



HOW FAR CAN I RIDE IN A DAY?



The distance you can ride in a day varies depending on your overall fitness, your personal goals, the style of touring you choose, and the terrain. Here are some guidelines to plan by.

With a bit of bicycle-specific training, an average physically fit adult carrying less than 20 pounds of additional gear on their bike can expect to travel at an average pace of 65 miles per day on paved roads and still have time to stop and smell plenty of roses. With a load of gear totaling 20–45 pounds, the average pace to plan for should be lowered to 55 miles per day. If the terrain is particularly flat or mountainous, the average will increase or decrease accordingly. For mountain bike travel, these distances can be cut in half, or more, depending on the ruggedness of the terrain.

Experienced bicycle travelers can ride farther, but for most people, planning to exceed these averages has a tendency to increase the physical challenge and decrease enjoyment. We recommend that you plan for at least one rest day out of 10 and carry no more than 45 pounds of gear, or a lot less if you can. Always plan time in your day, and days off in your trip, for unexpected challenges and good opportunities. Most importantly, enjoy the adventure!

SURFACE	GEAR	TERRAIN	AVG. SPEED	RIDING TIME	DISTANCE
ROAD	20ISH POUNDS	FLAT	13 MPH	5 HOURS	65 MILES
		HILLY	10 MPH	5 HOURS	50 MILES
	40ISH POUNDS	FLAT	11 MPH	5 HOURS	55 MILES
		HILLY	8 MPH	5 HOURS	40 MILES

OFF-ROAD	20ISH POUNDS	FLAT	10 MPH	5 HOURS	50 MILES
		HILLY	8 MPH	5 HOURS	40 MILES
	40ISH POUNDS	FLAT	8 MPH	5 HOURS	40 MILES
		HILLY	5 MPH	5 HOURS	25 MILES

RUGGED	20ISH POUNDS	FLAT	8 MPH	5 HOURS	40 MILES
		HILLY	5 MPH	5 HOURS	25 MILES
	40ISH POUNDS	FLAT	5 MPH	5 HOURS	25 MILES
		HILLY	3 MPH	5 HOURS	15 MILES

DON'T FORGET THAT REST DAY!

