

PART 2



Cycling Guide

PUNE ON TWO WHEELS



Yuvraj Ruparel



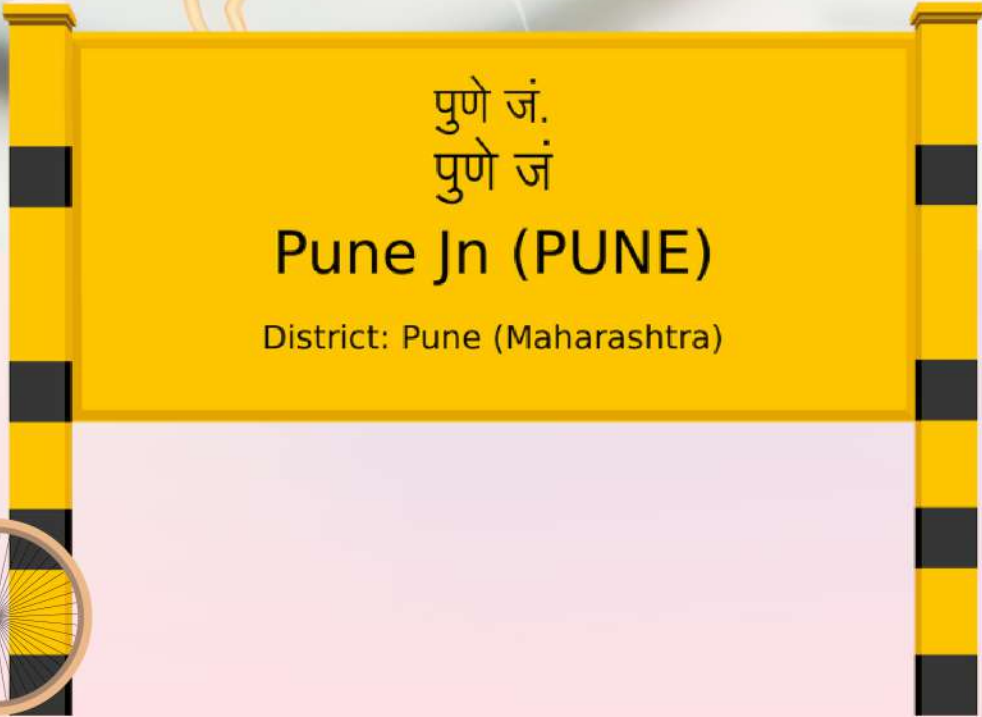
WHAT IS PARTHI?

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



पुणे जं.
पुणे जं

Pune Jn (PUNE)

District: Pune (Maharashtra)



"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.**



KHADAKWASLA DAM CIRCUIT (20 KM)



•Start Point: Khadakwasla Dam Parking Lot:
Begin your cycling journey at the parking lot near Khadakwasla Dam. Prepare your bike and gear up for a scenic ride around the dam and its surroundings.

•Khadakwasla Dam:
Start your ride by cycling along the dam's perimeter road. Pause to admire the impressive structure of the dam and take in views of the reservoir's sparkling waters. This is a perfect spot for photos and to appreciate the engineering marvel of the dam.

•Khadakwasla Garden:
Near the dam, you'll find Khadakwasla Garden, a lush green oasis with manicured lawns and shady trees. Take a break from cycling to explore the garden's walking trails, relax by the lake, or enjoy a picnic amidst nature's tranquility.

•Temghar Dam Viewpoint:
As you continue cycling along the circuit, you'll come across a viewpoint offering panoramic vistas of Temghar Dam and its surroundings. Park your bike and take a moment to admire the scenic beauty of the reservoir and the surrounding hills.



KHADAKWASLA DAM CIRCUIT (20 KM)



•Lavasa Road Junction:

Near the midpoint of the circuit, you'll reach a junction leading towards Lavasa Road. Take a detour if you're interested in exploring Lavasa, a picturesque hill station known for its scenic beauty and waterfront promenade. Alternatively, you can continue along the circuit towards your next stop.

•Khadakwasla Lakeside Cafes:

Along the circuit, you'll pass by several lakeside cafes and eateries where you can take a break and refuel with snacks or refreshments. Stop at one of these cafes to enjoy a leisurely meal while taking in views of the tranquil lake waters.

•Panshet Dam Viewpoint:

Further along the circuit, you'll encounter a viewpoint offering breathtaking vistas of Panshet Dam and its surroundings. Park your bike and soak in the panoramic views of the reservoir and the Sahyadri mountain range in the distance.



