



LONG DISTANCE BIKING: A GREAT PASSION FOR MANY MEN AND WOMEN

CASE STUDY/INSIGHT

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Long distance biking is an activity of riding motorbikes over long distances for competition and pastime. It is a strong passion for many people to explore places and their endurance while riding bike. A long bike ride will prove to be a perfect escape from the regular routines and hectic busy life. Long distance biking will give the riders an adventurous and exciting experience.

For long distance bike rides, excellent driving skills, body fitness, ability to sit and drive continuously for long hours, coordination between mind and body, and strong motivation, courage and passion is required. A long distance bike rider should be well equipped with best necessary driving gear for safety. These include durable pants, boots, gloves, full faced helmet, riding jacket, bluetooth and GPS mounted to his/her bike. Maintaining optimum pressure in tyre is important. Checking bikes for proper functioning prior to the long ride is crucial. Carrying documents such as driving licence and bike registration papers is important since the ride involves travel between different states. It is equally important to carry first-Aid box for safety purpose. Apart from this, luggage should consist of clothes, water bottles, mobile charger and other essentials. Being hydrated during long distance biking is very important to avoid fatigue, headaches and nausea.



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Different bikers follow different routes and ways for long distance bike rides from South India. Long distance bike riding can be a solo ride or group ride. Long distance bike riding in South India gives great choice of places like adventurous terrains, coastal lines and mountains. Some of the best routes for bike rides in South India are Bangalore to Munnar, Mumbai to Kerala, Bangalore to Coorg, Chennai to Pondicherry, Chennai to Yelagiri, Chennai to Rameshwaram, Chennai to Kanyakumari, bike ride covering Kerala and riding to all hill stations in South India. Some riders even ride from South Indian states to North Indian states up to Himalaya, Manali, Leh, Ladakh, etc. Depending on the endurance and willingness, bikers cover distances from 300 kilometres to even above 1,500 kilometres.

More than a hobby, long distance bike riding is a strong passion for many and they invest their income on this. It is an adventurous, stress relieving activity which gives happiness and sense of achievement. Many women are also passionate about long distance biking and are going for it. There are several women riders who have successfully traversed on bikes throughout India.

