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 shop.

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 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 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!

Tips for Cycling on Roads
• Follow the Highway Code - don’t jump red lights and don’t cycle on the pavement unless it’s a designated cycle path.
• In wet weather watch your speed as surfaces may be slippery and it will take you longer to stop.
• Ride positively, decisively and well clear of the curb.
• Make sure motorists can see you – Ride in a position where you can see and be seen. Use lights and consider wearing bright or reflective clothing, especially in towns, at night and in bad weather.
• Make eye contact with other road users and signal clearly at all times.
• Use your bell - not all pedestrians can see you.
• Be aware of vehicles – look out for indicators and brake lights to predict vehicles movements.
• Never cycle along the inside of large vehicles, such as lorries and buses.

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.
• Gets 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.

Route Planning
Looking for other cycle routes? Here is a selection of useful online mapping resources:
www.transportdirect.info
www.cyclestreets.net
www.thebigwheel.org.uk
www.sustrans.org.uk/map

Other Useful Links
www.ridewise.org.uk
www.bottombracket.co.uk
www.pedals.org.uk
www.nottingham.ac.uk/sustainability/transport/cyclingandwalking/cyclefacilities

Contact
E: adam.batty@sustrans.org.uk
T: 0115 823 2394
W: www.nottingham.ac.uk/sustainability

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How Long Will It Take?
Here are a few average journey times that might help you plan out your cycle journey a little better.*

University Park – King’s Meadow Campus 8 minutes
Lenton – University Park 7 minutes
Canning Circus – University Park 19 minutes
Jubilee Campus – King’s Meadow Campus 8 minutes
Lenton – Jubilee Campus 5 minutes
Sutton Bonington – Kegworth 14 minutes
West Bridgford – University Park 26 minutes
University Park – Jubilee Campus 9 minutes
Beeston – University Park 11 minutes

* Average times are calculated using a ‘cruising’ pace of 12mph on quiet paths.