



ELECTRIC BIKES FOR THE OVER 50s

Everything you need to know





"I am a 51 year old cycling newbie who was intimidated by cycling in London. I wanted an easy, step-through, raised handlebar bike that was bullet proof and made me feel comfortable and safe in urban environments. I have to say I now really enjoy riding to and from work and now feel safe when on the roads."

Emma Simpson



Why is everyone talking about electric bikes suddenly?

We give you the low down on the transportation trend of 2023

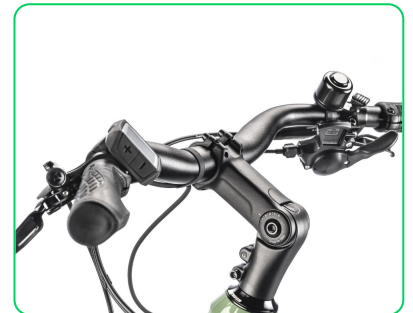


WHAT IS AN ELECTRIC BIKE?



Electric bikes offer a highly versatile and efficient method of transport for those looking to commute or explore out on their travels!

- **Electric assisted motor**, generating up to 340% pedal assistance for those steep hills.
- **Powered by a battery**, which can gain up to 80 miles of range in one charge.
- **More Comfort** eBikes are typically far more comfortable than traditional bicycles, thanks to more of an upright geometry and additional features.
- **Joy**: it's undoubted that riding an electric bike feels you with happiness. All you have to do is try one to find out!



***WHY ARE THEY
SO POPULAR?***





01 Keep You Fit!

With an eBike, it's incredibly inviting to jump aboard and go for a ride, whether it's for leisure, exploration or commuting purposes - and it's fantastic exercise!

"I wanted a bike that had an upright geometry and felt comfortable to ride, but also one that I could gain good exercise on. The fact I can maintain a good level of fitness in the lowest assistance modes, and travel up to 70 miles on a single charge, whilst being comfortable, has meant that I am becoming a lean mean machine! And of course, when there's a bigger hill, I may sometimes put the bike into a higher level of assistance. It has meant that I've been able to keep up with the girls on our days out."

— Nicola Brooksbank
rides an Samedi 28.1





02 Improve Rehabilitation

eBiking is a low impact activity, and gives your joints and muscles a better chance of rehabilitation.

"I have suffered some quite severe injuries to my lower limbs and if I was to buy a normal bike, I knew I'd be in too much pain with my knees and hips, and ultimately wouldn't get the exercise I need to stay active. My eBike has been brilliant. My Doctor has told me that since I've been on an eBike he's seen vast improvements to my hip and knee."

— Gregory Burnell
rides a Riese & Müller Homage





03 Adventure

You can get off the beaten track and go places you wouldn't normally!

"I now feel like I have less anxiety when going on long routes. The impact both bikes have had has been undeniable. My husband and I can now go out together, which we didn't do before, and it's definitely strengthened our relationship."

— Sophia Skyers

rides an Moustache Friday 27 FS 7





04 Comfort

eBikes are far more comfortable alternatives to normal bicycles, meaning longer, happier rides!

"I used to do a lot of road cycling but found that it became more tiresome and uncomfortable to ride with my friends. Since purchasing the Moustache Samedi 28.3 I've been able to go considerable distances, and in an upright position, which has been helpful on my back and hips. In the last two years we've all had, it boils down to the sheer capability of the bike, that I can travel further, and have some freedom, whilst not feeling knackered!;

— Graham Prestige
rides a Moustache Samedi 28.3





05

Make the most of your weeks and holidays!

You can now get out there and explore to your heart's content, making those inclines laughable!

"My eBike has genuinely changed my life. Being back on a bicycle feels liberating, and being able to keep up with my friends has given me the necessary confidence and sense of freedom I've wanted over the past twelve months."

— Sarah Allen
rides a Moustache Xroad 5



THE BEST eBIKE ROUTES IN THE UK!





LONDON CYCLEWAYS

London has developed some of the best cycling infrastructure in the UK over the past few years, with TFL committing to create 300 miles of new cycling routes by 2024. Via canal paths and cycling superhighways, you can go to places such as Richmond Park, Epping Forest, Olympic Park, Hampstead Heath, and explore many landmarks in the city centre!

Recommended eBike
Riese & Müller Roadster





THE LONG GAP, BRECON BEACONS NATIONAL PARK

One of the most demanding eBike routes, the Long Gap (22 miles) is iconic in the world of cycling and is home to Pen y Fan, the highest point in South Wales!

