

Choosing the Right Bike for You

Here's some handy information to help you to think about all the different types of bikes which are available today. First off are a range of popular bikes for adults, and from page three you'll find a few options for kids.

Bikes for Adults

Whether it's an easy cruise on the weekend, or the commute to the office, the following bikes provide options suited to all lifestyles.

City bikes

Of the 'European style,' a city bike is good for carrying heavier loads. Its upright style is ideal for wearing everyday clothes and riding on flat roads at a slower pace or shorter distances.



Hybrid bikes

A mountain bike meets a road bike; the hybrid has a sturdy frame and smooth thin tyres. The rider sits more upright than on a road bike. Panniers or racks can be attached to carry extra cargo. Handlebars are usually flat-bar or classic upright style

Folding bikes

When folded up, these compact bikes are suitable to be taken on public transport during peak times.



This style has smaller wheels and fewer gears making them good for short journeys.



Road bikes

A lightweight bike with smooth, skinny tyres made for speed and use on roads or smooth surfaces. This style normally has drop handlebars for a more aerodynamic ride. The rider sits with their body leaning forward and their head close to the handlebars.

Mountain bikes

This style was made especially for traversing rough terrain and braking quickly. Mountain bikes have more low gears, front-fork suspension and knobby tyres for extra traction. By changing the tyres to smooth, skinny ones, this bike can also make a good commuting bike.



Cargo bikes

Cargo bikes were made with function in mind, making them a great option for carrying large loads at the front while the rider sitting as they would on a normal bike. The carrying area is large enough to hold two small children as well as goods. Cargo bikes can also come with power-assisted motors.



Automatic bikes

A bike designed so the cadence (revolutions per minute of the bicycle crank) is consistent throughout the ride. In setting the cadence at the beginning of the trip, the gears shift automatically and



the rider is always pedalling in the most economical way.

Tricycles or 'trikes'

A three wheeled bike built for adults or children, offering extra stability. They are able to bear larger loads and can be useful for less confident bike riders, people with disabilities or people who have difficulty with balance.



Electric bikes (or e-bikes)

Electric bikes have a small motor which kicks in when pedalling to assist on long journeys, up-hill and against the wind. The power-assistance enables cyclists to have a smoother, faster ride.

Electric bikes are covered by the same road rules as normal bikes and are allowed on shared paths and classed as a normal bicycle.

The maximum power assistance is 200 watts and the power should cut out when the bike reaches 25 kilometres per hour. Cyclists must be 16 years old or over to ride an electric bike, and do not need any form of driver's licence.



Bikes for Kids

Balance Bikes

For toddlers and small children, this small bike encourages the child to use their feet to walk the bike forward, and then cruise by lifting their feet up.



BMX (bicycle moto-cross)

A smaller bike style favoured by kids for its low centre of gravity and single gear, they are often used to do tricks. Watch the kids zoom around the local park showing off what they can do



Kid's Tricycle

This is a simple three-wheeled bike that often has solid tyres and offers great stability. This makes them great for the little ones who want to get around, but who are not yet ready for balance bike or a bike with training wheels. Add a little trailer and it's the coolest wheels in town!

