**Bike shops**

- RGH Cycles
  - Magna Way, Sheffield S60 1FD
  - Tel: 08457 484950

- Bike shops
  - Gt. Manchester Road, Manchester M9 7BE
  - Tel: 0161 488 1414

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**Useful information**

- Cycle Training
  - Various training courses are available, including basic safety, mountain bike, and advanced skills.

- Cycle skills
  - Essential for any cyclist, these skills cover everything from junctions to hills.

- Cycle safety
  - Safety is key, especially in busy areas.

- Cycle security
  - Locks are crucial; always lock your bike when not in use.

**Buying a bike**

- Choose the right bike
  - Consider your needs and budget.

- Types of bike
  - Road, mountain, hybrid, and more.

**Riding tips**

- **Preparation**
  - Check your bike before setting off.

- **Road safety**
  - Be aware of your surroundings, especially when passing cars.

- **Hills**
  - Pedal in low gear to tackle hills.

- **Overtaking**
  - Use caution when overtaking other cyclists.

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**Helpful information**

- Cycle parking
  - Find safe places to park your bike.

- Cycle security
  - Use a good lock and consider using a chain or U-lock.

- Cycle maintenance
  - Regular checks are essential to keep your bike running smoothly.

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**Trans Pennine Trail**

- A map of the Trans Pennine Trail is included, showing the route and locations along the way.

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**Mountain biking**

- Mountain bikes are designed for mud and hilly terrain.

- **Gears**
  - Pedals can help to maintain speed and cadence without changing gears.

- **Saddle**
  - Get a comfy saddle and try wearing cycling shorts.

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**Tips for hills**

- **Tackling those hills**
  - Pedal in low gear to avoid strain.

- **Ease off pedalling**
  - When being overtaken by long vehicles, ease off pedalling to avoid a collision.

- **Be aware**
  - Be aware of vehicles pulling out of side roads.