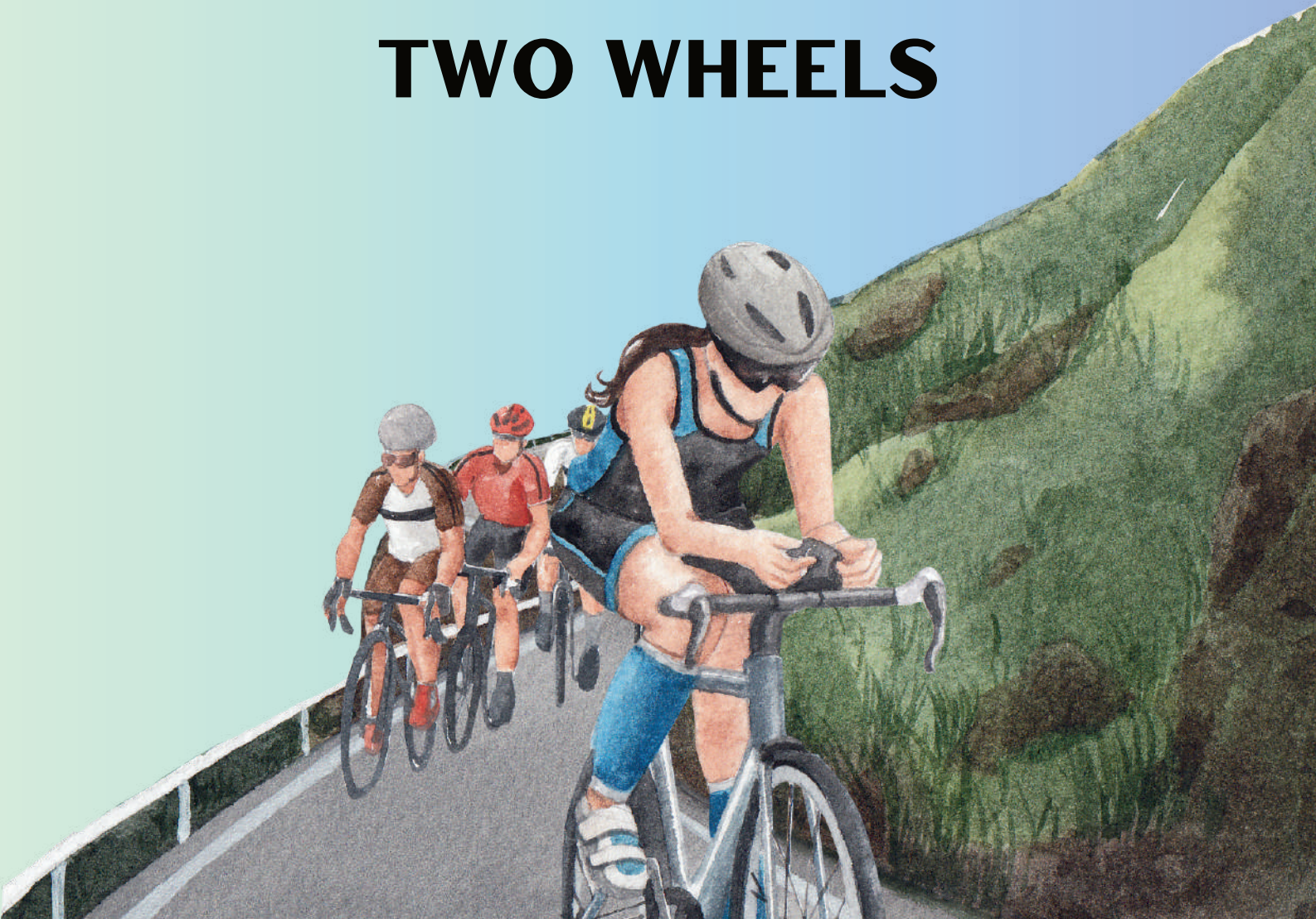


BY YUVRAJ RUPAREL



MUMBAI ON TWO WHEELS





COLABA

MARINE DRIVE

POWAI

BANDRA

JUHU

SANJAY GANDHI

NATIONAL PARK

JUHU BEACH

BANDRA KURLA

COMPLEX (BKC)

NAVI MUMBAI

VASAI- VIRAR



WHAT IS PARTHI?

