

A photograph of two children in a park setting. A girl on the left is wearing a blue helmet, glasses, and a white t-shirt with 'PALM TREES 4076' printed on it. She is pointing her right arm towards the left. A boy on the right is wearing a white helmet and a white tank top with orange and blue stripes. He is holding his white helmet with both hands. They are both sitting on their bicycles. The girl's bike is green, and the boy's bike is red. The background is filled with lush green trees and foliage.

**bike
club**

SUMMER

SURVIVAL PACK

2023

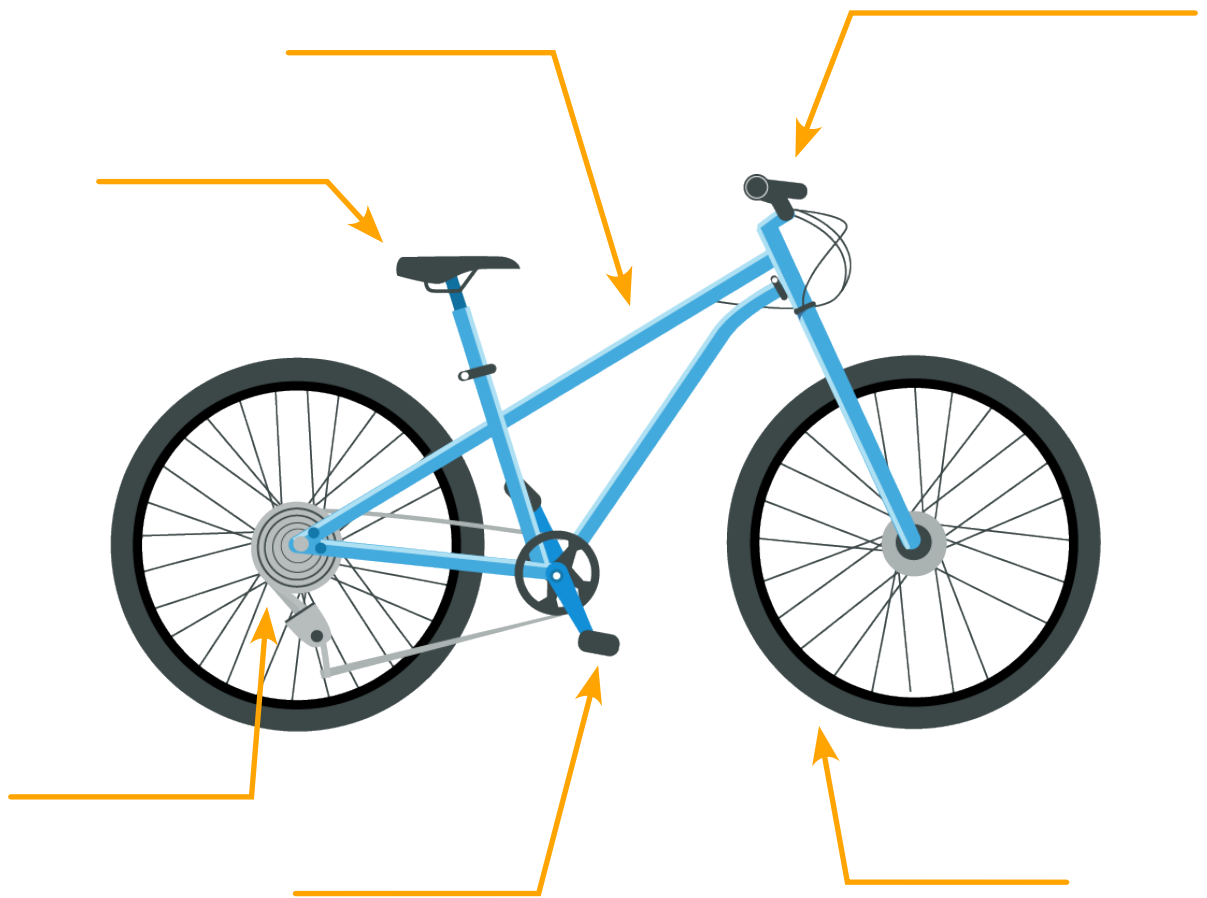
SUMMER SURVIVAL PACK 2023

Welcome to Bike Club's Summer Survival Pack - your guide to making this summer an unforgettable adventure with little ones! As the temperature picks up and the sun starts to shine, it's the perfect time to get out and about for family bike rides.

