



## Cnoc Owner's Manual

**ISLABIKES**  
[www.islabikes.co.uk](http://www.islabikes.co.uk)

- |                   |                           |
|-------------------|---------------------------|
| 1. Brake levers   | 7. Stem                   |
| 2. Brake pads     | 8. Stem bolt              |
| 3. Saddle         | 9. Headset                |
| 4. Seatpost       | 10. Headset spacers       |
| 5. Seatpost clamp | 11. Headset adjuster bolt |
| 6. Saddle clamp   | 12. Handlebars            |



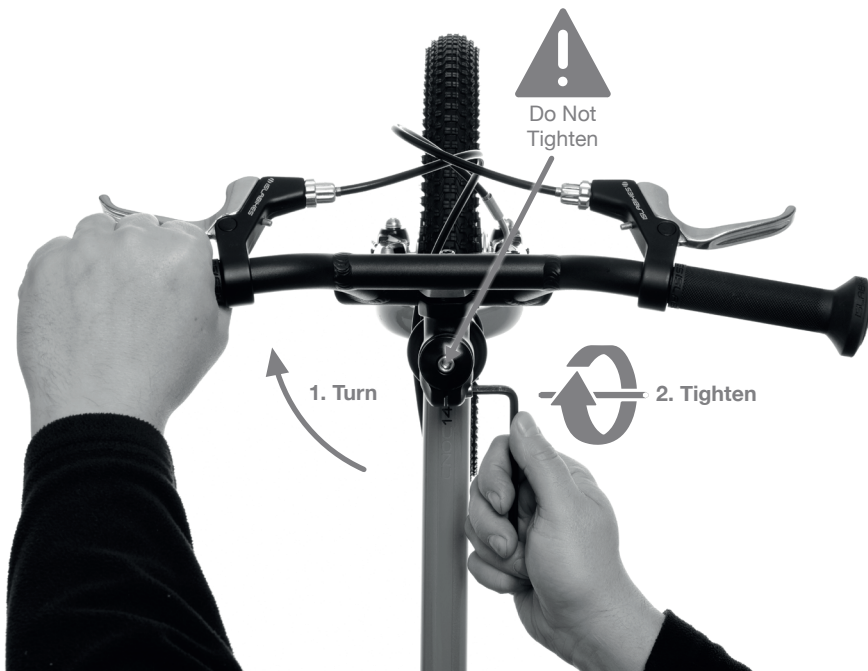
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|-----------------|---------------|
| 13. Rim         | 18. Freewheel |
| 14. Spokes      | 19. Frame     |
| 15. Tyres       | 20. Fork      |
| 16. Chain       | 21. Cranks    |
| 17. Chainglider | 22. Pedals    |

Step 1 of 3

## Handlebar set up



Failure to correctly tighten stem clamp bolt may result in serious injury or death. If in doubt, please consult our technical support team on +44 (0) 1584 708 383.  
or email [info@islabikes.co.uk](mailto:info@islabikes.co.uk).

