

Choosing the right bike



More information

For more information on choosing the right bike, basic maintenance, or maps of your local area, check out our website.

yourmove.org.au

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The benefits of riding a bike

If you're looking for a way to exercise, release stress, save money and get to know your neighbourhood, then riding a bike is for you.

Riding your bike to work is a popular way to commute as it helps you to fit exercise into your day while avoiding time wasted in traffic. Bike riding is suitable for all ages and levels of fitness and is great for the environment.

More and more people are reaping the rewards of riding. Riding your bike just a few times a week can greatly improve your fitness levels and health, while supporting weight management or weight loss.

Riding a bike is great for:

your health and fitness

avoiding traffic jams

fitting activity into your day

your hip pocket

Different types of bikes



Cruiser bikes: a European style of bike which is easy and fun to ride round town. This upright style bike is ideal for wearing everyday clothes and going shorter distances.



Hybrid bikes: a combination of mountain and road bikes, hybrid bikes have 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: a compact bike suitable to be taken on public transport during peak times. This style has smaller wheels and fewer gears making them good for shorter journeys.



Road/racing 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: a good style of bike 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: a great option for carrying large loads at the front with 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): a revolutionary way to travel. E-bikes have a small motor which kicks in when pedalling to assist on long journeys, uphill and against the wind. The assisted pedalling enables cyclists to have a smoother, faster ride.

E-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 e-bike, and do not need a driver's licence.



How do I get the right fit?

When buying your bike, the right size makes for a more comfortable ride. Riding a bike that's the wrong size can cause strain.

To choose the right size, remember the following points.

- Go to a bike retailer and try bikes for size and comfort. While testing them, think of how heavy they are, is the seated position comfortable and how much extra luggage can the bike carry.
- The position of your seat is important. Your seat should be fitted so that your leg is only slightly bent when you are seated and the pedal is at its lowest point.

Safe cycling

It's important to remember to be alert when cycling on roads and shared paths.

To stay safe, remember the following points.

- Always wear a helmet: In Australia it is illegal not to wear a helmet. When choosing a helmet, check that it has been approved to Australian helmet standards. A helmet won't prevent an accident, but it will provide protection if needed.
- Turn your lights on when it gets dark and consider wearing light or bright coloured clothing. Being seen will keep you much safer.
- Keep your bike well maintained and it will be more reliable, safer and easier to ride.

For more information check out our bike maintenance brochure or go to **yourmove.org.au/resources**

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Top tip: For nifty videos with step-by-step instructions on how to fix your bike, go to **www.yourmove.org.au**
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Accessories are important too

Getting the right accessories for your bike allows you to get the most out of your ride.

Some important bike accessories include:

- A helmet.
- A bell.
- A strong lock.

Other accessories to consider that will enhance your ride:

- Mudguards to shield you from water, mud and other road debris.
- Panniers or a basket to help you carry extra items.
- A toolkit, including tyre levers, a spare tube, a puncture repair kit and a pump to carry with you when riding.