Our pack offers an assortment of fun activities for children and also helpful resources for parents. So, gear up and let our Summer Survival Pack be your companion in creating wonderful memories with your little riders!

Can you correctly label all the bike parts?

Need help naming all the parts? Visit our [blog page](#) to learn all about the different parts that make up a bike!



Tyre

Pedal

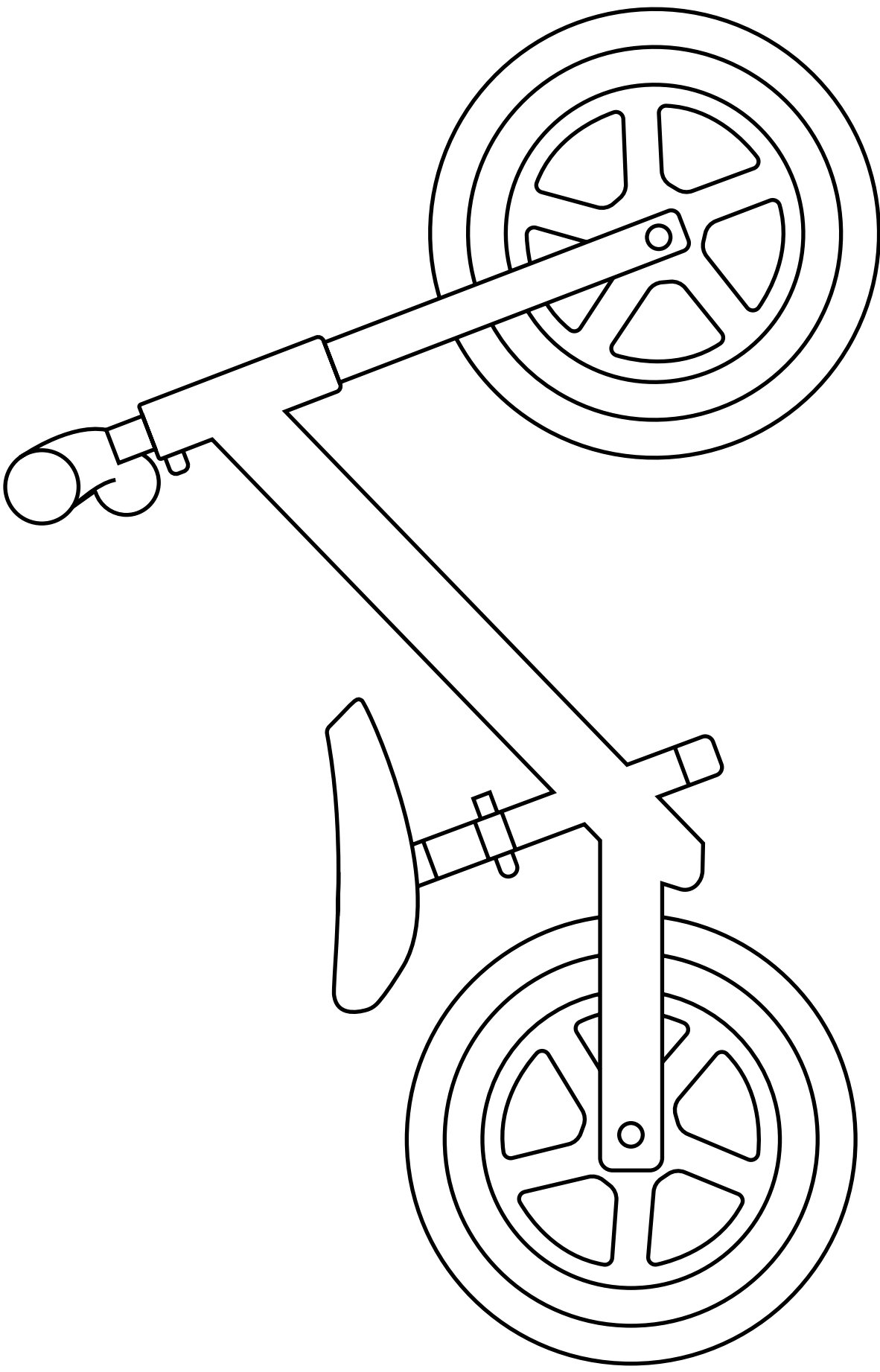
Gears

Frame

Seat

Handlebars

04 | COLOUR IN BIKE



Will gears let children pull a piano uphill with their bikes?

