

SPECIAL NOTES FOR HIGH-ALTITUDE CYCLING

高山騎行特別提醒



If your cycling journey takes you into high-altitude regions, standard gear is often not sufficient to cope with rapidly changing mountain weather. For every 1,000 meters of elevation gain, the temperature drops by approximately 6°C. Combined with wind chill and long, fast descents, hypothermia can occur unexpectedly.

We strongly recommend adopting a layering system ("onion-style dressing") and a dynamic strategy for adding or removing layers during climbs and descents. Pay special attention to protecting extremities—head, hands, and feet—with enhanced insulation. Please read carefully and prepare thoroughly to build your personal high-altitude defense system, ensuring you can safely enjoy both the challenge and the breathtaking views.

HIGH MOUNTAIN CYCLING SPECIAL TIPS & GEAR UPGRADES



1. OPTIMIZE THE 'ONION' LAYERING SYSTEM

As per the mnemonic 'Inner Wicking, Mid Warming, Outer Windproof', for high mountain cycling, dynamic multi-layering is strongly recommended for easy temperature control:



INNER LAYER (Wicking)
Absolutely **NO COTTON!** Must wear highly breathable, quick-drying inner cycling layer to keep body dry and prevent hypothermia from sweat in cold air.



MID LAYER (Warming)
Select appropriate thickness long-sleeve or short-sleeve warm cycling jersey based on altitude.

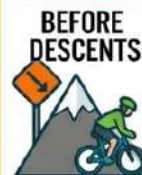


OUTER LAYER (Windproof/Waterproof)
A lightweight, packable windbreaker or waterproof jacket is essential for high mountains. Instantly lock in body warmth on descents or when wind picks up.

2. ASCENT & DESCENT LAYERING STRATEGY (DYNAMIC ADJUSTMENTS)



DURING ASCENTS
Body generates a lot of heat. Unzip or even remove and pack windbreaker to maintain ventilation and prevent sweat buildup.



BEFORE DESCENTS
"Never wait until you feel cold to layer!" Upon reaching the summit and preparing to descend, immediately put on windbreaker, even if you feel warm. High speeds + cold air on mountain descents create extreme wind chill. Prevent catching a cold or hypothermia by layering proactively.

3. CRUCIAL WARMTH FOR EXTREMITIES

HEAD WARMTH



Helmet vents lose heat. Wear a windproof skull cap or insulated neck gaiter (Buff) under helmet to protect head and ears from direct wind.

HAND WARMTH



Prepare a pair of full-finger windproof/insulated gloves. Numb fingers can't effectively squeeze brakes, creating a dangerous situation.



FOOT WARMTH

Toes face wind and freeze easily. Wear thick wool socks or windproof shoe covers (overshoes). If no shoe covers, an emergency fix is stuffing newspaper or plastic bags into shoe toecaps to block wind.

4. MOUNTAIN WEATHER DEFENSE MECHANISMS



2-PIECE LIGHTWEIGHT RAIN SUIT
Mountain afternoons are prone to showers or fog. Waterproof jacket serves as a rain layer and an enhanced windproof layer.



EMERGENCY SPACE BLANKET (MYLAR BLANKET)
Palm-sized and ultra-light. Strongly recommend keeping in saddlebag. In case of extreme weather, being stranded by mechanical failure, or injury, this is a life-saving tool for high mountain cycling.

Additional Notes:

BikeExplorer will provide shower caps and lightweight rain ponchos. If you have a two-piece rain suit, you are welcome to bring your own.

Emergency thermal blankets are recommended only for individual, unsupported rides; they are not required when traveling with a BikeExplorer group.

Maintaining body temperature and energy levels is critical in high-altitude riding. During breaks, you can obtain warm drinks and snacks from the support vehicle—please make sure to refuel regularly.



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