

Cycling tips

General

- Always abide by the Highway Code.
- Ride as though you're invisible – never assume that motorists have seen you. Make eye contact with drivers who are likely to cross your path, particularly at junctions, when passing side roads and before manoeuvres.
- Ride to your own pace and ability, not that of others.

- Look well ahead for any hazards or obstructions. Give yourself time to alter your shoulder regularly too - it's as important to know what's behind you as what's ahead of you. You may wish to consider fitting a mirror.
- Signal clearly the direction you intend to travel.
- Keep off the footway unless you are permitted.
- Take care when passing pedestrians and remember that they may be inattentive or anxious around cyclists. Some may be unable to react quickly or see or hear your approach. Let pedestrians know you are there and allow plenty of room. Be ready to slow down and stop if necessary. Be considerate and remember that pedestrians have right of way even on both sides of segregated cycle tracks.
- Give horse-riders plenty of room and do not pass too quickly, especially from behind.

- Defensive cycling**
 - Be aware of cars crossing cycle lanes from the left or right at side roads.
 - When approaching junctions, be wary of lorries which might turn left across you. If you find yourself behind a long vehicle at a junction or in a queue, NEVER edge forward alongside it on the left hand side. This puts you in a very vulnerable position (especially if the vehicle is planning to turn left) as the driver is unlikely to be aware you are there.
 - Be aware that motorists often misjudge the speed of cyclists and may change lane and manoeuvre without signalling, particularly in slow-moving traffic.
 - Watch out for doors opening from parked cars.
 - Be aware of vehicles pulling out of side roads - they may not have seen you.

- Lane position**
 - Cycle about a metre away from the kerb.
 - When approaching junctions, it can help to occupy the middle of your lane, but remember - plan well ahead, check over your shoulder before any manoeuvre and signal your intentions clearly.
 - Think ahead to your next turn and position yourself appropriately in good time. Assert your position on the road.
- Cycling at night**
 - Check that you have reflectors fitted and that they are clean. Fit and use legal lights. Use of supplementary lights is also a good idea.
 - Wear something bright and reflective at night.
 - Be aware that most tracks away from the road are unlit.

Cycle equipment

- Consider wearing a helmet (conforming to BS EN 1078). Modern designs are light and comfortable. Children are especially vulnerable to head injury and are prone to falls.
- Cycle gloves can protect your hands and improve grip.
- Some accidents can be prevented by good bicycle maintenance.
 - Keep your tyres inflated to maximum pressure for road cycling (it makes pedalling easier and punctures less likely). Think about fitting road tyres to mountain bikes.
 - Light coloured or fluorescent clothing helps you to be seen in daylight or poor light.

Insurance

- It is wise to have full insurance cover.
- Household policies can often be extended to cover cycle theft.
 - A specialist policy may be needed for more expensive bikes.
 - Personal liability often has to be covered separately.

Tackling hills

- There are a few hills in Leeds but none are too steep to ride up. Remember the golden rule: what goes up must come down, so working to get up a hill is worth it for the descent on the other side. Here is some advice:
- | | | |
|-----------------|---|---|
| Downhill | 1 Check brakes. | 2 Match gear to speed. |
| | 3 Start to pedal as hill flattens. | 4 Change down gear before pedalling becomes too hard. |
| Uphill | 5 Pedal in low gear to catch breath before changing up gears. | |

Tip: On long hills pick a gear and pedalling rate (cadence) you are comfortable with and stick to it. Ignore your speed - getting up the hill is what matters. On short hills, standing up on the pedals can help to maintain speed and cadence without changing gears.



- Advanced stop lines**
 - Advanced stop lines enable cyclists to negotiate junctions safely.
 - When the traffic signals are red, cyclists move ahead to a 'reserve' area to position themselves safely ahead of motorists.

Cycling organisations

Leeds Cycling Action Group (LCAG) www.leedscyclists.org.uk
Making Leeds a better place to cycle
LCAG campaigns for cyclists in Leeds. Got a bee in your bonnet? Tell us and we will campaign with you. LCAG meet with road planners regularly to discuss long term policy, future planning, current projects and submit comprehensive feedback on completed work.

LCAG promotes cycling in the city, lobby local, UK and European government, run grassroots action campaigns on local issues such as potholes and obstructions in cycle lanes or dangerous traffic calming. LCAG are part of the UK national network of cycle campaign groups, Cycle Nation and affiliated to CTC.

And, of course, we have a lot of fun campaigning and riding our bikes. Easy fun every Saturday (less than 15 miles), long rides on Sundays. See our home page at www.leedscyclists.org.uk
Support our work. If you think that cycling should be easier, safer, more pleasant and more fun then join now. Membership: £7 (£4 unwaged). See the news, join the debates, make your voice count: www.facebook.com/leedscycle or call Allan, Membership Secretary on 0113 262 2328.

CTC
The CTC is Britain's largest cycling organisation, with over 55,000 members. It provides travel and technical advice, legal aid and insurance to members, and it campaigns to improve facilities and opportunities for all cyclists.

