

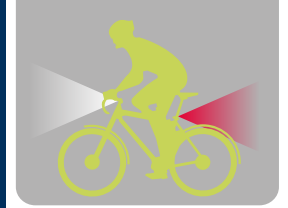
Autumn into Winter Cycling

It's getting colder, but with a bit of information and the right kit you can enjoy cycling throughout the Winter.



Four reasons to keep cycling this Winter

- It's affordable.....
After the initial outlay, the cost of bike ownership can be minimal. So keep cycling year round to fully appreciate the savings you could make!
- It keeps you healthy, fit, and is good for your well-being.....
Daily exercise can keep your stress-levels down and keeps the winter blues at bay. It's also incredibly good for you. Cycling 30 minutes a day, could keep you as fit as someone 10 years younger!
- It's reliable.....
As cyclists are less affected by congestion, journey times for this door-to-door form of transport are more reliable than other modes.
- The weather's better than you think.....
Despite what people think, Glasgow doesn't get much snow at all - on average nine days per year.



For further information on cycling in Glasgow:
www.glasgow.gov.uk/cycling
or phone:
0141 287 9171

For details on training courses:
www.cyclingscotland.org

For club development:
www.glasgowlife.org.uk

For route planning:
www.cyclestreets.net

GLASGOW
on the move



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Here's how to get your bike ready

Service your bike. Ensure your bike is in good condition by checking it over to make sure the tyres are properly inflated and brakes work. To help your bike cope with damp and gritted roads, clean your bike regularly and apply the correct lubricant to the chain and other parts where needed. If you have any concerns take your bike to a bike mechanic.

Be seen. With daylight fading, for your safety and to be legal, it's important to have good, reliable lights on your bike; white at the front and red at the rear.

Fit mudguards. Mudguards can be easily fitted to your bike and give you a far better chance of turning up at your destination dry.

Know when to stop

Keep up to date with the forecast and you can avoid cycling on the days when the weather is severe. Prior warning of strong winds, snow and icy roads allow you to plan ahead and stay safe.



Dress for the conditions

Stay warm and dry. A good lightweight waterproof with breathable materials will keep you dry. Also, a thin ski hat or tubular bandana under your helmet will help keep your head and ears warm.

Keep your grip. Wear a pair of good quality gloves! A wide range are available including ones made of breathable waterproof materials.

Keep your feet warm. If you are going to be doing a lot of cycling in the rain, buy some waterproof overshoes to keep your feet warm and dry.

Carry a plastic bag. Placed over your saddle, it will keep it dry when you lock your bike outside.

