



EMERALD LADY

*CRUISING
WITH*



WHEELS

The bike is your lifeline, the boat your conveyance from one great riding spot to another.

BY ANNE-MARIJE ROOK

THERE YOU ARE.

You have cruised for days and you've arrived at a new port. You drop anchor and now what? How do you get groceries or do laundry? How do you get around town? How do you see and explore this new destination?

Car rentals, public transportation, taxis, and your own two feet are obvious choices, but nothing gives you more freedom and range than a bicycle. From day-to-day errands to exploring your surroundings and getting exercise, the bicycle is the must-have vehicle for cruisers of all ages and physical abilities. Combined with today's nearly endless array of options, ranging from folding bikes that fit into carry-on bags to those with electronic assists, there is no limit to finding the bike that fits your cruising needs.

TWO WHEELS TO FREEDOM

First and foremost, bikes are undeniably convenient—practical tools that carry you farther, faster, and with more cargo than you could by foot.

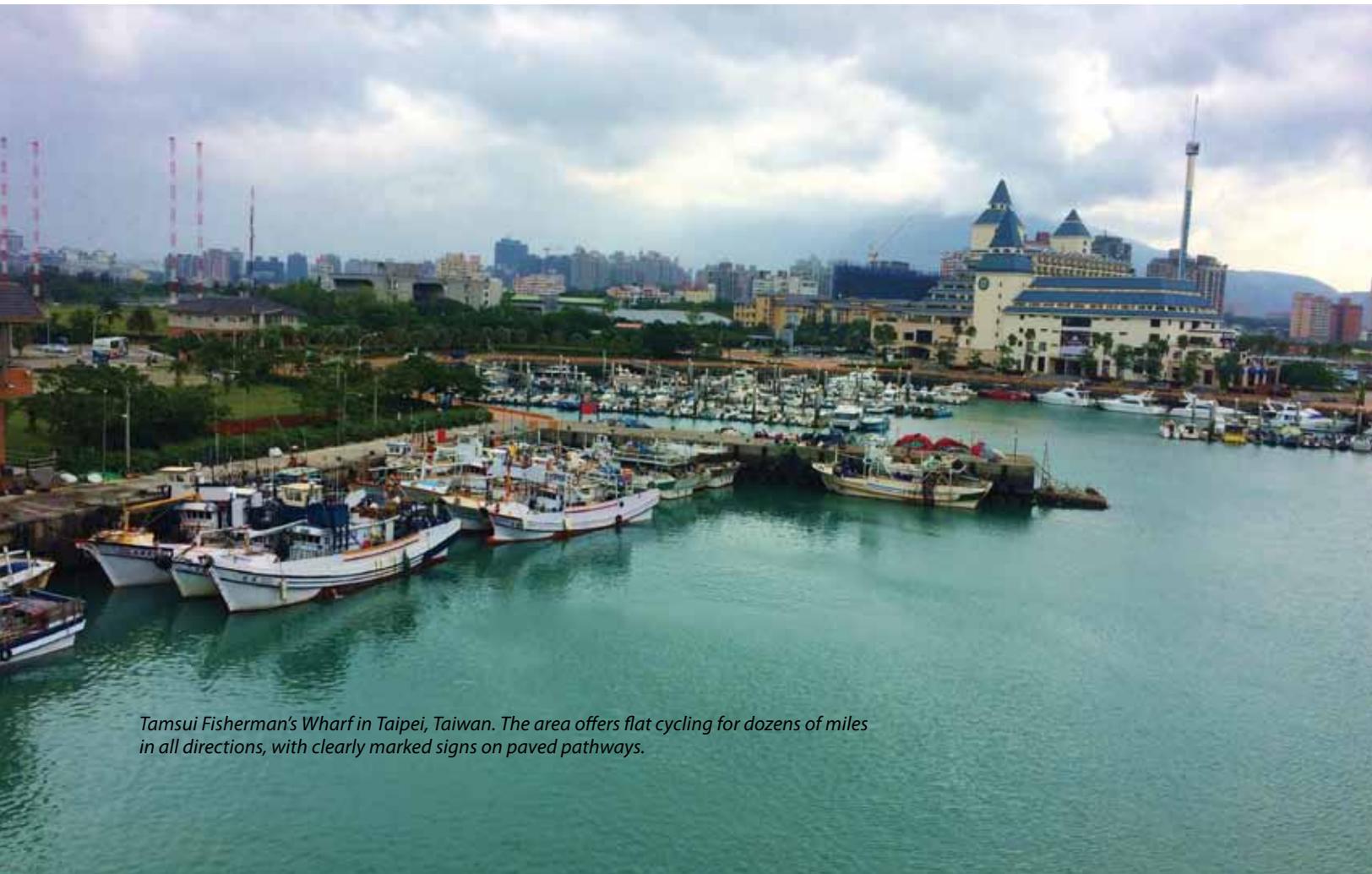
“When you get into port, the bike allows you to run errands into town without having to worry about renting something

