

Pedal Options

NAME	PEDAL	CLEAT	HOW TO KNOW FOR SURE?
Flat			This is the pedal that 95% of our bike tour and rental guests use. If you don't specify a pedal, this is what your bike will come with free of charge.
Basket			Also called "toe clips" or "toe cages," the straps fit over your normal tennis shoe. Not recommended unless you are accustomed to riding with these.
Shimano spd			The most common introductory clip-in pedal. Also known as "You know, the kind they use on the indoor spin bikes at the gym."
Shimano SL			Cleats are always black with yellow tips (as pictured) or black with red tips.
Look			Also known as "old-style" Look pedals. This model ceased production 2004. Cleats are most often red.
Look KeO			Almost always, you will see the KeO logo somewhere on the pedal. Cleats are often gray/black or red/white.
Speedplay X/2			These pedals are commonly known as "lollipops" because, well, that's what they look like.
Speedplay Zero			The Zero pedal has ridges and grooves that are not found on the smooth X/2. Cleat has bright yellow platform.
Speedplay Frog			This is Speedplay's mountain bike pedal.
Crankbrothers Eggbeater			Aptly named, because they do look like mini egg beaters. Cleats are identical to the Candy.
Crankbrothers Candy			Identical cleat to the Eggbeaters, but the pedal offers more of a platform.
Crankbrothers Quattro			Crankbrothers' road pedal. More elongated than the Candy and the cleat is different from both the Eggbeater and the Candy.
Time RXS			Time road pedal. Pretty unique and hard to confuse with other pedal types.
Time ATAC			Time mountain pedal. Again, these pedals are unique and are not easily confused with other pedal systems.