

KEEP ROLLING WHEN IT'S *Snowing*

TO HELP YOU KEEP CYCLING THIS WINTER, THE CITY WILL BE CLEARING MAJOR BIKE ROUTES.

If a bike lane on your route hasn't been cleared, or if you have concerns about snow removal, please contact 311.

[EDMONTON.CA/WINTERCYCLING](https://edmonton.ca/wintercycling)



GIVE WHEELS A WHIRL THIS WINTER

[LEARN MORE AT EDMONTON.CA/WINTERCYCLING](https://edmonton.ca/wintercycling)

GOOD FOR THE *Body*



Stay active in the winter by cycling. Your body will thank you for it!

GOOD FOR THE *Soul*



Cycling improves your mood, reduces stress and gets you energized.

CYCLE SMART

- Brake early and slowly for smooth stops.
- Keep your eyes on your route.
- Hop on ETS if the weather gets rough. Edmonton.ca/TakeETS



GET IN GEAR

- Improve your traction on winter roads. Try using studded or fat tires, or slightly deflate your current set.
- Nix slush with a rear fender.
- Clean and oil your bike regularly.



Winter Cycling

TIPS FOR SEASONED CYCLISTS AND NEWBIES ALIKE

STAND OUT

- Be seen on the streets. Equip your bike with a proper headlight and tail light for dark riding.
- Bright clothing or reflective bands will really make you stand out.



SUIT UP

- Be sure to dress for the weather before you hit the streets.
- Synthetic and insulating layers, a warm hat and helmet, and eye protection are key.

