. Citybound motorists from the Anzac Bridge will be diverted via Bathurst St.
- **Parramatta Park:** will be closed to traffic from 6am to 2pm.

Special event clearways

Special event clearway parking restrictions will be in effect on roads along and surrounding the course between 3am and 11am.

- **North Sydney:** from 3am to 11am on sections of Miller St, Berry St, Arthur St and Carlow St.
- **Sydney CBD, Millers Point, Pymont and Ultimo:** from 3am to 11am on sections of Upper Fort St, Dalgety Rd, Towns Place, Erskine St, Sussex St, Wattle St and Pymont St.
- **Five Dock, Wareemba, Concord and Canada Bay:** from 5am to 11am on sections of Lyons Rd West, Hampden Rd, Crane St and First Ave.

Clearways are strict no-parking zones for all vehicle types and apply even to residents with local council parking permits or TfNSW Mobility Parking Scheme Permit holders. Check signs before parking as vehicles left in special event clearways will be towed and a towing fee applies. If your vehicle is towed call 132 701 to find its new location.

For the latest traffic information and road closure updates on event day, visit **Live Traffic NSW**.

Supporting Spring Cycle

since 1983



Insurance



Advocacy



Support

Spring Cycle is supported by members, donors and the passionate team at Bicycle NSW, who advocate for better cycling conditions across NSW.

NEW Members receive 50% OFF membership
Use the code SCGUIDE26



Join today

 bicyclensw.org.au

 02 9704 0800

 info@bicyclensw.org.au

Getting There on the Day

Free Transport Pass

Thanks to Transport for NSW, participants will receive a free Transport Pass to travel with their bicycles (including e-bikes) to and from the event on Sydney Trains, NSW TrainLink intercity services, Sydney Metro and Sydney Ferries services on Sunday 11 October. Please use your confirmation email as proof of registration when travelling to and from the event on the day.

Please note bicycles are not permitted on buses or the light rail. For your comfort and safety, we strongly advise against wearing cycling cleats on public transport. Please wear alternative shoes to the start line and change when appropriate. We will take your comfortable shoes from the start line to the finish festival for your convenience.

For all the details you need to plan your trip, visit [**transportnsw.info/spring-cycle**](https://transportnsw.info/spring-cycle).

By train

Trains are the best mode of transport for participants travelling with their bikes and extra early morning services will run.

Getting to the start line

The closest station to the start line in St Leonards Park is North Sydney on the T1 North Shore Line. The start area is a short ride from the station via Miller St from North Sydney Train Station - Turn left as you exit the station on Blue St, right onto Miller St and then straight up the hill to the start.

Trains to North Sydney run regularly on weekends. From Central, north shore line trains depart from Platform 16. If you are travelling to the start line by train, please stay on the train and do not switch to metro services

Trackwork is taking place between Paramatta and Olympic Park which may affect your trip to the start line.

Getting home

From Pyrmont, riders are encouraged to cycle to Town Hall or Central to connect with trains home. Light rail services nearby have limited capacity and cannot accommodate a high volume of bikes post-event.

From Parramatta, riders are advised that planned trackwork is taking place between Parramatta and Olympic Park which may affect how you travel. Trains will be replaced by buses between Parramatta and Olympic Park, and bikes are not permitted on board replacement buses due to capacity limitations.

Trains continue to run to the west and southwest from Westmead and Parramatta. If you are travelling home towards the city/north shore you can ride to Olympic Park station (approx. 10km) to connect with trains towards the city or catch trains from Westmead or Parramatta to Glenfield Station to connect with T8 Line trains towards the city (note this will add approx. 45min additional travel time).

Can I take my E-bike on public transport?

Yes. E-bikes are able to travel on Sydney Trains, NSW TrainLink, intercity services, Sydney Metro and Sydney Ferries services to get to and from the event on Sunday 11 October. Note that converted e-bikes remain banned on trains and metro services. Converted e-bikes are regular pedal bicycles that have been retrofitted with motors and batteries. Other e-bikes, shared e-bikes and mobility devices are not impacted and can be taken on board rail services.