Check out this great [BBC video](#) on gears to find out, then test your children's understanding with these comprehension questions



Quiz on cycle gears!

- 1 Is gear 1 easy or difficult to push?
- 2 If there are 36 teeth on the front cog and 12 teeth on the rear cog, what gear ratio do you have?
- 3 When you change to a high gear on the back wheel, does the chain move to a bigger or smaller cog?
- 4 Does the bike travel further in a high gear or a low gear?
- 5 What gear would you choose to pull a piano uphill?

Bikeclub Wordsearch

A	H	E	L	M	E	T	Z	F	H	Y	A
C	T	F	G	N	A	K	O	I	P	B	L
A	B	G	B	I	K	E	H	Z	W	R	R
T	E	B	N	K	L	O	R	W	Q	A	S
R	A	Z	X	Y	J	O	K	H	H	K	G
A	C	Q	A	Z	W	S	X	C	O	E	R
C	H	F	C	L	U	B	V	B	L	S	G
K	T	G	B	Y	H	N	M	U	I	K	L
S	Z	S	W	E	R	C	V	B	D	T	T
E	F	G	N	M	O	P	L	K	A	J	H
A	C	H	A	I	N	M	J	G	Y	A	C
D	V	T	B	W	N	P	E	D	A	L	S

BIKE

CLUB

HOLIDAY

HELMET

PEDAL

CHAIN

BEACH

BRAKES

TRACKS

Top tips when travelling with your bike!

Struggling For Space?

Taking out the front wheel is an incredibly easy task but if it's your first time then check out our easy-to-follow guide [here](#).

Car Racks

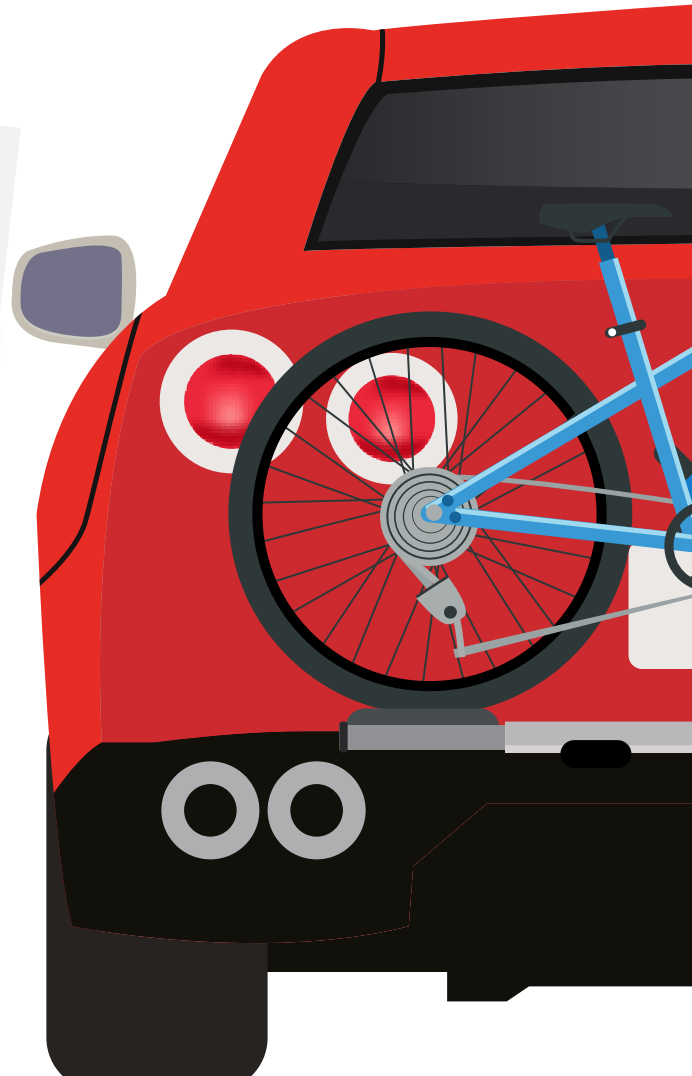
Two of the best brands out there are Thule and Saris (check out the Saris model finder [here](#)), decide how many bikes you want to carry and what models will fit your car.

