

Simple bike maintenance guides*

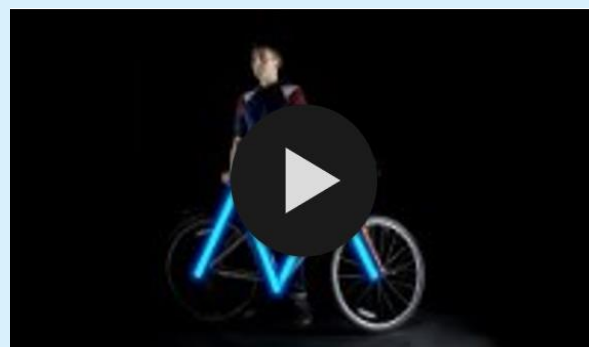
How to check a bicycle before setting off and how to keep it maintained for optimum performance.

How to perform the M - check.

The M-check is an easy and thorough system that can be applied to any bike to check everything is in good, working order. Starting from assessing your rear tyre and check your bike following the letter M taking in your saddle and brakes.

The full M-check guide:

[Bike Maintenance -Before you set off](#)



Repairing a puncture.

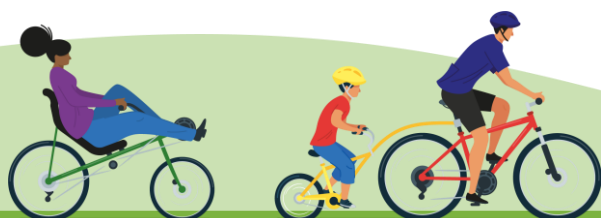
Punctures are one of the most common problems facing cyclists as the majority of bicycle tyres use an inflatable rubber inner tube that can be punctured by sharp stones, flints, thorns, and nails. Although punctures can be a nuisance, they can be quickly and easily repaired.

The full puncture repair guide:

[Bike Maintenance - Repairing a puncture](#)



**This series of guides, produced by Cycling UK, provides some basic tips on maintenance and repair. Businesses are not expected to provide maintenance and repair services to their visitors.*



Adjusting brakes.

After some miles of riding the tension in your brake cables can slacken or the brake pads wear down. To fix this problem, you can use the barrel adjusters to move the brake pads closer to the rim of the wheel.

The full brake adjustment guide:

[Bike Maintenance - Adjusting your gears and brakes](#)

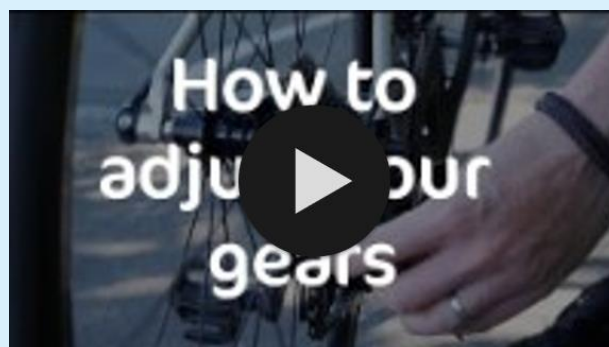


Adjusting gears.

During your ride you may find your gears don't shift properly. If the shifting feels slow and unresponsive, or there's a crunching sound, it may be your gears are badly adjusted.

The full gear adjustment guide:

[Bike Maintenance - Adjusting your gears and brakes](#)

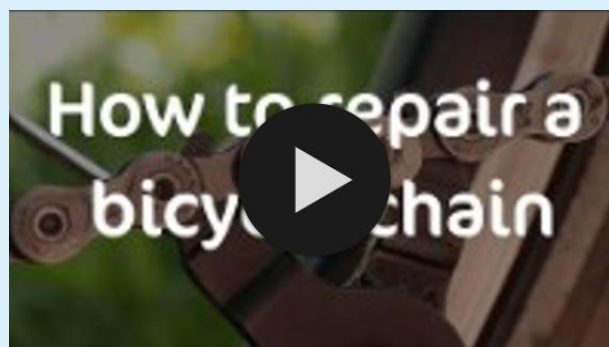


Repairing a broken chain.

It's a rare occurrence, but chains do break, especially if they're old or worn. And although it might seem like a major disaster, it's an easy repair with some essential tools.

The full broken chain repair guide:

[Bike Maintenance - Repairing a broken chain](#)



Legal requirements for bike lights.

It is illegal to cycle on a public road after dark without lights and reflectors. Exactly which lights and reflectors, where to fit them and when to light up, is defined by the Road Vehicles Lighting Regulations.

Read more:

[An updated guide to cycle lighting regulations](#)



Essential tools.

With a small selection of tools, you'll be able to tackle most of the common issues you're likely to experience while out on your bike.

The full essential tools guide:

[Bike Maintenance - Essential Tools](#)

Top tips for locking your bike.

- ✓ If you can, use two different Sold secure locks.
- ✓ Lock the frame together with a wheel to the stand.
- ✗ Do not just lock the wheel to the frame/stand.

[Top Tips of Locking a Bike Infographic](#)



Interreg



France (Channel Manche) England

EXPERIENCE

European Regional Development Fund

Cycling UK is one of 14 partners collaborating to deliver innovative and sustainable new off-season tourism experiences in six pilot regions in England and France through the EXPERIENCE project.

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