By Metro

Victoria Cross Station (Metro) is a short walk/ride from the start area at St Leonards Park on Miller St for the 10km City Ride and 50km Classic Ride. From Victoria Cross Station – exit via Miller Street North, then turn right heading north on Miller St until you reach St Leonards Park. Alternatively, you can also use Crows Nest Metro station. Arrows will direct riders from Crows Nest Metro Station to the start via Clarke St, Willoughby Rd, Burlington St, West St and Carlow St.

Be aware that access to street level from both Victoria Cross and Crows Nest Metro Stations is via lifts only so please be patient and allow additional time to reach street level as there may be long queues. It is not permitted to travel on escalators with bikes.

By bicycle

If you are keen for a warm-up before your Spring Cycle, why not ride to the start? To find a safe route to the start check out the mapping resources provided by Transport for NSW. If you have the energy to ride home, remember you'll no longer be travelling on the event course so be careful when sharing roads with motorists and at pedestrian crossings.

By car

We strongly encourage participants to leave the car at home and catch public transport as parking is limited. Special event clearway parking restrictions will be in effect on roads along and surrounding the course between 3am and 11am. Roads around the start and finish areas will also be closed.

If you have to drive and intend to park at either finish area in Pyrmont or Parramatta Park, make sure to plan ahead.

For parking options in North Sydney, visit: northsydney.nsw.gov.au/carparks

For parking options in Pyrmont, visit: cityofsydney.nsw.gov.au/transport-parking

For parking options in Parramatta visit: cityofparramatta.nsw.gov.au/community/getting-around/parking/car-parks

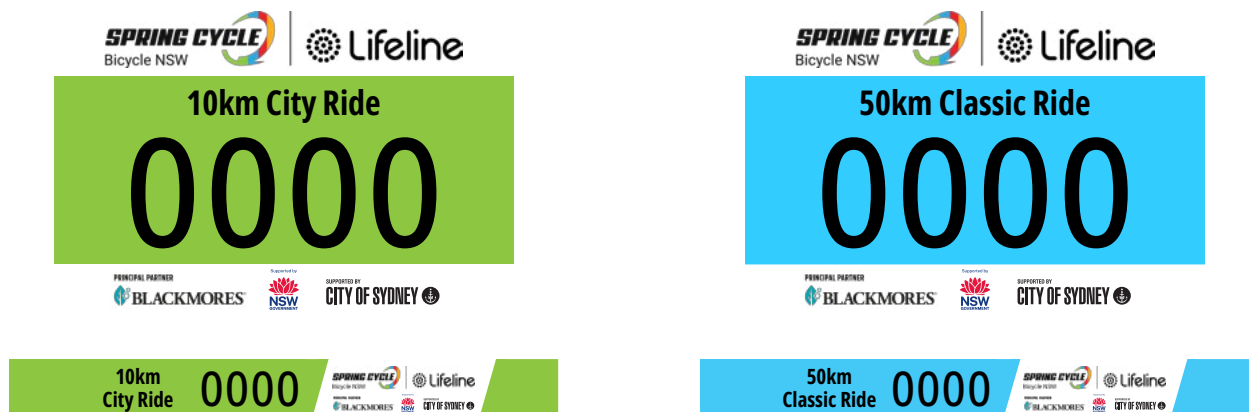
Ferries

We don't recommend travel on ferries for Spring Cycle participants travelling with their bikes as ferry crews reserve the right to refuse bikes on-board vessels if there is not enough room for it to be safely stowed or other general public safety concerns. From Pyrmont finish area the nearest wharf is Pirrama Park and from Parramatta Park the nearest wharf is Parramatta.

Preparation Before the Day

Rider pack – what's in it

Your Spring Cycle Rider Pack will include your bib and wristband. The bib with your ride number is to be displayed at the front of your bike and the wristband is to be worn on the day of the event. **You MUST have your Rider Pack with you on ride day, and every bike must have its own bib displayed.**



Rider Pack Collection

Participants who did not request postage or who registered after Sunday, 13 September, will need to collect their rider packs before their ride or collect them on the day at St Leonard's Park.

