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Model: H200+ | UPC: 847182027902

INTRODUCTION

This manual provides essential instructions for the assembly, operation, maintenance, and troubleshooting of your HH HILAND H200+ Mountain Bike. Please read this manual thoroughly before assembly and first use to ensure safe and optimal performance. Keep this manual for future reference.

SAFETY INFORMATION

Always wear a helmet when riding. Ensure all components are correctly assembled and tightened before each ride. Regular maintenance is crucial for safe operation. Do not assemble the fork backward, as this can lead to serious injury.

ASSEMBLY INSTRUCTIONS

Your HH HILAND H200+ Mountain Bike is 85% pre-assembled. The following steps detail the remaining assembly process. Required assembly tools are included.

1. Unboxing and Initial Inspection

1. Open the shipping box carefully.
2. Remove the seat, tool box, and the bicycle from the box.
3. Remove all protective packaging materials from the bicycle frame, front wheel, and handlebar.
4. Open the tool box and verify all parts and tools are present.

2. Handlebar Installation

1. Rotate the stem to ensure it faces forward.
2. Using the provided Allen key, remove the four screws and the cap from the stem.
3. Place the handlebar onto the stem, ensuring it is centered.
4. Reinstall the stem cap and the four screws. Initially, tighten all four screws lightly to fix the handlebar, then

tighten them one by one in a cross pattern to secure the handlebar firmly.

3. Front Wheel Installation

1. Remove the protective rod from the front fork.
2. Unscrew the cap on the quick release lever and remove one spring.
3. Position the front wheel between the front fork. Ensure the disc brake rotor is on the left side of the bike (non-drive side) and aligns with the brake caliper.
4. Insert the quick release lever through the hub. Reinsert the spring and tighten the cap.
5. Before buckling the clamp, ensure the front wheel is centered within the front fork.
6. Buckle the quick release clamp to secure the front wheel.
7. Install the front brake caliper. Remove the two screws from the caliper, clip the brake pads on both sides of the disc, then reinstall and tighten the two screws to fix the brake.
8. Fix the brake line on the right side of the front fork using the provided clips.
9. Ensure the stem and the frame are in line, then tighten the screws on both sides of the stem.

4. Seat Installation

1. Insert the seat post with the saddle into the bicycle's seat tube.
2. Adjust the seat height to a comfortable riding position. Ensure the minimum insertion mark on the seat post is not visible.
3. Tighten the screw on the left side of the seat post clamp, then buckle the quick release clamp to secure the seat. If the seat tube is not tight enough, use the Allen key to tighten the screw further.

5. Pedal Installation

Important: Pedals are marked 'L' for left and 'R' for right. The 'R' pedal is installed on the RIGHT crank (clockwise rotation to tighten). The 'L' pedal is installed on the LEFT crank (counter-clockwise rotation to tighten). Use the #15 wrench to tighten the pedals securely to prevent loosening during riding.

1. Identify the 'R' pedal and install it clockwise onto the right crank arm.
2. Identify the 'L' pedal and install it counter-clockwise onto the left crank arm.
3. Use the #15 wrench to fully tighten both pedals.

6. Reflector Installation

1. Install the front reflector on the handlebar using a cross screwdriver.
2. Install the rear reflector on the seat post using a cross screwdriver.

Assembly Videos

Your browser does not support the video tag.

Video 1: Hiland H200 Mountain Bike Installation Guide. This video provides a step-by-step visual guide for assembling your mountain bike.

Your browser does not support the video tag.

Video 2: Quick and Easy Mountain Bike Assembly. A concise video demonstrating the assembly process for your mountain bike.

OPERATING YOUR BICYCLE

1. 21-Speed Drivetrain

Your HH HILAND H200+ Mountain Bike features a 21-speed drivetrain, offering a wide range of gears for various terrains. The twist grip shifters allow for smooth and precise gear changes. Shift to lower gears for climbing and

higher gears for flat or downhill riding.

21 Professional Shift

Shimano rear derailleur - more precision



Snow



Mountain



Gravel

The 21-speed drivetrain with Shimano components provides precise gear shifting for varied riding conditions.

