

Indian Ocean Explorer

Experience Western Australia's spectacular coastline from Fremantle to Cottesloe on a stunning Indian Ocean ride. Ride through the historic West End of Fremantle, the working port, across the Swan River into North Fremantle and onto a coastal cycle path taking in some of Perth's most iconic stretches of beach including Port, Leighton and Cottesloe. Bring your bathers for a dip or two along the way.

General Information

This cycle trail largely follows existing bike paths and takes visitors on a journey along a stunning part of Perth's coast.

Distance

Approx. 10km.

Duration

Approximately one and a half hours of riding time, plus stops.

Difficulty

This trail is generally flat bike path or on road cycling lanes.

Bike Hire

www.westcycle.org.au
Search 'Bike Hire' to find your closest Bike Hire location or visit the Fremantle Visitor Centre for bike hire options.

Parking

Parking is available throughout the City of Fremantle, Town of Mosman Park and Town of Cottesloe.

Transport

Stations along the Fremantle to Perth train line are accessible from the cycle route. Bikes can be taken on trains outside of peak times (7am-9am and 4.30pm-6.30pm).

Travel Tips

- All bike paths on this route are 'shared paths'. Please give way to pedestrians at all times.
- Ride single file on bike paths. Ring your bell if approaching pedestrians from behind.
- Be alert, be predictable, and be courteous at all times.
- Bring water bottles. You can fill them up along the trail.
- Most importantly enjoy the sights of Fremantle and Perth's coast.

Stops

1. West End and Round House
2. Victoria Quay, E Shed Markets and WA Maritime Museum
3. Containbow
4. Swan River and North Fremantle
5. Port Beach
6. Leighton Beach
7. Vlamingh Memorial
8. Cottesloe Beach

Legend

- Public transport
- Toilets
- Water fountains
- Food hub
- Playground
- Swimming
- Visitor Centre

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Urban Bike Equipment is an initiative by Tourism WA.
www.tourism.wa.gov.au



Trail Notes

This trail follows on road paths and bike paths through Fremantle and along the coast to some of Perth's iconic beaches. Start your journey at Fremantle Visitor Centre under the Fremantle Town Hall clock or anywhere along the trail. Enjoy the stunning views of the Indian Ocean with plenty of opportunities to stop along the way to enjoy a drink, or spend a lazy day swimming at each of the beaches.

From the Fremantle Visitor Centre head west through the High Street Mall and then follow High Street through Fremantle's West End to the Round House (1).

1. West End and Round House

- Cross the railway line and turn right onto the bike path. Follow the path for approximately 500m to Victoria Quay (2).

2. Victoria Quay, E Shed Markets and WA Maritime Museum

- Stop in Victoria Quay to visit the E Shed Markets and/or WA Maritime Museum or continue along the bike path, which runs along the rail line and adjacent to the port of Fremantle.
- After approximately 800m the bike path crosses underneath the railway line. Turn left after passing under the bridge and follow the bike path adjacent to Beach Street for approximately 800m.
- Just after passing underneath the Fremantle Traffic Bridge cross Beach Street at N Worrall Park. Follow the pedestrian path for a short distance and turn right between the two cafes to locate Containbow (3).

3. Containbow

- After taking a 'selfie' at Containbow continue on the path back to the Fremantle Traffic Bridge. Cross the intersection of Queen Victoria Street and the Canning Highway and head across the Swan River into North Fremantle (4).

4. Swan River and North Fremantle

- Follow the shared path until you reach Tydeman Road and then turn left. This path, which runs adjacent to Tydeman Road takes you past the Fremantle Port and after approximately 1km you will reach Port Beach (5). Please take care on this section of the path as there are a number of road crossings, which are used by trucks to access the port.

5. Port Beach

- Cross the intersection of Tydeman Road and Port Beach Road and turn right. Follow the bike path along Port Beach for approximately 1km to Leighton Beach (6).

6. Leighton Beach

- After passing through the Leighton Beach Precinct continue along the bike path as it winds its way through the coastal dunes and along the Indian Ocean. The path in this area rises slightly and there are a number of potential spots to stop and take photos of Perth's stunning coastline.

- At the end of Leighton Beach

the path veers slightly inland taking riders to the Vlamingh Memorial (7).

7. Vlamingh Memorial

- From the Memorial follow the path adjacent to Marine Parade and into South Cottesloe. Continue along the path past Seaview Golf Course on the right and Cottesloe Surf Life Saving Club on the left until you reach Cottesloe Beach (8).

8. Cottesloe Beach

- Continue riding along the path for stunning views over the Indian Ocean.

Return Journey

- Options for returning to Fremantle include doing the journey in reverse, or following the bike or road paths down either Forrest or Grant Street and catching the train from Cottesloe or Grant Street Stations.
- Alternatively, from Cottesloe or Grant Street stations, turn left and continue your ride to Perth or the various town centres along the Principal Shared Path.



West End Precinct & National Hotel

Fremantle West End

The State Heritage listed West End Precinct is one of the best preserved Victorian streetscapes in the world, established in the gold boom era. At the end of High Street you'll find WA's oldest public building, the Round House, built in 1831.

