River Torrens Linear Trail

From the beachside suburb of Henley Beach to Paradise in the city’s north-east, the River Torrens Linear Park is the ideal choice for families and those looking for a leisurely walk, run or cycle. The trail runs right through the city centre, passing the Adelaide Festival Centre, Adelaide Convention Centre and Adelaide Zoo, providing an oasis away from the hustle and bustle of the city.

Users can pick up the path at countless spots, however the city section – near Elder Park – is generally the most popular option. Featuring level, bitumen paths, the River Torrens Linear Trail is ideal for all fitness levels and perfect for families with small children. Many people choose to stop half-way along the banks of the River for a picnic or to feed the ducks. Bridges are dotted along the length of the trail, enabling users to cross the River and loop back to their starting point.

The River Torrens Linear Park provides a valuable habitat for birds. A variety of trees and shrubs provide cover for many bird species, with the waterway and its lower life forms providing a source of food. If you don’t have your own bicycle you can hire one from Linear Park Bicycle Hire, located in Elder Park by the Torrens Lake.

Safety tips
The bicycle and pedestrian paths are a shared facility so caution and courtesy are required when using them.

Please note the following guidelines when using the trail:
- The trail is two-way;
- Cyclists must give way to pedestrians, wheelchairs, pushers etc., however pedestrians should be considerate to the needs of cyclists and step aside where possible;
- No motorized vehicles or horses are allowed on the trail;
- Take your rubbish with you;
- Keep pets on a lead.

Cyclists and pedestrians should be aware of:
- Intersections between roads and the trail;
- Bicycles and pedestrian path intersections;
- Bridges where paths narrow;
- Timber boardwalks where the paths narrow;
- Where the O-Bahn Busway is immediately adjacent to the path;
- Steep descents, underpasses, sharp corners and areas where other activities are likely;
- Low level crossings of the River during times of high river flows. Obey the signs provided and do not use bridges when they are covered in water, no matter how shallow it appears.

This map is for reference only and is not intended as a navigational tool.
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