

# Kids' Bikes — some tips...

- Keep it light: Pick it up — can you lift it easily?
- Keep it simple: Single-speed for under 5s, rear gears for 6+.
- Quality pays: More fun, less fixing, better bits, better re-sale value.
- Buy from a good local bike shop!
- Try before you buy!

Brake levers:  
These need to be alloy + have a light action and easy reach.

Gears: need to be easy to use with little hands. Also you only need the rear (right hand) gears.

NO SUSPENSION!!!!  
It is heavy and doesn't really work for little people... They have SPRINGY LEGS ... Boing!!

Seat height:  
Plenty of growing room

Frame size:  
make sure they can ride it NOW... BUT is there room to grow...?

Wheel Sizes... A very rough guide!

12" Toddlers  
16" Y1-Y2  
20" Y1-Y5  
24" Y3-Y6  
26" Y4-Adult

How about Mudguards.. a rack perhaps?

How about Mudguards?

Gears: Good at the back, but not at the front. Kids often can't use the front gear shifters on their bikes.

Alloy chainset with one chainring only. Kids find it difficult to change front gears... **FACT!**

Alloy V-Brakes: No **SQUEALS!!!!**

RIGID FORK: No suspension!

It is much lighter and like legs... arms are springy!!

If you want more information or advice on cycling with kids, please visit our website:

[www.sustrans.org.uk](http://www.sustrans.org.uk)

...HAPPY CYCLING!

Don't forget...  
Lock and  
Helmet!!

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