# **5 Things to Consider Before Going on a Long-Distance Cycling Adventure**

If you love nothing more than going on vacation and getting away from the hustle and bustle of everyday life, and you are also a keen cyclist, you may be excited to head out on a long-distance cycling adventure. Cycling vacations have become increasingly popular in recent years as they are a fun and affordable way to explore new places while also offering a more environmentally friendly way to get around.

However, a long-distance cycling trip is not an adventure that should be undertaken lightly, and instead, it is important that you make all the necessary considerations to ensure that your trip is both safe and enjoyable. So, to make the cycling adventure preparations easier for you, we have put together these 5 things that you should be sure to consider before heading off.

**Find the Right Bike for You**

If you don’t already have a bicycle that you can use, or maybe you do, but you aren’t sure if it is going to survive the long-distance adventure you have in mind, then you should take the time to find the right bike. This is a crucial ingredient for a successful trip, as you will find it a lot harder to enjoy your time away if your bike doesn’t suit your cycling needs.

During a long-distance cycling adventure, you can expect to be on your bike for around 5-6 hours a day or longer, so your bike must be a comfortable fit. This may mean that you are required to try out a range of different bikes before you find the perfect one for you.

**Get Bike Insurance**

Just like if you were planning to go on a road trip, put an insurance policy in place to protect you in case anything goes wrong while you are away. There is a wide range of different issues you could have with your bike, from it needing repairs while you are on the road, to your bike getting damaged in transit.

Therefore, we recommend that you cover yourself with a good insurance policy that will protect you from any eventuality. For example, Velosurance offers bicycle insurance that covers the unexpected. [Velosurance](https://velosurance.com/) has insurance that protects you against loss/theft, any crash or accidental damage, as well as liability protection. Their insurance policies can also be extended outside of the US so that you are protected even if you decide to travel overseas.

**Plan Your Route in Advance**

While in theory, you might be keen on the idea of getting on your bike and cycling wherever the mood takes you. But in practice, you are going to want to have a plan in place so that you can always know what route you are going to take. By arranging your route in advance, you can ensure that you get to visit all the places you would like on your travels. By doing some research online, you will find that there are many [cycling routes already planned for you,](https://www.komoot.com/plan) and they will likely include safer and more sociable rides.

Failing to plan your route in advance could leave you and your cycling party exposed to trouble and could even impact your safety. So have a route in place for each day of your cycling adventure, and allow yourself some time to explore areas at your own leisure.

**Be Honest About Your Physical Condition**

A long-distance cycling adventure is no easy feat so if you are serious about undertaking such a physically exhausting trip, then you need to [be honest about your physical condition](https://www.realbuzz.com/articles-interests/fitness/article/10-ways-to-test-your-fitness/). Don’t make the mistake of underestimating how much toll it will take on your body, and if you aren’t already in good health then you may want to reduce the amount of time that you plan to be away from home.

Remember that being honest about your health and what your body is physically capable of doesn’t mean that you are admitting defeat or that you can’t enjoy a cycling trip at all. Instead, it simply means that you are being realistic about what you can achieve and may instead decide to reduce the distance you plan to cycle.

**Get Your Bike Checked Before You Go**

Whether you’ve had your bike for some time, or it is a new addition, you should always be sure to get it checked over before you go. The last thing you want is for something to be drastically wrong with it when you are on a ride in the middle of nowhere. So, be sure to get your bike serviced before you head off on your adventure so that any issues can be dealt with before you hit the road.

A long-distance cycling adventure is a perfect opportunity to explore new places while engaging in exercise and being kinder to our planet. Follow these tips before you depart to help you make the most of your vacation.