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Music for your ears when cycling

There is no doubt about it, music can be a huge help when you're out cycling. Especially so if you use cycling as part of your training regime. However, you should never wear headphones that prevent you from being able to hear or remain aware of your surroundings.

So what headphones should you wear for cycling? Well, the answer lies with bone conduction headphones. These innovative devices essentially send music to your eardrum via a bone; generally your jaw or skull. That way your ear canal is free to hear all around you.

If bone conduction headphones sound like something you could use for your rides, then here are some of the best on the market.

Best Premium Bone Conduction Headphones

AfterShokz Aeropex Wireless Bone Conduction Headphones

AfterShokz' Aeropex headphones are both wireless and waterproof. This makes them perfect for cycling as you'll have no cables getting in the way as you ride. Plus, you can ride in any weather without fear of damage from water ingress (they have an IP67 rating against dust and water).

Because they are wireless, you can control music and take calls without having to stop pedaling to take your phone out of your bag. You get eight hours of continuous play, too; perfect for a day out on your bike.

Best Mid-Range Bone Conduction Headphones

Vidonn F3 Bone Conduction Headphones

The Vidonn F3 bone conductors have an excellent feature-set at a lower mid-range price. You get seven hours of playback with these 'phones and they're IP65-rated; ideal for a long ride in any weather.

They're wireless, so you can take calls and control music from the headphones themselves. Everything is operated via the multi-function button on the side, so operating them is as easy as lifting your finger to your ear.

Best Budget Bone Conduction Headphones

Tayogo Bone Conduction Headphones

Tayogo's bone conduction headphones are a steal, considering their low price point in comparison to the AfterShokz, above. They carry the same IP rating, so are sweat and water-resistant.

You can make and take calls using the built-in mic. The only factor that prevents the Tayogo headphones from matching up with the Aeropex is the play-time. These are only capable of six hours rather than eight, so fall short by two hours.

The Best Bone Conduction Headphones

These are some of the best bone conduction models you can buy. The best thing about all three is that they ensure you are safe while you ride, and you can't put a price on safety. Just remember, you should never cover your ears or block your hearing while you're on a bicycle.

Steven Knight