

Suit Up - Dressing For Success

Dressing for winter cycling is all about finding what's right for you. Take short trips and test what works best. Start with a three-layer system and then adapt from there.

Base Layer

Your base layer should be snug against your body. Polyester or wool fabrics are recommended. Avoid cotton as it doesn't absorb moisture away from the body.

- Long underwear or tights
- A t-shirt or undershirt
- Thin liner gloves
- Athletic or thick socks
- A headband or thin cap
- A buff, balaclava, or neck tube

Mid Layer

Your mid layer is all about insulation. Too much and you might end up sweating, too little and you could get a chill. Wool, down, and synthetic insulation are all good choices.

- Down vest or jacket
- Wool or synthetic sweater
- Fleece shirt
- Insulated pants

Outer Layer

Your outer layer will shield you from wind, snow and rain. Look for waterproof or water-resistant and breathable fabrics like Gore-tex, as well as features like zippered vents.

- Hiking boots or winter boots
- Shoe covers
- Rain coat or windbreaker
- Winter jacket
- Rain pants or snow pants
- Ski gloves or lobster claw mitts
- Hard shell mittens or pogies
- Scarf

Eye Protection

Ski goggles, sunglasses, or clear-lense safety glasses help keep your face warm and stop ice and snow from getting in your eyes.

Stand Out - Ensure Visibility

Remember: See and be seen.

- Headlights and tail lights are mandatory for cycling in the dark
- A bright front light will allow you to see better in darkness
- Consider other lights such as spoke lights and extra reflectors for visibility
- Bright and reflective clothing makes it easier for others to see you in the dark

Get In Gear- A Winter Cycling Maintenance Guide

Picking a Winter Bike

What kind of bike do you like to ride? Will you be riding on snowy trails or frozen pavement? Are you going to winterize your summer bike or have a winter-specific bike? There's no wrong answer to these questions, but here are some options to consider:

- Fatbikes - Offer good control in deep snow
- Studded tires - Available for most wheel sizes, or you can make your own
- Lower tire pressure - Gives you increased rubber on the road and thus increased traction.
- Used mountain bikes - Great low budget choice for winter cycling.

Keeping It Clean

Regular cleaning and lubricating reduces wear and tear. Here are some basic tips to help maintain your bike:

- Wash your frame, chain and gears regularly with warm, soapy water or a degreaser
- Bicycle chain oil applied twice a month will help keep your chain moving smoothly
- Fenders help keep slush and sand off both your bike and you

Remember: replacing your chain every spring is normal and other parts may need replacing as well.

Cycle Smart - Ride to the Conditions

- Give yourself extra time to brake and always brake smoothly and slowly
- Take smooth, wide turns
- When cycling through slush, keep up a steady pace and avoid turning unless necessary
- Keep your eyes on your route and be alert, especially when riding in the dark
- Consider transit as a backup plan if conditions are too cold or snowy. Find timetables at Edmonton.ca/TakeETS

Other tips...

- Talk to local bike shops to learn about upcoming bike maintenance workshops or winter riding groups.
- Search how-to videos online



Check out edmonton.ca/wintercycling for more information