KHADAKWASLA DAM CIRCUIT (20 KM)



•Finish Point: Khadakwasla Dam Parking Lot:
Conclude your cycling adventure back at the parking lot near Khadakwasla Dam 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.

This cycling route around Khadakwasla Dam offers a perfect blend of natural beauty, scenic viewpoints, and outdoor recreation. Enjoy the journey and make the most of your time exploring the picturesque landscapes around the dam.



KOREGAON PARK TO MUNDHWA BRIDGE (12 KM)



•Start Point: Koregaon Park:

Begin your cycling journey at Koregaon Park, a vibrant neighborhood known for its upscale cafes, boutiques, and lush greenery. Take a moment to soak in the lively atmosphere before setting off towards Mundhwa Bridge.

•Osho International Meditation Resort:

As you cycle through Koregaon Park, you'll pass by the Osho International Meditation Resort. This spiritual center offers a serene ambiance amidst landscaped gardens and tranquil ponds. Take a break to explore the resort's surroundings and perhaps participate in a meditation session if interested.

•Bund Garden:

En route to Mundhwa Bridge, you'll come across Bund Garden, a picturesque park located alongside the Mula-Mutha River. Park your bike and take a leisurely stroll along the garden's pathways, enjoy views of the river, and relax amidst the greenery.



KOREGAON PARK TO MUNDHWA BRIDGE (12 KM)



•Aga Khan Palace:

Near the halfway point of your journey, you'll reach Aga Khan Palace, a historic landmark with architectural significance. Park your bike and explore the palace grounds, which also house a museum commemorating Mahatma Gandhi's imprisonment here during India's freedom struggle.

•Yerwada Bridge Viewpoint:

As you approach Mundhwa Bridge, you'll come across a viewpoint near Yerwada Bridge offering panoramic vistas of the Mula-Mutha River and the surrounding cityscape. Park your bike and take in the scenic views before continuing your ride.

•Kalyani Nagar Riverside Promenade:

Just before reaching Mundhwa Bridge, you'll pass through Kalyani Nagar, a bustling suburb with a riverside promenade. Park your bike and take a stroll along the promenade, enjoy views of the river, and perhaps stop for a snack at one of the nearby cafes.



KOREGAON PARK TO MUNDHWA BRIDGE (12 KM)



•Mundhwa Bridge:

The endpoint of your cycling journey is Mundhwa Bridge, a prominent landmark spanning the Mula-Mutha River. Park your bike near the bridge and take a moment to admire the architectural design and the river flowing beneath. You can also capture some memorable photographs against the backdrop of the bridge.

•Finish Point: Mundhwa Bridge:

Conclude your cycling adventure at Mundhwa Bridge, 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 Koregaon Park to Mundhwa Bridge offers a perfect blend of urban exploration, cultural landmarks, and scenic riverside views. Enjoy the journey and make the most of your time exploring the vibrant neighborhoods of Pune on two wheels.



KALYANI NAGAR TO MAGARPATTA CITY (15 KM):



•Start Point: Kalyani Nagar:

Begin your cycling journey at Kalyani Nagar, a vibrant suburb known for its residential complexes, commercial establishments, and green spaces. Take a moment to prepare your bike and soak in the lively ambiance of the area before setting off towards Magarpatta City.

•Agakhan Palace:

As you cycle through Kalyani Nagar, make a stop at Agakhan Palace, a historic landmark with architectural significance. Park your bike and explore the palace grounds, which also house a museum commemorating Mahatma Gandhi's imprisonment here during India's freedom struggle.

•Yerwada Bridge Viewpoint:

As you approach Yerwada Bridge, you'll come across a viewpoint offering panoramic vistas of the Mula-Mutha River and the surrounding cityscape. Park your bike and take in the scenic views before continuing your ride towards Magarpatta City.



KALYANI NAGAR TO MAGARPATTA CITY (15 KM):



•Hadapsar Market:

Near the midpoint of your journey, you'll reach Hadapsar Market, a bustling commercial area known for its vibrant street markets and local vendors. Park your bike and take a break to explore the market, sample street food, or pick up some fresh produce.

•Amanora Park Town:

Just before reaching Magarpatta City, you'll pass by Amanora Park Town, a modern township with residential towers, shopping malls, and recreational facilities. Park your bike and explore the township's landscaped gardens, retail outlets, and entertainment venues.

•Seasons Mall:

As you approach Magarpatta City, make a stop at Seasons Mall, one of Pune's largest shopping complexes. Park your bike and take a break to explore the mall, browse the shops, or grab a meal at one of the restaurants.



