

# Guide to Adventure Cycling

Whether you're dreaming of a cross-continent epic or just looking to ride over the next hill to a comfy Airbnb, you've come to the right place to launch your cycling adventure.



Adventure  
Cycling





# Adventure Awaits

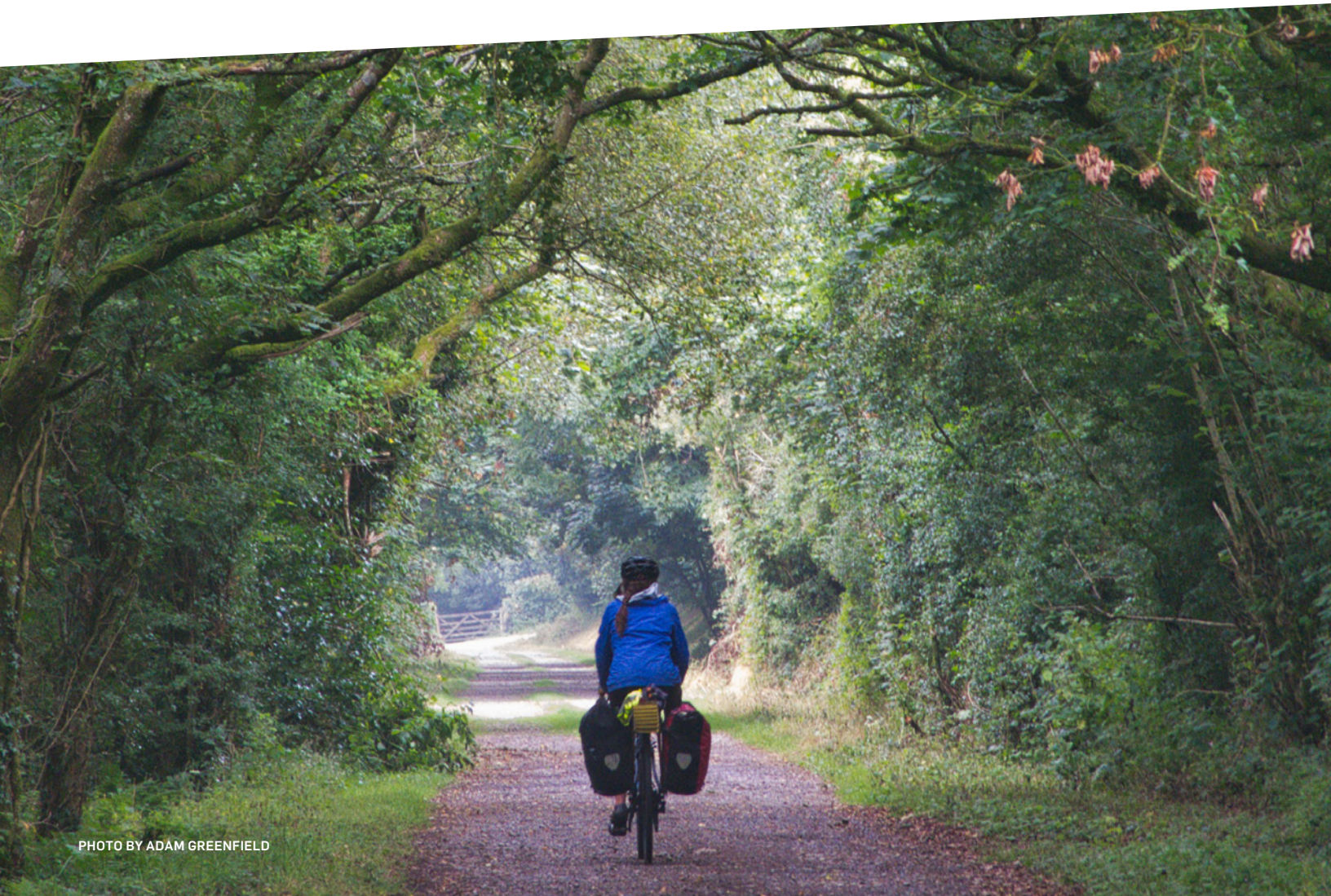
You say you'd like to spice things up with an escapade of some sort, a bit of an adrenaline booster, but you're not up to climbing Everest or trekking to the South Pole?

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Consider bicycle touring, one of the most accessible and bang-for-the-buck solutions available to the adventure-deprived. It's accessible both in terms of being right there for the busy person and as an activity just about anyone can do, regardless of age or fitness level.

The best part? The vehicle for curing that need for adventure, that vitamin-A deficiency, is probably gathering dust in your basement or garage right now, impatiently waiting to introduce you to new faces and places.

Or maybe you're simply looking for a way to slow down, to get out of the rut (or the traffic jam), and reconnect with some of the quieter, simpler things in life. Again, the bicycle can be your ticket to glide.





# What is adventure cycling?

Stripped to the basics, adventure cycling, or bicycle touring, is the act of using the bicycle to explore new or familiar terrain. It might be South Africa you're exploring, or South Dakota, or someplace even closer to home (unless you're from South Africa or South Dakota).

The definition of bicycle touring is varied and debatable. We believe that if you're riding a bicycle and leaving home for a night or more — be it to a remote campsite or a glitzy hotel — you're bicycle touring.

You can bicycle tour self-contained, whether you're camping or sleeping with a roof overhead. Or you can go supported, meaning a vehicle will carry the gear you need when you're not on the bike.

You can go it alone, ride with a friend or two, or join a group — a group of 10, or, in the case of some of the larger event rides taking place annually in the U.S., a group of thousands.

You can spin the pedals down undulating paved backroads, suck it up on hilly dirt trails, or coast along pancake-flat rail trails. The possibilities and potential combinations are limitless.





# The joys and benefits of adventure cycling

If you're like a lot of us, you can recall the fresh sense of freedom you felt when you were old enough to finally jump on your bike and pedal beyond the confines of your front yard.

Believe it or not, you can recapture that youthful sense of liberation, no matter how many years have slipped by since your first two-wheeled escape.

Discovering new places, while meeting the challenges and reaping the rewards of travelling self-propelled, provides a sense of accomplishment that's hard to replicate and easy to get used to.

And then there are those you'll meet along the way. Bicycling down the road, you'll be opened up to the world. People will find you interesting. They'll want to know what you're doing, where you're going, how far you ride each day ... and often ask, "Can I buy you a beer?" or "How can I get started?"





# Find your adventure

If you're intrigued by the idea of traveling by bicycle, you're in the right place. At Adventure Cycling, we're a 50,000-member strong organization working to build a better future for cyclists like you and encourage future generations to discover how far a bicycle can take them.

How? We create ...

- Resources for [planning your adventure](#)
- [50,000 miles of bicycle routes](#) through the United States and Canada
- [Advocacy campaigns](#) for bicyclists' safety
- National bicycle travel [events](#)
- An [award-winning magazine](#) full of inspiration and gear reviews
- [Guided tours](#) to make planning easy and help you meet new friends





We can't tell you how many stories we've heard of individuals dipping their toes into bicycle touring and coming out feeling accomplished, renewed, and ready for more. If we've piqued your interest about bike travel, we'd like to help make your trip happen.

**Click Here**

to get started — it only takes a few minutes, and sets you up for a lifetime of adventure.

- Members-only pricing on our cycling maps and guided tours
- Subscription to [\*Adventure Cyclist\* magazine](#)
- Special invites to [Bike Travel Weekend](#) and [Bike Your Park Day](#)
- Options to petitions for cyclists' safety
- [Discounts on bike gear](#) and travel necessities from our corporate partners