Recommended eBike
Moustache Samedi 27 Xroad 7 FS



YORKSHIRE DALES CYCLEWAY

The Yorkshire Dales are fast becoming a popular option for eBikers of all levels. An eBike can take you across the beautiful Dales, climbing places such as Kidstones Pass, and you can do circular routes starting and finishing in the likes of Conistone, Cowgill and Ingleton.

Recommended eBike
Riese & Müller Delite





LAKE DISTRICT

In what is widely considered to be the most beautiful and idyllic landscape in the UK, the Lakes are perfect to take on as an eBiker! We would recommend the routes in Whinlatter and Grizedale forests, catering for all manners of different capabilities.

Recommended eBike
Riese & Müller Homage





FORT WILLIAM, SCOTTISH HIGHLANDS

Whilst it may be a while getting up there (that's if you don't live in Scotland!) the Highlands and lowland areas such as Lothian can provide beautiful scenery with cycle routes!

If you are looking to camp and make the most of the trip, we'd suggest going to Fort William and taking on the trails!

Recommended eBike
Benno Boost-E

***WHICH eBIKE IS BEST
FOR ME?***





Fully Charged stock a selection of the world's best electric bikes.

Here we guide you through
Our pick of the bunch from the likes of
Riese & Müller, Moustache, Gocycle, Tern
and Benno.



RIESE & MÜLLER SUPERDELITE

Key Features

- Dual Battery configuration
- Any terrain
- Great loading capacity
- Full suspension
- Best components on the market

Who is this for?

- Someone who wants the most advanced electric bike, with supreme control and comfort.

[Learn More](#)



RIESE & MÜLLER HOMAGE

Key Features

- Dual Battery configuration
- Any terrain
- Full suspension
- Safety and comfort

Who is this for?

- Someone who wants to feel safe, comfortable and be happy in the saddle.

[Learn More](#)



RIESE & MÜLLER ROADSTER

Key Features

- Sporty
- Stylish
- Urban
- Orthodox bicycle look

Who is this for?

- The coolest urban rider who wants to commute in the city and possibly explore a little bit further, too!

[Learn More](#)





RIESE & MÜLLER TINKER

Key Features

- Compact
- Adjustable handlebar
- Brilliant maneuverability
- Universal sizing

Who is this for?

- Built for someone who wants to take on day-to-day challenges.

[Learn More](#)



RIESE & MÜLLER DELITE

Key Features

- All terrain option
- Full-suspension
- Front and rear carrying capacity
- Comfort is second-to-none

Who is this for?

- Anyone who wants to overcome every terrain with a state-of-the-art powerful bike.

[Learn More](#)



RIESE & MÜLLER NEVO

Key Features

- Easy step-through
- Supreme comfort
- All terrain features

Who is this for?

- Someone who wants to be relaxed and make the most of their journey, wherever they're going.

[Learn More](#)





MOUSTACHE SAMEDI 27 XROAD 1

Key Features

- Stylish
- Multi-terrain
- Bosch powered eBike
- Good rear rack capability

Who is this for?

- Your typical weekday commuter, weekend explorer.

[Learn More](#)



MOUSTACHE SAMEDI 27 XROAD 7 OPEN

Key Features

- Stylish
- Multi-terrain
- Easy access
- Good rear rack capability

Who is this for?

- Your typical weekday commuter, weekend explorer - added comfort on typical urban rides.

[Learn More](#)



MOUSTACHE SAMEDI 27 XROAD 7 FS

Key Features

- Stylish
- Multi-terrain
- Full suspension
- All terrain features

Who is this for?

- Anyone who wants to overcome every terrain with a state-of-the-art powerful bike.

[Learn More](#)





MOUSTACHE SAMEDI 28

Key features

- Upright geometry
- 28" wheels
- Front suspension
- Great rear rack capabilities

Who is this for?

- The coolest urban rider who wants to commute in the city and possible explore too!

[Learn More](#)



GOCYCLE G4

Key Features

- Fast-folding
- Stylish
- Lightweight for an eBike
- Universal sizing

Who is this for?

- Built for someone who wants to take on day-to-day challenges and wants a fast-fold up that's best in its class.

[Learn More](#)



BENNO BOOST-E

Key Features

- All terrain option
- Capable of taking up to 200kg
- Front and rear carrying capacity
- Comfort is second-to-none

Who is this for?

