

# EBIKES AND HILLY TERRAIN



Ebike performance on hills depends on many factors including the weight being carried (rider + cargo), the steepness of the incline, type of ebike (mountain/urban) and the type of motor (crank/hub).

## Tips for Riding up Steep Hills

- 🚲 Use the gears; downshift well in advance of a steep hill. When your speed starts to dip, gear down.
- 🚲 Keep pedalling! Don't solely rely on the ebike power assist as this will strain the motor.
- 🚲 Try to use a low power mode to help preserve the battery capacity so you can ride further.
- 🚲 If you need to use high levels of power assistance, keep the bike moving at a steady pace. Demanding high power output when the bike is moving at too slow speeds may strain the motor.
- 🚲 Never ride up hills which exceed a 15% grade with the motor **fully** engaged. Set the bike to a lower level of pedal assist and maintain a reasonable speed above a walking pace.
- 🚲 For hills that exceed your ability to climb as a cyclist, dismount and engage 'walk mode'.
- 🚲 Make sure your footwear is appropriate and that your feet won't slip out of the pedals.

## Walk Mode

Ebikes are heavy so use the 'walk mode' to help propel the bike forward at a walking pace. This allows you to walk next to the bike with your hands on the handlebar, without having to push the full weight of the bike. Remember, 'walk mode' will still drain the battery.

## Weight Limits

Ebike manufacturers have recommended maximum weight limits for riders + cargo to ensure optimal bike performance and to avoid straining the motor. Typically, this ranges from 120 to 140kg but check your manual. Bike retailers can advise on ebikes more suited to carrying heavier loads.

## Carrying Cargo

Hills that are normally easy to climb and descend without cargo can become challenging, even dangerous, once cargo is loaded onto the bike. Your hill climbing ability, steering, and braking will all be impacted. Plan your trip and get accustomed to controlling the bike with a cargo load in a flat and open area before then try riding on roads or hills.

**IMPORTANT - Please read the manufacturer's manual for information about your specific ebike.**