Rider Pack Collection Points – Before the day

- **Wednesday 7th October:** Lifeline Gordon Office, 4 Park Ave, Gordon, 2072, 10am–12pm
- **Wednesday 7th October:** Lifeline Shop Castle Hill, 6/14 Castle St, Castle Hill, 2154, 2pm–4pm
- **Thursday 8th October:** Lifeline Shop Northbridge, 127 Sailors Bay Rd, Northbridge, 2063, 10am–12pm
- **Thursday 8th October:** Lifeline Shop Gladesville, 1 Massey Street, Gladesville, 2111, 2pm–4pm
- **Friday 9th October:** Lifeline Shop Bondi, 269 Bondi Rd, Bondi, 2026, 2pm–4pm
- **Saturday 10th October:** St Leonards Park, North Sydney, 8am–12pm

Rider Pack Collection Point – On the day

- **Sunday 11th October:** St Leonards Park, North Sydney, from 6am onwards

Is Training required?

The 10km ride is suitable for people of a variety of fitness levels. If you are participating in the 50km ride, you may want to train if you do not ride regularly.

What do I need to bring on the day of the ride?

Mandatory Items

You must bring these items in order to participate:

- Bike – In good working condition
- Helmet – Australian and appropriate overseas standards approved
- Rider Pack – Includes your event bib and wristband
- Water Bottle – Stay hydrated throughout the ride.

A Bike Merchandise vendor will be present at the Start Festival if you arrive needing any items on the day.

Recommended Items

These items aren't required, but we highly recommend bringing them for your comfort and convenience:

- Snacks – Energy bars, fruit, or other light refreshments to keep your energy up.
- Sunscreen – Protect your skin, especially during longer rides.
- Mobile Phone – For navigation, emergencies, or to capture the moment.
- Cash/Card – For food stalls or merchandise at the event village.
- Rain Jacket or Windbreaker – Weather can be unpredictable.
- Basic Repair Kit – Spare tube, tire levers, and a mini pump or CO₂ inflator.

Weather conditions and ride updates

The Spring Cycle will go ahead - rain, hail or shine. The only exception is if agencies and emergency services advise that conditions are unsafe.

Stay in touch with updates in the weeks and days leading up to the event and on the day by:

- "Follow" Spring Cycle on **Facebook** and/or **Instagram**
- Keep an eye out for emails from Spring Cycle
- Texts may also be used for any urgent messages prior to or on the day of the ride.

On the day - Start, Finish and Route Information

When you arrive

It is best to arrive at St Leonards Park at least 30 minutes before start time.

Check in is NOT required. You just need to have your bike ready to go with your rider number and make sure you have your wristband on!

Please leave extra time if you need bag drop or rider pack collection.

Bag drop

Whilst you are more than welcome to ride with your belongings, we have organised a bag drop from St Leonards Park, North Sydney. Bags will be transported to the Parramatta Park and Pirrama Park Finish Festivals in a truck, and riders can collect them from the Collection Point at each of those sites.

This includes transporting alternative comfortable shoes from the start site to Finish Festival. The Bag Drop (aka Cloak Room) service will be available at the start site.

Attach the tear-off tag at the bottom of your Event Bib to your bag before handing it over to our Bag Drop Volunteers. All items 'cloaked' at the start lines will be delivered to one of the Finish Festival Bag Drop Marquees.

Start Festival St Leonards Park – Map & What's on





Helmets save lives.
Check your helmet's
safety rating



**Tools and information from Transport for NSW
to make riding easier, safer and more enjoyable.**



Plan your ride, discover new routes and access cycling information
Learn more at transport.nsw.gov.au/roadsafety/bicycle-riders

Exploring Sydney. Better by bike.

See the sights
without the
traffic.
Cycleways
make it fun
to explore
the city.

Learn more about new cycleways



Plan your ride at
transportnsw.info



**Slow down, give way
and pass with care
around pedestrians.**



Learn more



**No ride is worth the risk.
Know the e-bike rules.**



Finish Festivals – Maps & What's on

10km City Ride Finish Festival

The 10km ride will wrap up at Pirrama Park, a relaxed, family-friendly space with food, coffee, entertainment and space for kids to play.