Packing The Essentials

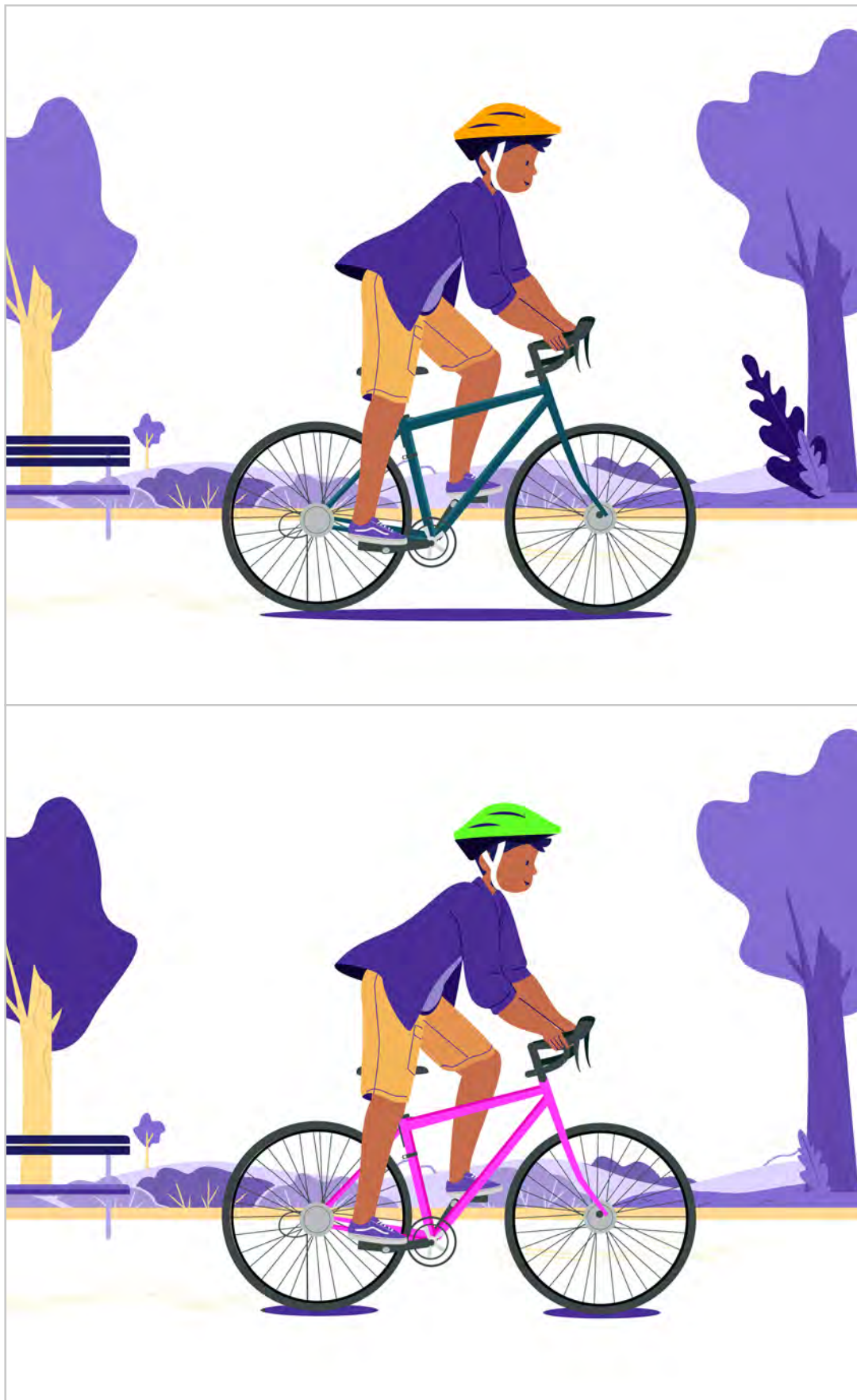
There's nothing worse than finally arriving at your destination following the thousandth round of I spy and realising that you've forgotten to pack a pump. Follow our list of essentials and you can't go far wrong:

Don't forget!:

- A pump for the tires
- Helmets for everyone who'll be riding
- A small set of allen keys to adjust saddles etc
- A spare inner tube or puncture repair kit
- Maps/route guides for where you'll be riding
- Snacks for the ride



Can you find all
6 differences?



