



**When should I change the oil in my Rohloff hub?**

**We recommend that for best function the oil in the Rohloff hub should be changed every 12 months or every 5,000km whichever occurs first.**

**To get expert guidance on changing the oil yourself, follow this link, <http://www.youtube.com/watch?v=fVhmgqICNhU> and watch the video. You will need a complete oil change kit available from our sister company St John Street Cycles.**

**[www.sjscycles.com](http://www.sjscycles.com) - part number 12171**

**Alternatively you can bring your bike to us here at Thorn Cycles and ask us to do the oil change for you, simply ring us to book your bike in for an oil change and leave it to us.**