Parthi is an initiative by Yuvraj Ruparel, based in Mumbai, India; that is formed to help society empower women. The word 'Parthi' means a woman or girl who is a warrior. It is

no secret that in India women of all ages face so many issues and have to fight to just be alive every single day.

Parthi aims to spread a word about diseases like Breast cancer, Turner syndrome, Rett syndrome, and Ovarian and Cervical cancers that can kill women, do pad donation drives,

educate women in rural areas about other menstrual products, provide vaccination, spread a word about marital rape and abuse, and help out women from in any and every way possible.

www.parthivison.com



"Cycling is one of my favourite outdoor sports. While at times this activity can be physically challenging especially when covering distances and climbs, yet it has a unique quality of being mentally exhilarating.



When I go cycling it helps me declutter my mind and it triggers my creative thinking. The activity of cycling also helps me become one with nature. There is nothing quite like traversing different terrains and taking in the sights, sounds and captivating beauty of nature.

Cycling is the ultimate metaphor for a balanced life. Just as it's important to balance oneself on the bicycle to enjoy the ride, similarly it's critical to maintain a balance of the mind, body and soul to enjoy the journey of life.

Keep Cycling, Keep Living!"

-Dr Neerja Birla



EXPLORING MUMBAI'S BIKING PARADISE: A COMPREHENSIVE GUIDE TO BICYCLE RENTALS

Mumbai, the bustling metropolis on the western coast of India, offers a unique blend of historical landmarks, scenic coastal routes, and vibrant neighborhoods. One of the best ways to experience the city's charm and get closer to its pulsating heart is by exploring it on a bicycle. In recent years, bicycle rentals have gained popularity, providing locals and tourists with an eco-friendly and enjoyable means of transportation. In this article, we will delve into the diverse bicycle riding places in Mumbai where you can rent bicycles, allowing you to embark on exciting adventures and discover the city's hidden gems.



SAFETY & PRECAUTIONS

- **Mumbai's traffic can be chaotic, so it's essential to prioritize safety and wear appropriate safety gear, including helmets and reflective clothing.**
- **Be mindful of traffic rules and signals while cycling on city roads.**
- **Check the weather conditions before starting your journey to ensure a comfortable and safe ride, and avoid cycling in heavy rain or extreme heat.**
- **Carry enough water and some snacks with you, especially if you plan for a long ride.**
- **If you are new to the area or unsure about the route, consider using a GPS-based navigation app on your phone to help you find your way.**



COLABA



Located at the southern tip of the city, Colaba is a popular tourist destination. The area boasts attractions such as:

- Gateway of India
- Taj Mahal Palace
- Colaba Causeway
- Sassoon Docks
- Chhatrapati Shivaji Maharaj Vastu Sangrahalaya

Several bicycle rental services can be found near colaba, offering a range of options to explore the area's historical and cultural landmarks. One such rental is called Happy Cycle Shop, a 75 year old store in Colaba, although the cycles aren't as old.



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MARINE DRIVE



Known as the “Queen’s Necklace”, Marine Drive is a picturesque coastal road that stretches along the Arabian Sea. This 3.6-kilometer-long boulevard is a favorite among cyclists, providing a refreshing breeze and breath-taking views of the city skyline with landmarks such as:

- Chhatrapati Shivaji Maharaj Terminal Station
- Flora Fountain
- Fashion Street
- High Court of Bombay
- Hanging Gardens

Bicycle rentals are available nearby, allowing visitors to leisurely pedal along this iconic promenade.

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POWAI



Nestled amidst the bustling city, Powai offers a tranquil escape for nature enthusiasts. Surrounded by lush greenery, this picturesque lake is an ideal spot for cycling at:

- Powai Lake
- Ambrosia Gardens BMC
- Nirvana Park

Bicycle rentals can be found in the vicinity, such as Yulu Bicycle pickup zone, providing an opportunity to pedal around the lake's periphery and enjoy the serene ambiance.



