

CYCLING SAFETY

Bicycle riders, vehicles, motorbikes and pedestrians are all legitimate users of the road system. All road users need to share the road safely.

Bicycles are classed as vehicles and have the same rights and responsibilities as all other road users.

Cyclists may ride up to two abreast on the road, even where there is an off road path. When riding on the road, cyclists must obey the road rules, be predictable, signal clearly, keep left and always wear a helmet.

Vehicles should overtake cyclists in the same way as any other vehicle, keeping a safe distance and waiting until safe to do so.

Cyclists and heavy vehicles

Many urban and regional roads in the Territory are major freight routes and used frequently by heavy vehicles including trucks, buses and road trains.

When riding with heavy vehicles remember:

- to leave extra space when following;
- avoid riding on the inside of vehicles waiting at traffic lights;
- they are longer and heavier than other vehicles and need longer to stop;
- they need more room to turn at intersections and roundabouts; and
- they have 'blind spots' where the driver cannot see.

Quick Fact

Around 60,000 people ride a bike in the Northern Territory each week, proportionally higher than anywhere else in Australia.

Cycling at night

Cyclists can be difficult to see having a smaller road profile but particularly at night and at other times of poor visibility.

So it's important to be highly visible by:

- wearing bright, light and reflective clothing; and
- using bike lights, white on the front and red on the rear.

Cycling in remote areas

Most of the Territory is sparsely populated. In remote areas, towns and communities may be hundreds of kilometres apart.


When planning a cycling journey through remote regions of the Territory, find out where water and basic services are available. Allow time for repairs and unexpected events.

Make sure to:

- plan ahead, check road and weather conditions and know the distances between towns;
- always wear a correctly fitted, fastened and approved helmet;
- be visible and wear bright, light clothing with protection from the sun;
- carry food, water and a bike repair kit and plan for emergencies;
- be aware of road trains and heavy vehicles;
- stay hydrated and carry plenty of water; and
- avoid riding at night.

Further Information

For further information contact Road Safety on:

 1800 720 144

 roadsafety@nt.gov.au

