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## What are the rules for cycling in New Zealand?

Sarah Ryder - 2016-05-27 - [Living in New Zealand](#)

Cycling is a great way to get around in New Zealand but before cycling on our roads, you need to be aware of the road rules. The rules help to prevent crashes and reduce risk of injury.

### Equipment rules for cycling

- Cycle helmets must: be worn; meet an approved standard and be securely fastened.
- Cycles must have brakes and reflectors.
- Cycle lights must be on when it's dim or dark.
- Doubling is not allowed unless there is a special seat called a pillion fitted and there are footrests for the passenger. The legs of small children must be protected from the wheels. Passengers must wear cycle helmets.
- Cycles can tow a specially designed cycle trailer but must not be fitted with a sidecar.

For the official New Zealand road code for cyclists, see the [New Zealand Transport Agency website](#).

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