



Grouptest

Cycling glasses

Cycling glasses protect your eyes from more than just sunshine. **Hannah Collingridge** reviews four pairs



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One look at the Tour de France peloton is all it takes to be reminded that cycling glasses are a big business, with expensive sponsorship deals. Thankfully there are plenty that don't cost silly money yet still work well – and you don't need to be any sort of racer to benefit.

Glasses protect your eyes when riding. On sunny days, it's like wearing a normal pair of shades against glare. They also protect against wind and dry eyes, especially for contact lens wearers. Plus they protect against dust, debris, foliage, insects and anything else that might get in your eyes while riding either on or off road.

Styling is different from normal sunglasses. The coverage has greater wraparound, they are designed to stay on your head during activity, and they're often vented to prevent misting up as easily. You can pick up safety glasses cheaply from DIY stores, but be aware they are made to do a different job and aren't likely to be as comfortable when worn all day

If you're a prescription glasses wearer, your options are always going to be more expensive. Various companies offer either integral prescription lenses or clip-in lenses to fit behind normal cycling glasses.

Details WHAT TO LOOK FOR



1 UV protection

Well worth having to reduce the chance of long-term eye damage from the glorious sunshine. A dark lens doesn't guarantee UV protection, although all the glasses here are tinted and do have UV protection.

2 Changeable lenses

A cheaper option than a photochromic lens that lightens and darkens according to the conditions. Many come with a dark lens for sunny conditions, a clear lens for low light and nighttime, plus a coloured lens for somewhere in between.

3 Anti-fogging

Venting can be important, especially if you have a hot head (I do). Some lenses have an anti-fog coating. You can buy after-

market sprays to help with this issue. Muc-Off does one, for instance.

4 Fitting

Any glasses should be fairly lightweight and should fit securely without undue pressure on the sides of your head. The glasses need to fit your face shape, both for comfort and style. They should play nicely with the straps of your helmet, if worn. (The arms go outside the straps so the glasses will fall off your face more easily in a crash, preventing injuries from broken plastic.)

5 Accessories

A soft bag is useful for carrying the glasses when they're not being worn, as well as for cleaning the lenses. If you have trouble with glasses falling off, eyewear retaining straps such as Croakies (croakies.com) will help.

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