

BIKERS CLUB®

RIDE WITH PRIDE®

JULY 2021 | ISSUE 27



pages 64



FOUNDER OF
WOMEN RIDERS
WORLD RELAY

HAYLEY BELL

I WANTED TO IGNITE A

GLOBAL SISTERHOOD OF INSPIRATIONAL WOMEN TO PROMOTE COURAGE, ADVENTURE, UNITY, AND PASSION FOR BIKING FROM ALL CORNERS OF THE WORLD AND DO SOMETHING THAT'S NEVER BEEN DONE BEFORE TO THIS SCALE. MY AIM IS TO WOW THE INDUSTRY INTO REALIZING THE GLOBAL MARKET FOR WOMEN IN MOTORSPORTS AND TO INSPIRE WOMEN WORLDWIDE.

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bodgitbell

WRWR 2019

3500 WOMEN FROM 80 COUNTRIES ACROSS 6 CONTINENTS, AND ENCOMPASSED MORE THAN 100,000 KM OVER THE SPAN OF A YEAR

**I STRUGGLED
TO FIND**

A COMMUNITY AMONG FEMALE BIKERS, SO I ENDED UP CREATING A PLATFORM FOR WOMEN TO RIDE TOGETHER



IN THIS MAGAZINE

ISSUE 27 | JULY 2021



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“I wanted to ignite a global sisterhood of inspirational women to promote courage, adventure, unity, and passion for biking from all corners of the world and do something that’s never been done before to this scale. My aim is to WOW the industry into realizing the global market for women in Motorsports and to inspire women worldwide.” – Hayley Bell

MY POINT OF VIEW

Power of Now

BEING HAYLEY BELL

A Personal Journey of Hayley Bell

LIFESTYLE

Sapiosexual

RIDING CLUBS OF INDIA

Axemen Rider Crew

RIDER OF THE MONTH

Rider of the month.
Hayley Bell

THE INTERVIEW

Interview of Hayley Bell

ROADSTAR

Rajdeep Singh

KNOW THE PLACE

Leh Ladakh

CALENDAR

Calendar of month of July 2021

NEED TO KNOW

Planning a Motorcycle Tour to Myanmar

MYSTIC SOULS

Bruno's Ride to Heaven

BIKERS CLUB ®

What is BC & it's features

SHOUTOUT

You Should Trust Your Gut

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Power of Now

MY POINT OF VIEW

BY RAHUL MEHTA

FOUNDER | CEO OF
BIKERS CLUB & MAGAZINE



"The more you are able to honour and accept the Now, the more you are free of pain, of suffering - and free of the egoic mind."

It is important to focus on making the Now the main priority in your life. Even if the present moment is uncomfortable or difficult, accepting rather than trying to fight it or go against it will bring great rewards. When we do not access the power of the Now, every, painful emotion we have leaves its mark on us and lives on, combining with other pain we've experienced throughout our lives. This pain becomes powerful negative energy that affects the body and mind. When painful bodies become too strong, they can take over.

When you're experiencing pain, there is a way to achieve consciousness and defeat it. First, recognise the pain; accept the fact that it exists without identifying with it or judging it. Become an observer of what's happening inside you and it will lose its power over you.

Fear occurs when we are in the present, but our minds are in the future thinking about what could happen. It is impossible to deal with something that has not happened yet, so anxiety often occurs. People who only identify with their minds and thoughts rather than their true deeper self will live with fear forever. The ego also creates a pain within us that stems from feeling like we're not whole. Some feel this consciously, while others feel it unconsciously. Many spend their whole lives trying to fill the void with material things. Once they gain the things they thought would make them happy, they crave more or different things because they are being controlled by their egos. The ego needs to be constantly fed by our accomplishments, attainment of possessions or status, and relationships with others, but these don't makeup who we really are.

YOU CAN'T FIND YOUR TRUE SELF BY USING YOUR MIND - "The mind in itself is not dysfunctional. It is a wonderful tool. Dysfunction sets in when you seek for yourself in it and mistake it for who you are."

Your ego has the ability to suck the life and energy out of you. It loves complex issues because it can falsely attach your identity to those problems. Then it goes into defence mode because it does not want you to look for solutions to the problems. It believes that would mean a loss of identity. You are much more than your mind; it is only a tool available for you to use wisely. Your mind is also time-bound. Time is an illusion, and your mind traps you in that

Illusion. This causes you to want to focus primarily on the past through your memories of it, and the future because of your goals for it. This is exactly how most people lose their sense of the present. The Now is the most important aspect of your life.

TAKE YOUR DEEP ATTENTION TO THE INNER BODY TO ACCESS THE "UNMANIFESTED."

In this "the Unmanifested," defined as: "the invisible Source of all things, the Being within all beings. It is a realm of deep stillness and peace, but also of joy and of intense aliveness."

