



Information Circular No: **2010/27** Date: 7 October 2010

TO: SENATORS, MEMBERS AND ALL OTHER BUILDING OCCUPANTS

National Ride to Work Day 2010

- 1 National Ride to Work Day is on Wednesday 13 October 2010.
- 2 All building occupants are encouraged to take advantage of Canberra's extensive shared path network and ride, walk or skate to work on this day.
- 3 Parliament House is a convenient building to access using non-polluting forms of transport. Further information on shared commuter routes and bicycle access to Parliament House can be found on the APH website:
<http://www.aph.gov.au/DPS/building/EMS/ride.htm>.
- 4 Apart from helping Parliament House reduce the amount of greenhouse gases generated by staff and visitor transport activities, the benefits of riding to work include:
 - (a) improving your fitness and general wellbeing; and
 - (b) being part of the growing number of commuters riding bikes to work.

Free breakfast!

- 5 There is a free outdoor healthy breakfast for all participants in Ride to Work Day and the invitation is extended to those who ride, walk, skate, roll or use some form of human propelled transport for travelling to work.

Time: 7:30am to 9:00am

Venue: Formal Gardens, near House of Representatives side entrance.

RSVP: Please contact Ivan Simpson at 6277 5125 by close of business on Tuesday 12 October.
- 6 Ride to Work Day breakfast will still continue if the weather is terrible but we will relocate to the courtyard adjacent to and south of the Senate chamber.
- 7 If you have ever thought of riding to work but weren't sure where to start, then National Ride to Work Day is the perfect time to give it a go. You may also register your participation at www.ride2work.com.au.
- 8 For further information call David Millar on 6277 5032.

Alan Thompson
Secretary

Riding to Parliament House on Ride2Work Day



How to get to Parliament House on a bike?

1 The map overleaf shows the best ways to access Parliament House by bicycle. Bicycle racks are located in each of the basement car parks. The bicycle racks in the Senate and House of Representatives car parks are located just inside the entrance to each car park. The racks in the public underground car park and the Ministerial car park are located near the security checkpoints.

2 A map for planning your route from home is available online:

http://apps.actpla.act.gov.au/plandev/tp-intro/projects/walk_cycle/cyclemap/canberra_path_map3.swf

Where can I have a shower?

3 The Health and Recreation Centre change rooms will be available to participants on the morning of National Ride to Work Day. They have showers, hairdryers and an ironing board. To enquire about the location of other showers in the building you can also contact DPS facilities on extension 5214.

Don't want to ride all the way? Catch a bus part of the way.

4 If you don't want to ride all the way from home, then you can use ACTION Buses free Bike'n'Ride service. Catch a 300 series bus from any bus interchange and hop out at Albert Hall. It's an easy ride to Parliament House from there. Details on Bike'n'Ride are here: http://www.action.act.gov.au/bike_n_ride.html.

More information

5 Information on sustainable transport options is available on the Parliament House environmental management website:

<http://www.aph.gov.au/dps/building/EMS/index.htm>.