This is a Department for Transport funded project promoting walking & cycling
Choosing a bike

There is a wide variety of bike styles available. The bike you buy should be designed for the type of riding you plan to do. Getting the right kind of bike for the riding you want to do will make it more pleasant to ride and more likely that you will get out there and use your bike.

Road Bike
If you’re looking for a speedy commuter bike and perhaps for longer rides at the weekend then a road bike could be the best choice. Road bikes have a light frame, drop handlebars and thin tyres. These are designed for the best performance on the road, but are generally unsuitable for riding on rough tracks.

Hybrid or City Bikes
These are suitable for both urban and light use off road, in particular on cycle paths and roads. They come with or without suspension and can have knobbly, sporty or smooth tyres for a variety of uses. They are practical for commuting as they have a comfortable upright position helping you to see and be seen in traffic.

Mountain Bike
Ideal for use on rough tracks, trails and off road, mountain bikes come with wide knobbly tyres for extra grip in the mud. They can come with or without suspension. These bikes are not the best for use on the roads as the knobbly tyres create lots of friction and so require more effort compared to bikes designed for road use.

Electric Bike
Electric bikes have a motor fitted which can be turned on for a bit of extra power. The motor assistance can help you go further than you may be able to on your own. It will allow you to tackle bigger hills or simply ride with less effort. Assuming they comply with the regulations (as almost all reputable electric bikes sold in the UK do), they do not require tax, insurance or a licence to use, and can be used wherever a standard bicycle can go, including cycle paths. Electric bikes are also a good way of building your fitness up after an operation or when returning to cycling after a long absence.

Folding Bike
These are very useful commuting bikes, especially if you don’t want to cycle the whole journey. Folding bikes are perfect for short commuter journeys and they can be folded up, taken indoors or onto public transport. They also have the added convenience of not requiring much space to store at home or in the office. These bikes also make good holiday bikes as they can be very easily transported.

Second Hand & Fully Refurbished
The best way to get a decent bike without forking out a lot of money, particularly if you’re unsure about cycling and just want to give it a go, is to buy a used bike.

It is recommended that adults should undertake at least 150 minutes of moderate physical activity each week. Fitting physical activity into your daily routine by walking or cycling instead of driving can help you reach this target. Cycling is one of the cheapest ways of getting around. It’s quick and easy too. Most people can cycle about five miles in 30 minutes.
BUYING THE RIGHT BIKE

It’s important to try before you buy. The best way to get the right bike for you, is to go into a bike shop. The bike you buy should be the correct size for you.

- When in the saddle you should be able to extend your leg with the ball of your foot on the pedal without over stretching. This is important as cycling is very biomechanical and repetitive, not using your muscles correctly can lead to strains and stresses.
- You should be able to sit on the seat and reach the ground on your toes. If a bike is too big it will be harder for you to control.
- The joy of buying a bike from a specialist bike shop is that they will help you find the right bike, with the right fit. Most will be able to talk you through the purchasing process and provide you with the bike you want.
- Make sure you test ride any bike you are considering buying. They all feel different and the deciding factor for using your bike will be that you like riding it. Riding positions vary on bikes and it is personal preference. So don’t be shy, ask for a test ride.

CYCLE LOAN SCHEME

Norfolk’s cycle loan scheme aims to give more people access to a bicycle and actively encourage more cycling, by offering a variety of men’s and women’s bicycles, with 30 available in both Norwich and Great Yarmouth, as well as a lock, helmet and lights.

Bikes can be loaned for 4 weeks, subject to a £10 security deposit. Your deposit is refunded on return.

