

Cycling Organisations

RideWise

RideWise are a local charity that are dedicated to helping communities to get to the places and people that are important to them, by walking, cycling and public transport. With regular free community bike rides, bike repair and cycle confidence sessions, RideWise can help you to cycle safely and confidently across the city. Visit ridewise.org.uk for more information.

Walk Wheel Cycle Trust

Walk Wheel Cycle Trust are the custodians of the National Cycle Network (NCN), a 12,000-mile network across the UK providing safer, more accessible routes for people to travel actively. They work directly with communities, policymakers, funding, and partner organisations to develop and improve walking, wheeling, and cycling infrastructure.

NCN6 stretches between Nottingham and Derby City. From the QMC and University of Nottingham it heads north to Bulwell and Bestwood Country Park. The route is Repealed east to the town centre and Nottingham railway station, then out towards Sneinton to connect with the new active travel bridge over the River Trent and NCN15. Each NCN route is numbered and identified by a red square.

Find out more by visiting: walkwheelcycletrust.org.uk

Pedals

Pedals is the local cycle campaign group for the Greater Nottingham area (Nottingham City, Broxtowe, Gedling, and Rushcliffe Borough), founded in 1979. It aims to get more people to cycle and to campaign for safer and more attractive conditions for cyclists.

For more information, including on how to become a Pedals Supporter visit: www.pedals.org.uk or email: contact@pedals.org.uk

Bikeworks

Nottingham Bikeworks is a not-for-profit Community Interest Company providing a range of community bike projects, bike maintenance workshops refurbished bike sales and repairs. They offer mechanical skills and cycle training, volunteering, and social cycling opportunities. They are an accredited provider of City and Guilds qualifications and run regular training and events.

For more information visit: www.nottinghambikeworks.org.uk Or call 07706 696468

Women in Tandem

Women in Tandem CIC are a women-led bike community offering:

- Group rides
- Free access to our workshop and tools
- Regular bike maintenance classes
- Affordable bikes for sale
- Learn-to-ride and cycle training sessions
- Dr Bike mobile repair service to hire
- Cycling-related talks and film screenings

They are a not-for-profit organisation supporting people who may face gender-based barriers to cycling, notably women, trans, and non-binary people.

More here: womenintandem.org.uk

Facebook: [WomenInTandemNotts](https://www.facebook.com/WomenInTandemNotts)

Instagram: [ewomen_in_tandem](https://www.instagram.com/ewomen_in_tandem)

Eventbrite: [bit.ly/women-in-tandem-events](https://www.eventbrite.co.uk/#!/organization/women-in-tandem-events)

Call: 07511502741



Ridewise Community Cycle Centres

The RideWise Community Cycle Centres provide regular free activities to help you and your family get cycling and walking. This includes a regular programme of short, guided rides and cycle instruction, plus loads of special one-off events and activities such as bike maintenance classes. RideWise cycle instructors are accredited and will help you to feel confident and happy on two wheels.

Ridewise run the Lenton Abbey Park Bike Hub & Workshop (NG9 2SP) where you can book repairs and servicing, buy a pre-loved bike, donate a bike or receive advice on mechanical issues. Ridewise also offer private lessons all year round to help you to gain the confidence you need to start cycling.

For more information, including booking, costs and locations, visit ridewise.org.uk/cycling or search [ridewise](https://www.facebook.com/ridewise) on Facebook



Women & Family Cycling in Nottingham

We want to help support women and families to cycle in Nottingham. See below for information on women-led organisations and businesses in Nottingham offering bike servicing, led rides, children's sessions, advice and support.

Have you visited the kids cycle track at Victoria Embankment? It features a miniature road layout with working traffic signals and road markings, as well as a play area and green space.

More information and links can be found online: transportnottingham.com/cyclinginformation



British Cycling offer fun, inclusive community cycling sessions across Nottingham, with most activities taking place at Harvey Hadden Cycle Circuit and Victoria Embankment.

Whether you're new to cycling or looking to build confidence, we've got something for everyone. Bikes and helmets are provided free of charge, so you can simply turn up and get involved!

