



# SYDNEY PARK KIDS RIDE





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If your kids are learning to ride then Sydney Park is the place to be. On offer: a trio of family-friendly attractions that make this one of the best family ride spots in Sydney...

## 1 SYDNEY PARK PLAYGROUND

At 44 hectares Sydney Park is the City of Sydney's largest park and, at not even 20 years old, also one of its youngest. Maybe that's why this Playground draws the hordes of halfings it does. Families flock here for its abundance of interactive and sensory play opportunities. Designed with adventure in mind, this space was built to be explored. Regardless of whether your offspring want to echo the deeds of Dora the Explorer or Indiana Jones, the stimulation for little minds is endless. Kids can wander the dry creek bed, slide down slippery dips, climb the rope pyramid or make use of the scooter track. With a musical bridge and maze, oodles of opportunity to swing, spin, slide and climb and the best sandpit this side of the Simpson Desert, the hardest part of the day will be dragging your kids away.



Sydney Park Playground

## 2 KIDS BIKE TRACK

Savvy Sydney parents have been raving about Sydney Park's bike track since it first opened. Resembling a mini-road network complete with working traffic lights and pedestrian crossings, it's a hive of activity and carefree mayhem every weekend as kids weave, stop and start... all the while developing their bike and scooter skills and absorbing the rules of the road and the need for sharing. There's a flat covered area if it gets too hot or too wet, the Alan Davidson Oval nearby if older kids want to kick a footy or swing the willow and the kiosk and playground are just a hop, skip and bunny-hop away.

duky moorhens and pelicans. Fringed by boardwalks, bridges and viewing platforms they make an ideal spot for a leisurely family picnic.



Kids bike track

## 4 SYDNEY PARK BRICKWORKS

Set in the northwestern corner of the park lie three ominous looking brick kilns and their skyscraping smokestacks. Closed in 1948, the site's huge clay pits were used as St Peter's Tip until being converted into parkland. Today, in an innovative twist, the brickworks play host to art exhibitions, performance pieces and, due to their dramatic acoustic properties, sound installations. At Christmas the chimneys are decorated with light projections.



Sydney Park Wetlands

## 3 SYDNEY PARK WETLANDS

Need a relaxing break from the kiddie-themed thrills of the playground and bike track? Ponds, in the south-eastern side of the park have been transformed to recreate the wetland habitats that once covered much of this area. The wetlands are now an oasis attracting a wide variety of animal and bird life including

## 5 SYDNEY PARK KIOSK

Handily located next to the playground and attractively designed to resemble an enormous paper aeroplane, this cute kiosk is always full of bike riders seeking a caffeine hit, families recharging after hitting the bike track or dog-walkers in need of a scooby snack. There are kids' toasties, lots of gourmet salads and plenty of juices and rich

fruit smoothies on offer, all served in an al fresco space that lends itself to pit-stops before you climb the hills to check out the views of the city skyline, Sydney Tower and, looking south, the Botany waters and airport.



### RIDING WITH KIDS

Exercise and fresh air are important ingredients for an active childhood. As a parent one of the best things you can do to encourage your children to be active is to ride with them.

Why not take your child riding with you when they are too young to ride on their own (using a child seat or trailer) and instill in them the joys of bike riding and fresh air?

Once your child is old enough to ride on their own, there are numerous great rides that can be enjoyed by the whole family.

### KIDS AND FOOTPATHS

The best way to ensure your child rides safely is to ride with them regularly. In NSW, children under the age of 12 are legally allowed to ride on footpaths. The good news is that an adult can also legally ride on any footpath when accompanying a child under 12.



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