

A bicycle, often referred to as a bike, is a human-powered vehicle with two wheels, pedals, and handlebars. It is one of the simplest and most eco-friendly modes of transportation, relying on the rider's physical effort to move. Bicycles are widely used for commuting, recreation, exercise, and sport. Their affordability and lightweight design make them accessible to people of all ages and backgrounds. In addition to being practical, bicycles are a great way to explore the outdoors, stay fit, and reduce stress while connecting with nature.

Bicycles come in various types, each designed for specific terrains and purposes. **Road bikes** are built for speed and efficiency on paved surfaces, while **mountain bikes** are designed for rugged off-road trails. **Hybrid bikes** combine features of road and mountain bikes, making them versatile for mixed terrains. **BMX bikes** are compact and used for stunts and racing, while **cruiser bikes** are ideal for casual riding with a comfortable design. **Electric bicycles (e-bikes)** include a motor to assist with pedaling, offering a convenient option for longer rides or hilly areas.

Bicycles play a significant role in promoting sustainable transportation. They produce no emissions, making them an environmentally friendly alternative to motorized vehicles. In urban areas, bicycles are increasingly integrated into transportation systems, with dedicated bike lanes and rental services encouraging their use. Cycling reduces traffic congestion and contributes to cleaner air, making cities more livable. As awareness of environmental issues grows, bicycles continue to gain popularity as a practical, healthy, and sustainable mode of transportation.