CHOOSE YOUR SIZE

SIZE	17"
HEIGHT	5' - 6'
STANDOVER HEIGHT	29.9"

Precision gear shifting is achieved through the Shimano 21-speed shifter, suitable for various riding environments.

2. Dual Disc Brakes

The bike is equipped with dual disc brakes (front and rear) for reliable stopping power in various weather conditions. Always apply both brakes simultaneously for controlled deceleration. Familiarize yourself with the brake lever feel before riding at speed.

I Dual Disc Brakes

Better stopping power than rim brakes

START TO STOP DISTANCE



Dual disc brakes provide consistent and effective stopping power.



Front and rear disc brakes offer reliable stopping power and speed control on trails.

3. Front Suspension Fork

The front suspension fork absorbs shocks and bumps, providing a smoother ride over uneven terrain. This feature enhances comfort and control, especially on mountain trails or rough commutes.

Aluminum XC Frame



6061 Aluminum



Excellent paint

The bike features a front suspension fork designed to absorb impacts from varied terrain.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your bicycle.

- **Tire Pressure:** Check tire pressure before each ride. Maintain pressure within the range indicated on the tire sidewall.
- **Brake Inspection:** Regularly inspect brake pads for wear and ensure brake levers operate smoothly. Adjust as necessary.
- **Chain Lubrication:** Keep the chain clean and lubricated to ensure smooth gear changes and prevent rust.
- **Bolt Tightness:** Periodically check all bolts and quick releases for tightness, especially on the handlebars, seat post, and wheels.
- **Cleaning:** Clean your bike regularly with mild soap and water, avoiding high-pressure sprays directly on bearings.



The 26-inch cross-country tires are designed for various terrains, featuring anti-slip properties and puncture protection.

TROUBLESHOOTING

- **Brakes Rubbing:** If disc brakes rub, check if the wheel is properly seated in the dropouts. Loosen the caliper mounting bolts slightly, squeeze the brake lever to center the caliper, then retighten the bolts.
- **Gears Skipping:** This often indicates a need for derailleur adjustment. Consult a professional bike mechanic if you are unsure how to adjust the front or rear derailleur.
- **Loose Components:** Regularly check and tighten all bolts and quick releases. Pay particular attention to the handlebar stem, seat post, and wheel axles.
- **Flat Tire:** Inspect the tire for punctures. If found, repair or replace the inner tube. Ensure the tire is properly seated on the rim before inflating.

SPECIFICATIONS

Feature	Detail
Bike Type	Mountain Bike
Brand	HH HILAND
Model Name	H200+
Model Number	AL032621_BK-3
Age Range	Adult
Number of Speeds	21
Color	Black
Wheel Size	26 Inches
Frame Material	Aluminum
Suspension Type	Front
Brake Style	Disc
Bicycle Gear Shifter Type	Twist Grip

Feature	Detail
Item Weight	18.23 Kilograms
Minimum User Height	60 Inches (5'0")
Assembly Required	Yes (85% pre-assembled)
Included Components	Assembly tools

HILAND

The diagram shows a silhouette of a person wearing a helmet and riding a bicycle. A vertical double-headed arrow on the left indicates the rider's height, labeled "5'-6' Rider Height". A vertical double-headed arrow on the right indicates the wheel size, labeled "26'' Wheel Size". Below the bicycle, a dark grey circle contains the text "17''".

17''

17 Inch Frame
For a person
5' - 6'

Any size shown on chart are for general comparison purposes only. To find your perfect fit, contact our customer service, where an expert skilled will help you find the appropriate bike and size for your individual needs.

The 17-inch frame is suitable for riders between 5' and 6' tall. Consult the size guide for optimal fit.



Quality First



HILAND Lifetime Service



More Than Bikes

This model may feature various spoke wheel options, including 3-spoke, 6-spoke, or multi-spoke designs, which can influence aerodynamics and stability.

WARRANTY AND SUPPORT

Your HH HILAND H200+ Mountain Bike is backed by a limited lifetime warranty. For any questions regarding your bike, assembly, or parts, please do not hesitate to contact HH HILAND customer service. We aim to reply and resolve inquiries within 24 hours.

Warranty Details: 2-year manufacturer warranty, with a limited lifetime warranty on the frame.



HILAND is committed to quality and offers lifetime service support for its products.