- Anyone who wants to carry a good amount of load and explore!

[Learn More](#)





TERN HSD

Key Features

- Long-tail compact cargo bike
- Supreme comfort
- Adjustable handlebar-stem
- Can take up to 75kg on rear rack

Who is this for?

- Someone who wants to be relaxed and make the most of their journey, and could take cargo too!

[Learn More](#)



TERN GSD

Key Features

- Longtail cargo bike
- Versatile
- Brilliant capability and maneuverability
- Optional dual battery configuration

Who is this For?

- Whether it's carrying loads, the kids or the partner, and one for a real adventure - the GSD is for you!

[Learn More](#)



TESTIMONIALS



WHAT OUR RIDERS HAVE TO SAY



Jacqueline Dove is like many vicars in rural parishes and has to juggle the demands of not one, but four, village communities daily. The Riese and Müller's Tinker provides the answer for her. It's small enough to store in churches when visiting, it's light enough to manoeuvre around old buildings and easily able to cope with the distance between the four churches under her care.

OUR CUSTOMERS THOUGHTS

"Sometimes mountain bikes can have quite forward leaning positions that can put pressure through your shoulders. I wanted a bike that offered an upright position that would be able to tackle a few tow paths - something that could open cycling up again to me."

"Having an eBike has given me back this amazing sense of freedom that I used to have when I would go riding with friends. It's something I didn't think I'd be able find again."

Sarah Allen - [Moustache Samedi 27 Xroad](#) rider



WHAT OUR RIDERS HAVE TO SAY

*"I work at a Rehabilitation Clinic. I've always convinced customers to do Active Rehabilitation, using progressive exercise and a range of motion techniques to help you overcome your injuries. **The Riese & Müller Nevo3 GT Vario** gives me a powerful tool to prove it to my patients"*

Nguyen Thanh Trung





"My wife and I sail around Europe in the summer months and so we spend a lot of time going up and down the French and Belgium coasts. Whenever you get to a port, you're typically in a valley, and so going electric seemed like a brilliant option. Having an eBike has extended our holidays tenfold. We've been able to go to different villages and ports, take in some much needed exercise after being cramped for room on the sailing boat and all whilst not over-sweating in the heat!"

Neil Fulcher - Gocycle G3+ rider

FREQUENTLY ASKED QUESTIONS

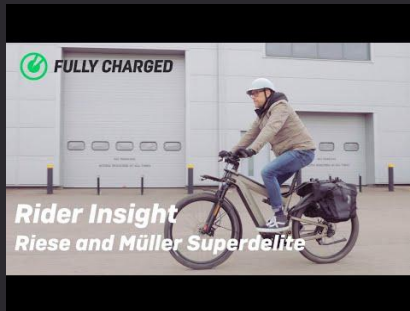


WILL MY eBIKE ACTUALLY GIVE ME ENOUGH EXERCISE?

With an eBike, it's incredibly inviting to jump aboard and go for a ride, whether it's for leisure, exploration or commuting purposes.

Some have argued that it's actually better than having a traditional bike as you end up riding it far more! Don't believe us? Then look at the below.

[A recent study](#), taken over a large base of e-bike riders (10,000 adults) in seven European cities concluded that electric bike riders ended up slightly edging out pedal bike cyclists in terms of exercise each week.



*"In conclusion, this analysis supports the notion to accept, or even promote, **e-bikes as a healthy and sustainable transport option** based on e-bikers travel behavior and self-reported mode substitution. Planers should be aware that e-bikers travel longer distances than cyclists. Thus, e-bikes might be used for **longer commuting trips** than non-electric bicycles. To accommodate (or promote) this new demand and to avoid conflicts with other road users in urban areas, cycling infrastructure should be expanded and may need to be adapted to accommodate higher speeds and address safety needs. The **health benefits** in terms of physical activity of using e-bikes, particularly when replacing car trips, should be factored in when considering subsidizing e-biking."*

*"In conclusion, this analysis supports the notion to accept, or even promote, **e-bikes as a healthy and sustainable transport option** based on e-bikers travel behavior and self-reported mode substitution. Planers should be aware that e-bikers travel longer distances than cyclists. Thus, e-bikes might be used for **longer commuting trips** than non-electric bicycles. To accommodate (or promote) this new demand and to avoid conflicts with other road users in urban areas, cycling infrastructure should be expanded and may need to be adapted to accommodate higher speeds and address safety needs. The **health benefits** in terms of physical activity of using e-bikes, particularly when replacing car trips, should be*

Transportation Research
Interdisciplinary Perspectives Journal



WILL MY eBIKE ACTUALLY GIVE ME ENOUGH EXERCISE?



