

Cycling
is fun



The Wheel Deal



Get started sort your bike,
clothes, routes and skills

Don't just sit there!

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

A low cost
and practical
way to get
around!

Get the right size bike

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.*



*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.



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



Use Spokes or the City of Edinburgh Council bike maps

www.cyclestreets.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



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



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



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