

Slow & immersive: Plan a pedal-powered adventure

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Whether you're cruising past vineyard-draped valleys in Europe or navigating spice-scented streets in India, cycling opens up a deeper connection with a place. Driven by sustainable tourism and the desire for unique travel experiences, cycling tourism is growing in demand. Here's how you can curate one for yourself.

'SLOW, IMMERSIVE AND SUSTAINABLE'

Cycling holidays offer a unique and immersive way to experience a destination. Rajeev Kale, President & Country Head - Holidays, MICE, of a travel company says, "We've seen a growing interest in cycling-based travel from both individuals and small groups seeking more active and eco-conscious itineraries." Adds SD Nandakumar, President & Country Head - Holidays & Corporate Tours, of a travel company, "Our data indicates that the average age of our customers has dropped by approx 10 years, and the growth of this younger segment is not restricted to metros but emerges from tier 2-3 cities."

Top Indian destinations

- Coorg's coffee plantations
- Munnar's rolling tea gardens
- Leh-Ladakh's dramatic mountain passes
- Goa's coastal routes
- Puducherry's beach and nature trails
- Spiti Valley in Himachal Pradesh
- Kaas Plateau in Maharashtra
- Mechuka Valley in Arunachal Pradesh
- Velhe-Panshet near Pune
- Majuli Island in Assam
- Valparai's hilly trails in Tamil Nadu
- Wayanad in Kerala
- Araku Valley in Andhra Pradesh



"Travellers are getting fitter, and there's a growing interest in adventure activities like mountain biking, hill and coastal cycling," shares SD Nandakumar

Planning a cycling holiday requires consideration of fitness levels, terrain, climate, and the right gear. And India's diverse landscapes offer endless possibilities for travellers to discover the country at their own pace

— SD Nandakumar, President & Country Head - Holidays & Corporate Tours, of a travel company

Tips to plan it right

Choose the right bike: For rugged terrains like Ladakh, opt for a sturdy mountain bike. For urban smoother trails or city rides, hybrids or touring bikes offer comfort and efficiency. **Plan your route with some buffer time:** Don't underestimate the distance or overestimate your stamina. Leave room for detours, downtime, and weather surprises.

Pack smart, light: Focus on essentials — weather-appropriate clothing, a basic repair kit, hydration gear, and a reliable power bank.

Adhere to local laws and etiquette: Knowing and following local cycling rules is non-negotiable. Understand hand signals, helmet requirements, and lane usage specific to each region. **Look for accommodations that welcome cyclists:** Look for bike-friendly stays with secure parking, washing areas, and flexible meal timings to match your riding schedule.

— Inputs by Hari Ganapathy, co-founder of an online travel company

Top international destinations

AMSTERDAM: With over 500 km of dedicated cycle lanes, seamless bike rental systems, and canalside paths, Amsterdam offers a dream-like urban cycling experience.

KYOTO: Kyoto's flat terrain, respectful traffic, and compact layout make it a joy to explore by bicycle. Ride past

bamboo groves in Arashiyama, ancient shrines in Gion, and riverside paths during the cherry blossom season. **LOIRE VALLEY:** The "Loire à Vélo" route spans 900 km of gentle terrain along the Loire River, passing through fairytale castles, vineyards, and sleepy French villages. **OTHER POPULAR TRAILS:** Denmark's scenic landscapes, Belgium's historic towns, Switzerland's mountain circuits, and Austria's alpine trails. "Spain's Camino de Santiago, South Korea's scenic riverside paths, and Singapore's urban cycling trails are gaining momentum among Indian cyclists looking for adventure abroad," adds Rajeev Kale.



As more travellers seek sustainable and active holidays, cycling is becoming an integral part of thoughtfully crafted travel itineraries, say experts