

# Cycling in Surrey - Top Tips



**Prepare your bike** – if you haven't used your bike for a long time get it checked over by a bike shop or a knowledgeable friend. Also adjust your saddle and handlebars so you're comfortable. Finally pump up your tires and oil the chain. Badly maintained, ill fitting bikes are no fun to ride!



**Buying a new bike** - if you're buying a new bike makes sure it fits well and is suitable for the purpose. At the cheaper end of the market things such as suspension can look good but often make the bike harder to ride and cause mechanical trouble in the long term.



**Buy a good lock** – make sure you have a 'D' shackle type lock or an 'armadillo' style chunky cable lock. Cheap cable locks can be broken in seconds so a good lock is a sound investment.



**Plan your route** – use local guides (such as Surrey Cycle Guide Number 1 available in Founders reception) to plan a route avoiding busy roads and steep hills where possible. If you're riding to the College have a look at the campus cycle map for details of where you can park your bike.



**Build up slowly** – if you haven't cycled for a while start with short leisure rides on quiet roads and take it easy. Don't be frightened to push up hills, fitness will come with time.



**Use protective equipment** – wear a cycle helmet, particularly if you ride off road where crashes are more likely to occur. Padded cycling shorts and gloves are also useful if you intend do a lot of cycling.