

Adventure Cycling Tours: Freedom

If you're dreaming of touring the country or traveling the world, but just can't bear the thought of being cooped up in a car or tour bus, maybe four wheels isn't the way to go. Perhaps you should be traveling on two wheels.

When the open road calls, you need to answer it loud and clear. Why settle for a black and white world, when there are so many ways to color your world? Adventure is always ready for you, if you're ready for it. And when you're all set to find that excitement, adventure cycling tours are ready for you.

Cycling is a terrific way to travel. Whether it's a cross-country trek, a little off-road mountain biking or a leisurely cruise through an unexplored city, cycling provides an up-close, windowless perspective on the world that awaits you. If you love to ride a bike, an adventure cycling tour is the perfect way to start your quest for adventure.

Of course, in order to fully enjoy a cycling tour you must be physically fit. You'll find challenges on the road ahead, and both your mind and body must be ready to meet them head-on. Some adventure cycling tours involve journeys of 50 to 100 kilometers a day, so be sure that you're physically able to handle the challenge before you hit the open road.

The best thing about traveling by cycle is the feeling of absolute freedom that you'll enjoy on your journey. With the sun on your face and the wind in your hair, you'll be able to experience not only the sights, but also the sounds and the smells of the country around you. And because cycling is such a good source of aerobic exercise, you'll be getting a great workout while having the time of your life on vacation. Try getting that from a charter bus or cruise ship!

If you're serious about taking an adventure cycling tour, there are many travel companies that offer a variety of packages. Red Spokes is a popular tour company that specializes in adventure cycling tours. Your experienced tour guide will lead you to some of the most remote and spectacular areas in the world, and will be with you as you explore on two wheels. Every Red Spokes trip offers full services and an equipped support vehicle, leaving you to enjoy a worry-free adventure.

When you're ready to unleash that deep-seated adventurous spirit, join the many like-minded cyclists who share your interests and your thirst for excitement. With Red Spokes, you can visit exotic places Peru, India, Vietnam, Scotland and Ireland. You can travel the Karakoram Highway, visit Thailand and Laos, or travel from Lhasa to Kathmandu or Nepal-Kathmandu to Pokhara. This company offers day trips, weekend jaunts and longer voyages.

Remember, regardless of the package you choose or the destination you'd like to explore, you can plan on traveling 50 to 100 kilometers each day. If you're not in top physical condition, then you may want to delay your trip until you've had time to fully condition your body for the challenge. This is purely for your benefit, so that you can keep up with the group and enjoy all of the sights and sounds along the way.

When adventure calls, put the wheels in motion and answer that call loud and clear with an adventure cycling tour.