Visit www.pushingaheadnorfolk.co.uk to register
BICYCLE SECURITY TIPS

- Always lock your bike even if you are just popping into the shops for 30 seconds.
- Lock your bike in a busy, well lit, public place to a fixed object such as a cycle parking stand. Ideally lock your bike up some place where there are CCTV cameras in operation. Please be considerate of other pedestrians when locking up your bike, don’t block walkways or paths.
- Learn how to lock your bike securely. Be sure to lock the frame and both wheels to the cycle parking stand.
- Lock your bike up securely at home as well as when you are out and about. Bikes can get stolen from communal hallways, gardens and sheds.
- Buy a good quality lock. Cheap locks are a false economy.
- Use a strong primary lock to secure your bike to whatever you are attaching your bike to (such as cycle parking, railings etc.) A cable lock is a good second lock for securing other parts of the bike but can be cut through quite easily.

Types of Bike Lock

**D-lock**
Heavy and rigid steel locks in the shape of a ‘D’ or ‘U’ act as a deterrent for bike thieves and often come with a bracket for mounting to your bike when cycling and are a more secure type of lock than the simple cable lock.

**Chain and padlock**
Although heavier to carry around, the chain and padlock can provide a secure locking solution.

**Cable lock**
Basic and coiled cables offer a low level of security and should be used in combination with heavier duty locks to secure wheels or saddle.

**Sold Secure Rating**
There is a three tier security grading system developed by Sold Secure which is used by many insurance companies and some locks are graded using a bronze, silver and gold system.

Other Security Measures

**Register your bike** with BikeRegister or Immobilise using the serial number on the frame and any distinguishing marks. Take some photos for your records. Radio Frequency Identification (RFID) is highly recommended and can be purchased from www.bikeregister.com or www.immobilise.com

Consider **insuring your bike** either as part of your home contents insurance or for more expensive bikes a separate specialist cover may be appropriate. Make sure your policy includes thefts away from home.
Norfolk is regarded as a safe place to cycle, and 1 in 5 drivers cycle at least once a month - however both need to do more to keep each other safe – use these tips to help mind out for each other:

**Cyclists**

1. Ride positively, decisively and well clear of the kerb – look and signal to show drivers what you plan to do and make eye contact where possible so you know drivers have seen you
2. Avoid riding on the inside of large vehicles, like lorries or buses, or too close to the vehicle in front, where you might not be seen
3. Always use lights after dark or when visibility is poor
4. Wearing light coloured or reflective clothing during the day and reflective clothing and/or accessories in the dark increases your visibility
5. Follow the Highway Code including observing ‘stop’ and ‘give way’ signs and traffic lights
6. Think ahead - Always check your blind spots when moving off and on to the carriageway

**Drivers**

1. Look out for cyclists, especially when turning - make eye contact if possible so they know you’ve seen them
2. Use your indicators in good time - signal your intentions so that cyclists can react
3. Give cyclists space – If there isn’t sufficient space to pass, hold back. Remember that cyclists may need to manoeuvre suddenly if the road is poor, it’s windy or if a car door is opened
4. Always check for cyclists when you open your car door
5. Avoid driving over advanced stop lines – these allow cyclists to clear the junction safely and increase their visibility
6. Give cyclists as much room when overtaking as you would another car - the full width of the lane is recommended
7. Obey all traffic rules and laws
BIKE MAINTAINANCE - THE ‘M’ CHECK

The M-check is a simple safety check that should be done before you undertake your journey. It is particularly important if you have not used your bike for a while, or if you are using a bike you don’t normally use.

If you do not have the right tools, or are unsure whether your bike is safe to ride, take it to your local bike shop and book it in for a service.

A BASIC TOOLKIT

A pump
Tyre levers
Puncture repair kit
Hex or Allen keys
Spanners
Screwdriver
Spare Inner Tube

1 Wheels

Check the wheels run freely and straight by lifting the bike and spinning the wheels.

Make sure the tyres are inflated to the recommended pressure (written on the tyre wall). Check the tyre tread isn’t worn and there is no damage or bulges.

Inspect the wheel rims for wear & damage.

Ensure spokes are free of defects.

Is the front wheel secure? Is the quick release lever or wheel nut firmly tightened?