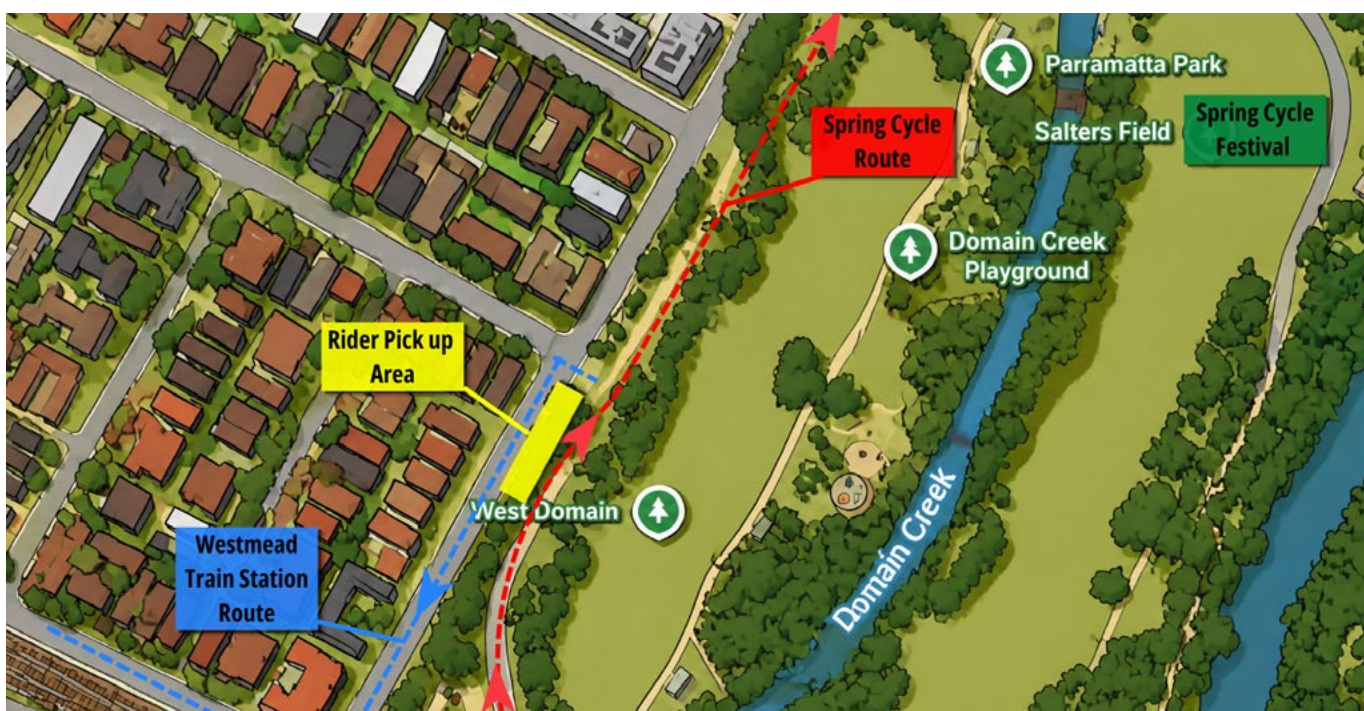
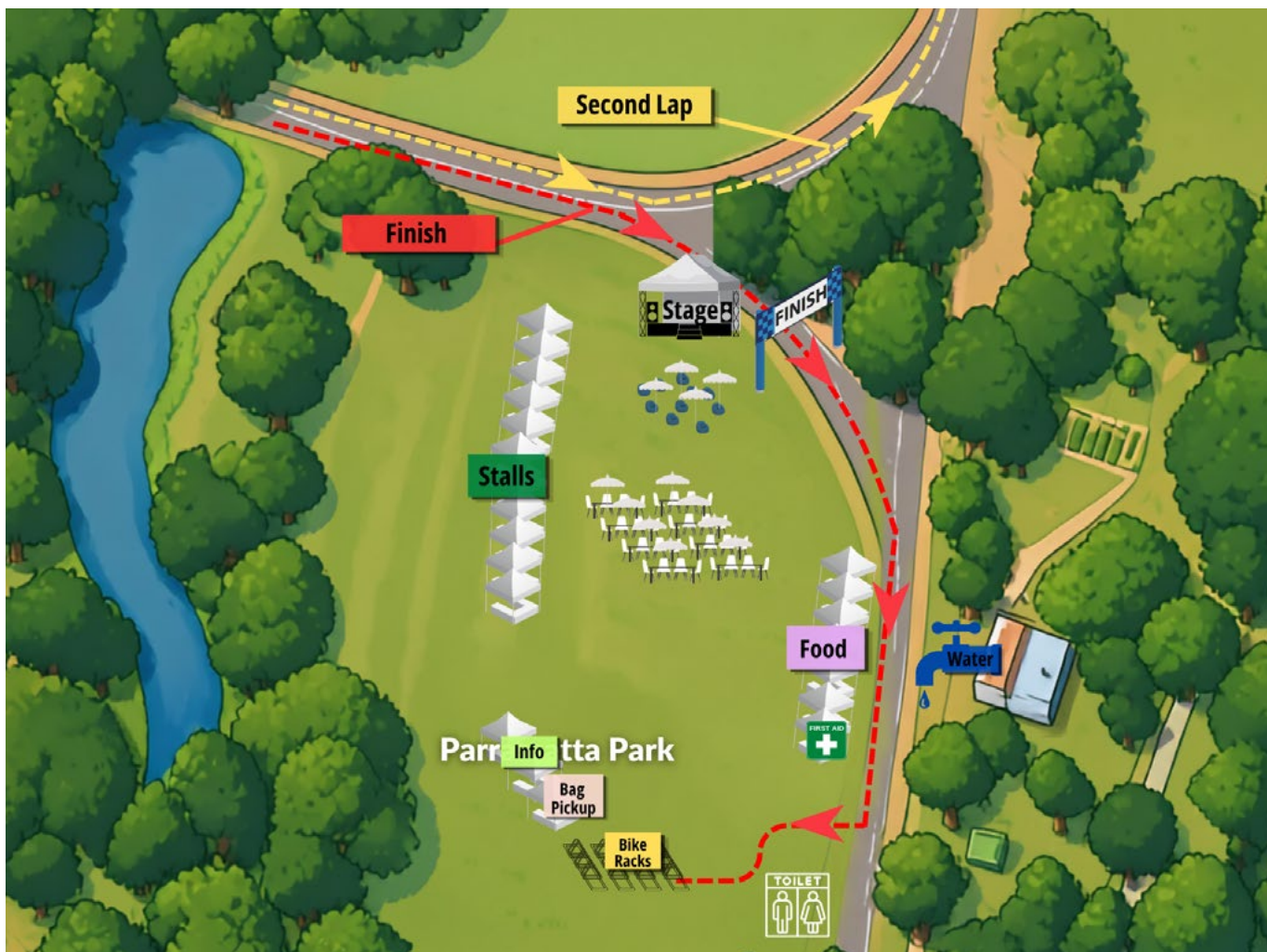
The Finish Festival at Pirrama Park will be open from 8.00am-12.30pm.