KALYANI NAGAR TO MAGARPATTA CITY (15 KM):



•Magarpatta City Entrance:

The endpoint of your cycling journey is the entrance to Magarpatta City, a self-sustained township renowned for its integrated infrastructure and sustainable practices. Park your bike and take a moment to appreciate the township's modern amenities and well-planned layout.

•Finish Point: Magarpatta City:

Conclude your cycling adventure at Magarpatta City, 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 Kalyani Nagar to Magarpatta City offers a perfect blend of urban exploration, cultural landmarks, and recreational activities. Enjoy the journey and make the most of your time exploring the vibrant suburbs of Pune on two wheels.



BAVDHAN TO CHANDANI CHOWK (18 KM):



•Start Point: Bavdhan:

Begin your cycling journey at Bavdhan, a picturesque suburb nestled amidst the scenic Sahyadri hills. Take a moment to prepare your bike and admire the serene surroundings before embarking on your ride towards Chandani Chowk.

•Bavdhan Khind:

As you cycle through Bavdhan, you'll pass through Bavdhan Khind, a scenic mountain pass offering breathtaking views of the surrounding valleys and hills. Stop here to take in the panoramic vistas and capture some memorable photographs.

•Pashan Lake:

Near the midpoint of your journey, you'll come across Pashan Lake, a tranquil 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.



BAVDHAN TO CHANDANI CHOWK (18 KM):



•Sus Road:

Cycle along Sus Road, a well-maintained thoroughfare that connects Bavdhan to Chandani Chowk. Enjoy the scenic views of the countryside as you pedal through the rolling hills and verdant landscapes.

•Bhusari Colony:

As you approach Chandani Chowk, you'll pass through Bhusari Colony, a bustling residential area with shops, markets, and eateries. Park your bike and take a break to explore the neighborhood, grab a snack, or interact with the locals.

•Pashan-Sus Road Junction:

Near the endpoint of your journey, you'll reach the junction of Pashan-Sus Road. Take a moment to rest and refresh yourself before continuing towards Chandani Chowk.



BAVDHAN TO CHANDANI CHOWK (18 KM):



•Chandani Chowk:

The endpoint of your cycling journey is Chandani Chowk, a bustling intersection that serves as a gateway to Pune's western suburbs. Park your bike and explore the vibrant hub, which is known for its commercial establishments, street vendors, and lively atmosphere.

•Finish Point: Chandani Chowk:

Conclude your cycling adventure at Chandani Chowk, 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 Bavdhan to Chandani Chowk offers a perfect blend of scenic beauty, cultural exploration, and urban vibrancy. Enjoy the journey and make the most of your time exploring the picturesque landscapes of Pune on two wheels.



YERWADA TO DIGHI HILLS (14 KM)



•Start Point: Yerwada:

Begin your cycling journey at Yerwada, a bustling suburb in Pune known for its proximity to Pune International Airport and historic landmarks. Take a moment to prepare your bike and soak in the urban ambiance before setting off towards Dighi Hills.

•Agakhan Palace:

As you cycle through Yerwada, make a stop at Agakhan Palace, a historic landmark with architectural significance. Park your bike and explore the palace grounds, which also house a museum commemorating Mahatma Gandhi's imprisonment here during India's freedom struggle.

•Lohegaon Airport Road:

Cycle along Lohegaon Airport Road, a major arterial road that connects Yerwada to Lohegaon Airport. Enjoy the smooth ride as you pedal through the suburban landscape, with views of aircraft taking off and landing at the airport.



YERWADA TO DIGHI HILLS (14 KM)



•Vishrantwadi Chowk:

Near the midpoint of your journey, you'll come across Vishrantwadi Chowk, a bustling intersection surrounded by shops, markets, and eateries. Park your bike and take a break to explore the neighborhood, grab a snack, or interact with the locals.

•Dutta Mandir Road:

As you approach Dighi Hills, cycle along Dutta Mandir Road, a scenic route that winds through the hilly terrain. Enjoy the gentle ascent as you pedal towards your destination, with views of the surrounding countryside unfolding before you.

•Dighi Hills Viewpoint:

The highlight of your cycling journey is reaching the viewpoint at Dighi Hills, which offers panoramic vistas of Pune city and the surrounding hills. Park your bike and take a moment to soak in the scenic beauty of the landscape spread out before you.