2 Handlebars & Brakes

Hold the front wheel between your knees and turn gently to check the bars do not move from side to side.

Check the handlebars are aligned correctly and secured by the stem.

Ensure the handlebars are secured and not raised above the height limit mark.

Check the brake blocks/pads are correctly positioned and not worn beyond the wear indicator.

Ensure the brake blocks/pads do not scrape the rubber of the tyre, instead they should line up with the metal of the wheel rim.

Check the cables are not eroded or frayed.

Apply the front brake and rock the bike forward. Apply the back brake and rock the bike backwards. If the wheels still roll when the brakes are applied you will need to have the brakes adjusted.
Pedals & Chain

Check the pedals are stable on the cranks. Move the cranks back and forth from the bike in order to let you know if your bottom bracket is loose.

Check for wear on the chain and ensure the sprockets and cogs are free from dirt and rust.

Saddle

Ensure your seat height is correct. Your legs should be able to extend when pedalling but your hips shouldn’t be stretching to reach the pedals.

Make sure the seat is firmly secured. If the seat wiggles it will need tightening.

Check you can reach the handlebars comfortably. If not, you can adjust your saddle position to make it easier to reach the handlebars. Alternatively the handlebars can be adjusted until you can reach them whilst remaining safe in the saddle.

Gears, Drive & Chain

Check the chain is lubricated, not heavily rusted and does not easily come off.

Have a short test ride and ensure each gear can be selected and the process is smooth.

Push the pedals around and ensure that they rotate freely. Additionally check all accessories are securely attached to your bike.

A-B-C Check

Check your Air, Brakes and Chain on a weekly basis.
RESOURCES FOR CYCLING

Cycling clubs, events, news and volunteering opportunities are listed on Active Norfolk’s website [www.activenorfolk.org/a-z/cycling](http://www.activenorfolk.org/a-z/cycling)

British Cycling is the national governing body for cycling, working across all levels and six disciplines of the sport (BMX, Mountain Bike, Cyclo-Cross, Road, Track and Cycle Speedway) [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

UK Cycling Events [ukcyclingevents.co.uk](http://ukcyclingevents.co.uk)

CTC is the national cycling charity which inspires and helps people to cycle and keep cycling [www.ctc.org.uk](http://www.ctc.org.uk)

Sustrans is a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day [www.sustrans.org.uk](http://www.sustrans.org.uk)

Let’s Ride website allows users to browse cycle routes in their local area and download routes for free. Find others to ride with and join informal rides [www.letsride.co.uk](http://www.letsride.co.uk)

Breeze Network is the biggest programme ever to get more women into riding bikes for fun [www.letsride.co.uk/breeze](http://www.letsride.co.uk/breeze)

TIPS FOR CYCLING TO WORK

- Find routes with minimal traffic - the most direct route may not be the most pleasant.
- Begin with an achievable distance and frequency - set a goal to commute one or two times per week - you can always add more days. If you’ve got a long way to travel, why not put your bike in the car and just cycle the last bit?
- Wear clothing that can be easily seen by motorists - wear reflective gear and put front and rear lights on your bike if you are going to be cycling in the dark.
- Find out about the cycling facilities at your workplace - are showers available and do you need a code to access the bike shed?
- Find a buddy - ask around at work and find out if there’s someone who already rides the route you’re thinking of taking. Ask for tips, or see if they’ll ride with you on the first day.
- Learn how to fix punctures. There are lots of ‘how to’ videos online.
- Take your clothes to work the day before you commute if you plan to change from cycling clothes to work clothes.
- Use the bike to carry your stuff - invest in some panniers.
- Relax and take it easy - enjoy the scenery, go at your own pace and don’t worry if people overtake you. Riding to work should be enjoyable, not a chore.
CYCLING & WALKING ROUTE PLANNERS

Norfolk Trails www.norfolktrails.co.uk
Short and circular walks, longer distance walks, cycle routes and interactive maps where you can plot your route.