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BANDRA



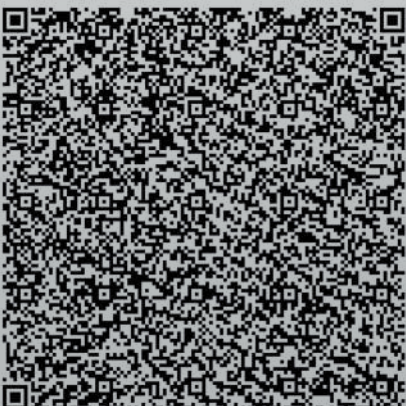
Located in the western suburb of Bandra, the Bandstand Promenade is a popular hangout spot. This scenic stretch offers a panoramic view of the Arabian sea.

Stretching 5.6km, the iconic, Bandra-Worli Sea link, a cable-stayed bridge that connects Bandra in the Western Suburbs of Mumbai with Worli in South Mumbai. At one end of the sea link, there is the Worli Sea Face.

This is a short route, but a super gorgeous one. The breeze, the mist from the waves and the lovely stretch of long roads makes this a beautiful cycling route. On top of that, the Worli Sea Face offers stunning views of the sea and city skyline.

Bicycle rentals are readily available in Bandra, allowing you to explore the vibrant neighbourhood and its famous street art.

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SANJAY GANDHI NATIONAL PARK



If you prefer off-road cycling and being closer to nature, the Sanjay Gandhi National Park in Borivali is an excellent option. The park has dedicated cycling paths and offers a refreshing escape from the city's hustle and bustle.

Located in the northern suburbs of Mumbai, is a sprawling nature reserve known for its rich biodiversity. With dense forests, ancient caves, and picturesque trails, the park offers an unforgettable cycling experience.

Cycling enthusiasts can visit:

- Vihar Lake
- Ovaledkar Wadi Butterfly Garden
- Thane Creek Flamingo Sanctuary
- Upvan Lake Garden

Several bicycle rental services operate near the park entrance, enabling visitors to explore its expansive terrain.

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JUHU BEACH



A popular seaside destination, is an ideal spot for cycling enthusiasts. With its long coastline, golden sands, and numerous eateries, it provides a refreshing and enjoyable cycling experience.

The area around Juhu Beach offers pleasant roads and scenic views that can be enjoyed while cycling. The Juhu Tara Road that connects Versova to Juhu can be another thrilling adventure combined with the chaat stalls at the beaches.

Visitors can rent bicycles near juhu beach and embark on a leisurely ride, taking in the beautiful views of the Arabian sea.



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BANDRA-KURLA COMPLEX (BKC)



A commercial hub, is known for its wide roads and well-planned infrastructure. Not too far from the Bandra Worli Sea Link, BKC has its attractions as well.

- **Joggers park**
- **City Park**
- **Fountain of Joy, Dhirubhai Ambani Square**

BKC offers a safe and organized cycling environment, such as the artwork at Linking Road making it an excellent option for beginners as well.

Many bicycle rental services cater to the working professionals in the area, allowing them to commute and explore the vicinity conveniently.



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PALM BEACH ROAD, NAVI MUMBAI



Palm Beach Road is a popular stretch for cycling in Navi Mumbai, offering scenic views of the sea and green landscapes. It is well-maintained and has a dedicated cycling track, making it safe for cyclists.

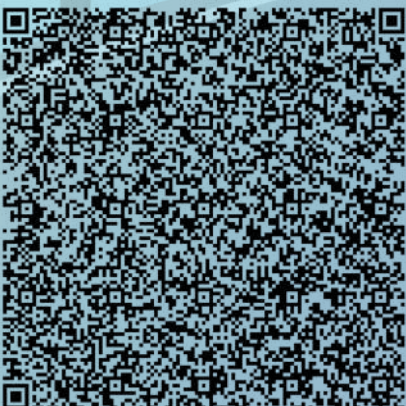
Cyclists can cycle along the almost 10km route beautiful palm-lined road, enjoying the sea breeze and panoramic views of the sea on one side and the cityscape on the other, until they reach Nerul.

If you're up for birdwatching, this is a route you should cycle around. In monsoons one can also see mini waterfalls!

Many bicycle rental services are within the area which allows cycling enthusiasts to enjoy the beautiful ride.