when you get there or being tied to a [bus] schedule,” said Monte Smetherman, Director of Operations for the folding bike company, Dohan.

For longtime boat owners Bob and Dori Arrington, bikes simply mean freedom ashore on Block Island, in Charleston, South Carolina, Key West, and other enchanting ports of call.

“Bikes play a very important role in our lives. Most marinas and anchorages are not in metropolitan areas where services are within walking distance or public transportation is readily available,” said Arrington.

Cruiser Tricia Daniel, who lives aboard with her husband in Hawaii, said that she uses her bike to run errands, get to her yoga class, get time alone when the cramped quarters aboard get a bit too cramped, and to help her stay centered. “Bicycles are a very practical way for people to get off their boat and see things. Some ports are miles away from the nearest store and a good public transportation system isn't always in place,” said Daniel. For many cruisers, the boat came first and the bike was more of an afterthought, but Matt Nuffort and his wife, Robin,



Tamsui Fisherman's Wharf in Taipei, Taiwan. The area offers flat cycling for dozens of miles in all directions, with clearly marked signs on paved pathways.

were avid cyclists first, boat owners second. Both of the Nufforts were competitive and commuting cyclists before moving aboard in 2010. The biggest challenge they faced was the limit on how many bikes they could take onboard.

“Boats are really a conveyance to get from one good riding spot to another,” Nuffort mused, who’s limited to no more than four bikes on the boat at a time. “We love to go explore beyond where you can get by boat. We have been taking our bikes and boat all over the place.”

In deciding to move aboard, Nuffort and his wife chose Seattle for its many easily accessible cruising and cycling destinations.

“The Puget Sound is quite large and expansive with lots of destinations and connections to the San Juan Islands, the Canadian Gulf Islands, Vancouver Island, farther north into British Columbia, and all the way to Alaska,” Nuffort said.

THE RIGHT RIDE

With space being the biggest concern for cruisers, your choice about what bike to bring requires a bit of consideration. You need to keep three things in mind: space, purpose, and your cycling ability (and aspirations). Coming from cycle-heavy backgrounds, both Daniel and Nuffort placed more importance on the riding quality, speed, and performance of their bikes than on practicality. In their situations, space would be made. Thus, Daniel and her husband ride full-size, high-end titanium road bikes.

Nuffort stores his collection of bikes ashore and takes aboard whichever one is required, but he made sure the boat could store up to four regular-size bikes securely.

For cruisers that aren’t as hardcore about riding, folding bikes, urban bikes, and e-assists should not be discounted.

“We’ve cycled together since meeting in Baltimore in 1998, both road and trail riding. We’ve never ridden competitively, just personally and with organized rides through local bike clubs. We chose a folding style because they are easy to store in the small spaces onboard,” said Arrington.

“Folding bikes are sought after in the boating community because of their portable, space-friendly design. They’re lightweight and easy to fold and unfold,” said Smetherman of Dahon. “On a boat, space is always a concern. With a folding bike you can fit three or four of them in a space that would maybe support one standard-size bike. A folding bike fits easily into the hold or on deck and even comes in a carry bag.”