Unfortunately in December I was diagnosed with heart-disease. I had an operation in January and I had to get back out and active again. Part of that process was me thinking that if i cycled to work everyday, obviously with an eBike I'd be putting a little bit less strain on my body.

It's a little bit different buying an eBike now, it's kind of like buying a car! There's so many different options. I simply couldn't be happier with my choice. When I found Tristan was local it was of huge help. It's one of those experiences that I thought, 'that's how I want to be dealt with as a customer.'

Richard Toomey

Riese & Müller Superdelite rider
Fully Charged Silverstone



DO I NEED INSURANCE FOR MY EBIKE?

We have done a video on insurance for your eBike here.



CAN I SERVICE THE BIKE MYSELF?

We have maintenance tips and tricks on our 'How To' section of our website and [Youtube channel](#), but we would strongly advise you not to service your bike at home – but bring it to a specialist.... like us!

DOES MY DEALER HAVE TO MAINTAIN MY BIKE?

No, it is not a requirement for your Dealer to maintain and service your Riese & Müller. Owing to the fact Riese & Müller work off the Bosch eBike system, you can typically get your bike serviced from any local Bosch Dealer. You can find your local dealer by looking at the locator finder [here](#).

However, we would highly recommend that unless it is unmanageable for you to get back to your local Dealer, that you should get your bike serviced from them. As the UK's leading Riese & Müller specialist, we pride ourselves on our aftercare support, and stock a wide range of accessories and spare parts for our network of riders. Our 10,000 sq/ft property in London Bridge is exclusive to our customers, where we are fortunate to have a growing team of specialist eBike mechanics on hand, and a dedicated Technical Support team, to continue keeping you on the road.

[Video: eBike Service Centre](#)



WHAT TIPS ARE THERE FOR MAINTAINING MY EBIKE AT HOME?



Carlos Santos

Head Mechanic at Fully Charged

1. Buy a track-pump and pump your tyres up!

It may seem simple but inflate your tyres once or twice a month. Check your tyre pressure regularly and inflate when necessary. Maintaining tyre pressure will ensure optimum comfort and performance.

2. Clean your chain regularly

If you have a derailleur then you can use dry lubricant or wet lubricant. If you use a dry lubricant then it's recommended for you to clean it once every 8-10 weeks, if wet lube, then once every 3 months. Wet lube is more difficult to clean with and you should use a degreasing agent.

3. Make sure your disc brakes are clean

Again, a simple tip but keeping your brake discs clean will help avoid contamination of the pads and the rotor.

4. Make sure your brake pads are not too worn out

Depending on your usage and gross weight of your eBike, it's recommended to change your brake pads every three months.

5. Carry a spare 'tool-kit pack'

This usually consists of a spare inner tube and tyre levers, just in case you get a puncture, which is highly unlikely with cargo bike tyres (as well as a multitool).



WHAT ADDITIONAL ACCESSORIES WOULD YOU RECOMMEND?



Hiplok EDX

Designed with eBikes and eCargo bikes in mind, the Hiplok E-DX is built from hardened steel and for maximum security on your most prized possessions.

[Learn More](#)

Hiplok Homie

150cm long maximum security hardened steel chain lock designed to secure multiple bikes at home, garage or office.

[Learn More](#)

Hiplok Ankr

ANKR's unique design means that it provides maximum security when mated with a lock (try Hiplok maximum security chain lock).

[Learn More](#)

Abus Bordo Granit X-Plus 6500 Folding Lock

A lock that can be put on the frame, this is built with 5mm steel bars with a protective coating that protects the bike frames from being damaged.

[Learn More](#)

ABUS U-Lock GRANIT™ Extreme 59

Provides protection against unauthorised access even where there may be a high risk of theft, your bicycle or motorbike will be protected with a double-locking, 16mm square parabolic shackle.

[Learn More](#)



Basil SoHo Nordlicht MIK Panniers

A capacity of 41 liters that is perfect for both commuting or touring. Made of matte PU material that feels very soft and the bag is fully waterproof. MIK compatible.

