

AI-01557 Gravel Cycling Tire 700x40 vs 700x45

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Pros cons of 700×40 vs 700×45

Choosing between 700×40c and 700×45c gravel tires depends on your riding style, terrain, and priorities. Here's a breakdown of the pros and cons of each:

700×40c Tires

✅ Pros:

- Faster rolling on hardpack, pavement, and light gravel due to lower rolling resistance.
- Lighter weight, improving acceleration and efficiency.
- More frame clearance, reducing mud buildup in wet conditions.
- More compatible with a wider range of frames, especially for mixed-surface riding.

❌ Cons:

- Less cushion, meaning more vibration and fatigue on rough terrain.
- Reduced traction in deep gravel, sand, or loose terrain.
- Lower volume, making it more prone to pinch flats at lower pressures.

700×45c Tires

✅ Pros:

- More comfort with better shock absorption on rough trails.
- Better grip in loose terrain, mud, and technical sections.
- More stability, especially for bikepacking or loaded touring.

- Lower PSI capability, increasing traction and control on uneven surfaces.

✖ Cons:

- Heavier, which can affect speed and acceleration.
- More rolling resistance, making it slightly slower on smooth surfaces.
- Less frame clearance, which can cause mud buildup or compatibility issues.

Which One is Better for You?

- Fast gravel, mixed pavement, or long endurance rides? → 700×40c
- Chunky gravel, rough terrain, or bikepacking? → 700×45c

If you ride mostly in Cebu with mixed road and gravel, 700×40c might be the sweet spot for speed and efficiency. But if you're tackling rougher trails, 700×45c can provide extra comfort and grip.