Our sessions include:

- Children's Learn to Ride
- Adult and women-only Learn to Ride
- Women's confidence sessions
- School holiday cycling sessions

Come along, get active, and enjoy cycling in a welcoming and supportive environment.

Check out our upcoming free activity here: transportnottingham.com/free/

British Cycling Breeze Rides

Breeze offers fun, social bike rides for women of all abilities, designed to build confidence and get more people cycling. Led by friendly, trained Ride Leaders, they offer a relaxed and supportive environment where you can enjoy riding, meet others and improve at your own pace. Find more information on Breeze rides and how to book on here: letsride.co.uk/breeze

British Cycling Go Ride Clubs

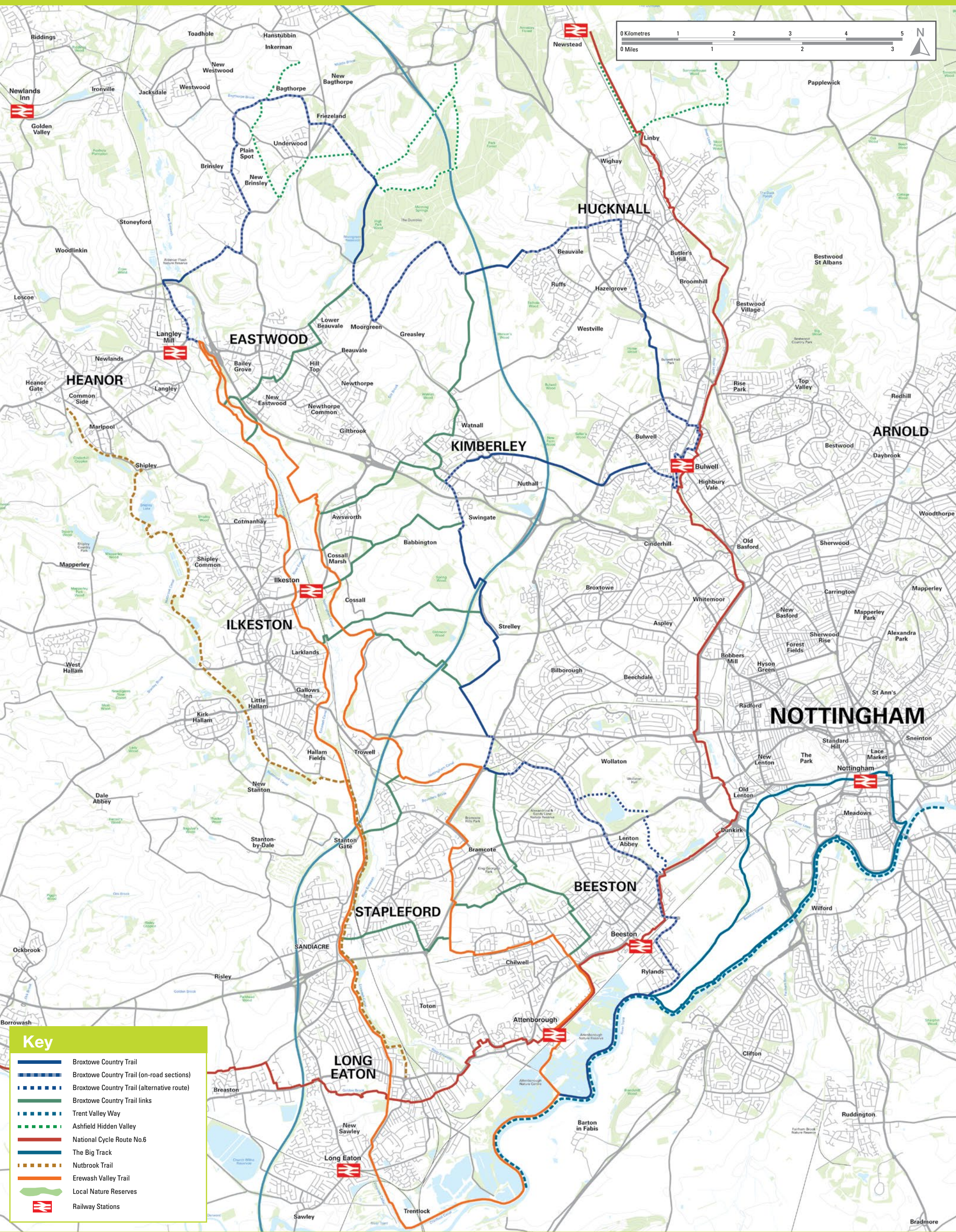
Go-Ride Clubs offer fun, coached cycling sessions for young people to build skills and confidence in a safe, supportive environment. Nottingham has multiple go ride clubs including Nottingham Clarion, Beeston Road Club and Nottingham Outlaws BMX club.

