Why Cycle?

To encourage and support more staff, students and visitors to cycle, the University of Nottingham has partnered with UK charity Sustrans to form the U-cycle Nottingham project. Cycling solves so many problems at once: it keeps you fit; it’s fast, cheap, reliable and good for the environment.

The cycle map overleaf provides information to enable staff, students and University visitors to cycle to and from University sites. The on-map time’s grid shows just how quick it is to get around under your own steam!

10 Tips for Safety & Maintenance

- Check tyres regularly – replace if showing signs of wear or damage.
- Pump up tyres until they are too hard to squeeze.
- Check brakes – They should stop the wheel fully at a half pull.
- Don’t allow brakes to skim wheels – this will slow you down.
- Oil your chain – If it’s brown or squeaky it needs some oil.
- Listen for noises – squeaks and rattles suggest something’s wrong.
- Keep your bike undercover – it will prolong its life.
- Get the seat height right – having it too low makes cycling hard work.
- Check gears for smooth changing.
- Make sure your wheels spin smooth and straight.

Security

If you are going to leave your bike at any stand then you must ‘Lock it or Lose it’. There are a wide range of locks available and bike shops would be happy to provide advice on which one would suit your needs. If you do have your bike stolen then report it to the police immediately.

Good quality D-locks can be bought from the SU.

Cycle Helmets

Cycle helmets are not compulsory but are designed to give protection from a fall and when worn correctly they can reduce the risk of serious head injury. When buying a helmet make sure it fits correctly and conforms to recognised safety standards. Do not buy a second hand helmet as damage is not always obvious.

Why Cycle?

To encourage and support more staff, students and visitors to cycle, the University of Nottingham has partnered with UK charity Sustrans to form the U-cycle Nottingham project. Cycling solves so many problems at once: it keeps you fit; it’s fast, cheap, reliable and good for the environment.

The cycle map overleaf provides information to enable staff, students and University visitors to cycle to and from University sites. The on-map time’s grid shows just how quick it is to get around under your own steam!

10 Tips for Safety & Maintenance

- Check tyres regularly – replace if showing signs of wear or damage.
- Pump up tyres until they are too hard to squeeze.
- Check brakes – They should stop the wheel fully at a half pull.
- Don’t allow brakes to skim wheels – this will slow you down.
- Oil your chain – If it’s brown or squeaky it needs some oil.
- Listen for noises – squeaks and rattles suggest something’s wrong.
- Keep your bike undercover – it will prolong its life.
- Get the seat height right – having it too low makes cycling hard work.
- Check gears for smooth changing.
- Make sure your wheels spin smooth and straight.

Security

If you are going to leave your bike at any stand then you must ‘Lock it or Lose it’. There are a wide range of locks available and bike shops would be happy to provide advice on which one would suit your needs. If you do have your bike stolen then report it to the police immediately.

Good quality D-locks can be bought from the SU.

Cycle Helmets

Cycle helmets are not compulsory but are designed to give protection from a fall and when worn correctly they can reduce the risk of serious head injury. When buying a helmet make sure it fits correctly and conforms to recognised safety standards. Do not buy a second hand helmet as damage is not always obvious.

Why Cycle?

To encourage and support more staff, students and visitors to cycle, the University of Nottingham has partnered with UK charity Sustrans to form the U-cycle Nottingham project. Cycling solves so many problems at once: it keeps you fit; it’s fast, cheap, reliable and good for the environment.

The cycle map overleaf provides information to enable staff, students and University visitors to cycle to and from University sites. The on-map time’s grid shows just how quick it is to get around under your own steam!

10 Tips for Safety & Maintenance

- Check tyres regularly – replace if showing signs of wear or damage.
- Pump up tyres until they are too hard to squeeze.
- Check brakes – They should stop the wheel fully at a half pull.
- Don’t allow brakes to skim wheels – this will slow you down.
- Oil your chain – If it’s brown or squeaky it needs some oil.
- Listen for noises – squeaks and rattles suggest something’s wrong.
- Keep your bike undercover – it will prolong its life.
- Get the seat height right – having it too low makes cycling hard work.
- Check gears for smooth changing.
- Make sure your wheels spin smooth and straight.

Security

If you are going to leave your bike at any stand then you must ‘Lock it or Lose it’. There are a wide range of locks available and bike shops would be happy to provide advice on which one would suit your needs. If you do have your bike stolen then report it to the police immediately.

Good quality D-locks can be bought from the SU.

Cycle Helmets

Cycle helmets are not compulsory but are designed to give protection from a fall and when worn correctly they can reduce the risk of serious head injury. When buying a helmet make sure it fits correctly and conforms to recognised safety standards. Do not buy a second hand helmet as damage is not always obvious.

Why Cycle?

To encourage and support more staff, students and visitors to cycle, the University of Nottingham has partnered with UK charity Sustrans to form the U-cycle Nottingham project. Cycling solves so many problems at once: it keeps you fit; it’s fast, cheap, reliable and good for the environment.

The cycle map overleaf provides information to enable staff, students and University visitors to cycle to and from University sites. The on-map time’s grid shows just how quick it is to get around under your own steam!

10 Tips for Safety & Maintenance

- Check tyres regularly – replace if showing signs of wear or damage.
- Pump up tyres until they are too hard to squeeze.
- Check brakes – They should stop the wheel fully at a half pull.
- Don’t allow brakes to skim wheels – this will slow you down.
- Oil your chain – If it’s brown or squeaky it needs some oil.
- Listen for noises – squeaks and rattles suggest something’s wrong.
- Keep your bike undercover – it will prolong its life.
- Get the seat height right – having it too low makes cycling hard work.
- Check gears for smooth changing.
- Make sure your wheels spin smooth and straight.

Security

If you are going to leave your bike at any stand then you must ‘Lock it or Lose it’. There are a wide range of locks available and bike shops would be happy to provide advice on which one would suit your needs. If you do have your bike stolen then report it to the police immediately.

Good quality D-locks can be bought from the SU.

Cycle Helmets

Cycle helmets are not compulsory but are designed to give protection from a fall and when worn correctly they can reduce the risk of serious head injury. When buying a helmet make sure it fits correctly and conforms to recognised safety standards. Do not buy a second hand helmet as damage is not always obvious.