

CYCLING

It's time to get on your bike! Whether you want to explore a mountain trail, go on a quiet countryside trip, or explore a town or city, cycling is the best way to get around quickly and it can be done almost anywhere. You can do this alone or with family and friends, and can even include it as part of a bigger adventure—why not cycle during a camping trip, or ride your bike on your way to a swimming or slacklining location?

The right kind of bike for your adventures can make all the difference! Casual bikes are perfect for city roamers, road bikes suit going fast and far, and mountain bikes are the right choice for rougher terrain.

It's important to stay safe when you're out and about on your bike. Wear a helmet and bright clothing so that vehicles and other cyclists can see you easily. Helmets will protect your head if you have an accident, so make sure you're wearing yours properly.

Put the helmet level on the top of your head.

Close the buckle under your chin.

Your saddle height is right if you can reach the ground with your toes.



THE ANATOMY OF A BIKE



How do bikes stay up?

The spinning wheels create something called a "gyroscopic effect," where a moving object wants to keep moving in the same direction. This means that your bike will stay upright as long as it keeps moving but will fall over when it stops.

