

Cycling Through Winter*

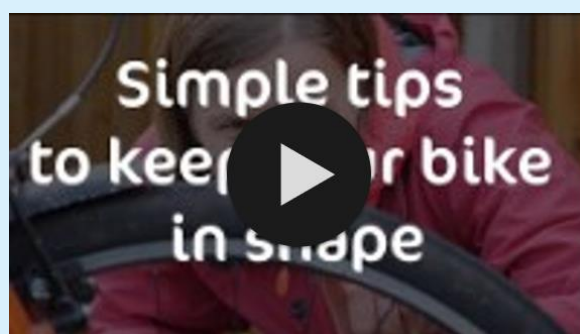
Tips on how to prepare
for cycling in colder weather.

Keeping bikes in shape all year around.

- Keep your bike indoors
- Keep your tyres pumped up
- Clean your bike

Read also:

[How to clean your bike](#)



Staying warm while cycling.

- Use layers
- Gloves, hats for your extremities
- Take a hot water bottle with you

Read also:

[What cycle clothing to wear when it's cold](#)

[What to wear when winter bikepacking](#)



Getting the right bike light.

- Different lights for different environments (city vs countryside)
- Wear reflective clothing

Read also:

[A guide to bicycle lights](#)



**This series of guides, produced by Cycling UK, provides some basic tips on maintenance and repair. Businesses are not expected to provide maintenance and repair services to their visitors.*

Interreg



France (Channel Manche) England

EXPERIENCE

European Regional Development Fund

Cycling UK is one of 14 partners collaborating to deliver innovative and sustainable new off-season tourism experiences in six pilot regions in England and France through the EXPERIENCE project.

EXPERIENCE is a €23.3 million project with €16m co-financed by the European Regional Development Fund (ERDF) through the Interreg VA France (Channel) England Programme 2014-2020.

Cycling UK is a trading name of Cyclists' Touring Club (CTC) a company limited by guarantee, registered in England no: 25185.
Registered as a charity in England and Wales charity no: 1147607 and in Scotland charity no: sco42541.
Registered office: Parklands, Railton Road, Guildford, Surrey GU2 9JX.



cyclinguk.org/experience