[Learn More](#)

Ortlieb Back-Roller Classic Pair

Ortlieb is the go to name in cycling luggage solutions, with the Back-Roller Classic being one of the most popular in the range.

[Learn More](#)

PowUnity GPS Tracker

The BikeTrax GPS tracker is an unrivaled reliable bicycle theft protection. It is a special GPS transmitter for Brose, Shimano, Yamaha and Bosch e-bikes.

[Learn More](#)

Bern Hudson Helmet

Berns safest helmet ever made. The new Hudson has been crash tested up to 27 mph complete with MIPS brain protection system and a rear 6.6 lumen LED integrated light.

[Learn More](#)

Dashel Cycle Helmet

Dashel's helmet has 5 air vents and comes with signature range of coolmax pads, which wick away sweat and are machine washable, to ensure long lasting comfort

[Learn More](#)



HOW CAN I TRANSPORT MY eBIKE?

All eBikes can be transported by train. If you are transporting a cargo bike, please make sure that you contact the specific train company before moving.

If you want to transport your eBike by car, you can do so by using [the Thule Stow Rack here](#). For some riders who are interested, we can supply and fit all Thule parts and are happy to do it in our private parking spaces located at our Service Centre in London Bridge - or at our partner stores.

DON'T I NEED A LICENSE TO RIDE AN eBIKE?

All eBikes are considered as EAPC (electrically assisted pedal cycles). This follows the same law as a traditional bicycle. You therefore don't need a license, and you can ride it on the road, bridleways or forest paths.

You do not require tax, insurance or registration. However, if you were to buy an HS (high-speed) Riese & Müller, you would need to register this as an L1E moped in the UK and follow the steps to ensure road legality - www.fullycharged.com/High-Speed-Electric-Bikes-Article

TEST RIDES

Try before you buy



IN-STORE TEST RIDES across the UK!

- **Test ride any Riese & Müller** at any one of our Fully Charged stores across the UK
- **6 days a week**
- **Our eBike experts** will guide you and answer any questions you may have

[BOOK YOUR TEST RIDE HERE](#)



Get in touch with an eBike Specialist to find out what suits you



Fully Charged London Bridge
Contact
0207 111 0977



Richard

eBike Sales Manager

- Father of two
- Rear loading cargo bike rider
- Ex bike mechanic
- Claims to be having a midlife crisis!



Bruno

eBike Specialist

- Father of one
- Riese & Müller Load 60 rider
- Pizza is the way to his heart!



Angelo

eBike Specialist

- 16+ years in the bike industry.
- True eBike enthusiast
- Rides a Riese & Müller Nevo.
- Arguably Fully Charged's coolest employee.



Bori

eBike Assistant

- True eBike enthusiast, rides a Riese & Müller Tinker
- Women's eBike Specialist
- Our in-house resident artist and actor!

**BOOK YOUR
TEST RIDE HERE**





LONDON BRIDGE

Arch 6, Unit 5 Crucifix Ln, London SE1 3JW

Our Flagship store, where it all started



Appointment Only Opening Hours

Monday - Friday: 10 am - 5:30 pm

Saturday: 10 am - 4 pm



Contact - 0207 111 0977



Or get in touch with one of our stores across the UK!



Silverstone 0207 111 0977
Guildford 01483808765
Cornwall 07939 806322
New Forest 07450233500



Tristan

Fully Charged Silverstone

- A dad, husband, swimmer, runner, cyclist and runner
- A Riese & Müller rider and evangelising eBike shop owner.
- Loves ice cream
- Hates hills!



Chris

Fully Charged Guildford

- Father of two, identical twins!
- 5+ years in the eBike industry
- Rear loading cargo bike rider.
- Believes life is better on two wheels than four!



Chris

Fully Charged Cornwall

- Father of six girls... yes, six!
- 10+ years in the bike industry.
- True eBike enthusiast, rides a Riese & Müller Load 75
- Arguably the funniest man at Fully Charged



Steve

Fully Charged New Forest

- Trekking, hybrid and eMTB specialist!
- Former pro mountain bike rider and World Cup race team boss!
- Bosch eBike service specialist

**BOOK YOUR
TEST-RIDE HERE**





SILVERSTONE
2225 Silverstone Park, Towcester, NN12 8GX

Tristan, our Silverstone Director, is standing by to answer any eBike enquiry.



