The Wheel Deal

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

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

Cycling is fun
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.

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

Stay cool - don’t rush and you won’t get hot and sweaty!
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.

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

Never cycle down the sides of large vehicles especially at junctions.
Planning Your Routes

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

www.cylestreets.net is good for suggesting cycle routes, app also available.

Use Spokes or the City of Edinburgh Council bike maps.

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

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

Ask your school for training

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

How about having bike breakfasts, second hand bike sales or you could have bike to school weeks?

Get ideas from these web sites!
Special Events, Commuting and Holidays

Remember it's the Wheel Deal
Cycling is fun, stay safe and enjoy!
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!
The Wheel Deal

By pupils for pupils

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.