

I don’t have a bike

This article is for people that want to start cycling but they don't have a bike.

If you want a better bike, or you want to start a new cycling activity (such as commuting to work, or joining a cycling club) – we suggest you ask a specific question [here](#).

You're new to cycling. You don't know how you're going to get on with it. So you don't want to spend a lot of money and risk wasting it. Very wise. Garages all round the country are stocked with bikes bought on a whim that have mostly been unused.

On the other hand, you don't want a terrible bike that will put you off cycling for life. And you need to be safe!

You have three main options:

1. Borrow a bike. Perhaps you know a keen cyclist that has has a old one they'd be happy to lend you (most do). Maybe you know someone that bought a new bike, but hasn't used it. There is also a [cycle hire company](#) the island.
2. Buy a second-hand bike. You could try: local newspapers, such as the Islander, adverts in shop windows and – of course – [Ebay](#). The [Community Cycle Centre](#) is a group of volunteers that recycle donated bikes, giving them back to members of the community in return for a donation; you can increase your chances of getting a bike from the centre if you're prepared to help in fixing up your new bike.
3. Buy a cheap new bike. We have a number of bike shops within easy reach of Hayling – and Hayling Cycles in Elm Grove is a Cycle Hayling supporter. Don't be tempted to spend a lot. Budget, say, £150-200. Spending a lot more than that before you know whether, and how much, you'll be cycling could be an expensive mistake.

Some things to look for:

- 🚲 Size – you need to be able to adjust the seat position so:
 - 🚲 Your knees are slightly bent at the bottom of the pedal rotation
 - 🚲 You are able to touch the ground with both feet so you can stop safely
- 🚲 Gears – they help a lot to get you going and to keep going once you've started, avoid single speed bikes unless you know what you're doing
- 🚲 Mudguards – you'll want to be protected from the elements while you get around
- 🚲 Suspension – or lack of. Suspension adds weight but is of little benefit to casual cyclists (folding bikes are an exception – they need suspension to be comfortable)
- 🚲 Man's bike or woman's? Bikes without a crossbar used to be considered essential for preserving women's modesty. These days they can be just as useful to men with mobility issues. It's important, though, for women to have a female fit saddle if they are going to cycle any distance – look for a deep groove or cut-out in the middle of the saddle.

If you're buying second hand, make sure:

- 🚲 The brakes work effectively (if the brake pads are worn, make sure you can replace them)
- 🚲 Gears change smoothly
- 🚲 The chain, gears and gear-changing components are rust-free and not worn
- 🚲 You can change the seat position (freeing up a rusted-in [seat post](#) can be impossible)
- 🚲 The tyres do not look worn

We'd be happy to try to answer any specific questions you might have [here](#).

This entry was posted in [Help with cycling](#) by [Andy Henderson](#). Bookmark the [permalink](#).

Comments are closed.