

GUIDE TO RIDING FOR LOCAL TRIPS

A bike or e-scooter gets you door to door with no parking, no fuel, and no waiting. For anything under 5–10km, riding is often faster than driving, and it costs you next to nothing.

HOW LONG DOES IT ACTUALLY TAKE?

At a relaxed pace, with a few stops for lights or crossings:

- **2km:** 8–10 minutes. The shops, the school, the train station.
- **5km:** 15–20 minutes. Across most suburbs or small towns.
- **8km :** 25–30 minutes. A comfortable commute distance.
- **20km:** 50–70 minutes. Doable, but you'll probably want a shower at the other end.

Hills, wind, and a heavy old bike will slow you down. An e-bike or e-scooter can smooth out hills and headwinds, and let you arrive at your destination relatively unruffled (so no need for a shower and change of clothes).

"BUT WESTCYCLE, YOU'RE SO PERTH-CENTRIC! I LIVE IN MUKINBUDIN / LEONORA / ONSLOW - THIS CONTENT ISN'T RELEVANT FOR ME!"

It is, though. Many country towns are flat, compact, and have low traffic. The distances between home, the shops, school and work are often short enough that a bike or e-scooter is the simplest option going. Whether you're in Busselton, Darkan, or Broome, riding for everyday trips can save you money and time just as easily as someone living in the big smoke.

QUICK START

1. Check your tyres, brakes and chain. ([The Guardian's maintenance guide](#) is a great starting point.)
2. Grab a bag, a lock, lights and helmet.
3. Plan your route – the [Your Move Journey Planner](#) or Google/Apple Maps in cycling mode are a starting point, but take any route service suggestions with a grain of salt. Aim for quiet streets or paths with bike lanes over main roads.
4. Ride.

THE DETAILS

WHAT YOU NEED

Essentials: A working bike, front and rear lights, a helmet, and a lock.

Nice to have: A cross-body bag or backpack, a front or rear rack, a basket or panniers, and a phone mount.

LIGHTS

Your bike must have a white front light and a red rear light visible from 200 metres if you're riding between dusk and dawn. The fine for not having correct lighting is \$100. Get a front light bright enough to actually see the path ahead – it'll help you spot debris and potholes. Take your lights with you when you lock up so they don't get stolen, and make sure your front light is angled down so it's not blinding oncoming riders.

[WA cycling rules and fines →](#)

HELMET

Legally required at all times in WA (\$50 fine). It doesn't need to be expensive to be effective – the [Virginia Tech helmet ratings](#) are a good independent guide to what actually protects your head.

WHAT TO WEAR

Most bikes don't have a chain guard, so tuck your trouser leg into your sock or use a hair tie to keep it out of the chain. Skirts work well for riding – if you're in a longer skirt, the ["penny in your pants" method](#) keeps flowy fabrics manageable.

CARRYING STUFF

A backpack or cross-body bag handles most trips. If you're riding regularly or further than 15 minutes, consider moving the weight to the bike itself with a rack, basket or panniers. Avoid hanging bags from the handlebars – they can swing into the front wheel and make steering unpredictable.

BASIC BIKE MAINTENANCE

You don't need to be a mechanic. Bicycle Network's [M-check](#) takes a couple of minutes before each ride, and their [maintenance guides](#) cover the basics like fixing a flat and adjusting your brakes. For a deeper dive, [The Guardian's maintenance guide](#) is excellent.

PLANNING YOUR ROUTE

There's no single perfect route planner for WA. Google Maps and Apple Maps in cycling mode are a reasonable starting point, but don't trust them blindly – they'll sometimes send you along busy roads with no shoulder. Cross-check with local knowledge where you can.

- [Your Move Journey Planner](#) – plan trips by bike, foot and public transport
- [WestCycle path detour map](#) – check for disruptions on Perth's shared path network
- [Trails WA](#) – cycling trails across the state, including regional areas

LOCKING UP

Pick a spot that's well-lit, close to your destination, and visible to passers-by. Avoid bike racks tucked away in dark corners. It's fine to lock up to a street sign or fence – just make sure your bike won't get clipped by a car or block the footpath.

Avoid cable locks – they can be cut in seconds. A D-lock (U-lock) is the minimum for reasonable security, though even these can be defeated with an angle grinder and enough time.

[RACV guide to locking your bike →](#)

THE "PUB BIKE"

If your main bike is valuable or you'd be heartbroken to lose it, consider a cheap second-hand bike for trips where it'll be locked up in public for a while. Less attractive to thieves, less painful if it disappears.

GOING SHOPPING

A backpack handles most errands. For a grocery run, a rack with panniers or a basket is ideal. Don't hang bags from the handlebars – they swing into the wheel.

CONNECTING WITH PUBLIC TRANSPORT

With a little planning, using a bike or eRideable with public transport can be a practical and low cost way to get around.

PARKING AT TRAIN STATIONS (PERTH)

There are more than 56 secure Lock 'n' Ride bike shelters across the train network. Parking is free, but you need to register your SmartRider first:

1. Go to the [Transperth website](#) and register for My Account.
2. Link your SmartRider card to your account.

3. On the "My SmartRider" page, request access to up to two bike shelters.

Changes can take up to 24 hours to process. You'll need to tag your SmartRider to enter and leave the shelter. There's a 48-hour maximum parking limit, and you should still use a good D-lock even inside a secure shelter.

