

STRETCH YOUR LEGS

CHEAP RIDES

BY LYNN FREEHILL-MAYE

A Seychellois woman rolls out two used mountain bikes when we arrive on La Digue. This is a place, like the islands below, where cars are nonexistent. You can walk, but to really fit in you pedal from place to place. “Do you have locks?” I ask our innkeeper. “You will not need locks,” he says, laughing. At the market, rows of bicycles are secured only with kickstands — an entire island on the honor system.



LA DIGUE, SEYCHELLES

Ox carts have just recently started to fade away here. Now, 1,000 miles off Madagascar, bikes wheel by so often it’s like Africa meets Amsterdam. **The local bike:** You can tell a Seychelles bike by the colorful grocery basket on the handlebars. At “rush hour,” just before school starts, it’s common to see kids riding in each other’s baskets.

MACKINAC, MICHIGAN

It’s either horse and buggy or bicycle out here in the middle of Lake Huron. The bikes are not the ones leaving messes on the network of trails. **The local bike:** You can tell if a bike belongs to one of the island’s 400 residents or to one of the thousands of tourists by the basket. Bag of fudge in it? Tourist. Bungee cords and tools? Resident.

CULEBRA, PUERTO RICO

Cycling’s appeal on this “Spanish Virgin” lies in its seclusion. Ride out to beaches so untouched, you can skinny-dip at noon. **The local bike:** You can tell a bike lives on Culebra if it’s the hardy sand-dusted mountain type. There are no steep, rocky climbs on the island, but there are potholes — and lots of beach.



DO NOT follow the local habits when riding bikes in isolated destinations. Carrying kids on handlebars? Riding with no helmet? Accidents will happen. This is one activity where you should do as you do at home — not as the locals do.



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