



MISCELLANEOUS CYCLING TIPS

TOURING

Visibility

- Exert greater caution on hills and corners which limit cyclists' visibility
- Motorists do not expect to encounter cyclists on low volume roads
- Motorists are familiar with the triangle as a warning sign; attach one to your bike

Equipment

- Bring tools and parts to deal with mechanical failures which can leave you stranded
- Water, food, sunscreen and first aid all are necessities on rural rides
- Choose a bike that is capable of handling gravel or poorly maintained roads

Route planning

- Use an updated area map for all rides; a compass or GPS unit can also be helpful
- Plan routes based on availability of supplies and your willingness to carry them
- Passing through small towns will allow you to rest, fuel up and get your bearings

Weather

- Be aware of possible changes in weather and pack accordingly
- Strong headwinds can severely slow your pace; be prepared to alter your course
- Be prepared for the worst that you can expect that season on any given day

For more
cycling tips, visit
bikeleague.org

