

PART I



Cycling Guide

PUNE ON TWO WHEELS



Yuvraj Ruparel



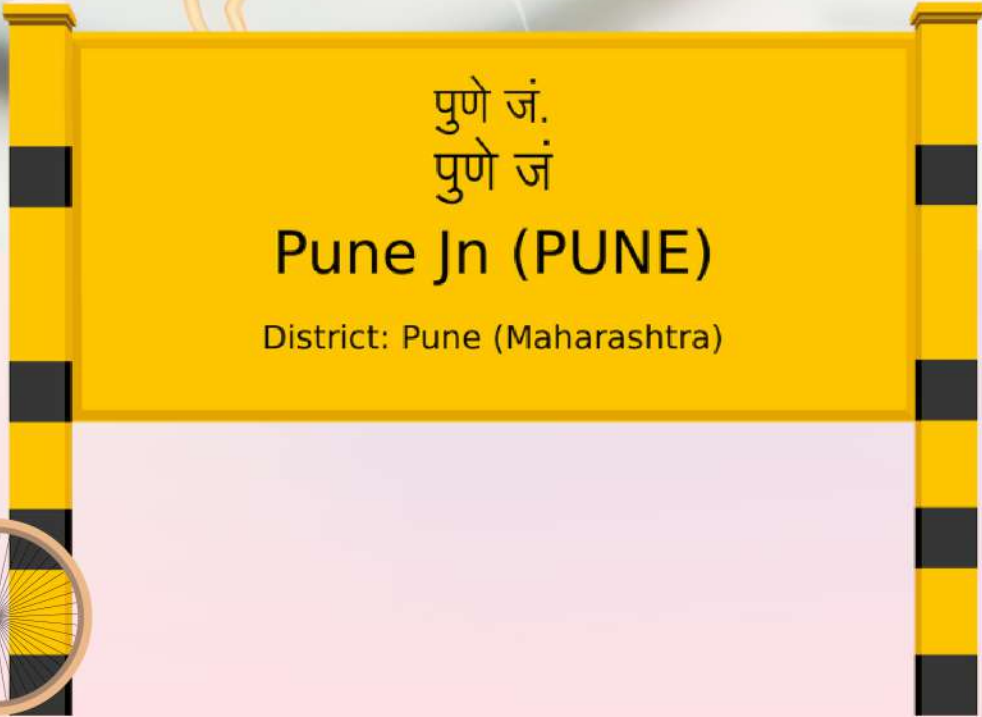
WHAT IS PARTHI?

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.**



AUNDH TO BANER PASHAN BIODIVERSITY PARK (10 KM):



•Start Point: Aundh:

Begin your cycling journey at Aundh, a bustling suburb known for its lively atmosphere and commercial establishments. Take a moment to prepare your bike and soak in the vibrant ambiance of the area before setting off towards Baner Pashan Biodiversity Park.

•University of Pune Circle:

As you cycle through Aundh, you'll pass by University of Pune Circle, a prominent landmark surrounded by educational institutions and cultural centers. Take a brief stop to admire the campus architecture and the vibrant student life.

•Aundh-Baner Link Road:

Cycle along Aundh-Baner Link Road, a well-maintained thoroughfare connecting Aundh to Baner. Enjoy the smooth ride as you pedal through residential neighborhoods and commercial areas, with views of modern buildings and green spaces along the way.

•Balewadi High Street:

Near the midpoint of your journey, you'll come across Balewadi High Street, a popular destination for shopping, dining, and entertainment. Park your bike and take a break to explore the vibrant street, browse the shops, or enjoy a meal at one of the restaurants.

•Pashan Lake Viewpoint:

Just before reaching Baner Pashan Biodiversity Park, you'll pass by Pashan Lake. Park your bike and take a moment to admire the scenic views of the lake and its surroundings. This is an ideal spot for birdwatching and nature appreciation.



AUNDH TO BANER PASHAN BIODIVERSITY PARK (10 KM):



•Baner Pashan Biodiversity Park Entrance:

The endpoint of your cycling journey is the entrance to Baner Pashan Biodiversity Park. Park your bike and prepare to explore the park's trails and natural habitats. Take a leisurely walk through the park, enjoy the lush greenery, and learn about the region's biodiversity.

