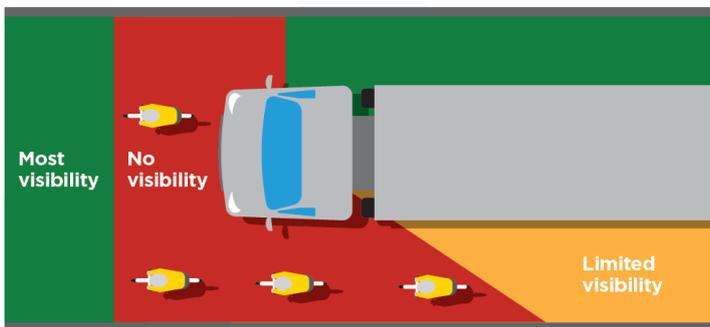


Cycling Safety

Cyclists and heavy vehicles

Many urban and regional roads in the territory are major freight routes and are used frequently by heavy vehicles including trucks, buses and road trains. When riding with heavy vehicles, remember:

- heavy vehicles are longer than other vehicles and take more time and distance to stop
- avoid riding on the inside of turning vehicles
- heavy vehicles need more room to turn at intersections and roundabouts
- heavy vehicles have 'blind spots' where the driver may not be able to see other road users.



Source: <https://www.bicyclenetwork.com.au/our-campaigns/swapping-seats/>

Cycling in remote areas

Most of the territory is sparsely populated. Remote areas, towns and communities may be hundreds of kilometres apart. When planning a long distance cycling journey through remote areas of the territory, find out where water and basic services are available. Allow time for repairs and unexpected events, and plan for emergencies.

- 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 coloured clothing that provides protection from the sun
- be aware of road trains and heavy vehicles
- carry a bike repair kit, food, and plenty of water - stay hydrated
- avoid riding at night.

Further information

Contact Road Safety NT

1800 720 144

www.roadsafety.nt.gov.au