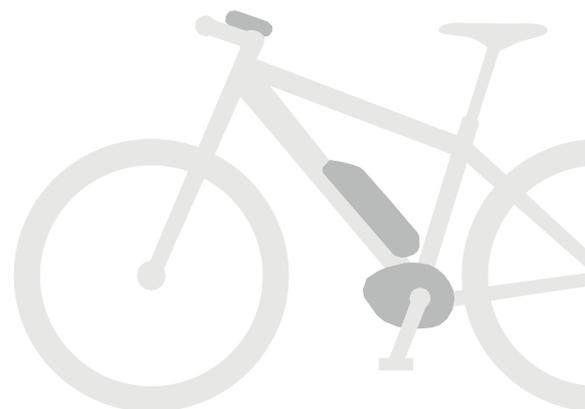


eBike mobility even in winter

▶ Year-round cycling is on trend



Leaving the bike behind, just because the weather is becoming uncomfortable? Not an option for year-round cyclists. More and more people are cycling no matter the season. Especially commuters: Many enjoy riding in the fresh air, thus clearing their minds and reducing stress. According to the Sinus Institute, cycling is becoming more popular each year. Bosch eBike Systems provides good reasons for year-round cycling – and offers tips for getting through the cold months fit and unscathed.

1. Safe and sound

Exercising even in cold air keeps you fit, strengthens the immune system – and protects against the winter blues. According to a study, the personal well-being of all-year cyclists is significantly higher. Cycling regularly, no matter the season not only boosts happiness but also means two fewer sick days per year. Even a quick trip is sufficient to protect the body from pathogens. So, instead of being exposed to viruses and bacteria on a crowded train – simply cycle away from the common cold.

2. Fast and sustainable

During the cold winter months, many leave their bike behind out of convenience. It doesn't have to be that way. Despite icy headwinds, the eBike represents a sustainable alternative to the car or to public transport. Especially for commuters: About 75 percent of commuters in Germany have a commute of less than 25 kilometres, and about half of all commutes are less than ten kilometres. Commuting to work by bike 10 kilometres a day instead of taking the car, saves up to 350 kilograms of CO₂ emissions per year. Especially for shorter distances, it is not only a fast means of transport, but also an environmentally friendly one.

3. Safe and visible

The right clothing makes eBike riding enjoyable even during the winter months. Instead of a single thick jacket, we recommend dressing according to the “onion principle,” with several layers on top of each other. If possible, choose clothing that's breathable and waterproof to protect yourself against wind and rain. During the dark winter months, it is particularly important to wear light coloured and reflective clothing to be easily visible to other road users. Once at

home, change into dry clothing as quickly as possible.

4. Proactive and safe

Not only in winter, it is essential to be riding with foresight and adjusted pace. In adverse weather conditions, eBikers are well advised to start riding a little ahead of time and plan more trip time than usual. Aggravated conditions such as wet leaves, slush or loose gravel also affect braking manoeuvres. For example, Bosch eBike ABS mitigates hazardous situations due to incorrect braking behaviour. It increases both the safety of eBikers and of other road users and provides more control during the braking process, thus making riding even in wintry city centres safer.

5. Charged and well-maintained

When it's freezing outside, the eBike battery's capacity may be reduced. We therefore recommend removing the rechargeable battery after riding, storing it at room temperature and only inserting it back in the eBike immediately before riding it again. Use a thermal protective cover to protect the rechargeable battery during longer trips. Rechargeable batteries with lithium-ion cells should principally be charged at room temperature. eBikes should be properly maintained to maintain functionality and riding enjoyment. If the bike is heavily soiled by precipitation or snow, it is essential to wash off any mud and salt residues with water and soap. A splash of oil on the bicycle chain ensures your eBike runs like clockwork.

6. Connected and rejuvenated

It's cold, dark and a long way to ride? That's no reason to leave the eBike behind. If you need to go more than 25 kilometres, you can combine the bike with other means of transport. Pedelects with motor support up to 25 km/h, for example, can be transported by train or other public transport. However, differing regulations may apply. Another option would be to leave the eBike at the train station or at the bus stop to continue the commute by train or public transport. This requires a safe and covered parking space, if possible. This allows for ideally combining exercising in fresh air in the morning and in the evening while saving time.

Sources:

- Cycling is becoming more and more popular: Sinus Institute (<https://bit.ly/2O8bDp5>)
 - The well-being of year-round cyclists: Allgemeiner Deutscher Fahrrad-Club e.V. (Cyclists' Association of Germany) (<https://bit.ly/2s0bvPz>)
 - Commuting statistics: BMVI (Federal Ministry of Transport and Digital Infrastructure) (<https://bit.ly/2OvvgpY>) and Federal Environment Agency (<https://bit.ly/2QDmBEx>)
 - Bicycle transport: Transport conditions of Deutsche Bahn (German railway company) (<https://bit.ly/2D5t6rS>)
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