•Baner Pashan Biodiversity Park Trails:

Once inside the park, take your time to explore its various trails and ecosystems. Stop at designated viewpoints to enjoy panoramic views of the surroundings and observe native flora and fauna. Don't forget to carry water and snacks to stay hydrated during your exploration.

•Finish Point: Baner Pashan Biodiversity Park:

Conclude your cycling adventure at Baner Pashan Biodiversity Park, where you can take a final break before heading back. Reflect on the sights and experiences of your journey and perhaps plan your next cycling adventure in Pune.

This cycling route from Aundh to Baner Pashan Biodiversity Park offers a perfect blend of urban exploration and nature appreciation. Enjoy the journey and make the most of your time exploring the vibrant neighborhoods and green spaces of Pune on two wheels.



PUNE UNIVERSITY TO RAJ BHAVAN (7 KM)



·Start Point: Pune University:

Begin your cycling journey at Pune University, one of India's premier educational institutions. Take a moment to appreciate the grandeur of the university campus before setting off towards Raj Bhavan.

·Pune Municipal Corporation Building:

As you cycle through the city streets, you'll pass by the Pune Municipal Corporation Building, a historic landmark known for its impressive architecture. Pause for a moment to admire the building's facade and take some photos.

·FC Road (Fergusson College Road):

Cycle along FC Road, also known as Fergusson College Road, a bustling thoroughfare lined with shops, cafes, and eateries. Take a break at one of the cafes to grab a quick snack or refreshment before continuing your journey.

·Shaniwar Wada:

Near the midpoint of your journey, you'll come across Shaniwar Wada, a historic fortification and palace complex dating back to the 18th century. Park your bike and explore the ruins of this architectural marvel, which once served as the seat of the Peshwas.

·Deccan Gymkhana Club:

As you approach Raj Bhavan, you'll pass by Deccan Gymkhana Club, a prestigious sports and recreational club. Take a moment to observe the activities taking place at the club and perhaps consider joining for future sports or fitness endeavors.



PUNE UNIVERSITY TO RAJ BHAVAN (7 KM)



•Sambhaji Garden:

Just before reaching Raj Bhavan, you'll come across Sambhaji Garden, a lush green oasis with landscaped lawns and flower beds. Park your bike and take a leisurely stroll through the garden, enjoying the serene ambiance and natural beauty.

•Raj Bhavan:

The endpoint of your cycling journey is Raj Bhavan, the official residence of the Governor of Maharashtra. Park your bike nearby and take some time to admire the architectural splendor of this colonial-era building. You may also catch a glimpse of the well-manicured gardens surrounding Raj Bhavan.

•Finish Point: Raj Bhavan:

Conclude your cycling adventure at Raj Bhavan, where you can take a final break before heading back. Reflect on the sights and experiences of your journey and perhaps plan your next cycling adventure in Pune.

This cycling route from Pune University to Raj Bhavan offers a perfect blend of urban exploration and historical sightseeing. Enjoy the journey and make the most of your time exploring the vibrant streets and landmarks of Pune on two wheels.



PASHAN LAKE LOOP (10 KM)



·Start Point: Pashan Lake Parking Lot:
Begin your cycling adventure at the designated parking lot near Pashan Lake. Prepare your bike and gear up for an enjoyable ride around the lake.

·Pashan Lake Shore:
Start pedaling along the paved path that encircles Pashan Lake. As you ride, take in the serene beauty of the lake's calm waters and the lush greenery that surrounds it. Keep your eyes peeled for various bird species that inhabit the lake and its vicinity.

·Birdwatching Spot:
About halfway through the loop, you'll come across a designated birdwatching area. Take a break from cycling and spend some time observing the avian inhabitants of Pashan Lake. Binoculars can enhance your birdwatching experience.

·Pashan Lake Garden:
Near the northern end of the lake loop, you'll find a well-maintained garden area. Park your bike and explore the garden's walking trails, flower beds, and shady spots. It's an excellent place for a short stroll and to take some photos amidst the natural beauty.

