

Mountain Bikes - What You Should Really Know About This Sport Equipment

Mountain bikes have been designed for cycling in tough terrains. This makes it vastly different from regular bikes that you may have owned. These bikes have been designed to be versatile in the sense that you can use these bike to negotiate rocky mountains, hilly areas and steep slopes which you cannot do using a regular bike.

If you use regular bike for mountain biking, then you will end up in a tough spot. Hence the first task is to ensure that the bike you are purchasing is regular mountain bike.

This is because mountain bikes have been built to withstand pressures when biking on a difficult terrain. There are different types of mountain bikes that you can choose from.

These are the cross country with little suspension and a light frame, which makes it easy for you to bike for long hours, and the variety with more suspension, which adds weight to the bike, that can help you cycle on rough terrain. The other varieties are free ride and down hill mountain bikes that are used for racing in steep inclines.

The angles of the frame decide whether the bike is used for climbing or steep declines. Steep angles in various parts like the head tube and the seat tube ensures that pedalling upwards will be easy, whereas, angles that tend towards zero ensure better handling and stability in steep declines.

There are many different types of suspension that you will find on these bikes. One variety is the full suspension mountain bike in which there are suspensions on every part possible.

The others are rigid, hard-tail, soft-tail and dual suspension. Most mountain biking enthusiasts prefer the hard-tail suspension. There are two types of brakes which are the V-shaped brakes and the disc brakes.

The disc brakes are in popular demand because of the control it offers the rider and the reduced maintenance required as it lasts for a very long time.

About the Author

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