10 Best summer camp staycations



1

Grannie's Heilan' Hame

Sutherland, Scotland

Spa bath for the adults and a heated indoor pool for the kids all within easy reach of the beaches of Dornoch Firth sounds pretty good right? Add in some great family cycling routes nearby along with castles, waterfalls and wildlife parks and you're onto a winner.

2

Delamere Forest

Cheshire, England

We've included Forest Holiday's Delamere Forest here, but every one of their locations is accompanied by a Go Ape course that will have the whole family entertained for hours and quietly exhausted by the evening. Plus the secluded forest getaways are perfect for getting back to nature.

3

Trecco Bay

Glamorgan, Wales

We certainly couldn't ignore Trecco Bay, one of the country's largest holiday parks the range of facilities is mind-boggling. Fancy a high-rope course, outdoor wet play, climbing wall, or arts and crafts den? Trecco Bay have got you covered, along with the usual pools, mini-golf and adventure playgrounds.

4

St Audries Bay

Somerset, England

This family owned and run holiday park is a brilliant option for a family staycation this Summer. It's comprised of 20 acres within the Quantock Hills area of outstanding natural beauty in Somerset and has amazing views and easy access to the beach. With golf, a heated pool, arcades and games rooms neither you nor the kids will be left bored.

5

Sandymouth Resort

Cornwall, England

There's a reason Cornwall comes up as a top UK holiday destination again and again, and Bude in north Cornwall is no exception. Sandymouth resort is set in 24 acres of rolling meadows within easy distance of the sweeping shores, rockpools and surf schools that populate this part of the world.

6

Lower Hyde

Isle of Wight

Even though you might not be able to head abroad for your family holiday this year you can still get the feeling of adventure with a short hop on the ferry across to the Isle of Wight, and once you're there you can't go wrong with Lower Hyde holiday park. The island is criss-crossed with family friendly cycle routes that will inevitably lead to an ice-cream on one of the many beaches.

7

Yare Village

Great Yarmouth, England

At Yare Village you have access to the facilities of two holiday parks just 10 minutes' walk from each other. Heated pools, playgrounds, and a multi-sports court make this a really attractive option for active families. Plus, the kids will love nearby Pettits Animal Adventure Park.

8

Darwin Forest

Peak District, England

The stunning hills of the peak district are home to some of the most picturesque countryside and villages that the UK has to offer. Combine that with the huge variety of activities including mini-golf, archery, tennis and more at this awesome holiday park and you can't go far wrong.

9

Thornwick Bay

Yorkshire, England

We've picked these guys out as a winner for their on-site cycle coaching option which we love, but they've also got beautiful clifftop coastline to explore with plenty of pebble beaches for the kids to try their hand at rock-pooling. Their all-weather activity barn can't hurt either.

10

Centre Parc

Nationwide

There's a reason Centre Parcs have become synonymous with family holidays, the sheer number of activities on offer to entertain the whole family means we couldn't not include them on this list! Wherever you're based you'll find an easily accessible location with great accommodation and plenty of space to ride your bikes.

Free UK summer cycling activities

Cycling clubs across the country are organising free activities for kids this summer. There are taster sessions, traffic-free group rides, fun coaching and entry-level racing, with all bikes and abilities welcome.

[Click here to find a local event to get in on the action!](#)



Learn to ride guide with Ollie

If it's your son or daughter's first time riding a bike, you may be wondering about the best method to teach them, so they can get off to a racing start.

We have a fantastic [video guide](#) with Ollie Wilkins, a professional mountain biker. Check it out here or download the full PDF guide from our site. Below we've put together a quick guide on the basics!

In this quick guide, we aim to instruct you how to teach a child to ride a bike in 4 easy steps, so your little one can soon be riding with confidence without your help.

