

Sustainable Travel Guide

TCS Sydney Marathon presented by ASICS →

tcs
SYDNEY
MARATHON
presented by asics



Welcome!

The **TCS Sydney Marathon presented by ASICS** is more than just one of the world's great road races; it's a global celebration of movement, resilience, and community. With tens of thousands of participants and supporters travelling to Sydney, it also comes with a responsibility: to respect and protect the incredible environment that makes events like this possible.

That's why we've teamed up with Clima to help you make more conscious choices on your journey here. Whether you're running, supporting, or simply soaking up the energy, this guide is for you.

We've put together simple and practical tips for travelling lighter, reducing unnecessary impacts, and appreciating the beauty of this incredible city while protecting it for the future.

From better flights to greener meals, smarter transport to waste-free habits, every action matters.

Let's make this marathon not just a personal milestone, but a collective step in the right direction.



Flying in? Here's How to Reduce Your Impact...

Flying is sometimes unavoidable, but the seat you choose and the route you take can make a real difference.



Fly Economy Class

Economy allows more passengers per flight, lowering emissions per person.



Fly Direct

Direct flights reduce emissions by avoiding additional take-offs and landings.



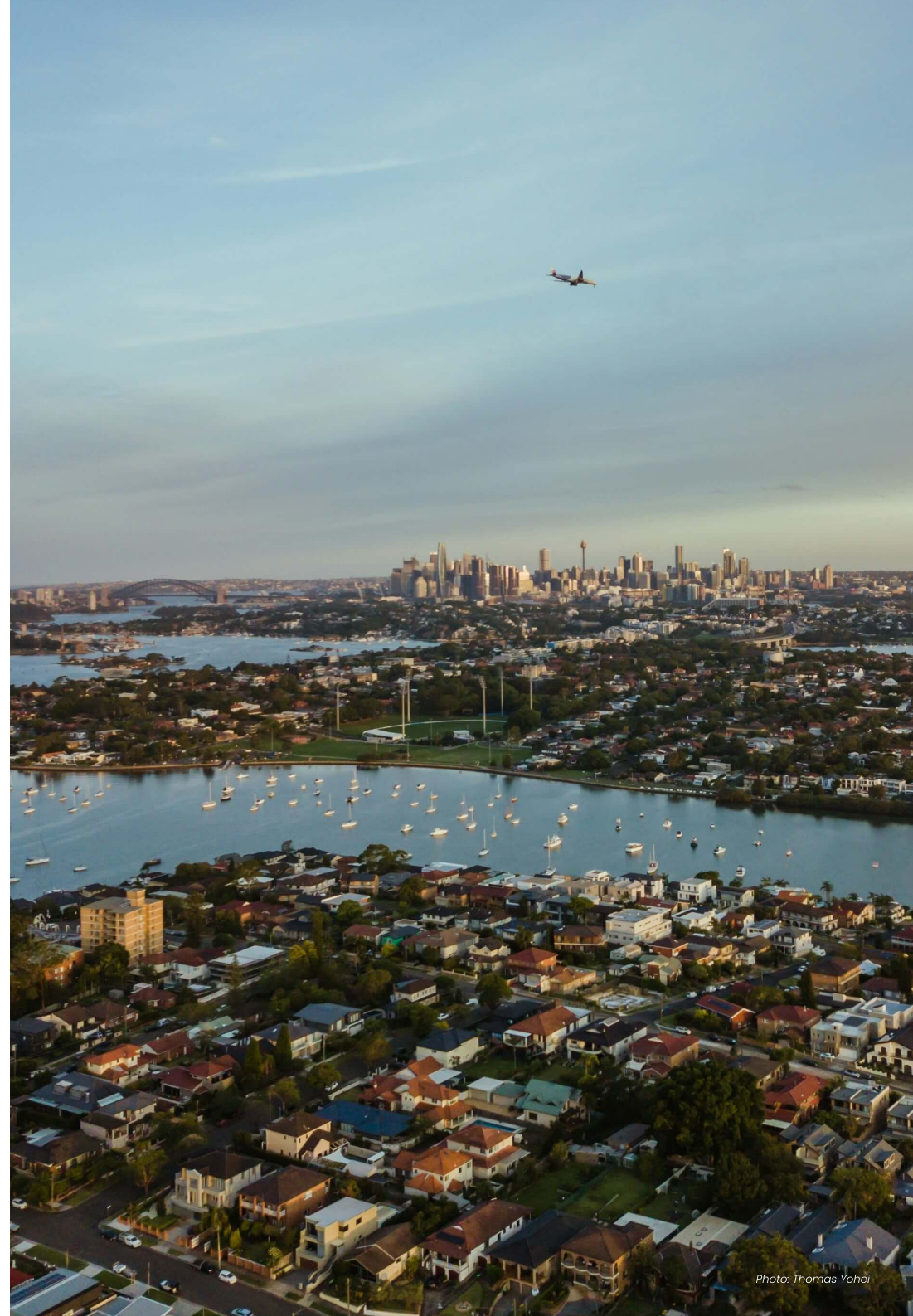
Choose Sustainable Airlines

Look for airlines using sustainable aviation fuel (SAF) and modern, fuel-efficient aircraft.



