

Top Tips for commuting

Learn core bike skills

- Stopping – shift weight back
- Gears – change down before stopping
- Control – look behind without wobbling
- Signalling – clear and confident!

Braking distances



Road position

- 1 metre from the kerb
- Cycle in the stream of traffic when:
 - you can match its speed
 - going round parked cars (keep at least a door's width)



Communication

- Remember to signal and always look behind you first!





Junctions

- Arrive at the junction in the middle of the lane
- Wait behind traffic at lights unless safe to do - filter to the head of the queue
- Look down side roads



Roundabouts

- Arrive at and travel through roundabouts in the middle of the most appropriate lane



Clothing

- Try using a pannier bag instead of a rucksack
- Remember waterproofs on a wet day
- Ensure you have the basic tools – pump, tyre levers, patches, multi-tool etc



Cycle training

- Learn how to enjoy on-road riding as a commuter cyclist. Contact the Bike Station for cycling courses info@thebikestation.org.uk

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Registered in Edinburgh under number 237798. Scottish charity number SC033703.

Commissioned photography by Kenneth Archbold, KIA Photography.

