

Gravel Cycling

Gravel cycling, also known as adventure cycling, is the act of cycling on unpaved roads, trails, and gravel paths. Unlike road cycling, which is typically done on smooth, paved surfaces, gravel cycling requires a bike that can handle rough terrain, including rocks, dirt, and loose gravel.

Gravel cycling has become increasingly popular in recent years, with many cyclists seeking out new challenges and adventures. It offers a unique and exciting way to explore the great outdoors, away from the hustle and bustle of busy roads.

To get started with gravel cycling, you will need a suitable bike. Gravel bikes are designed with wider tires, a more relaxed frame geometry, and better shock absorption than road bikes, making them ideal for rough terrain. You will also need some basic equipment, such as a helmet, gloves, and cycling shoes.

When planning a gravel cycling route, it's important to consider the terrain and weather conditions. Gravel roads can vary greatly in terms of difficulty and can be affected by rain, wind, and other weather factors. It's also important to ensure you have enough food, water, and supplies for your journey, as you may be cycling for several hours or even days.

Overall, gravel cycling is a fantastic way to explore the great outdoors and challenge yourself both physically and mentally. With the right equipment and preparation, you can enjoy the thrill of cycling on unpaved roads and discover new adventures along the way.