

Sports & Fitness

Eagle Required (or Swimming or Hiking)

Cycling Merit Badge

Bike safety, maintenance, and distance riding — the third option for this Eagle requirement.

Typical time to complete: **2–3 months**

GOOD FIT IF YOU LIKE

Sports & Fitness

Outdoors & Nature

Tips for Earning This Badge

- 1 Plan your long rides well in advance. The 50-mile ride in a day requires real conditioning.
- 2 Keep a ride log from your first practice ride — date, miles, route, and any mechanical issues.
- 3 The bike maintenance requirement is tested — learn basic repairs like fixing a flat and adjusting brakes before your counselor meeting.
- 4 Ride with a partner on longer training rides both for safety and motivation.
- 5 Counselors want to see you actually perform basic repairs, not just describe them — practice fixing a flat until you can do it without looking it up.
- 6 A common pitfall: underestimating road conditions and traffic on the long ride. Route planning matters as much as fitness.

Official Requirements

We keep this page focused on tips and what to expect, not a copy of the requirement text — requirements get revised periodically, and scouts are generally held to whichever version was current when they started the badge (the same reason Scoutbook lets you filter by pamphlet version). For the exact, current wording, check your Scoutbook record for this badge or the official page below.

Cycling on scouting.org 

Finding a Counselor

Ask your Scoutmaster for the council's merit badge counselor list. For popular badges, a parent in your troop may already be registered as a counselor. If your troop doesn't have one, your council's advancement chair can help connect you.