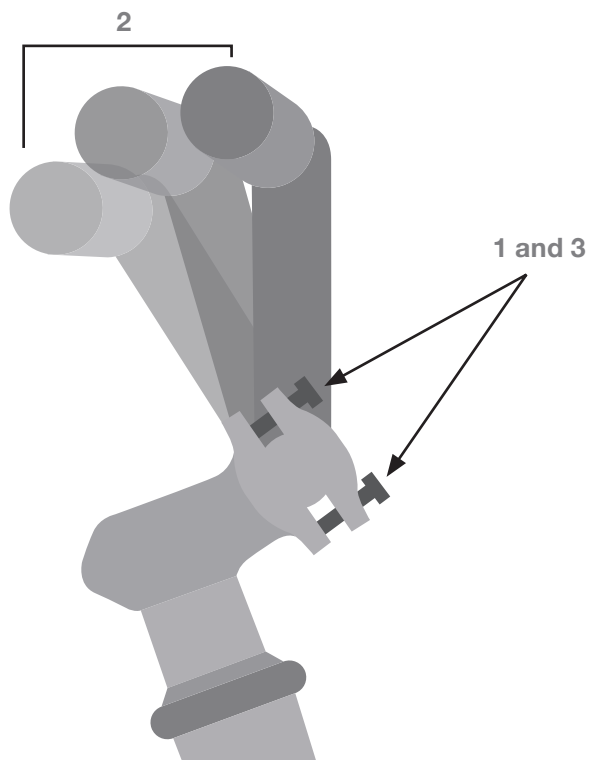


1. Turn handlebars clockwise and align with front wheel
2. Tighten stem clamp bolt max. 7Nm

Step 1 of 3

## Handlebar set up

Reach adjustment:



If your bike is supplied with a riser bar, the reach can be adjusted as follows:

1. Loosen both stem face plate bolts
2. Move to desired position
3. **Re-tighten to 7Nm**



Ensure bolts are fully tightened before use.

Step 2 of 3

## Pedal installation

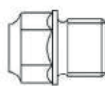
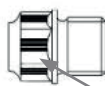


All pedals are supplied in pairs with a specific left and right pedal. This is to prevent the pedals from undoing as you turn the cranks with your feet.



Please ensure that you have identified the left and right pedal before installation to avoid damaging the crank arm.

Many of our pedals have the following features on the pedal axle to help you identify the left and right pedals:



L/R

LH pedal has line marking on axle.

If these features are missing, another tip is to check the Islabikes logo. When standing at the back of the bike looking towards the front, the Islabikes text on the pedal should be in the correct orientation to read:

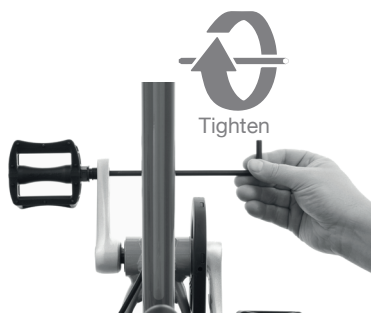


Correct

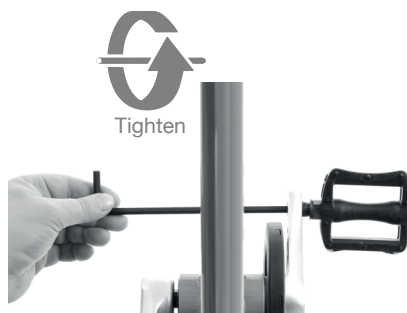


Incorrect

### 1. Left pedal



### 2. Right pedal



1. Left pedal – rotate pedal axle **clockwise** towards front of bike
  2. Right pedal – rotate axle **anti-clockwise** towards front of bike
- Tighten max. 30Nm**

Step 3 of 3

## Adjust saddle height



1. Loosen seatpost-clamp
2. Move to desired height
3. Tighten clockwise max. 4Nm



Seatposts are clearly marked with minimum insertion mark.  
Please do not raise saddle above this line.

# Safety first

Before you head off please read our advice for safe cycling. If you are the responsible adult, parent or guardian we recommend the following precautions.



Ensure that a helmet is adjusted correctly in accordance with the manufacturer's instructions.



Ensure your child is wearing sturdy footwear and nothing can become entangled in the pedal or drivetrain.



Ensure that your child familiarises themselves with their new bicycle in a safe environment.



We pride ourselves on light action brakes. Check your child can come to a stop safely using the brakes. Walk beside them and assist them in pulling the brake on to allow them to feel its responsiveness.



Your Islabike is set up so that the right hand brake lever operates the front brake.



Be aware braking performance and grip will be drastically reduced in wet conditions.



Avoid riding by any busy streets or highways.



Always observe national legal requirements if riding on public roads. If you are cycling in any other countries or in the EU, please check national guidelines.



Tumbles are an inevitable part of riding a bike and sometimes the bike can get damaged. It is very important that a bike is inspected if an accident occurs. Here are some things to look out for:



Handlebar ends becoming exposed from repeated contact with the ground or heavy fall. Never let a child ride a bike with an unplugged handlebar end. You can buy replacement handlebar grips on our website [www.islabikes.co.uk](http://www.islabikes.co.uk) or call +44 (0) 1584 708 383.