Find more information on clubs and regional activity below.

BC Club Finder: bit.ly/bc-club-finder

East Mids Facebook: [facebook.com/bceastmidlands](https://www.facebook.com/bceastmidlands)

Broxtowe Country Trail & Erewash Valley Trail



The Broxtowe Country trail is a 27 mile walking and cycling route starting alongside the River Trent near the award winning Attenborough Nature Centre connecting with various locations in Nottinghamshire and crossing the Erewash Valley at Alderclay Flash. The trail then reconnects to the northern end of the Erewash Valley trail at Langley Mill.

The Erewash Valley trail takes in over 30 miles of waterways and countryside on the Nottinghamshire and Derbyshire borders. Both of these routes take in fantastic wildlife and heritage features.

For more information on both of these trails, please see <https://www.broxtowe.gov.uk/for-you/parks-and-nature-conservation/walking-and-cycling/> or call Broxtowe Borough Council on 0115 9177777.

Secure your Bike - Lock it or Lose it!

With your help we can beat cycle theft and help to continue build a cycling-friendly city. Once you're in the saddle, it's important to make sure that you keep your bike safe and secure. There are five easy steps you can take to ensure your bike is secure:

- Always lock up your bike, even at home.
- Use two alarmed cable locks or hardened locks such as high-quality D locks to at least a Silver secure standard. If your lock is thin or looks like it could be clipped easily – then it probably can!
- Take quick release items with you like wheels, lights, seat, and personal items.
- Permanently mark your bike for identification.
- Immediately register your bike on a database for free – if you love it, log it! Eg like Bikerregister or Immobilise.

More information can be found online:

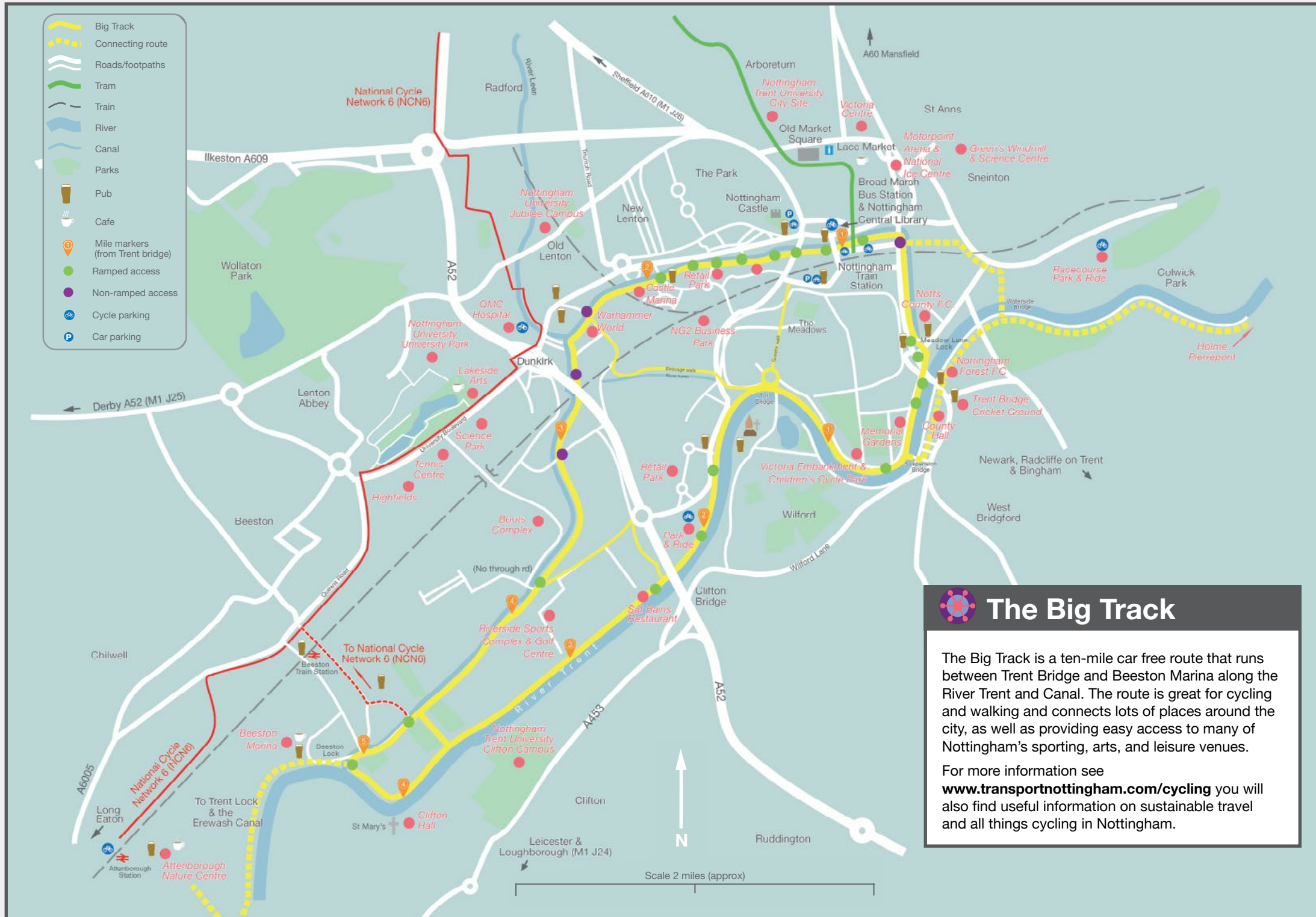
- bit.ly/bike-security-advice
- bit.ly/how-safe-is-your-bike

Cycle Helmets

Wearing a cycle helmet is not a legal requirement but they are designed to provide protection from a fall or collision with another road user. When worn correctly, they reduce the risk of serious injury to the head while also minimising side effects.

When buying a helmet make sure it fits correctly and that it conforms to a recognised safety standard. Replace your helmet every 3-5 years due to general wear and tear. Do not buy a used cycle helmet as damage is not always obvious.

For more information, see: bit.ly/britishcyclinghelmet



The Big Track

The Big Track is a ten-mile car free route that runs between Trent Bridge and Beeston Marina along the River Trent and Canal. The route is great for cycling and walking and connects lots of places around the city, as well as providing easy access to many of Nottingham's sporting, arts, and leisure venues.

For more information see www.transportnottingham.com/cycling you will also find useful information on sustainable travel and all things cycling in Nottingham.