·Tea/Coffee Stall:
Adjacent to the garden area, there's usually a small stall selling refreshments like tea, coffee, and snacks. Take a break here to refuel and enjoy a hot beverage while soaking in the tranquil ambiance of Pashan Lake.



PASHAN LAKE LOOP (10 KM)



•Pashan Lake Viewpoint:

As you continue cycling along the loop, you'll come across a scenic viewpoint that offers panoramic vistas of Pashan Lake and its surroundings. Park your bike and take a moment to admire the breathtaking views before continuing your ride.

•Finish Point: Pashan Lake Parking Lot:

Complete the loop by cycling back to the starting point at the parking lot. Take some time to cool down and stretch your muscles before concluding your cycling adventure at Pashan Lake.

This cycling route around Pashan Lake offers a perfect blend of natural beauty, birdwatching opportunities, and leisurely riding. Enjoy the serene atmosphere and make the most of your time exploring this scenic gem in Pune.



UNIVERSITY CIRCLE TO VETAL TEKDI (8 KM)



•Start Point: University Circle:

Begin your cycling journey at University Circle, a bustling intersection surrounded by educational institutions and cultural landmarks. Take a moment to soak in the vibrant atmosphere before setting off towards Vetal Tekdi.

•Fergusson College Road:

Cycle along Fergusson College Road, one of Pune's iconic thoroughfares lined with cafes, bookstores, and historical buildings. Enjoy the lively street scene as you pedal towards your destination.

•Vaikunth Mehta National Institute of Cooperative Management (VAMNICOM):

As you approach VAMNICOM, take a detour to explore its sprawling campus and landscaped gardens. Admire the architecture of the institute's buildings and enjoy a peaceful break amidst the greenery.

•Senapati Bapat Road:

Continue your ride along Senapati Bapat Road, a major arterial road in Pune known for its commercial establishments and corporate offices. Navigate through the traffic with caution and stay on the designated cycling lanes where available.

•Chaturshringi Temple:

Make a pit stop at Chaturshringi Temple, a popular Hindu shrine located at the foothills of Vetal Tekdi. Park your bike and climb the steps to pay your respects at the temple and enjoy panoramic views of Pune city from the hillside.



UNIVERSITY CIRCLE TO VETAL TEKDI (8 KM)



•Hanuman Tekdi Viewpoint:

Near the base of Vetal Tekdi, you'll find a viewpoint at Hanuman Tekdi offering stunning vistas of Pune's skyline. Take a breather and marvel at the cityscape spread out before you, with landmarks like Pune University and Shaniwar Wada visible in the distance.

•Vetal Tekdi Summit:

The highlight of your cycling journey is reaching the summit of Vetal Tekdi, Pune's highest hill. Park your bike at the designated area and hike to the top for breathtaking panoramic views of the entire city. Enjoy the cool breeze and revel in the sense of accomplishment before beginning your descent.

•Finish Point: University Circle:

Conclude your cycling adventure back at University Circle, where you started. Reflect on the memorable ride and the sights you encountered along the way. Take some time to relax and unwind before heading home or exploring more of Pune's attractions.

This cycling route from University Circle to Vetal Tekdi promises an exhilarating mix of urban exploration, cultural immersion, and scenic beauty. Enjoy the journey and make the most of your time exploring Pune on two wheels.



KATRAJ TO SINHAGAD FORT (25 KM)



•Start Point: Katraj:

Begin your cycling adventure at Katraj, a bustling suburb on the outskirts of Pune. Prepare your bike and gear up for the scenic journey ahead towards Sinhagad Fort.

•Katraj Tunnel:

Your route starts with a thrilling ride through the Katraj Tunnel, a landmark on the Mumbai-Pune Expressway. Exercise caution while cycling through the tunnel and enjoy the cool breeze as you pedal through.

•Katraj Ghat:

As you emerge from the tunnel, you'll start the ascent up Katraj Ghat, a winding mountain road that offers stunning views of the surrounding hills and valleys. Take your time to tackle the uphill climb and enjoy the picturesque landscapes along the way.

•Khind Galli:

Pause for a break at Khind Galli, a scenic mountain pass en route to Sinhagad Fort. Park your bike and soak in the panoramic views of the lush greenery and rocky terrain. This is an ideal spot to rest and recharge before continuing your journey.