Opening times

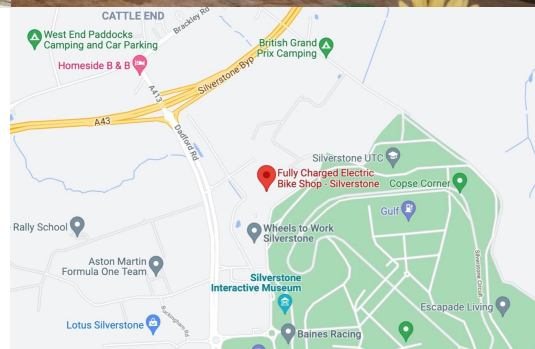
Monday – Friday: 10am – 5pm
 Saturday: 10am – 4pm



Contact

silverstone@fullycharged.com
 07377 153599

**BOOK A TEST RIDE
 HERE**





 CORNWALL
Barras Place, Liskeard, PL14 6AY

Chris, our Cornwall Partner, is available at our new store in Liskeard, as well as home test-rides across Cornwall, Devon and Somerset.



Opening times

Monday – Friday: 10am – 5pm

Saturday: 10am – 4pm

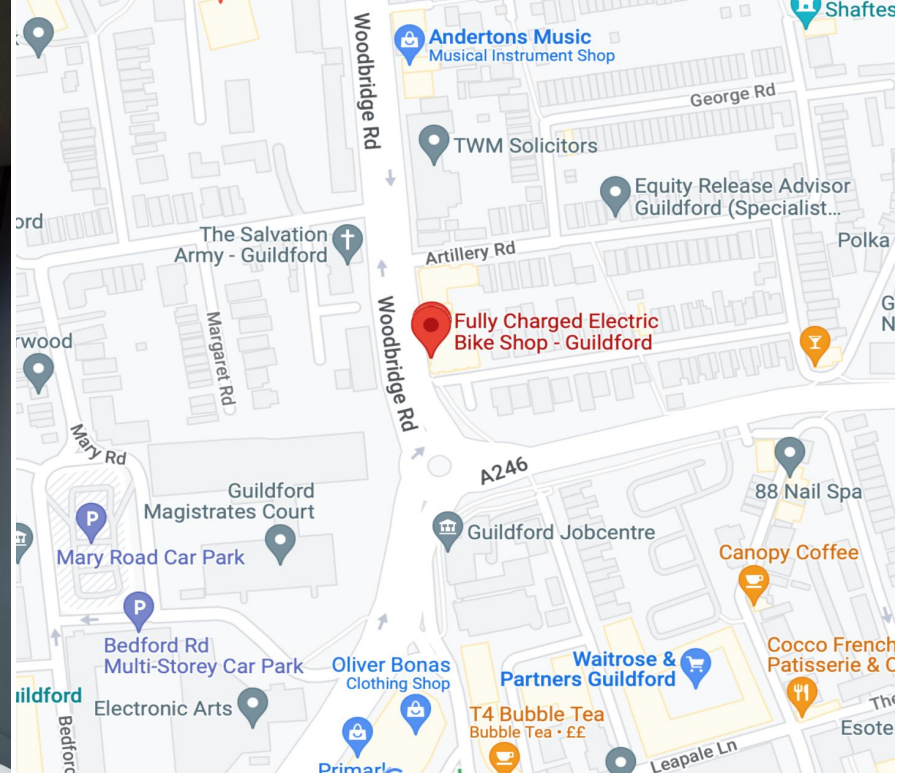


Contact

cornwall@fullycharged.com
07939 806322

[BOOK A TEST RIDE](#)





GUILDFORD

Unit 1, 75-78 Woodbridge Road, Guildford

Chris Harlow is at hand to speak to you about all things eBikes at our Guildford store.



