



Cycling Glasses



Most experienced riders will wear cycling glasses on every ride they do throughout the year. During the summer this will be to keep the sun out of their eyes, but during the rest of the year it can be to keep out the snow or rain, or even just the wind and bugs. But what should you be looking for in a pair of cycling glasses that can be used all year round?

The most important part of any pair of cycling glasses are their lenses, as the tint of the lenses will dictate what conditions you can wear them in.

Cycling glasses with inter-changeable lenses will give you different tints that you can swap in and out, depending on whether you're cycling in bright sunshine, cloudy overcast conditions, or after dark. Usually these are a dark tinted lens with 100% UV protection, a yellow tinted lens for improving contrast when in overcast conditions and a clear one for riding after dark.



Apart from the colour of the lens, there are a number of other things to look for. The lens should cover as much as possible to avoid wind and foreign bodies getting in the eyes. A hydrophobic coating is also useful for repelling rain and an anti-scratch coating. They should also be a strong impact resistant material, such as polycarbonate.

The frames should be light-weight and durable and most importantly, fit well. The tips of the arms should fit snugly around the temples just above the ears, to hold them on securely. Adjustable rubber nose pieces also add to comfort and fitting, as do rubber tips to the arms.

The frame should fit closely to the brow line so that when the head is down light and foreign bodies cannot get in. Many styles have a pliable brow piece for better fitting and an additional elasticated headband to ensure they stay on.

Broadly there are three different styles of frame design: full frame, half frame, and frameless.

All offer similar function although some full-frame cycling glasses might have a problem where the lower part of the frame is in your eyeline, so which variety you decide to go for depends on the look that suits you and the priority you give to weight.



There are also adaptors to allow prescription lenses to be fitted.

If you have found this article interesting and have questions regarding it, then please do get in touch either for a chat by phone, or please feel free to email me.

Debra Watts F.B.D.O.

Ringlands Optics

Tel: 01264 333 092

Mobile: 07764 455 333

Email: ringlandsoptics@live.co.uk

Web: www.ringlandsoptics.co.uk