Victoria Quay

The Victoria Quay precinct on Fremantle Harbour is home to the E Shed Markets and WA Maritime Museum. Ferries to Rottnest Island leave regularly from B Shed and cruise ships from the Fremantle Passenger Terminal.



Fishing Boat Harbour

Containbow

Stop at one of Fremantle's most loved selfie spots, Containbow, a sculpture by Marcus Canning (#containbow). At 9m high and 19m long, the sculpture is made up of 9 brightly coloured sea containers making a cultural gateway to Fremantle and the harbour on the Swan River.



Containbow

North Fremantle

Fremantle Traffic Bridge and Ferry Capstan Base mark the crossing of the Swan River between Fremantle and North Fremantle. The river is known by the Whadjuk (local indigenous people) as Derbal Yerrigan, who believe it was created by a spirit named Waugal.



Leighton Beach

Port Beach

With attractive views out to Rottnest Island, Port Beach is a favourite with Perth locals. Take a break from your ride to soak up the sun, take a dip between the flags of the patrolled swimming beach, or snorkel in the calm clear waters.

Leighton Beach

The Fremantle Surf Life Saving Club (FSLC) building marks the start of Leighton Beach. It's a popular beach for swimming and snorkelling in summertime or just an easily accessible spot for enjoying a trip to the beach.

Vlamingh Memorial

The Vlamingh Memorial obelisk marks the area where a party from three ships, Geelvinck, Nijptangh and Westeltje, under the command of Willem de Hessel's Vlamingh landed on the beach in 1697.

Cottesloe Beach

The Cottesloe Beach Precinct was established in the early 1900s as Western Australia's premier holiday resort, with guesthouses, hotels, and tearooms concentrated along Marine Terrace. The bike path provides stunning views of the coastline as far as the eye can see.



Cottesloe Foreshore

Fremantle Highlights

Wanju nidja Walyalup – Whadjuk boodja
(Welcome this is Fremantle – Whadjuk land)

Discover the rich history of Fremantle with a ride through the historic town, and port city. From convict and colonial heritage to arts, food, culture, and one of a kind harbour views this 7.5km trip provides a taste of everything that Fremantle has to offer.

General Information

This cycle trail covers the highlights of Fremantle.

Distance

Approx. 7.5km.

Duration

Approximately one hour of riding time, plus stops.

Difficulty

This trail is generally flat bike path or on road cycling lanes with some climbing to reach Monument Hill.

Bike Hire

www.westcycle.org.au

Search 'Bike Hire' to find your closest Bike Hire location or visit the Fremantle Visitor Centre for bike hire options.

Parking

Parking is available throughout the City of Fremantle.

Transport

Fremantle can be reached by train and bus, providing access to a number of bike hire facilities. Free CAT bus services operate throughout the city.

Travel Tips

- All bike paths on this route are 'shared paths'. Please give way to pedestrians at all times.
- Ride single file on bike paths. Ring your bell if approaching pedestrians from behind.
- Be alert, be predictable, and be courteous at all times.
- Bring water bottles. You can fill them up along the trail.
- Most importantly enjoy the sights of Fremantle.

Stops

1. Kings Square (Fremantle Visitor Centre)
2. Fremantle Markets
3. Fremantle Prison
4. Monument Hill
5. Fremantle Arts Centre
6. Victoria Quay
7. Round House
8. Bathers Beach
9. Fishing Boat Harbour
10. Cappuccino Strip

Legend

- Public transport
- Toilets
- Water fountains
- Food hub
- Playground
- Swimming
- Visitor Centre

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Trail Notes

Fremantle is the perfect city to explore by bike, it's mostly flat terrain and there are plenty of shared use paths and dedicated cycle lanes. Start your journey at Fremantle Visitor Centre under the Fremantle Town Hall clock.

1. Kings Square

- From the Kings Square (1) turn left onto William Street. Continue to the roundabout at Parry Street, which is at the rear of the Fremantle Markets (2).

2. Fremantle Markets

- Turn left onto Parry Street and exit right up the Fairbairn Street ramp past Fremantle Oval to Fremantle Prison (3).

3. Fremantle Prison

- At the entry to Fremantle Prison turn right onto Fothergill Street and follow this around the prison walls. Cross over Hampton Road, noting that this is a busy road, and continue along Fothergill Street to Solomon Street.

- Turn left onto Solomon Street and head up to Monument Hill (4).

4. Monument Hill

- Follow the road to the opposite side of Monument Hill and turn right onto the footpath adjacent to High Street. After approximately 50m turn left and cross the lights at the intersection of High Street and Swanbourne Street/East Street.

- Follow the on road bike path along East Street past John Curtin College of the Arts on your left. After about 500m turn left onto Vale Street. After about 200m you will reach the Fremantle Arts Centre (5) on the corner of Ord Street and Finnerty Street.

5. Fremantle Arts Centre

- Cross at the intersection of Finnerty Street and Ord/James Street and turn right to continue along the on road bike path

to the intersection of James Street and Queen Victoria Street.