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VASAI TO VIRAR



Though it's far from the city, this one is well worthwhile. It's beyond magnificent, tidy, green, and full of breath-taking views. You could forget you're in Mumbai because of how clean the air is here!

The cycling path here is excellent for testing your mental toughness, strength, and stamina because there is no traffic to distract you.

The Vasai Nalasopara Link road is an ideal one to start the journey. It is relatively wide with separate lanes for vehicles making it safer for cyclists. This road can take you straight to Virar along which you will experience the natural beauty of the area.

Although not many, there are few bicycle rentals near the start of the route where cyclists can rent cycles for the magnificent trip.

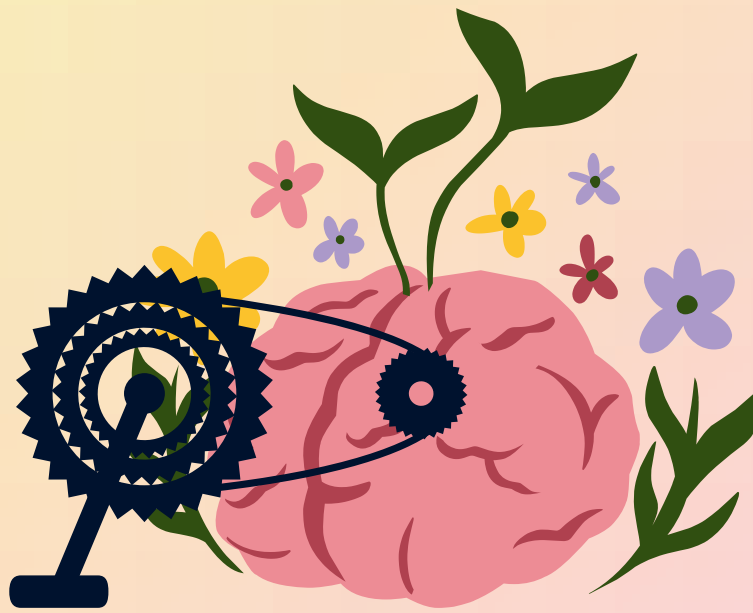


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Mumbai, with its diverse neighborhoods, iconic landmarks, and scenic beauty, has plenty to offer for bicycle enthusiasts. From the historic sites of South Mumbai to the tranquil Powai Lake and the bustling promenades of Bandra, there are numerous places to explore on two wheels. By opting for bicycle rentals, both locals and tourists can embrace an eco-friendly and immersive mode of transportation, fostering a deeper connection with the city. So, hop on a bicycle, pedal your way through Mumbai's bustling streets, and embark on an unforgettable adventure



YOUR MENTAL HEALTH **CYCLE**

Cycling serves as an effective avenue for diminishing stress and enhancing mental well-being. Engaging in regular cycling sessions has been found to trigger the release of endorphins, commonly referred to as "feel-good" hormones, which play a pivotal role in alleviating stress and anxiety. Beyond the chemical response, cycling offers a unique opportunity to disconnect from the pressures of daily life and immerse oneself in the present moment. The rhythmic cadence of pedaling, coupled with the refreshing outdoor environment, contributes to a sense of calmness and relaxation. Furthermore, the social aspect of group cycling and the accomplishment of achieving cycling goals can boost self-esteem and foster a supportive community, addressing feelings of isolation. Whether through the meditative nature of the activity, the cognitive benefits it imparts, or the simple joy of exploring the outdoors, cycling stands as a valuable tool in the pursuit of improved mental health.



FOR YOUR BETTER CYCLING

Basic Cycling Equipment:

Essential cycling gear includes a helmet for safety and comfort, along with gloves for grip and protection, ensuring a secure and enjoyable ride.

Cycling Shoes:

Specialized cycling shoes feature stiff soles and cleats, enhancing pedaling efficiency and stability, while offering a secure fit that minimizes foot movement.

Blinking Lights (Front and Back):

Front and back blinking lights on bicycles enhance visibility, especially during low-light conditions, alerting motorists to the presence of cyclists and contributing to safer road sharing.

Maintaining the Cycle:

Routine maintenance such as chain lubrication, tire pressure checks, and brake assessments prolongs bike longevity, ensures peak performance, and guarantees a safer riding experience.