Opening times

Weekdays (Tuesday closed): 10am – 5pm

Saturday: 10am – 4pm

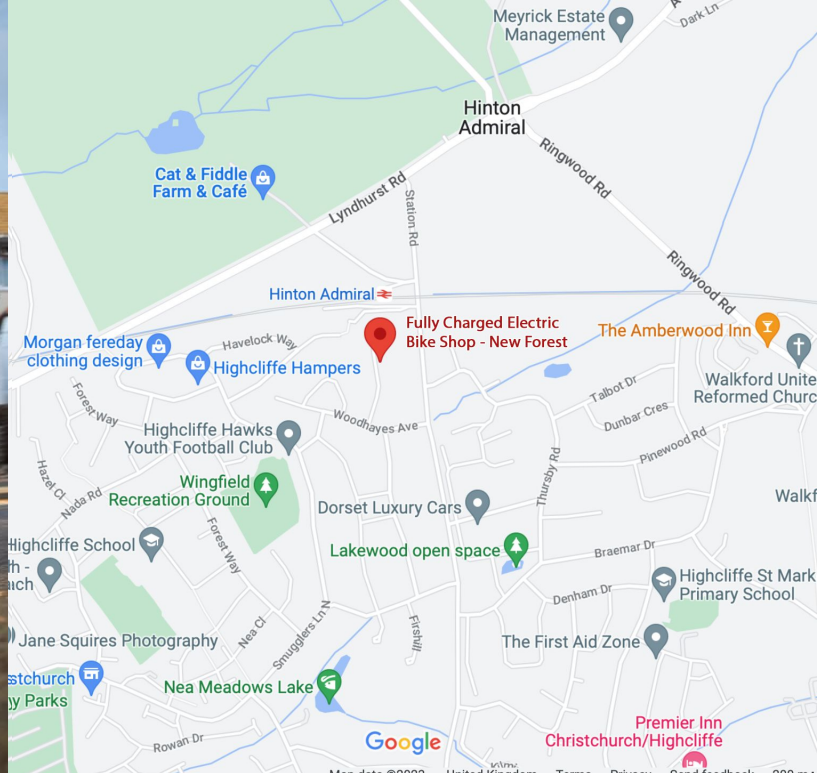


Contact

guildford@fullycharged.com
01483 808765

[BOOK A TEST RIDE](#)





NEW FOREST

Rossley Cl, Highcliffe, Christchurch

Steve is a former pro mountain bike rider and a specialist Bosch eBike service specialist. Steve is new to the Fully Charged family and looking forward to helping you go from A to Beyond!



Opening times

Our NEW STORE! Currently booking by appointment only.



Contact

newforest@fullycharged.com
07450233500

BLOG AND VIDEO COMING SOON!

