

# The Press and Journal

## Six of the best: Cycle gadgets

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1. Music on the move – Lavod MP3 tube – £99.95 from [www.firebox.com](http://www.firebox.com) (0844 922 1010)

Don't tangle yourself up in wires on your bike, this nifty new gadget has enough space on its internal memory for hundreds of digital tracks to blast out of the built-in speaker. A simple twist on the control tube allows you to skip tracks and adjust the volume as you pedal, while, at the opposite end, there's a flashlight for added safety after hours.

2. Information station – Garmin 705 – £266.39 from [www.thenavigationcompany.com](http://www.thenavigationcompany.com) (0871 226 6678)

Having a SatNav system on your cycle might seem a little over the top, but imagine being able to simply enjoy the ride and the scenery as the map gives you turn-by-turn guides to your destination without having to pause for a thumb through that tatty map in your pocket. The Garmin also offers information on heart rate, how high you've climbed and time to destination, and also lets you store your favourite routes.

3. Look no hands – Bicygnals – £39.99 from [www.halfords.com](http://www.halfords.com) (08450 579 000)

Letting other road-users know which way you are turning is not only common courtesy but is an obvious safety measure, yet taking your hand off the handlebars just isn't. Attach this pair of Bicygnals to the front and back of your bike and, at the flick of a switch, your indicators will blink brightly and then after 30 seconds switch themselves off in case you forget.

4. Wind Power – Hymini charger – £44.99 plus £9.99 for bike mounting kit from [www.nigelseco-store.co.uk](http://www.nigelseco-store.co.uk) (0800 288 8970)

Mount one of these gadgets on your handlebars and transform your cycle into a touring power station, of sorts. The mini turbine comes with several different attachments so you can plug in a digital camera or mobile phone and juice them up enough for an extra 50 snaps or 15 extra minutes of talk time.

5. Flashing feet – Pedalite pedals – £34.99 from [www.iwantoneofthose.com](http://www.iwantoneofthose.com) (0844 573 7070)

**Replace your existing pedals with a pair of these and you can't fail to be seen as the red, white and orange lights flash furiously without the need for batteries.**

**Powered by kinetic energy, the pedals also continue to flash for up to five minutes after you've stopped cycling, so you're highly visible even when at a standstill.**

6. Half Helmet – Stash foldable helmet – £49.99 from [www.boysstuff.co.uk](http://www.boysstuff.co.uk)

Wearing safety equipment on the roads is an absolute must, but the bulkiness of the cycle helmet does put some people off as it is a pain to squeeze in a rucksack. This high-specification helmet folds away to almost half its original size for easy storage, and just happens to look pretty cool, too.