Ready,Set,Cycle
Getting Winter Ready

A Guide to Help Cyclists Stay Safe, Warm, and Ready to Cycle Through the Winter Months

Dressing for the Weather

Layering: During colder weather, it is important to wear several layers to retain warmth. Start with a moisture-wicking base layer, add an insulating layer, and finish with a windproof or waterproof outer layer. To protect your extremities, wear thermal gloves and thick socks.

It is important to wear bright and reflective clothing or a high-visibility jacket to to ensure you're easily seen by other road users in low-light conditions.

Route Planning

Planning: Plan your cycling route carefully by considering less-congested roads, bike lanes and paths. Where possible, avoid slippery surfaces to reduce the risk of accidents.

Always allow extra time for your journey, as cycling may be slower in adverse weather conditions. Be sure to check the weather forecast before leaving your home or workplace to plan accordingly.

Lighting and Visibility

Lights: Make sure to use both front and rear bike lights to improve visibility, especially in low-light conditions. Don’t forget to check your batteries regularly to ensure they’re working properly.

Reflectors: Add reflective elements on the frame, pedals, and wheels of your bike to enhance visibility in low-light conditions.



Cycling Technique

Pay Attention: In wet or icy conditions, remember to brake gently to avoid skidding and allow extra time and space to come to a stop safely. Stay alert for road hazards such as black ice and potholes, which can be difficult to spot.

Pace: Keeping a steady pace helps your body generate heat, making it easier to stay warm while travelling.

At your Destination

Familiarise yourself with cycling amenities at your workplace like bike storage, lockers, and shower facilities so you can access them easily.

Enjoy a hot drink like tea or coffee before you head into work!