About this Map

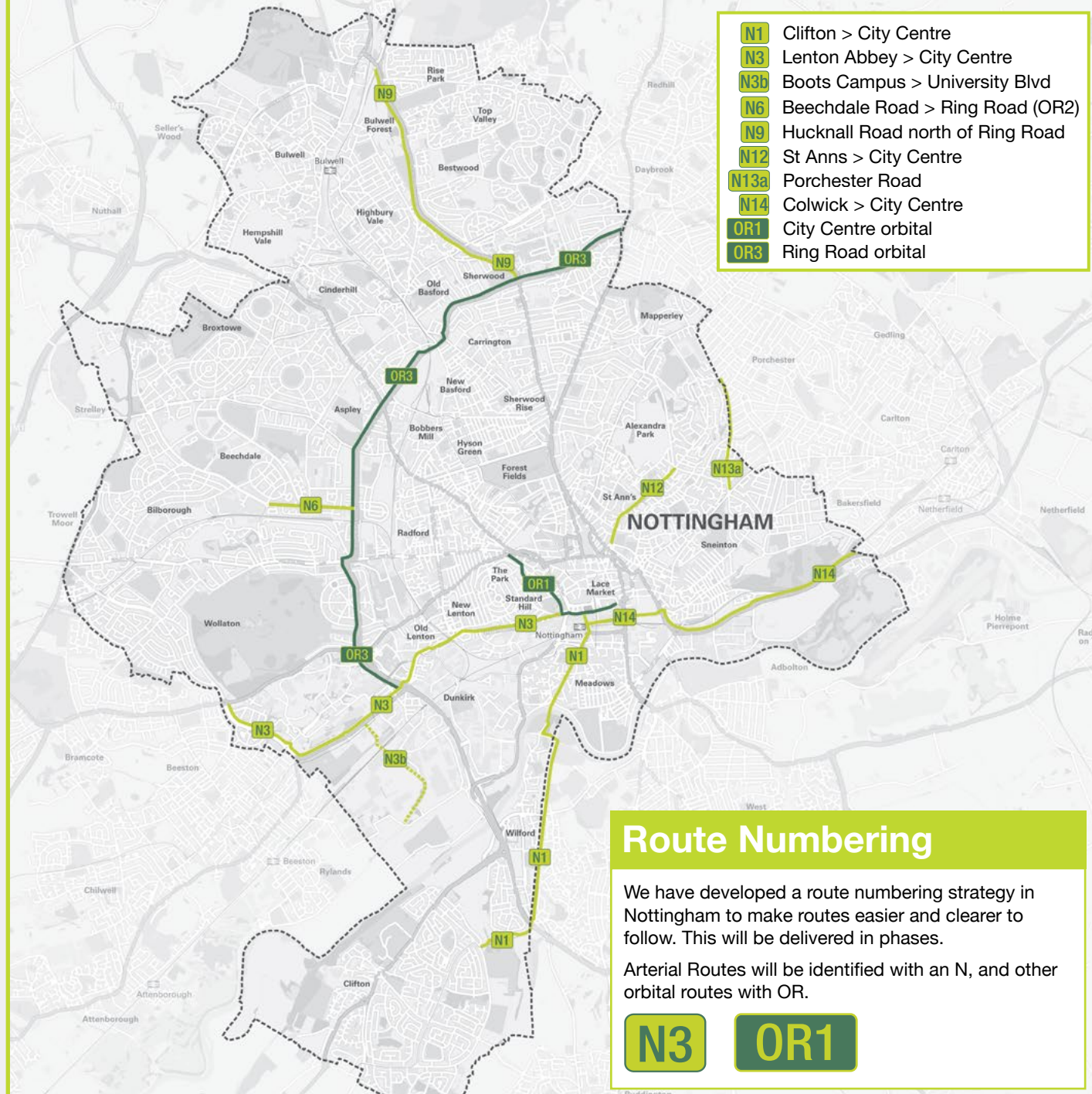
This is the 2026 update of the Nottingham Cycle Map. Use it to plan a route for your next cycle journey or discover what Nottingham has to offer cyclists of all abilities. We have tried to include all you need to know about cycling in Nottingham, as well as helpful information and details of local cycling organisations. We hope you find the symbols and information within this map easy to understand.

For the latest information on projects and all things cycling, visit our website: transportnottingham.com Transport strategies and bids can be found here: nottinghaminsight.org.uk

Cycle Parks

There are 21 secure, covered, and well-lit cycle parks specifically designed for short-term, safe parking of your bikes with a yearly subscription fee. To utilise these cycle parks, all you need is a Nottingham Cycle Parks account.

For more information and to sign up, please visit: transportnottingham.com/cycleparks



Route Numbering

We have developed a route numbering strategy in Nottingham to make routes easier and clearer to follow. This will be delivered in phases. Arterial Routes will be identified with an N, and other orbital routes with OR.