Optimise Route

Use tools like Google Flights to compare options and select flights with lower estimated emissions.



Getting Around Sydney Sustainably

Sydney offers great public transport options that are not only convenient but also a sustainable way to get around! By choosing public transport, you're directly helping to reduce travel emissions and supporting Transport for NSW's commitment to reach net zero emissions by 2035.



Trains

Ideal for commuting across Greater Sydney and intercity travel.

Operating on 100% renewable energy

[Click here for the map](#)



Light Rail

Convenient for inner-city travel, especially in the CBD and southeastern suburbs.

Operating on 100% renewable energy from 2025

[Click here for the map](#)



Ferry

Great for connecting harbour-side suburbs and offering scenic routes across the harbour.

Zero emission ferries by 2035

[Click here for the map](#)



Metro

Fast, high-frequency service connecting key urban areas.

Powered by 100% renewable electricity

[Click here for the map](#)



Buses

Extensive network covering suburbs and areas not serviced by rail.

Zero emission buses by 2035

[Click here for the map](#)



Bike

Sydney supports cycling through growing bike lanes to encourage active, and sustainable travel.

[Click here for the map](#)



Arriving at Sydney Airport? Travel to the city more sustainably...

Take the Airport Link Train

A fast and convenient way to reach the city, with a 13-minute journey to the CBD and trains every 10 minutes. Choosing public transport helps ease road congestion and supports more sustainable travel.

Choose a Green Rideshare

If using Uber or similar services, select the "Green" option where available. These rides use hybrid or electric vehicles, helping reduce emissions and supporting cleaner transport options.

[Click here for more information](#)

Where You Stay Matters

Accommodation is a key part of your travel experience and can influence how sustainable your trip is.



Choose Eco-Certified Hotels

Look for certifications like Green Star or EarthCheck to ensure your stay supports greener practices.



Stay Close to the Venue

Minimise transport emissions by booking a hotel within walking distance or close to public transit.



Pack Reusables

Bring your own toiletries, bottles, and bags to cut down on single-use plastics.



Skip the Daily Linen Change

Reduce water and energy waste by reusing towels and sheets during your stay.



Switch Off & Unplug

Save energy by turning off lights and unplugging devices. Chargers draw power even when not in use.

Less Waste, More Awareness

Our goal at TCS Sydney Marathon is to divert more than 90% of waste from landfill by 2030. Help us reach this goal by doing the following:

Sort Your Waste Properly

Use the clearly marked bins to separate recycling, compost, and landfill items.

Go Digital Where Possible

Access race info, tickets, and maps on your device to reduce unnecessary printing.

Leave No Trace

Keep the event space clean—take everything you brought with you or dispose of it responsibly.

Eat with Purpose

What you eat, and how you eat, can have a big impact on the planet.

Choose to Eat Plant-Based

Plant-based meals can cut your carbon footprint by up to 50%.

Bring a Reusable Water Bottle

Skip single-use plastic and stay hydrated with your own bottle.

Support Local & Seasonal Dining

Dine at places that source locally to reduce food miles and back local producers.

Event Day

Race day is finally here! This section covers everything you need to know to get to and from the marathon safely, on time, and in the most sustainable way.



Free Public Transport

All participants and volunteers can travel free on race day through our integrated travel ticket agreement with Transport NSW. Simply show your race bib (participants) or volunteer pass/t-shirt (volunteers).

[Click here to plan your trip](#)



Ride with Lime

Make the most of our partnership with Lime by using e-bikes to get around on event day. Download the TCS Sydney Marathon app to access your discount. Exclusion zones and restricted times will be shown on the app map.

[Click here to learn more about Lime](#)



Stay Updated

For the latest updates during event day, check live traffic alerts, follow the TCS Sydney Marathon app and social media channels, and visit the Transport NSW website for real-time transport info and alerts.

[Click here for live traffic updates](#)

Let Your Trip Reflect Your Values
and Make Every Step Count.



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