

## How to Choose the Right Mountain Bike

A mountain bike is very rugged and is designed to withstand extreme amounts of abuse. The frames and other components that comprise a mountain bike are a great deal stronger than other popular types of bicycle.

Mountain bikes are specifically meant for off-road biking, such as locations with rugged terrain, or in areas that are mountainous. These bikes ride a great deal more easily over rocks, branches, and other small obstacles, however, they are also quite good for road riding as well.

Keep in mind, though, the design is for off-road, so you may not find that it is ideally suited to your needs if your intention is primarily for paved surfaces.

Most mountain bikes have 26" wheels, and between 21 and 27 gears.

The tires for mountain bikes are fat and knobby to facilitate traction, and make your ride more stable, and possible even along the most difficult terrain. These bikes work well in the rain and various other trying weather conditions.

As well, handlebars are flatter, to provide you with a more forward positioning; meaning that you will have a better grip on the handlebars for greater ease of "hanging on" as well as steering in even the most awkward circumstances. The gears are within a low range, making climbing hills an easier feat to accomplish.

Additionally, some of the better types of mountain bike - for serious off-road cyclists - have suspension systems for greater shock-absorption. This is great for riders that like to bike off the road, because as anyone who has tried off-road cycling knows, those repeated sharp bumps and hard landings can get a bit hard on the body after a while.

For mountain bikes, prices usually start at approximately \$400. As with all bicycle prices, this range varies greatly as a result of brand, features, and other contributing factors.

Popular brand names of Mountain Bikes include:

Signal  
Schwinn  
Marin  
Trek  
Raleigh  
Mongoose  
K2  
Kona  
Diamondback  
Cannondale  
Iron Horse

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### About the Author

Daniel J Lesser is the creator of BikeChoices.com. Assembled by BMX and mountain bike "experts," you'll find every bit of information you could ever need about BMX and Mountain Bikes. Find out how to best enjoy your next ride at [www.bikechoices.com](http://www.bikechoices.com).