

Reasons to Ride your Bike in the Winter

- Once you get your circulation going, being outside will be nicer.
- Holiday shopping by bike.
- It always starts, regardless of how cold it is.
- Winter will deliver the freshest air Toronto has to offer.
- You can buy winter tires for your bike.
- You can beat the winter blues, arriving feeling alive and refreshed.
- You can visit friends.
- You can avoid 'winterbody' by adding the exercise to your commute.
- Your friends and co-workers — who don't think you are insane — will have great respect for you.
- You will become an 'outdoorsy' person without having to leave the City to do it.
- Your zero-emissions vehicle will not contribute to climate change.
- You will be a part of Toronto's solution to reduce traffic congestion.
- You can go to www.toronto.ca/cycling/bikewinter for tips, trick and events you can enjoy winter riding.

You can go online to
www.toronto.ca/cycling/bikewinter
and check out tips, trick and events you can
enjoy on your bike.

Warm Up by Bike!

For Complete tips and tricks on:

- Mechanical stuff
- Clothes, layers and dressing
- Route planning
- Wet weather
- Darkness
- Bike maintenance & self maintenance
- and more visit

www.toronto.ca/cycling/bikewinter

As a cyclist, some days the weather is so bad,
that you will not want to ride, but don't generalize.
Re-evaluate day-by-day. There are plenty of
beautiful, ride-able days in the winter.

General Cycling Inquiries: 416-392-7592

Post and Ring Request Line: 416-392-9253

Bicycle Friendly Business Awards:
Bicycle User Group Network 416-338-5076

CAN-BIKE Course Registration: 416-338-4386

Snow Clearing Problems: 416-338-SNOW

 TORONTO

Bike Winter

Don't Hide Inside. *Go For a Ride!*



“Coldest Day of the Year Ride
January 30th, Noon at City Hall”

Encourage cycling in your community by hosting a Bike Event.

www.toronto.ca/cycling/bikewinter



You ride your bike in the summer. You love your bike. You wish you lived in a city where you could ride your bike year round. Well hold on a minute. The last bit isn't as impossible as it may seem at first. Winter cycling will generally require a higher level of willingness, organization and bike handling skill, but it is possible in Toronto.



Fact: Many cities have higher volumes of cycle commuters who continue riding through winter than Toronto. They have more year round riders despite factors such as higher latitudes, colder weather, wind or levels of precipitation.



Calendar for Toronto's Winter Cycling Months:

NOVEMBER

What to do: Dress for success. Like chopping wood, cycling will warm you up when you get your heart going. Wear clothes that will block the wind, preferably without making you sweaty.

Watch for: Dry days. You will be able to continue to ride most of the time, just like in the summer.

Watch out for: Key items to watch out for in the fall are wind and cold rain. The difference between summer rain and fall rain is that it can chill you and give you hypothermia. Use fenders.

DECEMBER

What to do: Fun winter cycling activities in December can include Holiday shopping and parties. Impress friends and co-workers by riding home at the end of office soirées.

Watch for: Remember the #1 rule of winter cycling: weather. Your nightly forecast via T.V., radio, or internet will be your best friend if you are commuting in the next day. A heads up for what to expect that morning or after work will mean you have the right clothes ready to go.

Watch out for: Snow, slush and salt may happen in December, watch the streetcar tracks.

JANUARY/FEBRUARY

What to do: Empowered by having already used your bike during three months cold or dodgy weather, you power on. You log on to www.toronto.ca/cycling/bikewinter to check out special events such as the "[Coldest Day of the Year Ride on January 30th](#)". You realize that this part of winter is only a couple of months long.

MARCH/APRIL

What to do: If you have been slacking off on your bike maintenance all winter, you will start to really notice the salt build up now. For tips on this log on to www.toronto.ca/cycling/bikewinter

Watch for: The days are getting longer and the increased daylight makes the world seem warmer even if it's still cold. You may see 'summer only' cyclists start to come out and realize you are now part of a different breed.

Watch out for: These months are generally wet and soggy, but it is getting warmer.



Using your bike with Transit

The TTC will have bike racks on all buses by 2010. For info on routes currently available visit:
www.toronto.ca/ttc/bike_racks.htm
or call 416-393-INFO

You can take your bike on the subway or GO Transit on weekends and 'non-peak' hours on weekdays.

www.toronto.ca/cycling/map/transit_ferry.htm
or 416-393-INFO

For complete route & schedule information:
TTC: 416-393-INFO (416-393-4636)
www.toronto.ca/ttc

GO Transit: 416-869-3200
www.gotransit.com

"Riding in the winter on a -5 degree day with sunshine is one of the best things"

Watch for: The new relationship you may develop with your hot shower and clothes in the dryer. The cold outside will help you appreciate the warmth of your home.

Watch out for: Moments when it's not worth it. Be careful. It is dark most of the time and you should adorn yourself with lights like the Christmas trees now come and gone.

