



I'm looking for ...



- Home
- Plan a Journey
- Walking
- Cycling
- Buses
- Car Sharing
- Driving
- About
- Contact Us
- My Travel York

Cycling » Why cycle? » Top tips to get you cycling

Top tips to get you cycling

This year, why not dust off your bike, get back on the saddle and fall in love with cycling all over again!

Here are our top tips for getting back into cycling:

- Get your bike checked over – there are a number of great **bike shops** in York who'll be more than happy to get your bike in tip-top working order ready for hitting the road again. You can also see our handy **bike maintenance** tips.
- Need a new bike? Your local bike shop will be happy to advise on the right bike and accessories for you, or pick up a bargain reconditioned bike.
- Haven't cycled for a while? Take a leisure ride and explore York – we've several easy to ride, scenic **leisure route maps** to get you riding again – with café stops to top up energy levels and toilet facilities all marked en route!
- Feeling a bit rusty on two wheels? Build your confidence on the road and brush up on your cycle skills with our superb one-to-one, personalised **urban cycle skills** training sessions. We come to you at a time to suit.
- Fancy a cycle ride but like some company? Why not join one of our **guided group cycle rides** in York or join Sky Ride's new **Breeze** network designed especially for women. You could also join a local **cycle club**.
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- Plan your route at glance – York has an extensive **cycle network** with a choice of off-road cycle paths and dedicated on-road cycle lanes to get you from A to B in no time at all.
- Park your bike safely - York has more than 1,000 city centre **cycle parking** spaces! **Secure cycle parking** is now available at York Station, thanks to Cyole Heaven.
- Keep your bike safe and secure – read our **bike security** tips and take advantage of Safer York Partnership's FREE bike security marking service. Always lock your bike wherever you leave it - even at home - and use a good quality lock, preferably two, to secure it to cycle parking facilities or to a solid fixed object.

Happy cycling!

Actions 

Share     



Cycling

- About cycling >
- Why cycle? >
 - Benefits of cycling >
 - Top tips to get you cycling >
- Cycle maps and routes >
- Plan a journey by bike >
- Cycle parking >
- Cycle + Rail >
- Cycling with Park & Ride >
- Buying a bike >
- Bike security >
- Bike maintenance >
- Cycle training >
- Inclusive & disability cycling >
- Cycling for leisure >
- Cycling community groups >
- Reporting issues >



Are you passionate about walking and cycling, and encouraging others to do so? Fancy being an Active Travel Champion?

Quick Links



About Journey Planning
Travel Options
Mobility and Accessibility



About Walking
Why Walk?



About Cycling
Why Cycle?
Routes and Journey Times



About Buses
Why Take the Bus?
Routes and Journey Times



About Car Sharing
Why Car Share?

Business
Travel Planning
Business Events and Challenges

About Us
Programme
Contact Us



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Site Map
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