Before you get started make sure you have all the essentials:

Child - The most important part!

Bike - One of our top quality bikes is a great choice for teaching any child. We only stock brand leaders in kids bikes.

Helmet - Safety first; a few tumbles will be inevitable during the learning process, make sure your child is protected with a helmet to avoid any injuries.

Can do attitude - Teaching a child to ride a bike will of course require clear communication on your part and a dose of patience and perseverance from both of you.

You'll need these!



1

Choosing the right location!

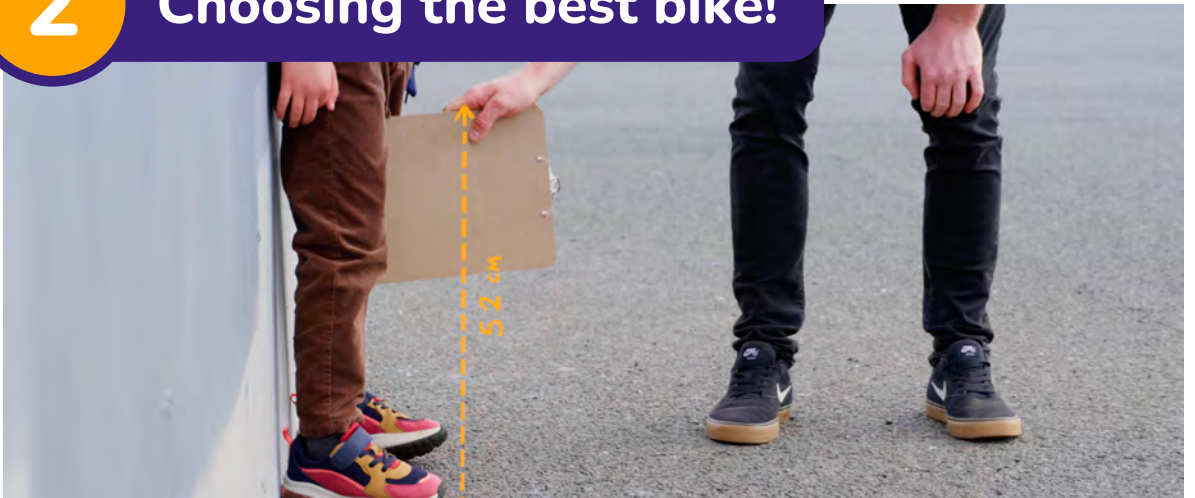


Flat is good. A slight downhill slope is better to help build some momentum, but not too steep or they can easily lose control.

You also want a firm surface such as tarmac or concrete instead of something unpredictable like grass or gravel which will be harder to balance on.

2

Choosing the best bike!



The right size of bike is crucial. To find the right size, measure the inside leg of your child. You can then enter the measurement on the interactive bike finder on our website.

We highly recommend the use of a balance bike before a pedal bike to help them learn the basics. These bikes will teach them the hardest part of cycling from the get go: balance.

Once they have mastered a balance bike it is time for a pedal bike. Make sure to get one that fits, where they can reach the brakes comfortably and the ground with their feet.

3

Pedalling and steering



The best way to help your child is to hold them under the arms, not the actual bike. This way you can help them balance without throwing them off, and can lift them up to avoid falls. Hold them gently whilst they build forward momentum, then gradually let go as they become more confident. Don't just let go and hope for the best!

Be patient and give them the safety net and reassurance they need, without doing it all for them.

4

Starting & stopping



By now they should be confidently balancing, pedalling, and steering. Now is the time to introduce them to braking, starting, and stopping.

To start, get the pedal of the dominant foot up at a 45 degree angle, and have them push off with the other foot. To determine the dominant foot, give them a small push and see which foot they use to steady themselves.

When it comes to stopping, teach them to pull the brakes gently rather than slamming them. Otherwise they may go flying over the handlebars! Start with the back brake before the front brake.

**LEARN TO RIDE
WITH OUR SUMMER
WOOM OFFER
15% OFF
THE WOOM 2&3**



ENDS AUGUST 20TH



We hope you have a memorable summer with your family!

If you get up to any of these activities, please don't forget to share your snaps on social:



THINK BEFORE YOU PRINT

Please consider the environment and only print the pages you need. Don't forget to recycle ♻️