YERWADA TO DIGHI HILLS (14 KM)



•Dighi Hills Summit:

Hike to the summit of Dighi Hills for an even more spectacular view. Park your bike at the base and trek to the top to enjoy breathtaking panoramic views of the cityscape and surrounding countryside. Take some time to relax and unwind amidst the serene natural surroundings.

•Finish Point: Dighi Hills Summit:

Conclude your cycling adventure at the summit of Dighi Hills, 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 Yerwada to Dighi Hills offers a perfect blend of urban exploration and outdoor adventure. Enjoy the journey and make the most of your time exploring the scenic landscapes of Pune on two wheels.



WAKAD TO HINJEWADI IT PARK (10 KM)



•Start Point: Wakad:

Begin your cycling journey at Wakad, a rapidly developing suburb in Pune known for its residential complexes, commercial establishments, and educational institutions. Take a moment to prepare your bike and gear up for the ride ahead.

•Wakad Chowk:

As you cycle through Wakad, you'll pass by Wakad Chowk, a busy intersection surrounded by shops, restaurants, and residential buildings. Take a brief stop here to familiarize yourself with the route and ensure your safety before continuing.

•Pimpri-Chinchwad Link Road:

Cycle along the Pimpri-Chinchwad Link Road, a well-connected route that leads towards Hinjewadi IT Park. Enjoy the relatively smooth ride as you pedal through the suburban landscape, with views of commercial complexes and green spaces along the way.



WAKAD TO HINJEWADI IT PARK (10 KM)



•Hinjawadi Phase 1 Circle:

Near the midpoint of your journey, you'll come across Hinjawadi Phase 1 Circle, a prominent landmark that marks the entrance to Hinjewadi IT Park. Park your bike and take a break to orient yourself and plan your route within the tech park.

•Rajiv Gandhi Infotech Park Entrance:

As you enter Hinjewadi IT Park, you'll reach the main entrance of Rajiv Gandhi Infotech Park, the hub of numerous IT and software companies. Park your bike and take a moment to appreciate the modern architecture and bustling atmosphere of the tech park.

•Cafeterias and Food Courts:

Once inside Hinjewadi IT Park, you'll find several cafeterias and food courts where you can take a break and refuel with snacks or refreshments. Stop at one of these eateries to recharge your energy levels before continuing your exploration of the tech park.



WAKAD TO HINJEWADI IT PARK (10 KM)



•Company Offices and Landmarks:

Explore the various company offices and landmarks within Hinjewadi IT Park, taking note of the innovative architecture and corporate culture prevalent in the area. Park your bike at designated areas and take a stroll to admire the surroundings.

•Finish Point: Hinjewadi IT Park:

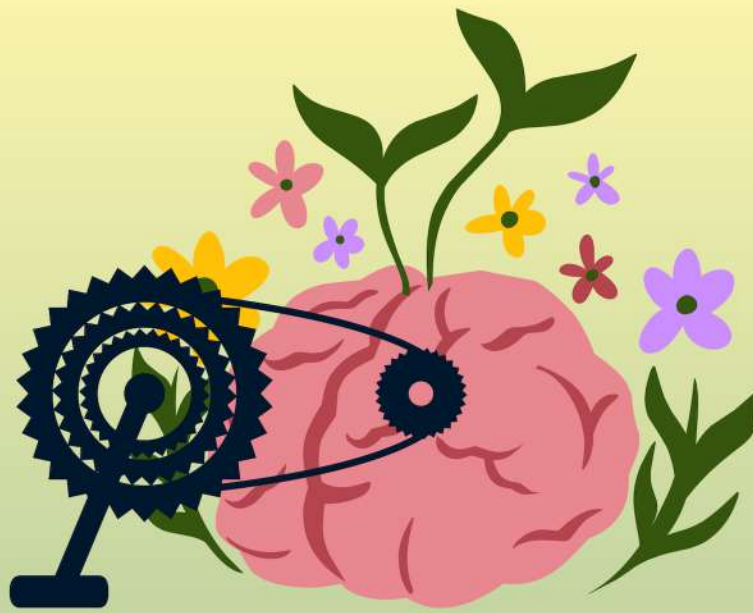
Conclude your cycling adventure at Hinjewadi IT Park, where you can take a final break before heading back. Reflect on the sights and experiences of your journey and perhaps plan your next cycling adventure in Pune.

This cycling route from Wakad to Hinjewadi IT Park offers a perfect blend of urban exploration and tech park immersion. Enjoy the journey and make the most of your time exploring the vibrant suburbs and innovative workplaces 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:
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