Front brake damage can occur in a crash. If the handlebars become twisted from a crash the cable can wrap itself tightly and damage the noodle hinge dock. This has been reinforced on our bikes but they are not indestructible. Always check the front brake operates correctly and the brake hinges were not damaged after a crash. You can easily perform a visual inspection by comparing to the rear brake. You are unsure please contact our technical support team on +44 (0) 1584 708 383 or email [info@islabikes.co.uk](mailto:info@islabikes.co.uk).



# Usage guidelines



Your Cnoc has been designed to be ridden on paved, unpaved, gravel roads and off-road trails with moderate gradients. Contact with irregular terrain and loss of tyre contact with the ground may occur. Drops are intended to be limited to less than 20cm. The maximum safe combined rider and luggage weight limits are as follows:

- Cnoc 14 = 30Kg
- Cnoc 16 = 30Kg
- Cnoc 18 = 30Kg



Please note your bike is not intended for the following types of riding:

- Dirt jumping
- Downhil
- Slalom
- BMX
- Enduro
- Parents having a go...



Nothing lasts forever, including your bike. When the useful life of your bike or its components are over, continued use is hazardous.

## Factors that can reduce product lifespan include:

- Impacts to the bike from crashes, bumps or jumps.
- Exceeding the maximum weight limit for the bike.
- High mileage/usage.
- Environmental conditions (unusually damp/saline(salty) atmosphere, muddy or sandy conditions).
- Poor maintenance and use out of correct adjustment.
- Unsympathetic riding style.

## Factors that can increase product lifespan include:

- Regularly cleaning and maintaining your bike.
- No impacts to the bike from crashes, bumps or jumps.
- Observing the maximum weight limit for the bike.
- Environmental conditions (dry, clean, non-corrosive environment).
- Sympathetic riding style.

# Guarantee

Your Islabike comes with a 2-year guarantee on frame and forks and a 2-year guarantee on parts. This covers faulty manufacturing but not normal wear and tear. This guarantee only applies to the original purchaser of the bike.

Your statutory rights are not affected by the guarantee.



Our bikes are not guaranteed for racing in sanctioned or competitive events. If you choose to participate in these events then please carry out more frequent and thorough maintenance and checks, including regularly inspecting the frame, fork, stem, cranks and handlebars for signs of damage. Discontinue use immediately if anything untoward is spotted and contact our technical support team on +44 (0) 1584 708 383 or email [info@islabikes.co.uk](mailto:info@islabikes.co.uk).

# Maintenance

Keeping your bike clean and maintained comes with many benefits.

Weather conditions are generally the biggest factor that determine frequency of maintenance and lubrication. It is also dependent on the frequency, type and duration of riding.

Component	Lubricant	Frequency
Chain	Oil	Weekly or after washing / rain
Brake cables	Oil	Weekly or after washing / rain
Wheel bearings	Grease	6 months
Pedals	n/a	Sealed bearings
Headset	n/a	Sealed bearings
Bottom bracket	n/a	Sealed bearings

# Brakes



## Safety check

Before every ride:

**Give the brakes a few pulls to check they are working** – The brakes should feel smooth and the pads contact the rim before the levers contact the handlebar. If the levers contact the handlebar the brakes need adjusting.

**Check pads contact the rim correctly when braking** – Pull on one brake at a time and check the brake pads touch the rims nice and evenly.

**Check pads are not fouling the rim** – Lift the front of the bike off the ground with the handlebars and give the front wheel a spin. If the wheel spins freely your brakes are not fouling. Repeat the process for the rear ensuring you spin the wheel forwards and your child does not put his/her hands in the wheel.

**Check pads are not worn out** – Our brake pads come with a wear indicator line. If your brakes are worn down to this line or you cannot find the line you should replace your brake pads immediately. We recommend this is carried out by a trained cycle mechanic.

If in doubt please contact our technical support team on +44 (0) 1584 708 383 or email [info@islabikes.co.uk](mailto:info@islabikes.co.uk).

