



## WHY RIDE A BIKE ??



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### Passion.

Anything that gets the heart desires worth doing. For many bikers taking a [Bike on rent](#) on a completely new location and riding around is not a hobby or need, it's Passion. All they want in life is to travel to every corner of the world on their motorcycle. There is a deep hunger in their belly for riding which will make them achieve impossible miles, paths & terrains. Bikers will not mind devoting a good amount of time and income for their motorcycles. In the hierarchy of needs, for them, it's motorcycling that stays on the top. Passion, when turned into a profession, gives birth to champions like Joey Dunlop, John McGuinness, Giacomo Agostini, Valentino Rossi, Stephane Peterhansel, C.S. Santosh and several other world-class champions. Such passion influence billions around the world creating impressions of a lifetime.

## **Freedom.**

Riding a motorcycle gives you a true sense of freedom. You are in total control of the moment, you are not just riding, you are flying and there are no set limits to stop you. You can travel to any place with complete freedom. It lets you be you without anyone's permission. Just like a kid who was always restricted to his space but as soon as he gets on his bicycle, it's the moment of freedom, he now breaks those chains and flies through the street on his bicycle with the widest smile on his face.

[Bike rental in Kashmir](#) especially [bullet on rent](#) It might sound like a cliché but it's true when on your bike you experience the open air with the wind brushing through your face, all the colours around are vivid and vibrant. The sound of the motor and the vibration which you feel. The obscured view going on around you. It's an embracement of senses and acts as oxygen to your soul. We just love it, the sheer enjoyment of being on a motorcycle.

## **Stress Buster**

Have you ever seen a motorcycle parked outside a psychiatrist's clinic? We are pretty sure the answer you will have is No because riding a motorcycle takes away all the tension and stress like you have rebooted your system. [Kashmir bike rentals](#) there are a lot of people who rent bikes for riding around and riding a bike brings a sense of calm and ease to your mind and body, which could be achieved otherwise through meditation. Also, many riders refer to their bike as their therapist, as motorcycles make you feel energised and refreshed after each ride. It is a therapy, a way of life that helps bind love for a couple riding together. It lets you have your own space while getting time to forget everything that has been bothering you.

## **Improves Mental Health.**

As already stated, it's a true fact that you never see a motorcycle parked outside a psychiatrist's clinic. A rider's brain is stimulated and is more active while riding a Motorcycle. Riding on your motorcycle daily definitely has positive effects on mental and emotional health, it helps you with stress reduction, it helps you get out of depression and to flush out all your worries. It surely proves to be the best antidepressant in the world which blows the cobwebs from your mind.

## **Improves Physical Health**

There is no age to ride a motorcycle. We have seen Motorcyclist who say, "82 years old. Ride every day, depending on the weather. Only medication, one baby aspirin a day. No health issues, they still aspire to ride for another 100 years is really a source of inspiration to us. People suffering from different physical injuries forget their pain when they are riding. All of the activities involved in steering a bike, moving it at slow speeds, etc., serve to strengthen muscles in the abdomen and also helps you with, healthier, stronger knees and thighs. You burn calories while setting up things before a ride or while pampering your motorcycle with a wash. It requires effort and an alert mind while riding to maintain balance, shift, brake, control the clutch, battle headwinds, etc. which ultimately burns a lot of calories and also strengthens those muscles.

**WE AIN'T WRONG, WE ARE JUST DIFFERENT.**