

**You're better off
by bike**

For more on winter cycling
check out the website below.

tfl.gov.uk/cycling

**Keep going
this winter**



MAYOR OF LONDON

Transport for London





It's time to keep going...

Keep cycling this winter.

With a bit of information and some basic gear, cycling in winter is as easy and safe as it is in the summer months.

Take a couple of minutes to read this leaflet and see how easy it is to keep going...



It's more interesting...

For most of us, the back of someone's head is all we see when we commute to work.

Not much of a view.

Why not carry on avoiding the crowds and keep cycling past your favourite London landmarks instead? You'll see the seasons change as you do it too.

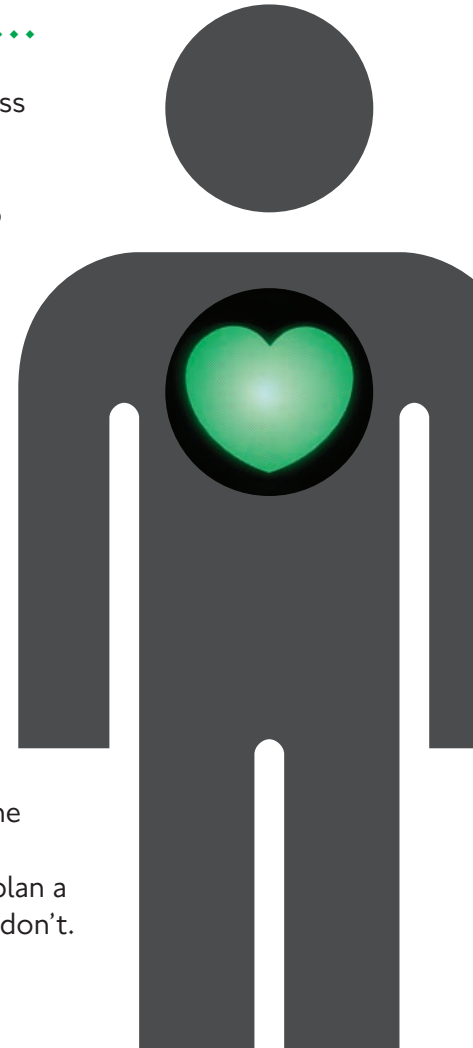
Much better.

It's healthy...

Don't let your fitness drop this autumn. Cycling is one of the easiest ways to stay looking (and feeling) good.

And continuing your daily exercise fix can help keep the stress-levels down, and the winter blues at bay.

It's also *really* good for your heart. If you cycle for 30 minutes a day, you could be as fit as someone 10 years younger. You'll just have to plan a longer route if you don't.



It's reliable...

Winter weather and congestion don't slow cycling journey times down, and there's no waiting around. Stop cycling and there's more chance you'll get caught in the crowds.

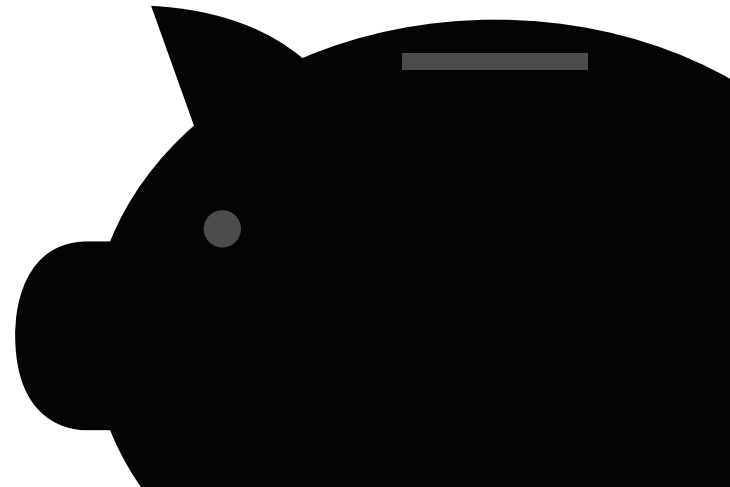
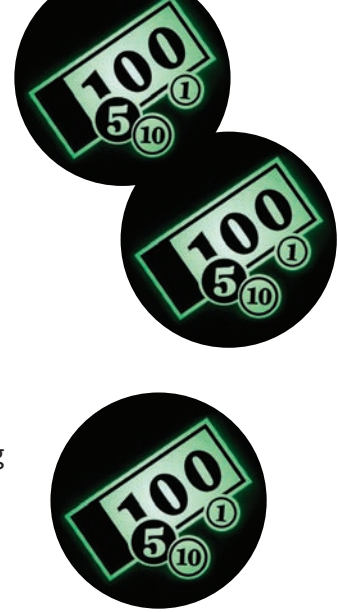
Keep cycling and you won't miss your 9am meetings (unless you want to, of course).



It's cheap...

Feeling the pinch of rising living costs, when you're trying to save for the Christmas season?

One of the best things about cycling is that once you have a bike and some gear, that's it. So keep going through the winter and you won't be broke when you need cash the most.

