

Winter Cycling

Cycling is fun and convenient even when temperatures dip below zero (or below -25°!). With a little planning and preparation, you can embrace winter cycling as a great way to get around.

Plan your trip

Cycling in winter can take a little more time. When planning your trip, give yourself some extra time to get to your destination.

Winter cycling clothing

Dress in layers so you can adjust as needed. Below are some suggestions to help keep your ride warm and dry!

- Wear a breathable base layer that will wick moisture to keep your skin dry and keep your core warm without overheating.
- Wear an outer layer that will block the wind. Choose something that is ideal for wet and cold conditions such as waterproof jackets and pants that will repel snow and slush.
- Mittens with two finger sections keep your hands warm while allowing you to brake and shift gears with ease.
- Wear a thin toque or headband under your helmet, if you wear one. On really cold days where full-face protection is needed, a balaclava can keep your neck, face, ears and head warm. A neck tube or scarf will also do the trick.
- Prevent watering eyes and freezing eyelashes with a pair of sunglasses or glasses with clear lenses. Ski goggles work very well for the extra warmth and visibility they provide.
- Any flat-footed winter boot, fleece-lined rain boot, hiking boot or neoprene cycling bootie will help repel snow to keep your feet dry.

Winter cycling equipment

Your bike will experience some wear and tear while cycling in the winter, but with proper maintenance and care it will take you anywhere all season long. It's a good idea to wipe

down your chain after every ride. You may also wish to consider using a chain lube designed for wet weather. Keep reading for a few more winter-ready tips!

Tires

- Regular tires do work, but can be challenging on ice or in deep snow.
- Mountain bike or knobby tires offer more stability in winter conditions.
- Studded bike tires are best for slippery icy surfaces. Install one on the front of your bike, or on both front and back for best performance.

Fenders

- Fenders attached to the front and back of your bike will keep dirt, mud, snow, slush and water off of you. Consider using clip or strap-on fenders that sit closer to the tire. They prevent snow and slush from building up as typically happens with traditional bike fenders.

Lights

- Lights help you see and be seen by others. Keep in mind that your bicycle light(s) may make it difficult for other pathway and roadway users to see. Please be considerate of others when installing and positioning your lights.

Want to know more? Visit your local bike shop for additional advice on how to make your ride winter-ready!