50km Classic Ride Finish Festival

The 50km ride will finish at Parramatta Park – complete with live entertainment, food trucks, community stalls and fundraising celebrations.

The Finish Festival at Parramatta Park will be open from 7:30am-2.30pm.



Rider Support

What happens if I miss the start and ride cut-off times?

Due to stringent traffic management and road reopening times, there are strict cut off times throughout the event, particularly on the 10km City Ride.

If you miss the start line cut off, all is not lost. Whilst you will not be able to ride the deck of the Sydney Harbour Bridge, you will be able to ride the cycle path across the bridge and join the 10km City Ride on the south side at Observatory Hill.

If during your ride you are passed by the sweep bus, you may find that rest sites are closed, course signage has been removed and volunteer course marshals are no longer in position.

If you decide to abandon the event at any time, please notify the nearest / next volunteer or marshal. To avoid missing the start or any of the cut-off times, plan to arrive one hour before your ride's closing time. The 50km Classic Ride starts between 6:30am – 7:30am. The 10km City Ride starts between 8:00am – 9:00am

Sweep Bus

A sweep bus will follow the ride to ensure that any riders who have difficulty completing the ride are given assistance. If necessary, the sweep bus can transport riders to a nearby train station, rest stop or finish site.

Bike Mechanics

It is a good idea to have your bike checked by a bicycle mechanic before joining the Spring Cycle and bring a spare tube and bike pump along. However, if you do find yourself with a flat tyre or get into some technical difficulty, our bike mechanics will be available to provide assistance. Our bike mechanics will be stationed at the start, rest and finish sites. If you require mechanical assistance while on the course, please make your way to the nearest course marshal and let them know what has happened. The course marshal will contact one of our mobile mechanics, who will make their way to you to provide assistance.

First Aid

First Aid officers will be available at the start, rest and finish sites to provide first aid care. There will also be mobile crews riding the event to help you throughout the ride if you require their assistance.

Volunteer Marshals

We place marshals at key junctions and turns to make sure that you are always on target to successfully complete your ride. Make sure you give them a wave, smile and thank you for the amazing support

NSW Police

The NSW Police will be attending to help provide a safe environment for all participants.

For Your Safety

To ensure that you and your fellow riders have an enjoyable and safe 2026 Spring Cycle, please adopt safe, courteous riding at all times by following these basic principles:

- Obey instructions by police, traffic controllers and event staff.
- Start within your event's allocated time and follow route signage .
- Always wear your helmet with the strap done up and snug under your chin.
- There is to be no stopping on the Sydney Harbour Bridge and Cahill Expressway at any time. This includes to take photos.
- Riders will be sharing the road with LIVE traffic from Pyrmont to Parramatta Park, so please act accordingly and be mindful of motorists.
- 50km Riders must obey traffic rules particularly when approaching Red Lights, Stop Signs and Give Way Signs.
- Watch your speed, especially downhill. It's a community bike ride, not a race!
- Respect the property of the event, public spaces and other people. You will need to approach some sections of the route slowly to account for turns, motorists, pedestrians and descents.
- Remember to thank the friendly volunteers you pass along the way and look out for your fellow cyclists.
- Be familiar with bike laws: bicyclensw.org.au/lets-ride/info/nsw-bicycle-laws/

Cycling Etiquette

- Be courteous, give way to pedestrians and other shared path users.
- Use hand signals, verbal messages or ring your bell to communicate with others.
- Move off the path if you need to stop
- Keep left.
- Stop at red traffic lights and pedestrian crossings.
- When mixing with traffic, let Spring Cycle marshals guide you.
- Constantly scan the road ahead and the surrounding environment.
- Avoid riding in driver's blind spots. If you cannot see the driver, the driver can't see you.
- Never ride more than two abreast.
- If riding uphill in a group, be considerate of other road users and ride in single file.
- Wear bright clothing so you are easily visible .
- Avoid using your mobile phone and headphones. Stay focused!
- Indicate hazards to other riders.
- Use bicycle lanes where available.

ABCDS QUICK CHECK

Before every ride, give your bike the ABCDS check.
A quick inspection can make all the difference
in ensuring a safe and smooth journey.

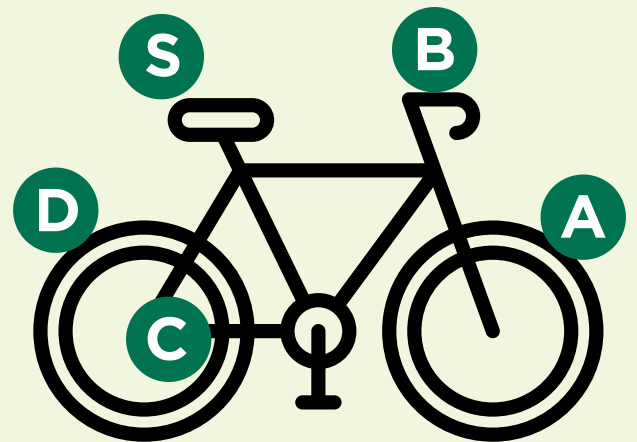
Air Keep tyres inflated & check maximum pressure

Breaks Check that both levers pull halfway to the bar

Chain Confirm it rolls smoothly
Lubricate if needed

Drop Lift and drop to check for looseness & rattles

Saddle Secure and set to correct height (hip)



Keeping your ride in top shape!

In addition to your pre-ride checks, give your bike a more thorough inspection every month. This includes cleaning the drivetrain, checking for wear on tyres and brake pads, and ensuring all bolts are tightened.

