

Size and Fit

You must sit on a bike to ensure it is comfortable. This will allow you to judge the reach and if your feet can touch the ground comfortably on both sides. Specific frame geometries and components will affect the riding position and adjustment.

Choosing the right size

Adult bike sizes are normally measured from the top of the seat tube (where the seat post fits into the frame) down to the centre of the bottom bracket axle (the axle which carries the pedal cranks).

With the correct frame size you should be able to sit on the saddle with your feet on tip-toes touching the ground on either side, and you must be able to reach the handlebars comfortably. It is sometimes worth considering a smaller frame with the saddle raised slightly in order to obtain a more comfortable reach. The sizing chart below gives a guide to frame sizes against inside leg measurements.

The correct way to measure your inside leg is from your crotch to the floor making sure that your feet are flat on the ground.

You need to be sure what size bicycle you require before purchasing.

This only a guide it is recommended an in shop visit to get the perfect fit

Adult's Bikes

Inside Leg Range	Frame Size
24 - 29" (61 - 74cm)	14" (35.56cm)
25 - 30" (64 - 76cm)	15" (38.1cm)
26 - 31" (66 - 79cm)	16" (40.64cm)
27 - 32" (69 - 81cm)	17" (43.18cm)
28 - 33" (71 - 84cm)	18" (45.72cm)
29 - 34" (74 - 86cm)	19" (48.26cm)
30 - 35" (76 - 89cm)	20" (50.8cm)
31 - 35" (79 - 89cm)	21" (53.34cm)
32 - 37" (81 - 94cm)	22" (55.88cm)
33 - 37" (84 - 94cm)	23" (58.42cm)

Children's Bikes

Inside Leg Range	Frame Size	Wheel Size	Age Guide
13 - 16" (34 - 41cm)	8 - 9"	12"	Age 3+
16 - 20" (40 - 51cm)	9 - 10" (22.86 - 25.4cm)	14"	Age 4+
17 - 20" (43 - 52cm)	10 - 11" (25.4 - 27.94cm)	16"	Age 5+
19 - 22" (49 - 55cm)	10 - 11" (25.4 - 27.94cm)	18" - 20"	Age 6+
20 - 23" (51 - 58cm)	12" (30.48cm)	20"	Age 7+
21 - 24" (53 - 62cm)	13" (33.02cm)	20"	Age 7+
22 - 26" (56 - 65cm)	12" (30.48cm)	24"	Age 8+
23 - 26" (58 - 67cm)	13" (33.02cm)	24"	Age 8+
24 - 27" (60 - 69cm)	14" (35.56cm)	24"	Age 8+
24 - 28" (60 - 72cm)	14" (35.56cm)	26"	Age 9+
27 - 32" (68 - 80cm)	17" (43.18cm)	26"	Young teens

Choosing the right bike

There are many options available and selecting the correct type of bike is important. First you must decide what your requirements are and the type of riding you will be doing. This will determine which type of bike is right for you. There are many types of bike available for everyday use, recreational leisure or specific disciplines.

All-Terrain / Mountain bikes

This covers many products but generally you choose between hard tails and full suspension. Hard tail bikes have rigid frames and a suspension front fork whereas a full suspension bike incorporates rear suspension. All-terrain bikes are versatile and can handle off road conditions from rough rocky conditions to less challenging towpaths and bridleways. Hard tails are more responsive with the front suspension forks helping absorb the bumps with all the power pushed through the pedals transferring into momentum. Full suspension bikes are designed to handle more aggressive downhill conditions by absorbing impacts whilst maintaining traction but on the flat some of your power will be lost due to the rear suspension.

Not all all-terrain bikes are designed for serious off road riding. You need to look at the component specification in detail to ensure the function and quality are right for your requirements, especially the gear set and shifters, brakes, saddle, grips and tyre tread pattern. Riding position is important – the more upright the less impact will be placed on your lower back plus your vision will be improved. .

Town and Comfort bikes

This category is a hybrid of road and all terrain bikes. Designed for tarmac riding with occasional off road riding on towpaths, bridleways or cycle trails. These are sleeker framed bikes with slimmer wheels and tyres for faster rolling. Some are equipped like our Pioneer range and others are more sporty like our Strada series. Ideal for commuters and recreational riders.

Female specific bikes

Throughout the range of bikes we have our female specific versions. These bikes have been specifically designed for the female body. Our bikes include subtle geometry changes that make the bike a more comfortable fit. There are other features which make the bikes more user friendly like step-through frames which reduce the height you have to lift your leg when mounting the bike.

Other bikes

Bikes come in many different shapes and sizes with many variations and specific uses – BMX, Dirt Jump, Downhill, Touring, Folding, Tandems and Kids bikes

ELECTRIC BIKES

This is the obvious one! Electric bikes will help you climb hills that would normally stop you, or severely slow you down. Headwinds...what headwinds?!? This in turn means you can go further than you would on a conventional bike and with far less effort.

A 'Sticky' Situation

It is a known fact that a bicycle is the most efficient way to travel. But no-one wants to arrive at their destination all sticky and sweaty! Electric bikes allow you to cover greater distances and no need to shower when you get there. You turn up feeling fresh and no sweat.

Health and Fitness

It is a common misconception that electric bikes are 'cheating', in fact it is quite the opposite! Using power-assistance means that you can now go further. Yes you are getting assistance, but you are able to cycle for longer, and therefore getting a prolonged period of exercise. Generally because electric biking is a far more enjoyable experience, the bikes are used far more regularly.

Road Safety

On an electric bike you are able to maintain a more constant speed, and therefore less of a risk to other road users. You won't slow down as much on hills, and that means less wobbly moments! Electric assistance gives you confidence at roundabouts and junctions too, the times when a cyclist is at their most vulnerable.

Cheap to Run

Ok so the initial purchase is not exactly cheap, but look at the bigger picture. Once you have purchased the bike, the running costs (even if you include a replacement battery every 4-5 years and regular servicing) are minimal compared to public transport or a car. You avoid paying to use toll roads, parking and road tax.

Eco-Friendly

Using a bicycle is far better for the environment, but with an electric bike it is far more versatile than a standard bicycle, so even better for the environment. One less car on the road means less traffic and less pollution.

Faster Travel

This will depend on the journey of course, but on average town/city commutes are faster by electric bike. Cycle lanes help you avoid traffic, and all those short cuts you can now take! Try using your electric bike to find alternative traffic-free routes home. Maybe through a park, forest track, canal towpath or heath land.