Cycle Streets www.cycletrees.net
Select a variety of routes depending on your ability. Download the mobile app version to help you plan your trip on the go.

Sustrans www.sustrans.org.uk/ncn/map
UK charity to promote sustainable transport. The charity is working on projects to encourage people to walk, cycle and use public transport, to give people the choice of travelling in ways that benefit their health and the environment.

Google Maps maps.google.co.uk
Cyclists can plan their route using the cycle routes layer of maps. Walkers can plan a route on foot. Also available on smartphones.

Cycle Routes UK www.cycle-route.com
Highlighting popular circular routes across the UK.

Norwich Pedalways www.norwich.gov.uk/cycling
Norwich has seven colour-coded cycle routes - totalling 58 miles - known as pedalways. Five of these radiate out from the city centre and two more form an inner and outer circuit around the city.

Great Yarmouth Cycle Map www.pushingaheadnorfolk.co.uk/cycle-around-great-yarmouth/
The cycle map gives you a mix of seven commuter pedalway routes and six leisure rides. It is designed for anyone who lives in, works in, or is visiting the area.

Walkit www.walkit.com/cities/norwich
Urban route planner that allows users to plan a route between two points. Also includes circular routes which can be planned by time.

Pushing Ahead Journey Planner - www.pushingaheadnorfolk.co.uk/journey-planner/
Get tailored travel information to help you work out the most efficient and cost effective way to make your journeys.
WALKING

Walking is the cheapest way to travel short distances. And it comes with some great health benefits. Just 30 minutes walking every day will give you an excellent fitness workout and will burn approximately 120 calories.

What are the health benefits of walking?
People often overestimate how long it takes to get around on foot. But you can easily walk a mile in 20 minutes. Or a quarter of a mile in about five minutes. So it really does make sense to make those short trips on foot. You’ll certainly feel better for it.

Walking helps reduce your risk of developing coronary heart disease; it can also help reduce your risk of stroke, Type 2 diabetes, obesity and osteoporosis.

Tips and advice for walking to work
More people choose to walk to work when they can. Not just because it’s cheaper, but because it helps them feel fitter, fresher and more ready for the day when they get to work. Compare how you feel after a 20 minute walk to how you feel after making the same journey by car. The commute by car can be one of the most stressful parts of the day, while walking to work can actually help to de-stress you.

Even if you live just a bit too far to make the whole journey on foot, taking public transport will give you more of an opportunity to walk.

In addition to this, walking can help you to:

✓ control your weight
✓ feel more energetic
✓ feel less stressed or anxious
✓ increase your self-confidence
✓ sleep more easily
✓ enjoy your surroundings
✓ save money
✓ boost your vitamin D levels
**Plan your route**

- The best route to walk to work may be different from what you prefer for driving. With a little trial and error, you’ll soon find what works for you. Use Google maps to help plan your journey.

**What to wear**

- Wear multiple layers of thin clothing and avoid anything too big and bulky. You’ll quickly warm up as you are walking.
- Can you walk to work in your usual work clothes? If not, can you leave some clothes at work?
- Wear well-fitting, sturdy walking shoes or trainers with socks - avoid heels and sandals - you can always change your shoes at work.
- Be prepared for rain - a lightweight, waterproof and windproof jacket can be very handy.

**How to carry your stuff**

- A small, well-designed rucksack is the best way to carry stuff and allows you to maintain a good walking posture.
- Keep it light - only carry what you absolutely need.
- Use both shoulder straps to keep your body balanced.

**Staying safe**

- Make sure other road users can see you - wear light-coloured clothing or something fluorescent.
Pushing Ahead is a partnership between Active Norfolk, AtoBetter, Great Yarmouth Borough Council, Norfolk County Council, Norfolk Trails, Norwich City Council, and Think!Norfolk.

These partners are bringing together Department for Transport funding to promote walking and cycling, support active travel, and boost economic growth in Norwich and Great Yarmouth.

www.pushingaheadnorfolk.co.uk