- Cross the traffic lights at Queen Victoria Street and when you reach Beach Street turn right and follow the on road path for approximately 50m before turning left to pass under the Fremantle Railway line.

- Follow the bike path as it veers to the left adjacent to the train line and the port of Fremantle for approximately 1km before you reach Victoria Quay (6).

6. Victoria Quay

- From Victoria Quay continue along the bike path for approximately 500m along the bike path adjacent to the railway line to the Round House (7).

7. Round House

- In another 500m you will reach Bathers Beach (8).

8. Bathers Beach

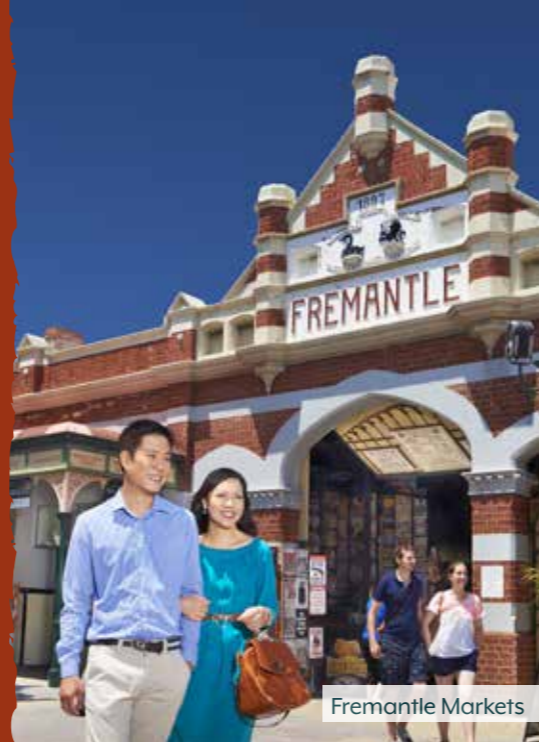
- Stop at Bathers Beach or continue onto Fishing Boat Harbour (9).

9. Fishing Boat Harbour

- Cross over the railway line opposite the tourist wheel and head across the Fremantle Esplanade. Cross over Marine Terrace and turn right for approximately 20m before turning left onto the on road path on Norfolk Street. Head up Norfolk Street to South Terrace and the Cappuccino Strip (10).

10. Cappuccino Strip

- Turn left onto the Cappuccino Strip and finish your ride with a coffee, lunch or a quiet drink at one of the numerous cafes, restaurants or bars that make up the strip.



Fremantle Markets

Monument Hill

Fremantle's War Memorial at Monument Hill provides spectacular views over Fremantle. You can also find monuments dedicated to fallen soldiers and sailors.

Fremantle Arts Centre

Housed in a gothic building built in the 1860s, the site has a long and fascinating history. Now home to the City of Fremantle's premier arts organisation, there is a year round exhibition program, free and ticketed concerts and a café.

Opening hours:
7 days a week, 10am–5pm
Free entry



Fremantle Arts Centre

Kings Square (Visitor Centre)

A major community, public and retail space, Kings Square is also home to the Fremantle Visitor Centre - stop in for expert local advice on things to do.

Fremantle Markets

The Fremantle Markets, established in 1897, are a must see for locals and visitors alike. For over a hundred years traders have sold fresh local produce, art and crafts, and provided entertainment.

Opening hours:
Friday 8am–8pm, Sat & Sun 8am–6pm
Public holidays & special trading days



Fremantle Prison

Fremantle Prison

Built by convict labour between 1852 and 1859 using limestone quarried on the site, the prison is one of Western Australia's premier tourist attractions. It is the largest convict built structure in Western Australia and the most intact convict establishment in Australia.

In 2010, the site became the first building in Western Australia to be included on to the UNESCO World Heritage list as part of the 'Australian Convict Sites'.

Opening hours:
7 days a week, 9am–5pm
Tours from 10am

Victoria Quay

The Victoria Quay Precinct is home to the E Shed Markets and WA Maritime Museum. Ferries to Rottnest Island leave regularly from B Shed and cruise ships from the Fremantle Passenger Terminal.

Opening hours:
E Shed Markets: Fri, Sat and Sun, 9am-5pm
WA Maritime Museum: 7 days, 9:30am–5pm

Round House

Opening in 1831, the Round House is the oldest public building in Western Australia and overlooks the historic West End Precinct.

Opening hours:
7 days a week, 10:30am–3:30pm
Entry by donation



Round House

Bathers Beach

Fremantle's inner city beach. Stop for a swim, meal or pull up a deck chair for a drink at Western Australia's first licensed beach bar.

Fishing Boat Harbour

Fishing Boat Harbour was named as Australia's best public boat harbour in the prestigious Marina of the Year Awards.

Connected by boardwalks and surrounded by restaurants, bars, Little Creatures Brewery, entertainment and accommodation, stop here for lunch, ice cream or sunset drinks.



Bathers Beach



Cappuccino Strip

Cappuccino Strip

Visitors stopping here can expect to taste Fremantle's rich dining offer, from cafes, restaurants, and bars to dining outside along the street – with all food showcasing the town's unique migrant history.