

Get set for cycling at Glasgow School of Art

New to cycling, or maybe it has been a while?

- Sign up for free Learn to Ride training (2022-23)
- There are many other groups in Glasgow who offer training, such as Bike for Good. Get in touch with us if you would like more information

Try cycling!

- **OVO bikes** – the city-wide bike hire scheme – are an easy and cheap way to try out cycling
- Check out cycle friendly areas (maybe investigate routes for commuting) – see advice below on route planning
- If you like these bikes, and stations are well located for you, then just stick with it!

How can I get my own bike?

- **Ask staff in bike shops** who will help you find a good size of bike for you
- Better to buy **cheaper** to be less attractive to thieves
- **Get a good lock** (D-lock and cable or two D-locks). Look for 'Sold Secure' approved locks, but shop staff can advise here too

Essential gear

- Visibility - a **front and rear light**, and some **high-visibility clothing** (can be worn over regular clothes)
- Helmet if desired

Other gear to think about

- Cycling can still be fun in bad weather! All you need are waterproofs (jacket, trousers, and appropriate shoes) and enough layers to keep warm
- For **repairs** - you can always pop into a bike shop or book a session with **Dr Bike** when they are at GSA. But with a bit of practice, common repairs and adjustments are easier than you might think. If you are already up for some DIY, then changing an inner tube is the best place to start: you need a pump, tyre levers (often found in mini bike repair kits) and a spare inner tube. [YouTube](#) has many great help videos, or you could sign up for a maintenance class with one of Glasgow's many bike groups, such as Bike for Good or Women on Wheels.

A little bit of research

- **Route planning** – if you have time to explore, scout out some low-traffic routes that could get you to your destination. They are often just as fast! There are also several websites that can map cycle routes (linked below), although often a few tweaks to their “quiet route” suggestions can make them even better – so **keep exploring!**
- **Parking - wherever you secure your bike, do it correctly with good quality locks.** You can find quick videos on how to lock your bike securely on [YouTube](#). It is also important to choose a good location – avoid quiet corners, thieves don't tend to want an audience! CCTV is a bonus.
- (Optional) Refresh on arrival – you may want to access a shower when you arrive on campus. Currently there is one open to staff and students in the Reid Building, and an additional one for staff in the Bourdon Building.

Training opportunities

- As well as Learn to Ride, we can also arrange training tailored to you. This could include improving your control, learning routines to cycle safely on the road, or how to plan a route. Sign up here, or contact the Campus Cycling Officer to enquire.
- Check out Cycling Scotland's [Essential Cycling Skills](#) app to test your knowledge!

Contact and websites for route mapping:

- Campus Cycling Officer – Christopher.Piras@glasgow.ac.uk
- Cycling UK (<https://www.cyclinguk.org/journey-planner>)
- Cycle Streets (<https://glasgow.cyclestreets.net>)
- Komoot (<https://www.komoot.com/plan/>)
- <https://www.plotaroute.com>
- <https://cycle.travel>
- Google Maps (with cycling layer enabled)
- Strava (subscription required)
- Glasgow City Council (for general info; <https://www.glasgow.gov.uk/cycling>)