•Panshet Viewpoint:

About halfway through your ride, you'll come across a viewpoint offering breathtaking vistas of the Panshet Reservoir and the Sahyadri mountain range. Park your bike and take some time to admire the serene beauty of the landscape spread out before you.



KATRAJ TO SINHAGAD FORT (25 KM)



•Sinhagad Base Village:

As you near Sinhagad Fort, you'll reach the base village where the trekking trail begins. Park your bike and take a short hike to explore the village and interact with the locals. You can also sample local snacks and refreshments to fuel up for the final leg of your journey.

•Sinhagad Fort Summit:

The highlight of your cycling adventure is reaching the summit of Sinhagad Fort, a historic hill fortress with a rich heritage. Park your bike at the designated area and explore the fort's ramparts, gates, and temples. Take in the breathtaking views of the surrounding countryside and relish the sense of accomplishment.

•Finish Point: Sinhagad Base Village:

After exploring Sinhagad Fort, make your way back to the base village where you started. Reflect on the memorable ride and the sights you encountered along the way. Take some time to relax and unwind before heading back to Katraj.

This cycling route from Katraj to Sinhagad Fort offers a perfect blend of adventure, natural beauty, and historical exploration. Enjoy the journey and make the most of your time exploring the scenic landscapes of the Sahyadri mountains.



MULA RIVER TRAIL (15 KM)



•Start Point: Riverside Promenade:

Begin your cycling journey at the riverside promenade, where you can rent bicycles and gear up for your adventure along the Mula River Trail. Take a moment to admire the tranquil waters of the river before setting off.

•Riverside Parks:

As you cycle along the trail, you'll pass through several riverside parks and green spaces. Take breaks at these parks to stretch your legs, enjoy a picnic, or simply soak in the scenic views of the river and surrounding landscape.

•Bicycle-friendly Cafes:

Along the trail, you'll find several bicycle-friendly cafes and eateries where you can take a rest and refuel. Stop at one of these cafes to grab a snack or a refreshing beverage while enjoying the riverside ambiance.



MULA RIVER TRAIL (15 KM)



setting off.

•Mula River Bridges:

As you continue along the trail, you'll cross several bridges spanning the Mula River. Pause on these bridges to take in panoramic views of the river and the city skyline. These vantage points offer excellent photo opportunities.

•Historical Landmarks:

Keep an eye out for historical landmarks and points of interest along the trail. You may come across ancient temples, colonial-era buildings, or other cultural sites that offer insights into the region's rich heritage. Take some time to explore these landmarks and learn about their significance.

•Nature Observation Points:

The Mula River Trail passes through areas rich in biodiversity, providing opportunities for nature observation. Keep your eyes peeled for birds, butterflies, and other wildlife that inhabit the riverine ecosystem. Binoculars can enhance your wildlife viewing experience.



MULA RIVER TRAIL (15 KM)



•Nature Observation Points:

The Mula River Trail passes through areas rich in biodiversity, providing opportunities for nature observation. Keep your eyes peeled for birds, butterflies, and other wildlife that inhabit the riverine ecosystem. Binoculars can enhance your wildlife viewing experience.

•Riverbank Picnic Spots:

Near the end of the trail, you'll find secluded picnic spots along the riverbank where you can take a break and enjoy a leisurely meal amidst nature. Spread out a blanket, unpack your picnic basket, and savor the tranquility of the riverside setting.

•Finish Point: Riverside Promenade:

Conclude your cycling adventure back at the riverside promenade where you started. Reflect on the memorable ride and the sights you encountered along the way. Take some time to relax and unwind before returning your bicycle and heading home.

This cycling route along the Mula River Trail offers a perfect blend of scenic beauty, cultural exploration, and outdoor recreation. Enjoy the journey and make the most of your time exploring the picturesque landscapes along the river.



NIBM ROAD TO UNDRI (12 KM)



Start Point: NIBM Road:

Begin your cycling journey at NIBM Road, a bustling thoroughfare known for its residential complexes, commercial establishments, and green spaces. Take a moment to prepare your bike and gear up for the ride ahead.