N3 OR1

Local Bike Shops (numbered on map)

- Halfords**
355 Nuthall Road, Nottingham NG8 5BU
Victoria Retail Park, Netherfield NG4 2PE
Chilwell Retail Park, Beeston NG9 6DS
www.halfords.com
- Hawk Cycles**
105-127 Victoria Road, Nottingham NG4 2PD
Tel: 0115 9614555
www.cycleking.co.uk
- Aladdin's Bikes**
49 Ilkeston Road, Nottingham NG7 3GR
Tel: 0115 9785172
www.aladdinsbikes.com
- Specialized Concept Store**
Unit D Sovereign House, Sovereign Park
184 Nottingham Road, Nottingham NG7 7BA
Tel: 0115 9783876
www.specializedconceptstore.co.uk/nottingham-store
- Bunney's Bikes**
Sherwin House, Sherwin Road, Castle Blvd, Nottingham NG7 1SA
Tel: 0115 9472713
www.bunneysbikes.com
- Raddcliffe Road Cycles**
1529 Raddcliffe Road, West Bridgford NG2 5HF
Tel: 0115 9822459
- Rocky Riders**
1 Humber House, Humber Road, Beeston, Nottingham NG9 2ET
Tel: 0115 9170028
- Cycle Inn**
35-37 Chilwell Road, Beeston NG9 1EH
Tel: 0115 9256647
www.cycleinn.co.uk
- Bridgford Bicycle Workshop**
28 Exchange Road, West Bridgford NG2 6BZ
Tel: 0115 822 8227
www.bridgfordbicycleworkshop.co.uk
- Nottingham Bikeworks**
149 Trent Boulevard, West Bridgford, Nottingham NG2 5BX
Tel: 07706 696468
www.nottinghambikeworks.org.uk
- Women In Tandem**
Unit 8 Chaucer Court Workshops
Chaucer Street, Nottingham NG1 5LP
Tel: 07511 502741
www.womenintandem.org.uk
- Trentside Cycles**
67 Burbury Street, Nottingham NG2 2HF
Tel: 07824 534452
www.trentsidecycles.co.uk
- Bikes Love You**
75 Haydon Road, Nottingham NG5 2LA
Tel: 07519 605984
www.bikesloveyou.org
- Creation Cycles**
Buttercross Surgery, Main Road, Radcliffe on Trent NG12 2FD
Tel: 07519 605984
- Cycle Clinic Ruddington**
10 Church Street, Ruddington NG11 6HA
Tel: 07790 032110
www.cycleclincs.com
- The Electric Bike Shop Nottingham**
35-37 Loughborough Road, West Bridgford NG2 7LJ
Tel: 0115 6436555
www.theelectricbikeshop.co.uk
- The Bike Lounge**
148 Wollaton Road, Beeston NG9 2PH
Tel: 0115 9222009
www.thebikelounge.co.uk
- Sherwood Cycle Repair**
43 Leonard Avenue, Sherwood NG5 2LW
Tel: 07508 032604
www.sherwoodcyclerepair.com
- The Hub Cycle Workshop**
5 Churchfield Court, Bewcastle Road, Nottingham NG5 5JL
By appointment only – book before arrival.
Tel: 07342 943034
www.thehubcycletworkshop.co.uk

Cycle Hire: Lime Bikes

Lime operates an electric bike (e-bike) rental scheme in Nottingham, in partnership with Nottingham City Council. Users can pick up and return Lime e-bikes from a network of designated e-bike-hire bays across the city. More information online: transportnottingham.com/lime

Closed Road Cycle Circuit

A 1.5km cycling circuit is available to book at Harvey Hadden Sports Village for private hire or as a pay and play enabling you to cycle in a safe, off-road environment. Call reception on 0115 9150746 to find out more and make a booking.



Travel Well

Travel Well is working with local health and community partners across Nottingham to make walking, wheeling and cycling easier and more accessible. Travel Well offers a range of projects and activities to help you enjoy more active everyday travel.

