



The 10 Best...

Women's cycling gear

To mark Bike Week, we've teamed up with cyclists to find kit for girls who mean two-wheel business. Edited by **Sally Newall**

{1} MORVELO TURTLE CYCLING CAP

"This is the perfect solution for hiding sweaty helmet hair," says Donna Navarro aka Ordinary Cycling Girl (www.ordinarycyclinggirl.co.uk). "Wear it peak up or peak down, under your hat or on its own post-ride." The comfy cotton-polyester mix wicks away sweat. Plus, the tropical design ensures you'll stand out during a post-peloton pint. **£15, velovixen.com**

{2} GORE BIKE WEAR WOMEN'S ELEMENT ACTIVE SHELL JACKET

Here's a lightweight, packable jacket that will keep out the breeze and protect from light rain on grimmer summer days. It's cut looser than some so it's flattering on and there are zip pockets for valuables. Go for the neon yellow for maximum visibility. **£82.81, wiggles.co.uk**

{3} VULPINE WOMEN'S SUMMER CAPRI

If you don't do black lycra, these from the style-focused British brand are a smart compromise. There's a higher waist at the back, they're made of stretchy fabric and designed so you're not sitting on seams. Team with padded underwear for maximum comfort. **£75, velovixen.com**

{4} HOO HA RIDE GLIDE

"Hoo Ha Ride Glide does what it says on the pack," says Fiona Russell (fionaoutdoors.co.uk). "It can be applied liberally to all your 'nooks and crannies' [sic] for anti-chafing happiness while riding your bike." **£14.99, planetx.co.uk**

{5} ACCELERATION CYCLE TOP

Stylish workout wear specialist Sweaty Betty has a small but decent cycling collection. This patterned jersey gives good coverage when you're riding, the elasticated sleeves mean nothing's flapping about and there's a useful zipped back pocket for your keys and cash. **£75, sweatybetty.com**

{6} CYCLING SHORTS

"These padded shorts by Bristol-based brand Fierlan are really comfortable and good quality," says Donna. "They're cut with a high waist to avoid slippage, have reflective tabs for extra visibility and a zipped pocket to stash coins for cake stops." **£90, fierlan.com**

{7} SLEEVELESS BASE LAYER

Rapha's merino base layers are some of the best we've tried: they're breathable, wick away sweat, are super-comfortable and look good. Wear this one on its own on warmer days on casual rides or under a jersey when the weather and the cycling are more serious. **£50, rapha.cc**

{8} DHB BLOK ROUBAIX ARM WARMERS

"Arm warmers can be a life-saver on colder summer mornings" says Fiona. "You pull them on over your hands, like socks, to fit between wrists and short sleeves as a useful next-to-skin layer." Then just stuff them in a pocket when the mercury rises. **£7.50, wiggles.co.uk**

{9} SELLE ITALIA DIVA GEL-FLOW SADDLE

"It's the hole in the middle of this saddle that makes the difference between happy nether regions and chafed ones," says Fiona. "If you're wondering why there are women who can ride for miles without any discomfort, you can be fairly sure they have a female-specific saddle." **£57.67, halfords.com**

{10} UNISEX GILET

"Cycling in the British summer calls for a gilet which is wind- and shower-proof and folds up small," says Donna. She's a fan of this lightweight jacket by Le Col, the brand established by professional cyclist Yanto Barker. "The mesh back panel and soft fabric keep it flattering and super-breathable." **£80, lecol.net**



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