NIBM Annexe Garden:

As you cycle along NIBM Road, you'll pass by NIBM Annexe Garden, a serene green space with landscaped lawns and walking trails. Take a brief stop here to enjoy the tranquility of the garden and perhaps take a stroll to stretch your legs.

Salunke Vihar Road Junction:

Near the midpoint of your journey, you'll reach the junction of Salunke Vihar Road, another major arterial road in Pune. Take a moment to rest and refresh yourself before continuing towards Undri.

Undri Chowk:

As you approach Undri, you'll come across Undri Chowk, a bustling intersection surrounded by shops, markets, and residential buildings. Park your bike and take a break to explore the neighborhood, grab a snack, or interact with the locals.



NIBM ROAD TO UNDRI (12 KM)



Handewadi Road:

Cycle along Handewadi Road, a well-connected route that leads towards Undri. Enjoy the relatively smooth ride as you pedal through the suburban landscape, with views of residential complexes and green spaces along the way.

Undri-Pisoli Road Junction:

Near the endpoint of your journey, you'll reach the junction of Undri-Pisoli Road. Take a moment to rest and refresh yourself before continuing towards your final destination in Undri.

.Undri Lake:

The highlight of your cycling journey is reaching Undri Lake, a scenic water body surrounded by lush greenery. Park your bike and take a break to admire the natural beauty of the lake, observe the birdlife, or simply enjoy a moment of peace by the water's edge.

.Finish Point: Undri:

Conclude your cycling adventure at Undri, where you can take a final break before heading back. Reflect on the sights and experiences of your journey and perhaps plan your next cycling adventure in Pune.

This cycling route from NIBM Road to Undri offers a perfect blend of urban exploration and natural beauty. Enjoy the journey and make the most of your time exploring the vibrant neighborhoods and tranquil lakeside scenery of Pune on two wheels.



BHUGAON TO MULSHI DAM (30 KM)



•Start Point: Bhugaon:

Begin your cycling journey at Bhugaon, a serene suburb nestled amidst the Sahyadri hills. Take a moment to prepare your bike and soak in the tranquil ambiance before embarking on your ride towards Mulshi Dam.

•Bhugaon Lake:

As you cycle through Bhugaon, you'll pass by Bhugaon Lake, a scenic water body surrounded by lush greenery. Take a brief stop here to admire the natural beauty of the lake and perhaps take some photographs.

•Paud Road:

Cycle along Paud Road, a picturesque route that winds through the countryside and leads towards Mulshi Dam. Enjoy the scenic views of the hills and valleys as you pedal through the rural landscape.

•Pirangut Junction:

Near the midpoint of your journey, you'll reach Pirangut Junction, a bustling intersection surrounded by shops, markets, and eateries. Park your bike and take a break to refuel with snacks or refreshments before continuing towards Mulshi Dam.



BHUGAON TO MULSHI DAM (30 KM)



•Temghar Dam Viewpoint:

As you approach Mulshi Dam, make a stop at a viewpoint offering panoramic vistas of Temghar Dam and its surroundings. Park your bike and take in the breathtaking views of the reservoir and the Sahyadri mountain range in the distance.

•Mulshi Lake Viewpoint:

Just before reaching Mulshi Dam, you'll come across a viewpoint offering stunning views of Mulshi Lake. Park your bike and take a moment to admire the tranquil waters of the lake and the surrounding lush greenery.

•Mulshi Dam:

The highlight of your cycling journey is reaching Mulshi Dam, a majestic structure built across the Mula River. Park your bike and explore the dam premises, marveling at the engineering feat and enjoying the scenic beauty of the reservoir.

•Mulshi Dam Backwaters:

After exploring the dam, take a detour to explore the backwaters of Mulshi Dam. Park your bike and relax by the water's edge, enjoying the serene ambiance and perhaps dipping your feet in the cool waters.



