The Wheel Deal

Cycling is fun

Get started sort your bike, clothes, routes and skills

A low cost and practical way to get around!



Don't just sit there!

Get the right size bike

A good bike doesn't have to be expensive.
A more lightweight bike can help though!

A bike that's too big or too small is hard to control and puts you at risk.

Clothing and Carrying Things

You don't need special clothing to cycle. Make sure that nothing can catch in your wheels or chain.

A ruck sack can be fine but use panniers or a front basket to carry heavy stuff.

Stay cool don't rush and you won't get hot and sweaty!



Have a water-proof jacket (and trousers) for wet days and gloves for cold ones



Stay Safe

Be Alert: avoid distractions such as earphones while cycling. Be Responsible

Always stop at red lights

Remember it is illegal to cycle without front and back lights in the dark.

Be Considerate to other road users and to pedestrians. especially on shared paths.



Never cycle down the sides of large vehicles especially at junctions



Be Seen:

Bright coloured clothing makes you more visible. Reflective strips are good at night.

Planning Your Routes

Choose your route carefully to avoid busy main roads, steep hills and big junctions



www.cvclestreets.net

is good for suggesting cycle routes, app also available



Keep it flexible – a routine can work well but you don't have to cycle every day

Use Spokes or the City of Edinburgh Council bike maps



Looking After Your Bike

Use a bike lock (or two) that a thief can't cut, put it through the wheels and frame. Take removable things such as lights and panniers with you.

Can you mend a puncture?
Look online for maintenance
tutorials: Weldtite, Park Tools and
YouTube or go on a short course!

Oil your chain and pump your tyres until firm



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A faulty bike can be dangerous: regularly check brakes, chain, lights and tyres

Develop Your Skills

Bikeability Scotland covers:



bike control skills on-road skills developing independent cycling skills and safety in traffic





Helmets must be worn correctly: squarely on the head, covering the forehead, with straps securely fastened.

Get More People Cycling!

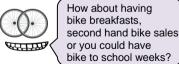
Cycle Friendly Schools www.cyclingscotland.org

Bike Week www.bikeweek.org.uk

Bike to School Week www.sustrans.org.uk

has ideas of what you and your school could

organise



Get ideas from these web sites!

Special Events, Commuting and Holidays





Further information

www.spokes.org.uk – Spokes campaigns for better conditions for using a bike for everyday, work and leisure journeys www.sustrans.org.uk

www.edinburgh.gov.uk/cycling www.cyclestreets.net www.cyclingscotland.org/get-cycling everything you need to know about cycling in Scotland

Cycling also saves you money, with no petrol, parking costs or bus fares to pay for!





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Be inspired to cycle

Thanks to the high school pupils who shared their views and ideas, special thanks to the pupils, staff and parents of Firrhill High School, Spokes, Sustrans and the City of Edinburgh Council