Dahon also makes a folding bike specifically for boaters. Fittingly called The Mariner, this folding bike weighs around 26 pounds, has seven speeds, and is equipped with a rack, fender, and a rust-resistant chain. It packs into a bag that’s smaller than an average suitcase. Folding bikes have come a long way in recent years. They’re not nearly as heavy, rare, or expensive as they used to be.

Citizen Bike’s entry-level folding bikes, for example, sell for as little as \$170. Of course you could splurge on a bike upwards of \$5,000, too, for a carbon-framed, lightweight, sportier model like Allen Sports’ Ultra X. With a mostly carbon frame and components, the Ultra X tips the scales at just 18.75 pounds and features a 20-speed drivetrain.

The downside of many folding bikes is that they’re generally made for shorter trips. A 35-mile spin around the island on rolling terrain in Hawaii, for example, is much more comfortable on a full-size bike with larger wheels.

This is where standard-size bikes with couplers are a great alternative. S and S Coupling, also known as Bicycle Torque

INTERNATIONAL RIDING DESTINATIONS

Since just about any port in the U.S. offers opportunities to ride and see the region on two wheels, here is a list of great destinations outside of the contiguous United States for incredible rides.

HAWAII

DOCK IN: Honolulu

RIDE: Maui or the big Island

RIDE LEVEL: Varies

From the Hawaii Ironman World Championship route on Kona, to exploring the volcanic national park on a knobby-tire mountain bike, the big island has something for everyone. Look to the Hawaiian Bicycle League or the Hawaiian Cycling Club for ride and route suggestions.

In Maui, the hilliest of the islands, the “Road to Hana,” also known as “The Hana Highway,” is a must-do for avid cyclists. Hundreds of curves, dozens of bridges, and roadside waterfalls are found in its 60+ miles of gorgeous scenery.

Lava fields, sandy beaches, rain forests, waterfalls, and coffee plantations—the scenery in Hawaii is jaw-dropping no matter which island you choose.

THE NETHERLANDS

DOCK IN: Texel

RIDE: Circumnavigate the island

RIDE LEVEL: Easy

Located off the north coast of the Netherlands, Texel is an island and a popular day-trip and weekend destination. You can easily circumnavigate the island’s 25 flat miles, but the bike-friendly island actually has a total of 85 miles of cycling routes. Highlights on the island are the Dunes of Texel National Park and the Wadden Sea, which was made a UNESCO World Natural Heritage site in 2009. The popular seaside village De Koog is a great stop for local Dutch food and beer.

DENMARK

DOCK IN: Port of Copenhagen

RIDE: Cycling Copenhagen bike tour

RIDE LEVEL: Easy

Maybe the most bike-friendly city in the world, Copenhagen is best seen from two wheels. You’ll be joined by thousands city-wide on a ride to the market and around town. To take it all in, roll from the port into the Vesterbro neighborhood to join one of Cycling Copenhagen’s bike tours. Ranging from 6 to 8 miles, a local will show you all the sights while celebrating Copenhagen’s famous cycling culture.

AUSTRALIA

DOCK IN: Port of Sydney

RIDE: City sight-seeing on cycleways

RIDE LEVEL: Easy

Sydney is a must on any cruise that ventures Down Under. The harbor is both the birthplace of the city and its iconic centerpiece. Sydney sprawls seemingly forever, but the majority of its attractions can be found near the coast and visited by bike. With dozens of miles of lightly traveled roads and clearly marked bike paths (called cycleways), it lets you get easily and safely around town. Visit a tourist information center for the latest map of

all the cycleways or visit www.sydneycycleways.net.

DOCK IN: Port of Sydney

RIDE: National Park & Waterfalls

RIDE LEVEL: Medium to Advanced

Approximately 50 miles round-trip from the Port of Sydney, this popular ride takes you deep into the Royal National Park to visit waterfalls while enjoying hilly, beautiful scenic roads. The common route follows Moore Park road and Alexandra Canal Cycleway and enters the park on Farnell Avenue.

CROATIA

DOCK IN: Any ACI marina

RIDE: Istria

RIDE LEVEL: Varied

The Adriatic Croatia International Club operates over 90 marinas all along the Croatian Adriatic coast and is a great resource for all boaters coming to the Mediterranean.