BHUGAON TO MULSHI DAM (30 KM)



·Finish Point: Mulshi Dam:

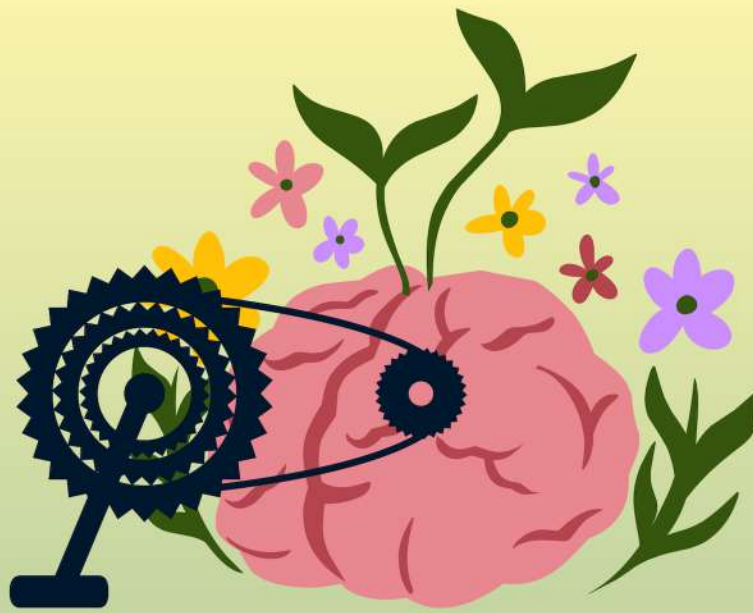
Conclude your cycling adventure at Mulshi Dam, where you can take a final break before heading back. Reflect on the sights and experiences of your journey and perhaps plan your next cycling adventure in the picturesque countryside of Pune.

This cycling route from Bhugaon to Mulshi Dam offers a perfect blend of natural beauty, scenic viewpoints, and outdoor adventure. Enjoy the journey and make the most of your time exploring the scenic landscapes of Pune on two wheels.





Cycling in Pune city offers a delightful blend of scenic routes, cultural exploration, and invigorating exercise. As one navigates through the bustling streets, adorned with historical landmarks and modern structures alike, the gentle breeze provides a refreshing contrast to the urban hustle. Cyclists pedal along tree-lined avenues, passing by quaint cafes, vibrant markets, and serene parks, each turn revealing a new facet of the city's charm. Pune's diverse topography, from the tranquil riverside paths to the challenging inclines of its surrounding hills, caters to riders of all levels. Whether commuting to work, leisurely exploring the city's nooks and crannies, or joining a group ride for camaraderie, cycling in Pune offers an eco-friendly and immersive way to experience the heart of Maharashtra's cultural capital.



YOUR MENTAL HEALTH **CYCLE**

Cycling serves as a powerful antidote to stress, offering a therapeutic escape amidst the rhythm of the pedals and the rush of wind against one's face. Engaging in this activity not only provides physical benefits but also acts as a tonic for the mind. As riders glide through picturesque landscapes or navigate urban streets, the repetitive motion encourages a meditative state, allowing worries to dissipate and mental clutter to clear. The release of endorphins, coupled with the serene surroundings, fosters a sense of tranquility and inner peace. Moreover, the focus required to maneuver through traffic or conquer challenging terrain redirects attention away from stressors, fostering a sense of control and accomplishment. Over time, the consistent practice of cycling nurtures resilience, boosts self-esteem, and cultivates a positive outlook, making it a potent tool for enhancing mental well-being.



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

**PASHAN LAKE:
RENT-A-CYCLE**

**WAKAD:
CYCLE RENTALS**

**UNIVERSITY CIRCLE:
CYCLE ON RENT PUNE**

**NIBM ROAD:
QUICK RIDE CYCLES**

**KATRAJ:
PUNE BIKE RENTAL**

**BHUGAON:
PUNE CYCLE RENTAL**

**KOREGAON PARK:
RENT-A-CYCLE**

**YERWADA:
RENT CYCLE PUNE**

**VIMAN NAGAR:
ONS BIKE**

**ACROSS PUNE:
WHEELSTREET
RENTMOJO**

**AUNDH:
GREEN RENT A BIKE**

**PUNE UNIVERSITY:
RENTSETGO**

**KALYANI NAGAR:
RENT N CYCLE**

**BAVDHAN:
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