- [SmartRider information](#)
- [Using Transperth bike shelters](#)
- [Transperth Journey Planner](#)

TAKING YOUR BIKE OR E-SCOOTER ON BOARD

Folding bikes and e-scooters can be taken on trains, buses and ferries at all times. E-scooters on buses must be folded and no larger than 120cm × 68cm × 40cm.

Regular (non-folding) bikes have more restrictions. They're allowed on trains outside peak hours (7–9am and 4:30–6:30pm) and at any time on weekends and public holidays. During peak hours you can travel counter-flow (outbound in the morning, inbound in the evening), but bikes are not permitted at Perth, Perth Underground or Elizabeth Quay stations during peak times regardless of direction – use City West, McIver, Canning Bridge or Leederville instead. Regular bikes can be taken on ferries at any time, but are not allowed on buses.

[Transperth – taking items on board →](#)

THE SCHOOL RUN

CARRYING YOUNGER KIDS

You don't have to wait until your children can ride their own bike. Rear-mounted child seats, trailers, and cargo bikes all work well for carrying younger kids on everyday trips. Each has trade-offs – [Cycling UK's guide to transporting children by bike](#) covers the full range of options from baby seats through to independent riding, and [Rascal Rides' guide to biking with kids and toddlers](#) gives honest parent-to-parent pros and cons.

RIDING TOGETHER

Once kids are on their own bikes, keep it short, keep it fun, and let them set the pace. [REI's family bike riding guide](#) is a good practical resource. In WA, people of all ages can ride on footpaths, which can make it easier to keep everyone together.

BIKE BUSES

A bike bus is a group of kids riding to school together along a set route, with adults supervising. They're fun, safe, and increasingly popular.

- [Town of Victoria Park Bike Bus Guide](#) – a handy toolkit for starting your own

COMMUTING BY BIKE

HOW LONG WILL IT TAKE?

Riding your bike is often faster than driving over shorter distances, and the journey is more predictable. Use Google Maps in cycling mode to get a rough time, then add 10 minutes for your first few rides while you find your rhythm. If you need to shower or change at the other end, factor in another 15–20 minutes.

MAKING IT EASY

Before your first ride in, drop off a stash of supplies – a towel, deodorant, a comb, and a spare set of underwear. Keep a pair of work shoes under your desk. If you can, bring in a few days' worth of work clothes by car or bus at the start of the week so you're not carrying a full change every day.

THE SHOWER QUESTION

For shorter rides or mild mornings, you might not need one – baby wipes and deodorant do a surprisingly good job. For longer or hotter rides, check if your workplace has a shower.

WHAT TO WEAR

For short rides, just wear your work clothes. For longer rides, pack work clothes in your bag or panniers and change at the other end. Roll rather than fold to reduce wrinkles, and choose lightweight, wrinkle-resistant fabrics where you can. A plastic bag or dry bag keeps sweaty riding clothes separate from clean work gear.

[Bicycle Network's commuting tips](#) →

LOCKING UP AT WORK

Look for a covered, well-lit spot close to the entrance. If your workplace doesn't have bike parking, it's worth asking – see *How employers can help*, below, for benefits you can use to support your request.

RIDING TO THE STATION

Ride to the station, lock up in a Lock 'n' Ride shelter, and let public transport do the rest. See [Connecting with public transport](#) above for how to register and what you can take on board. If you're locking up near a bus stop instead, choose a busy, well-trafficked area over a quiet suburban stop where your bike will sit unattended all day.

HOW EMPLOYERS CAN HELP

Supporting staff to ride to work is good for your business. Employees who cycle tend to take fewer sick days, arrive more alert, and are less affected by traffic delays. Cycling is often faster than driving for short trips, especially during peak hour. It also eases pressure on car parking – ten bikes fit in a single car space – and contributes to your organisation's sustainability and wellbeing goals. You don't need to spend a lot to make a difference. Here are some practical starting points:

- **Flexible start and finish times** – even 15 minutes either way makes it easier to ride in and freshen up.
- **Flexible dress code** – let people wear what they need to ride, and provide a place to change.
- **Bike parking** – a safe, covered spot to lock up is the bare minimum. A proper bike room is even better.
- **Storage for personal items** – a locker for helmets, bags and a change of clothes.
- **Access to showers** – if your building has showers, make them available to staff who ride in. You don't necessarily need to install anything new – just open the door.
- **A pump and basic tools** – having these on hand reassures staff they won't be stranded at work by a flat tyre.

For a more detailed guide to setting up your workplace for cycling, see the [Cycling UK's employer guide](#) for helpful advice.

Useful links

- [WA cycling rules and fines](#)
- [Your Move Journey Planner](#)
- [WestCycle path detour map](#)
- [Trails WA – cycling trails across the state](#)
- [Bicycle Network maintenance guides](#)
- [The Guardian – how to maintain your bike](#)
- [Virginia Tech helmet ratings](#)
- [RACV – how to lock your bike](#)
- [Transperth cycling to stations](#)
- [Transregional – regional town bus services](#)
- [Bicycle Network commuting 101](#)
- [Town of Victoria Park Bike Bus toolkit](#)