

cycling



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Cycling 101

1 gearing up

Break out the bike from storage and bring it to a [bike maintenance workshop](#).

Visit the [Bike Love Corral](#) @ Callaghan to buy a bike or trade one, OR

Visit your local cycle specialist to be fitted.

2 plan your journey

Check out the [cycle routes to UON](#).

Attend an [Active Travel Journey Planning Session](#).

Test your planned route, brakes and gears.

3 the ride

Pack water and UON supplies for the day.

BEST PARK AT UNI



If you have any health concerns visit your GP

Don't rush or take risks, remember Bike Safety and Injury Free Spinning.

Don't go it alone! Find a BIKE BUDDY! Get your friends and housemates on board.

Top Tips

1. Find a BIKE BUDDY!
2. Don't rush or take risks.
3. Test your route, brakes, and gears.

[View a list of all lockers and showers at Callaghan and Ourimbah.](#)

Bicycle parking is located across all campuses.

Whilst all the care has been taken to ensure safe and accurate information you are responsible for your safety.

