

# Gear up for cycling this winter



**Cycling in the winter can be just as much fun as the summer – but you need to be prepared.**

BEING warm and dry, and having a reliable bike, means you are more likely to enjoy the ride, whether you are commuting to work or enjoying a leisurely trip around the sights of the city. Plus, there is the added benefit that cycling keeps you fit and healthy. Check out the following top tips for an enjoyable winter ride:

#### For you

Wearing suitable clothes is important.

Here are some practical options:

- Wear layers rather than a single heavy coat as you warm up quickly when cycling
- Invest in windproof, waterproof, thermal clothes
- Wear a high-visibility jacket or tabard so you can be seen
- Buy non-slip winter or waterproof gloves – it will stop your hands slipping off the handlebars in icy or wet weather
- Try wearing a thin ski hat under your helmet to keep your head warm
- Consider wearing clear goggles or glasses to keep spray out of your eyes

#### For your bike

- Keep your lights on whenever you're out – it can get very gloomy even in daylight
- Fit mudguards to help stop getting splashed

- Fit reflectors to your wheels so you can be seen by traffic and pedestrians
- Check your bike regularly. Oil the chain and inspect the gears and cables to make sure they are working properly

Plus, consider taking a cycle training course to learn how to ride safely at night and in bad weather.

■ **For more information about cycling in London, training sessions and local rides, visit [tfl.gov.uk/cycling](http://tfl.gov.uk/cycling)**

If you don't have a bike of your own you can always use a Santander hire cycle. It can cost as little as £2 a day and they are readily available across the capital, even on Christmas Day!

■ **You can find more information at [tfl.gov.uk/modes/cycling/santander-cycles](http://tfl.gov.uk/modes/cycling/santander-cycles)**

## Perfect Pride presents

LOOKING for last minute stocking fillers? An Oyster wallet (£2.99) sporting the famous rainbow New Routemaster bus is on sale to support TfL's award winning #RidewithPride campaign.

A limited edition poster, produced by TfL for Pride in London 2015, is also available for £9.95.

TfL has shown strong support for the LGBT+ community in recent years by launching the capital's first rainbow bus, taxi and DLR train, rainbow crossing and by supporting the Pride in London parade.

■ **Buy the Oyster card wallet and poster at London Transport Museum in Covent Garden or online at [www.ltmuseumshop.co.uk](http://www.ltmuseumshop.co.uk)**



## Traffic information for the capital

#### A127 Southend Arterial Road Until December 20, 8am

Various lane and road closures between Gallows Corner Flyover and Ardleigh Green Road in place for bridge replacement works

#### King's Cross Road Until December 20, 6pm

Temporary traffic signals will be in use at the junction of Wharton Street owing to Thames Water works.

#### Leadenhall Street Until December 20, 6pm.

Closed eastbound at the junction of St Mary Axe.

#### Victoria Embankment and Upper Thames Street Until December 23, 6am

Closed overnight in both directions of Victoria Embankment and Upper Thames Street between Southwark Bridge to Westminster Bridge (not

Fridays or Saturdays) for resurfacing works.

#### Blackfriars Road Until December 23, 4pm

The Cut will be closed in both directions as part of the ongoing North South Superhighway works.

**For a full list of traffic information, go to [tfl.gov.uk/trafficnews](http://tfl.gov.uk/trafficnews)**

For more articles and to keep up to date with TfL announcements, visit [tfl.gov.uk/news](http://tfl.gov.uk/news)

## London travel advice: plan your journey now


 **tfl.gov.uk**

 24 hour travel information  
**0343 222 1234\***

   **[tfl.gov.uk/socialmedia](http://tfl.gov.uk/socialmedia)**

**London Travelwatch**  
London's transport watchdog  
call 020 3176 2999, or visit  
[www.londontravelwatch.org.uk](http://www.londontravelwatch.org.uk)

\*Service and network charges apply.  
See [tfl.gov.uk/terms](http://tfl.gov.uk/terms) for details.

 Newspapers left on the Tube can jam doors and cause delays to your journey.  
Take your newspaper with you or put it in a recycling bin.

The views expressed are those of TfL only and are not those of Metro.

**My road will  
be safer**

Masumi, Elephant and Castle



As part of our Road Modernisation Plan we're redesigning the roundabout at Elephant and Castle to improve safety. Find out how our plan will make life better for Londoners at [tfl.gov.uk/roads](http://tfl.gov.uk/roads)