From unspoiled countryside to coastal roads and national parks, there is great cycling to be found from just about any of these marinas. But Istria's miles upon miles of gently rolling rural roads and city tours makes it by far the most popular cycling destination. There are also well over 900 miles of marked, unpaved country roads, forest paths, and mountain bike trails. Visit www.istria-bike.com for more information.

FRANCE

DOCK IN: Port of Marseille

RIDE: La Gineste to Cassis

RIDE LEVEL: Advanced

Marseille—France's second largest city and its largest port in France—is the gateway to Provence and beyond. While Marseille is a big city with a large urban sprawl, Vieux Port has kept its charm.

Among the most popular rides in the region takes riders from Marseille to Cassis via the Col De La Gineste. This hilly route is 30-miles round-trip, and cuts across to the ancient fishing port of Cassis. It contains 2,300 feet of elevation change, so make sure to fuel up with a nice lunch in Cassis before heading back. Recommended for advanced riders only.

BAHAMAS

DOCK IN: Port Lucaya Marina

RIDE: Around town

RIDE LEVEL: Easy

With a high point of just over 200 feet, the Bahamas offer some of the most leisurely flat-road riding around. Cycling is a great way to explore Lucaya and the nearby beaches or visit Lucayan National Park, which is about 40 miles round-trip.

TAIWAN

DOCK IN: Tamsui Fisherman's Wharf, Taipei

RIDE: Taipei cycling paths

RIDE LEVEL: Easy

Taipei has a phenomenal network of cycling paths along its riverbanks. The well-maintained and signed routes can take riders for dozens of peaceful miles from the very northwest part of the city—where the Tamsui marina is located—to points southwest, and everywhere in between.



Above: These folding bikes by Mobiky (mobiky.com) stow easily in a bag to keep the elements away when not in use. **Below:** Taking a pair of road bikes to shore is easy enough with the right tender.



Coupling, is a precision lug that is installed in a bicycle's top and down tube during manufacturing, allowing it to essentially separate into two pieces for easy packing and transportation. Using this system, a full-size road or mountain bike will fit completely inside a single piece of luggage, and would save space on a boat.

Aside from a minor change in appearance, manufacturers claim the couplings have little to no impact on the riding quality of the bicycle.

If hilly terrain, distance, fitness, and health are a concern, you should consider an e-assist or electric bike. Available on folding bikes and standard-size bikes, e-bike sales are becoming an increasingly accepted and recommended mode of transportation. The League of American Bicyclists estimates that around 200,000

Best buys: Bikes to consider

FOLDING BIKES:

Dahon Mariner Made specifically for boaters, this folder has been a best-selling bike in the U.S. for a few years running. It is durable, water resistant, lightweight, and comes with a rear rack and fenders and a seven-speed drivetrain. \$550-\$599

Citizen Barcelona A very stylish, upright city bike with three-speeds, 20-inch wheels, and a rear rack. A comfortable ride for just \$399

Bike Friday The Pocket Rocket is made in the U.S. and is a high-performance road bike with all the benefits of a folding bike. The Pocket Rocket features classic road-bike frame geometry, dropbars, and a SRAM Apex 20-speed drivetrain. \$2,150

FULL-SIZE, DO-IT-ALL BIKES:

Surly Long Haul Trucker As the name suggests, Surly's Long Haul Trucker is built to go the distance. One bike to do it all, the Long Haul Trucker is popular among bike touring enthusiasts and everyday commuters. With clearance for wider tires and fenders, the LHT can handle road and off-road riding, and the frame's thick-wall steel tubing is made to handle any cargo you may carry. This bike can be built up to meet your needs, whatever they might be. Starting at \$900

Co-Motion Co-Pilot Full-size yet easy to fit in a suitcase, Co-Motion offers a range of bike models with a Co-Pilot option. Intended for travel by plane, the Co-Pilot S&S couplings are also a great way to save onboard space.

Since 1994 Co-Motion has been the world leader in S&S coupler-equipped travel bikes: high-quality bicycles with full-size frames and wheels that fit easily into luggage. The 17-4 stainless steel S&S coupling features interlocking teeth, drawn together by a threaded locking.

electric-assist bicycles will be sold in the U.S. this year alone.* E-bikes allow users to ride up hills, carry more cargo, and travel longer distances without the physical demands of regular bikes.