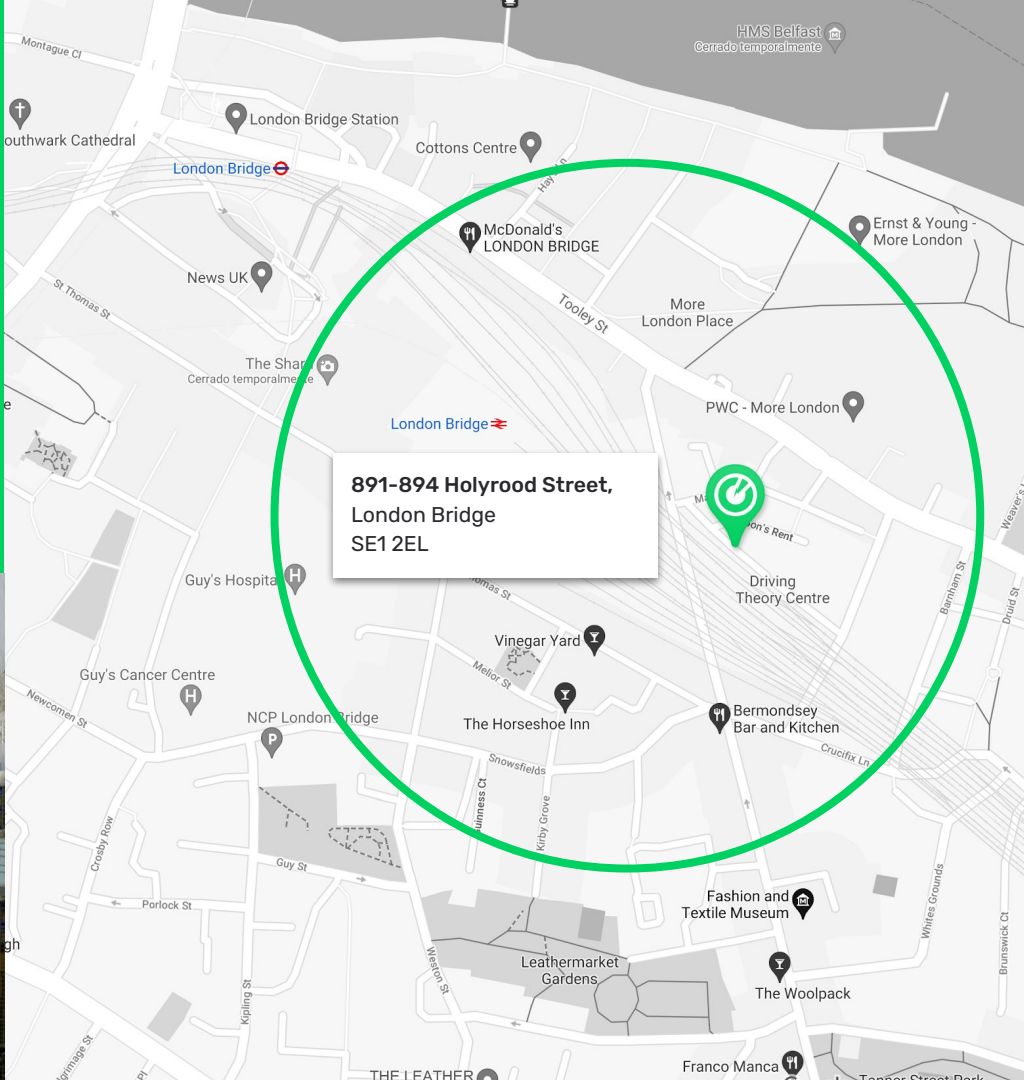
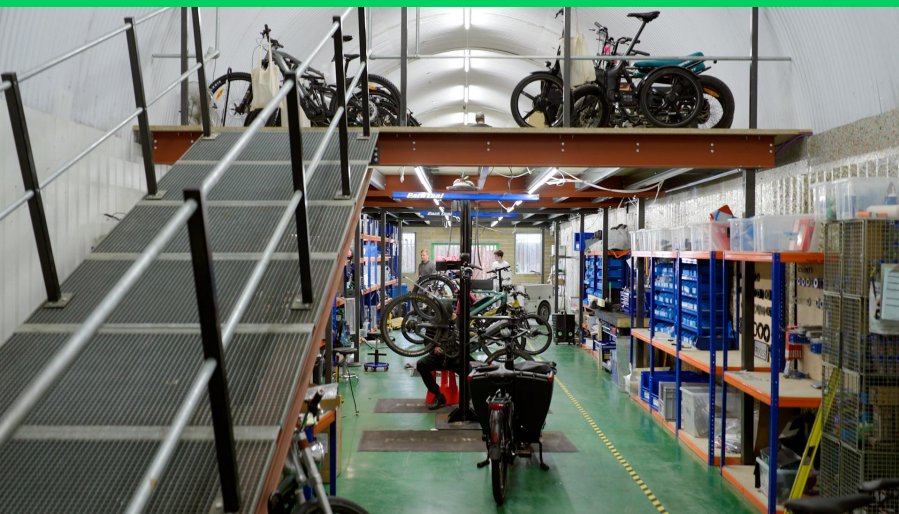




FULLY CHARGED SERVICE CENTRE

Your point of call

The UK's largest eBike service centre in central London



LONDON BRIDGE SERVICE CENTRE

Fully Charged have been offering eBike specific servicing from the world's leading manufacturers since 2014.

Based at the foot of the iconic Shard and only a **2 minute walk away from London Bridge station.**

Opening Hours:

Monday – Wednesday: 9 am – 5 pm

Thursday: 9.30 am – 5 pm

Friday: 9am – 5 pm

Saturday: 10 am – 4 pm

Contact - 0207 111 0977



OR HAVE A VIRTUAL CONSULTATION!

Simply speak to an e**Bike**
Specialist online

[BOOK YOUR CONSULTATION HERE](#)



Have you read our other electric bike guides?

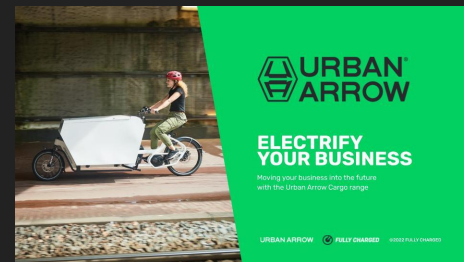
Please visit our [Fully Charged Insights page here](#) to see what other guides might be right for you to read ahead of making your purchase

CONTACT

Call: 0207 111 0977

Email: info@fullycharged.com

Visit: www.fullycharged.com





 FULLY CHARGED

CONTACT

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Email: info@fullycharged.com

Visit: www.fullycharged.com



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