Consider going to your local bike shop for an annual service.

You can also learn some basic maintenance through DIY videos or by checking out your local bicycle co-op or community bike shed.



EXCLUSIVE DEAL

SPEND \$80 + SAVE \$20

Show proof of registration in store to redeem

Our ultimate event day checklist:



*Puncture
repair kit*



Multitool



Tyre levers



*CO2 canister
and adapter
or hand pump*



Offer available until 11 October 2026. This offer is valid in-store only at Sydney locations. Spend \$80 or more in one transaction and save \$20. To redeem the offer, you must show proof of registration to Spring Cycle 2026. Strictly one use per transaction. Cannot be used in conjunction with any other offer or discount code. Offer can not be applied retrospectively. No Rainchecks. Offer excludes Club 99 Membership, Labour, Gift Cards and any shipping charges. stated save offers and Club Price are reserved exclusively for Club 99 members. Discount is applied to full price in stock items only, excluding coming soon and pre-order stock.

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Always read the label and follow the directions for use.

*vs magnesium oxide ^Member only. Excluding Infant & Toddler Nutrition and selected products (selected products include Omega Platinum, Omega Platinum Mini and Cellular Energy NMN).

#SPRINGCYCLE2026 #RIDESYDNEY

FOLLOW SPRING CYCLE ON SOCIALS!

Share your Spring Cycle photos and tag us so we can see them!



Facebook: Spring Cycle
Instagram: @SpringCycle

**Don't forget to use #SpringCycle2026 and
#RideSydney when sharing your photos**

Make Your Ride Count

Fundraise for Lifeline

Spring Cycle is about enjoying an incredible day of cycling, but your ride can also make an important difference for people experiencing crisis or emotional distress.

By fundraising for Lifeline through Spring Cycle, you can help ensure Lifeline's Crisis Support Services are available 24/7, so no one has to face their toughest moments alone.

When you registered, your personal Spring Cycle fundraising page and dashboard were created for you. This is where you can personalise your page, collect donations, track your progress and see the fundraising badges and rewards you've unlocked along the way.

Get started with your fundraising:

- Personalise your fundraising page with a photo and tell people why you're taking part.
- Share your page with friends, family and colleagues by email, social media or message.
- Donate to your own page to get your fundraising started.
- Keep an eye on your dashboard and activate badges as you reach different milestones.
- Invite friends, family or workmates to join you at Spring Cycle using your unique invite link.

There are also exclusive rewards and prizes to unlock as you fundraise, including your chance to earn a Spring Cycle cycling jersey and access VIP benefits.

Tip: Make it personal. Let your friends and family know why you're taking part in Spring Cycle and why supporting Lifeline matters to you. A personal message can help give people another reason to get behind your ride.

Photography

This year we're once again teaming up with NORTHSOUTH LIVE to bring you your same-day participant photos!

You can check for your photos [**here**](#). You'll receive a text message as soon as new photos are added to your gallery, and another when all your photos are processed.

Plus, NORTHSOUTH is offering a special race day discount: get 20% off all purchases until midnight on event day with the code: **SPRING20**

Help us to expand our important work

Fundraise or donate now



 Lifeline

SPRING CYCLE

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Lifeline

Sponsors

Spring Cycle would not be made possible without the support of our fabulous partners.

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MAJOR PARTNERS



COMMUNITY PARTNER



SUPPORTING PARTNERS



Supported by



WASSERMAN
LIVE





JOIN US FOR THE **ULTIMATE** **CHALLENGE**

4 APRIL 2027

Join us to for one of Sydney's most challenging cycle charity rides through Ku-ring-gai Chase National Park, Bobbin Head, West Head and Akuna Bay to raise money for Lifeline and other charities.



A DISTANCE TO SUIT EVERY RIDER

27km PARK EXPLORER
57km SCENIC CHALLENGE
80km TOUGH TREK
104km ULTIMATE ENDURANCE



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Rotary
Clubs of



Ku-ring-gai
St Ives
Turramurra
Wahroonga
Upper Northern Beaches

Raising funds for



Lifeline
HARBOUR TO HAWKESBURY
SYDNEY