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If you are a cycling lover, a holiday where you can cycle and cycle is the perfect getaway for you. There are plenty of activity holidays that are becoming popular with people looking for alternatives to the usual vacations that involve expensive hotels and little activity. One of the best options among them is a holiday on which cycling is the primary thing that you do. Yet, most people donâ€™t want to spend their free time cycling. However, there are many benefits of choosing a biking holiday over the alternatives. Here are five great reasons why cycling holidays are a great choice.

Economical

Cycling on a holiday does not require fuel. There is little travelling done in cars or airplanes and most of your time is going to be spent on the saddle. With the rising fuel prices, this ensures that you donâ€™t have to shell out a lot of cash for travelling. Also, you avoid the posh hotels that charge top dollar for their services so you save money on that. There is little doubt that biking holidays are affordable and very economical as compared to the other options you can select.

Healthy

A holiday spent biking is one of the healthiest activities you can choose. If you are facing fitness problems or developing medical issues, it is time to get on a cycle and enjoy a vacation. All the stress, tension and ailments will go away when you spend a few days in the vast open spaces cycling. Regardless of whether you choose cycling holidays in Spain or any other country, your health is going to experience a very positive effect.

Bonding

A holiday is the perfect way to bond and become closer with your family and friends. Take your kids or acquaintances with you and have a wonderful time. With little else to do apart from cycling, you get to spend a lot of time with your companions. Then there is also the preference of going alone. You can choose whichever alternative you like and have the time of your life on a cycle.

Green

Burning less fuel and going for a healthier selection is â€˜greenerâ€™ than you can think. With the environment of the world suffering from rampant pollution and carbon emissions, choosing the greener alternative is for the greater good. You get the chance to have a great time as well as reducing your carbon footprint on the world by opting for cycling holidays in Spain.

Memories

Last but not the least, a long holiday on a cycle is the ideal way to create memories that are going to last for life. Take your camera with you and capture all the special moments that you are going to treasure. This is perhaps the biggest advantage of going on cycling holidays.

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