BICYCLE RENTAL SERVICE PROVIDERS

**COLABA:
HAPPY CYCLE SHOP**

**MAHIM:
CYCLIX**

**VASAI:
RENT A CYCLE**

**THANE:
COO RIDES STAND**

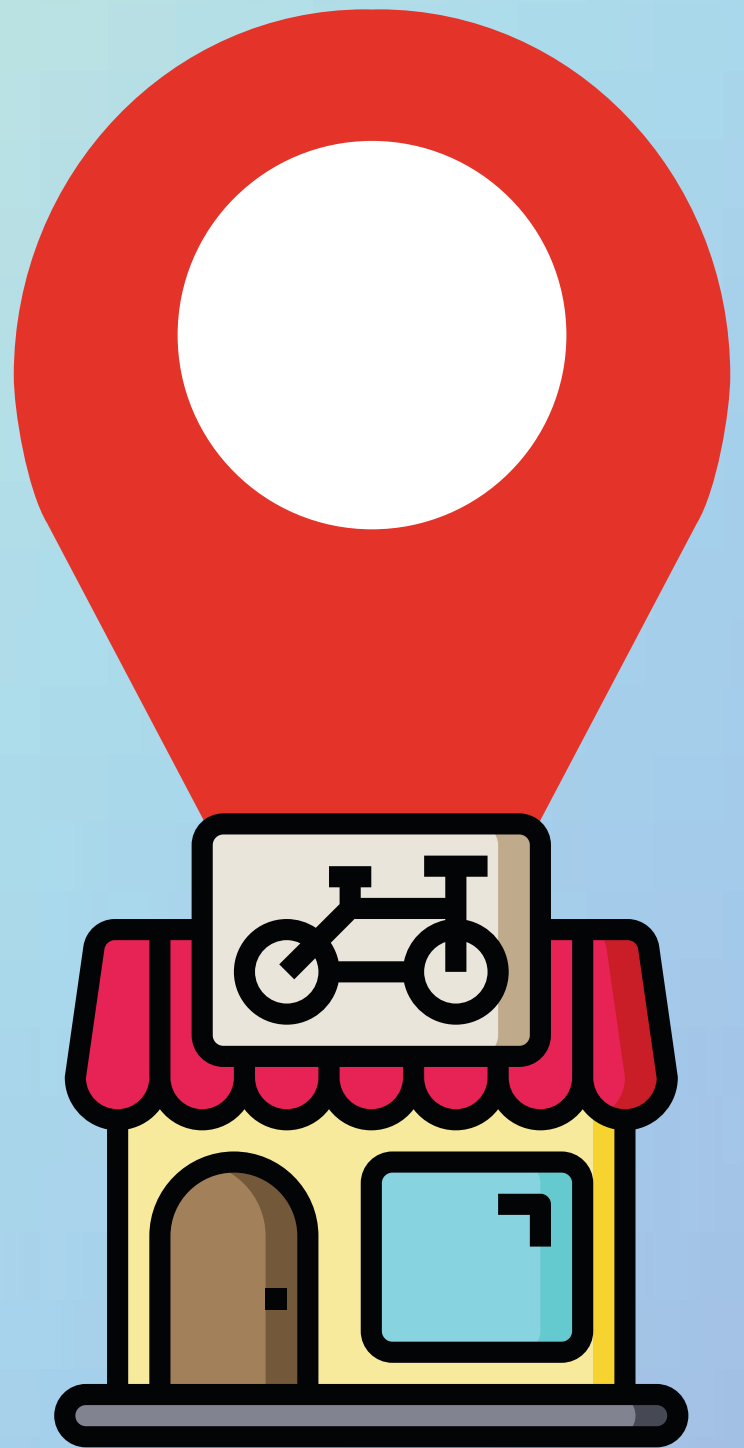
**POWAI:
YULU BICYCLE**

**BANDRA:
WILDFOUR
BICHANIX**

**VASHI:
E-POWER**

**WORLI:
BOOKACYCLE**

**CHARNI ROAD:
SAMARTH CYCLE SHOP**





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PARTHIHELP2021@GMAIL.COM

WWW.PARTHIVISION.COM