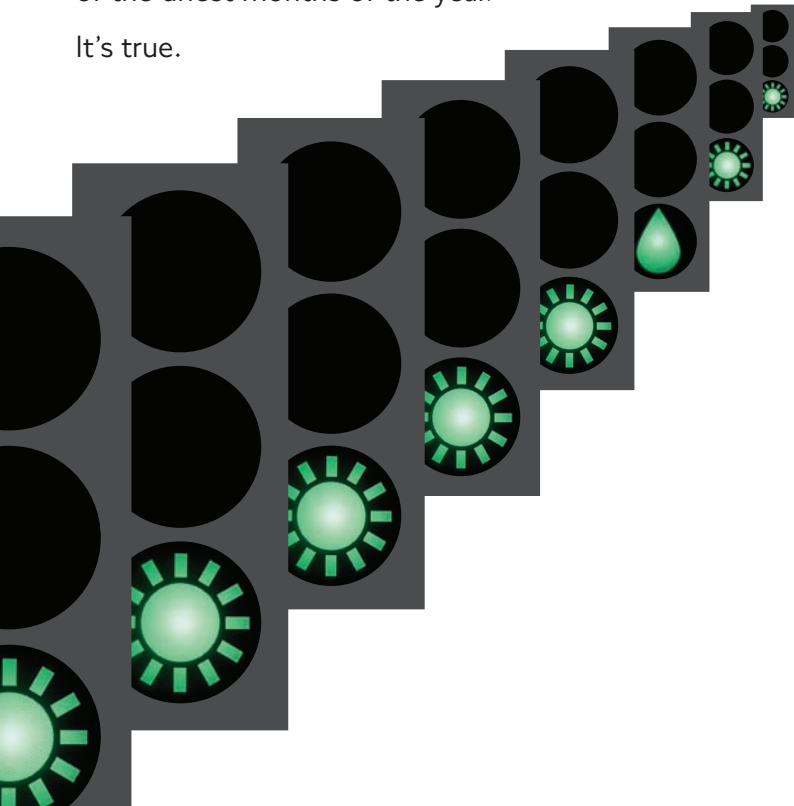


It's drier than you think...

If you commute by bike all year statistics show that you'll only get caught in the rain 8 times.

In fact February and March are two of the driest months of the year.

It's true.

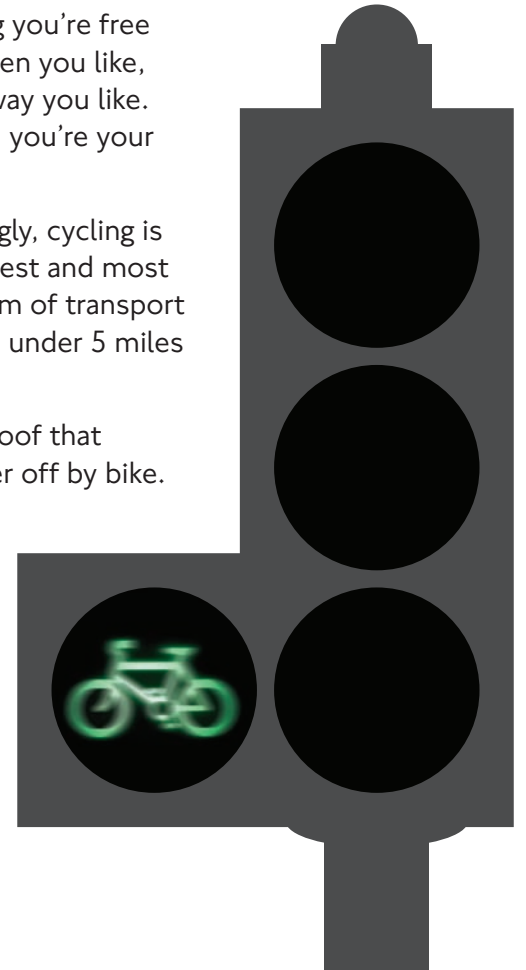


It's fast, and you're free

With cycling you're free to travel when you like, whichever way you like. On the road you're your own boss.

And amazingly, cycling is still the fastest and most efficient form of transport for journeys under 5 miles in London.

Yet more proof that you're better off by bike.



Tips for winter cycling...

There's lots of ways you can kit yourself out. Some people change completely, others just cycle in work clothes – whatever suits you best.

Here's some practical options:

- wear layers rather than a single heavy coat, as you warm up quickly when cycling
- a waterproof coat and over trousers will keep your bottom dry
- mudguards will stop you being splashed
- invest in some warm gloves (windproof and waterproof are good too)
- how about a hat or ear warmers?
- get some overshoes to protect your shoes from the rain
- don't forget your lights at night.

What cyclists say...

'Winter cycling is much more refreshing. You don't feel as hot and bothered (especially if you take it easy) than riding in the summer.'

'Cycling in the winter is such a fantastic way to wake up – lovely fresh air in your face.'

'I like the fact that I get fewer coughs/colds than I used to get when travelling through the winter by public transport. On clear, sunny winter days with the right clothes riding is actually very enjoyable.'

'You can travel at your own speed – you don't have to worry about traffic jams, breakdowns, delays – and in the winter you get some valuable fresh air rather than being stuck inside all the time.'

'I love going over the bridges when its dark and all the street lights reflect off the water – looks very pretty and atmospheric.'