

Advanced bike maintenance guides*

Tubeless tyres for cycling.

Tubeless cycle tyres are constructed to hold air within the tyre itself rather than a tube, they give the rider added flexibility, eliminate tube pinching and reduce the heat friction caused between the traditional tube-tyre setup.

Read more:

[What are the pros and cons of tubeless tyres?](#)



Repairing a mountain bike 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 mountain puncture repair guide:

[How to fix a puncture on a road bike and mountain bike](#)



**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.*



Cycle tyre sizes.

Confused by the markings on your tyres? Did you know that some tyres marked 28" are actually much less than 27 inches diameter, or that 26×1.5 and 26×1½ are two completely different sizes! How do you know what size tyres will fit your bike?

Read more:

[A guide to cycle tyre sizes](#)

Cycle tyre pressure.

Like many racing bike standards, narrow, high-pressure tyres don't make sense for the rest of us. What's the best cycle tyre pressure?

Read more:

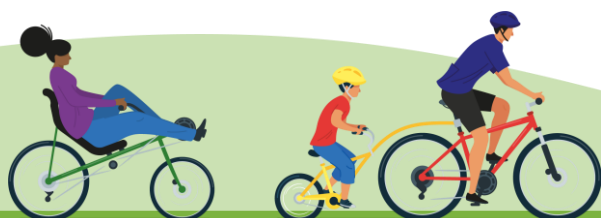
[What's the best cycle tyre pressure?](#)

Cycle tyres for winter, snow and ice.

Can you cycle when there is snow and ice on the ground? Learn the difference between a studded cycle tyre and a winter tyre and the reasons why you might want to fit them to your bike in winter.

Read more:

[Cycle tyres for winter, snow and ice](#)



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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