The current programme, which is part of a national pilot funded by Active Travel England, has focussed in three areas of the city, but we are making plans to expand the Travel Well offer into new areas. To find out what is available in your neighbourhood visit the Travel Well activity calendar at: transportnottingham.com/travelwell



Nottingham City Centre



Trams



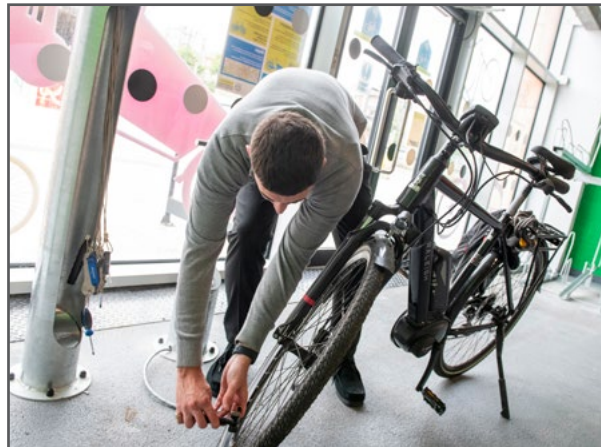
Whether you are new to cycling, or an experienced cyclist around tram tracks, here are some important things to remember:

- Plan ahead and familiarise yourself with the route before starting your journey.
- Always obey level crossings and road signals.
- Take care near trams and tracks and stay clear of the rails.
- Think ahead and signal early.
- With both hands on the handlebars, slowly cross tracks at a wide angle – preferably at 90 degrees – to stop your wheels from catching in the rail grooves.
- Where possible, use cycle paths and crossing points provided and stay out of the grooves.
- Don't gamble – wait for the green light at crossings.
- When possible, wear brightly coloured or reflective clothing to increase your visibility.
- Avoid cycling on the rails as they can be slippery – especially when wet or icy.
- Never hold onto a moving tram.
- Concentrate at all times.
- If in doubt and able to do so, dismount and cross the tramway on foot.

More information here: thetram.net/tram-safety

Tips for Safety & Maintenance

- Check tyres regularly - replace if showing signs of wear or damage.
- Pump up tyres until they are too hard to squeeze – reduces punctures and makes cycling easier.
- Check brakes – they should stop the wheel fully when the lever is only partly pulled.
- Check that wheels spin smoothly by turning cycle upside down and spin the wheels. Any wobbles or a less than perfect spinning circle suggests advice is required.
- Oil the chain – for smoother gear transaction; if it squeaks or is brown it needs some oil.



- Listen for noises – squeaks, rattles and scraping suggests something needs attention.
- Keep your bike undercover and store securely to prolong its life and reduce maintenance.
- Get the seat height right! Having it too low will make cycling hard work.
- Make sure your gears change smoothly – you may need professional help to adjust them.
- Make sure you meet legal lighting requirements when cycling in the dark.
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- Information on secure bike parking is available at: transportnottingham.com/cycleparks

Find more information on cycle safety here:

- think.gov.uk/cycle-safety/
- bit.ly/highway-code-road-safety

Nottingham Cycle Map

FREE!



Summer 2026 Edition



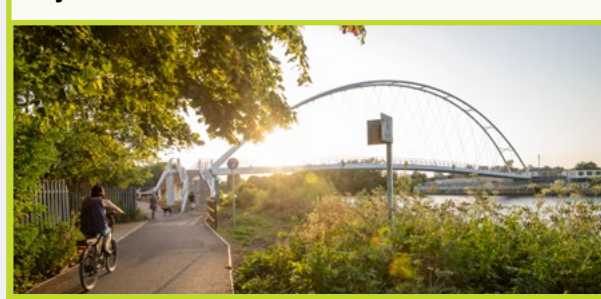
Comments

Whilst we have tried to ensure everything is correct, if you feel we have missed anything, or you have any comments on cycling in general please email cycle@nottinghamcity.gov.uk

We welcome comments and feedback, especially if your local knowledge can help improve future versions of the map.

Useful Websites

For electronic versions of the map please see: transportnottingham.com/cyclemaps For more information on the Erewash Valley Trail please see: broxtowe.gov.uk To find journey planning information please see: cyclingstreets.net



Follow us on Social Media

www.facebook.com/TransportNottn
[@Transport_Nottn](https://twitter.com/Transport_Nottn)

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