Meanwhile, e-bike users still enjoy the practicality and some of the health benefits from riding ones. The only downsides are that e-bikes are heavier and aren't always allowed on low-traffic, bicycle-specific road infrastructure.

STORING AT SEA

In a lifestyle where every purchase must pass the "where are we going to store it" question, bikes are a big space commitment. Other factors to include are the detrimental impact that the marine environment and salt water have on bikes, as well as making sure all items are tightly secured.

Folding bikes, especially once in their carry bags, can be stored anywhere you've got room. Arrington said he stores their folding bikes in the lazarette. Full-size bikes however are a different issue.

"Some of our bikes have met an untimely demise," Nuffort admits, whose solution to securely store four regular-size bikes eventually found him looking for more boat.

"Initially, we kept our bikes on the forward berth. That was fine, we did that a lot. For a ride, we'd pile our bikes in the dinghy and we'd go to shore," Nuffort said. "But after about a year-and-a-half of living on our 42-foot boat, I made the mistake of going

Co-Motion offers the coupling on over a dozen models, including tandems. Recommended: the Co-Motion Divide or Co-Motion Espresso.

Jamis Allegro Quick and lively, Jamis' Allegro series of bikes combine the speed and efficiency of a road bike and the more upright and comfortable riding position many people prefer. Featuring a 10-speed drivetrain, lightweight aluminum frame, disc brakes, and a carbon fork, the bike is as well-suited to a longer weekend ride as it is for everyday errands. \$1,099 for the Elite model.

E-BIKES:

Podego Step-Thru Comfort Cruiser Podego specializes in electric bikes and has an extensive product line from commuters to mountain bikes to cruisers. The Step-Thru Comfort Cruiser is among their best-selling models. Made for comfort, the bike features a state-of-the-art, 500-watt geared motor recognized for its best-in-class acceleration and hill climbing. The motor is powered by a lightweight, long-lasting lithium battery with Samsung cells in a removable pack. The bike also features SRAM disc brakes, Shimano seven-speed gearing, and self-sealing tubes that help prevent flats. Starting at \$2,295

IZIP For a sportier bike, the IZIP might be more your style. Made by Currie Tech—which also distributes Haibike, eZip, and eFlow—the Izip features a 500-watt gearless motor powered by a 48-volt lithium-ion battery, a Suntour Suspension fork, and a 6061 aluminum frame.

The LCD lets you control the hybrid assist and displays speed, distance, and time. \$2,900

e-Joe Epik SE Electric and foldable, the e-Joe Epik is one of the lightest electric bikes on the market. Built with portability and simplicity in mind, this compact bike has a single-speed drivetrain and is powered by a 250-watt hub motor and a hidden 36v/7Ah LiFePO4 battery. \$1,599

to the boat show in Seattle (my wife has since forbidden me to attend by myself), where I saw a bigger boat with a large sail locker in which we could store up to four bikes (with 700c wheels)." Nuffort was immediately sold.

To keep the bikes from sliding around, Nuffort attached front fork mounts inside the hold, allowing them to secure their bikes when not in use.

"The thing about a boat is that you're constantly moving. Anything that's not bolted down will move. In this case, we are protected because the bikes are mounted," Nuffort said. "We typically keep two bikes locked up in the hold and we'll have two more commuter bikes that we keep by the dinghy on deck."

If you do keep bikes outside, remember that salt water and bikes do not mix, and a good cover is a worthy investment.

"The marine environment is so harsh on bikes. They rust quickly. The chain, spokes, bolts, bearings—everything that's metal on them will rust," said Nuffort. "When we moved in, I was commuting on a great bike I had owned for years. It was a good bike and it had seen a lot of different conditions, but the salt water marine environment is unforgiving. Within six months of moving aboard, I had to sell it for parts. It was simply falling apart."

To address this corrosion, Nuffort invested in quality vinyl bike covers which has extended the life of his onboard bikes. ■