# Wheels

**Rim wear** - Routinely check your bicycle rims for any wear. Our bikes have an indicator line that runs the circumference of the rim. When this becomes flush with the rest of the rim or disappears it is time to replace the wheel. For new wheels contact our customer service team on +44 (0) 1584 708 383 or email [info@islabikes.co.uk](mailto:info@islabikes.co.uk).



**Rim trueness** – Depending on the type of riding you do your Islabikes bikes wheels may become untrue or damaged when riding. This means they will not spin straight and will wobble. If for any reason they are untrue our wheels can be easily repaired, please contact our technical support team on +44 (0) 1584 708 383 or email [info@islabikes.co.uk](mailto:info@islabikes.co.uk).

**Hubs** - Your hubs are fitted with cup and cone bearings. Although they are sealed water and grit can enter your hubs and cause premature wear. To prolong the life and keep them running smooth and efficient. We recommend annual maintenance and re-greasing of hub bearings.

# Tyres and Tubes

**Tyre wear** - Regularly check tyres for general wear and tear. Over time your tyres will become more worn and can become more susceptible to punctures.

**Tyre pressure** - Regularly check your Islabike tyre pressure as they slowly go down over time. To check, simply push your thumb hard onto the tyre or use a pressure gauge fitted to most quality bicycle track pumps.

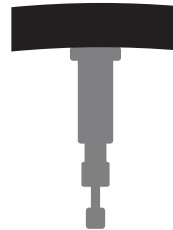


You should not exceed the maximum tyre pressure printed on the sidewall of the tyre. We recommend approx. 70% of the maximum tyre pressure illustrated on your tyre. To inflate presta valves you must first open the valve by unscrewing and tapping the valve end to relieve it if stuck. Inflate to correct pressure and then carefully re-tighten to close the valve.

See our video: <https://www.islabikes.co.uk/how-to-guides/inflating-your-tyres>



Valve closed



Valve open



When re-inflating a tyre or after changing an inner tube ensure tyre is seated centrally on rim and continually check around the rim as you inflate to ensure rim is seated correctly and prevent tyre blowing off rim.

# Drivetrain

The drivetrain is a category of components made up of the chain, cranks, cassette or freewheel and pedals. These components work together to drive your Islabike forward. These are crucial in maintaining the optimum performance and life of your Islabike. To keep these running smoothly we advise the following.

**Chain cleaning and lubricating** - We recommend oiling periodically or after excessive use. Your Islabike is supplied with a fully enclosed no tools chain guard. Simply apply general purpose maintenance oil to the port hole whilst simultaneously turning the cranks backwards to ensure full chain coverage.

**Chain tension** - If you have to remove your rear wheel for maintenance or puncture repair you will have to re-tension the chain. To do so re-fit the chain to the sprockets and pull the wheel rearwards. Once the chain is taught, alternatively tighten the wheel bolts to the required 8Nm whilst ensuring the wheel remains central in the frame. There should be 6-12mm of chain movement.



Ensure the rear brake is re-connected and check it is working before allowing your child to ride.



For chain guard removal, installation and maintenance please refer to <https://www.islabikes.co.uk/how-to-guides/installing-and-maintaining-your-cnoc-chainguard>

## Recommended torque settings

All stem bolts	7Nm
Saddle clamp bolts	7Nm
Seatpost collar bolt	5Nm
Crank bolts	35Nm
Pedals	30Nm
Wheel bolts	8Nm
Brake pads	6Nm
Brake cable pinch bolt	6Nm
Brake arm fixing bolts	6Nm

## Spares and replacement parts

We carry comprehensive stock of replacement parts for your Islabike including inner tubes, tyres and grips.  
Please visit our website or email [info@islabikes.co.uk](mailto:info@islabikes.co.uk).

We only recommend using genuine parts for safety critical components e.g. brake cables, brake blocks and bolts.

## Frame number

Please make a record of your frame number. This is a combination of letters and numbers unique to your bike stamped to the underside of the frame. This is required by police and insurance companies in case of loss.



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