0844 736 8450 www.ctc.org.uk or for the Leeds group www.leedscctc.org.uk

Sustrans
Sustrans is the UK's leading sustainable transport charity, working on practical projects so people can choose to travel in ways that benefit their health and the environment. The charity is behind many ground-breaking projects including the National Cycle Network. Over 13,000 miles of safe and attractive cycling and walking routes have been completed bringing the Network to within 1 mile of over half the UK population.

0845 113 00 65 www.sustrans.org.uk
Email: info@sustrans.org.uk



Useful information

Cycle training

The Council's Road Safety Promotion 2 'Dutch Style' cycle training, Levels 1 & 2. The majority of training is provided to pupils in Years 5 & 6 but we also run a limited number of courses in leisure centres around the city during school holidays. For more information about Bikeability please visit www.dft.gov.uk/bikeability/

We also provide:
Half day family cycle training courses - aimed at encouraging the whole family to cycle and to provide parents with advice and tips on how to support and develop their child's cycling skills.

A Bike Buddy service - aimed at new or returning cyclists who want to cycle to work. The Bike Buddy offers personalised attention from experienced cycle trainers with a good knowledge of the local cycle network.

A Bike Buddy can assist with:

- Selecting and riding the most appropriate route.
- Information on the local cycle network.
- Advice on riding in different weather conditions.
- Advice on cycle equipment & accessories.

For more information please contact 0113 2475198
Email: road.safety@leeds.gov.uk
www.leeds.gov.uk/roadsafety

Cycle and rail

In combination bikes and trains can help provide greater connectivity for your journey. Cycles are carried free on most trains but various rules and restrictions apply. Check before you travel with Rail Travel Enquiries. See www.nationalrail.co.uk where you can download the 'National Cycling by Train' leaflet or call 08457 48 49 50.

Most rail stations around Leeds are provided with Sheffield stands that are located under CCTV cameras and many of these are covered.

City Car Club

Ride a bike but still need access to a car? Join City Car Club for locally based pay-as-you-drive motoring. www.citycarclub.co.uk

Bike shops

Where appropriate bike shops are shown on the map with a symbol and are numbered.

- The Bike Doctor**
Mobile and 66 back of Rose Avenue, Leeds, LS18 4QE
07833682584 www.bikedoctorleeds.co.uk
- The Bike Shop**
The Leonardo Building, 2 Rossmore Street, Crossgates, LS15 7NL
0113 232 8483 www.leedsbicycle.com
- Bikology**
154 Hyde Park Road, Hyde Park Corner, LS6 1AQ
0113 224 9982 www.bikology.co.uk
- Bob Jackson Cycles**
Station Buildings on Stanningley Road, Bramley, LS13 3EG
0113 251144 www.bobjacksoncycles.co.uk
- Chevin Cycles**
The Showrooms, Leeds Road, Otley, LS21 1BR
0113 242 8780 www.chevincycles.com
- Crosstrax**
1 The Crescent, Otley Road, Leeds, LS16 6AJ
0113 2610120 and 6 Rodley Lane, Leeds, LS13 1HU
0113 2554747 www.crosstrax.co.uk
- Cyclesense and LikeaBike**
Unit 657a, Street 4, Thorp Arch Trading Estate, LS23 1HU
01937 649368 www.cyclesense.co.uk
- Dave Rayner Cycle Sport**
154 Harrogate Road, Yeasdon, LS19 6AH
0113 250 8832 www.daveraynercycles.co.uk
- Dave Rayner Cycle Sport**
107 Main St, Garforth, LS25 1AF
0113 286 2700 www.daveraynercycles.co.uk
- Dirtwheels Cycles**
66 Boroughgate, Otley, LS21 1AE
01943 466869 www.dirtwheels.co.uk
- Drake's Cycles**
148 Harehills Lane, LS8 5BD
0113 249 0326 www.drakescycles.co.uk
- Edinburgh Bicycle Cooperative**
140 Woodland Lane, Chapel Allerton, LS7 4QG
0845 257 0808 www.edinburghbicycle.com
- Evans**
1-2 New Station Street, Leeds, LS1 5DE
01293 574 900 www.evanscycles.com
- Fine Fettle Cycles**
3A The Boyle, Barwick in Elmet, Leeds, LS15 4JH
0113 399 5688 www.finefettlecycles.co.uk
- Halfords**
Meadow Road, LS11 9BX
0113 242 8780 www.halfords.com
- Halfords**
Melbourne Park, York Road, LS14 6AX
0113 264 8311 www.halfords.com
- Halfords Bridge Road**
Kirkstall, Leeds, West Yorkshire, LS5 3BJ
0113 278 0144 www.halfords.com
- Recycle Engineering**
2 Norwood Mount, Headingley, LS6 1DU
0113 274 5229 www.rcruk.co.uk
- Triangle**
1 Long Row, Horsforth, LS18 7AA
0113 259 0477 www.triangleleeds.co.uk
- Woodrup Cycles**
345-347 Kirkstall Road, LS4 2HD
0113 2636212 www.woodrupcycles.com
- Kings of Cycling**
355 York Road, LS9 9DN
0113 2491966 www.kingsofcycling.com

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CycleCity Guides www.cyclecityguides.co.uk
The representation of a track or path is no evidence of a public right of way. Users of these routes do so at their own risk.