The Unmanifested is where you were at birth and the place where you will be when you die. It is a realm where you have complete consciousness and no form to serve as a barrier. If you can achieve this state, you will experience true peace and realise your connection to the light and all other beings.

To access the Unmanifested, meditate for approximately fifteen minutes (or more) daily. Here's how:

- Relax with your eyes closed and breathe deeply, paying close attention to your breathing.
- Focus on feeling the energy field inside of your body. Focus only on that energy field, and you will feel an overwhelming sense of being.
- Work to become the energy field, so that you are no longer your body.
- When you're ready, bring your attention slowly back to your physical body and surroundings.

Keep in mind: Although it's not practical to spend the majority of your time in the "Unmanifested," try to pay close attention to the energy of the inner body as you go about your daily activities. This will help you live in the present more easily and often.



HAYLEY BELL

FOUNDER OF 'WRWR' - WOMEN RIDERS WORLD RELAY



ABOUT ME

BORN IN CHESHIRE, UK
DOB: 7TH MARCH 1991

EDUCATION

UK HIGH SCHOOL AND COLLEGE

RIDING QUOTE

A SHIP IN THE HARBOUR IS SAFE, BUT
THAT'S NOT WHAT SHIPS ARE BUILT
FOR.

RIDING GROUP

TOO MANY TO MENTION

BIKERS CLUB'S

RIDER OF THE MONTH - JULY 2021



RIDE WITH PRIDE®

HAYLEY'S BELIEF - "A SHIP IN THE HARBOUR IS SAFE, BUT THAT'S NOT WHAT SHIPS ARE BUILT FOR"

RIDING JOURNEY

NAME OF THE RIDE	YEAR	ROUTE
WRWR UK	2019	MORE THAN 3500 WOMEN, 6 CONTINENTS AND A YEAR OF RIDING HIGH
LANDS END - JOHN O'GROATS - LONGEST DAY UP	2019	1000 MILES IN UNDER 24 HOURS ON A ROADS ACROSS THE LENGTH OF UK
WRWR USA	2020	10,000 MILES IN 2 WEEKS ACROSS AMERICA

ACHIEVEMENTS / AWARDS

AMA MOTORCYCLIST OF THE YEAR 2019 AND WIMA LIFETIME HONORARY MEMBER

Rahul mehta

FOUNDER & CEO

BIKERS CLUB® MAGAZINE

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JULY | 2021



BIKERS CLUB® CALENDAR 2021

Hayley Bell

Founder of 'WRWR'
Women Riders World Relay

T	1
F	2
S	3
S	4
M	5
T	6
W	7
T	8
F	9
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T	13
W	14
T	15
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T	20
W	21
T	22
F	23
S	24
S	25
M	26
T	27
W	28
T	29
F	30
S	31

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BIKERS CLUB®
CALENDAR

RIDE WITH PRIDE®

"I believe in the freedom of the open road."



BEING

HAYELY BELL

IN THE WORDS OF HER OWN

FOUNDER OF 'WRWR' (WOMEN RIDERS WORLD RELAY)



CHILDHOOD

I was an excitable, happy and adventurous child, always getting up to mischief and exploring! It was mostly spent playing with my dog, out on my BMX making ramps and jumps, having hosepipe fights, building fires, climbing trees, getting muddy, the usual "kid stuff" before the internet took hold!

GROWING UP & EDUCATION

Growing up, I found out I was half-decent at sports, specifically Netball, athletics and Tennis, where I played for the county in all of them. I also loved Art, painting abstract portraits of people close to me was my favourite. I was a bit of a wild child, free, fierce and full of hormones! My poor parents! Haha!

FAMILY & HOBBIES

In my family, my mum and dad have been together since they were nine years old, and my brother is four years younger than me. Hobbies outside of biking are windsurfing, sailing, dog training and painting.

TURNING POINTS IN LIFE

I think there has been a couple so far. The first would probably be when I was about 17 and discovered my love of travel.

I went to live in a tent in the south of France teaching windsurfing to children on a school break. I think this was the point that I realised society's "life funnel" didn't suit me.

I wanted to explore more and later lived in Spain, Greece and France for two years before starting University. The next was University itself. I was tired of education in the literal sense. I wanted to do things independently, so I left University and used my tuition fees to set up my first business, a solar panel installation company. That's when I realised I much preferred the rewards of working for myself rather than companies. The last would be the obvious one. WRWR has inexplicably changed my life and outlook. It's a profound thing to have experienced before the age of 30.

A DAY IN HAYLEY'S LIFE

Right now, it's pretty boring as we are still in lockdown! Typically, I get up around 5 am, hug a coffee for a while, take my dogs for a walk and then start working the desk job I'm currently in. After work, I usually work on WRWR things, writing my children's motorbike book or setting up my motorcycle school and shop. Housework comes last!



Hayley Bell

FOUNDER OF 'WRWR'
WOMEN RIDERS WORLD RELAY



THE INTERVIEW

Hayley Bell

Founder of 'WRWR'
Women Riders World Relay

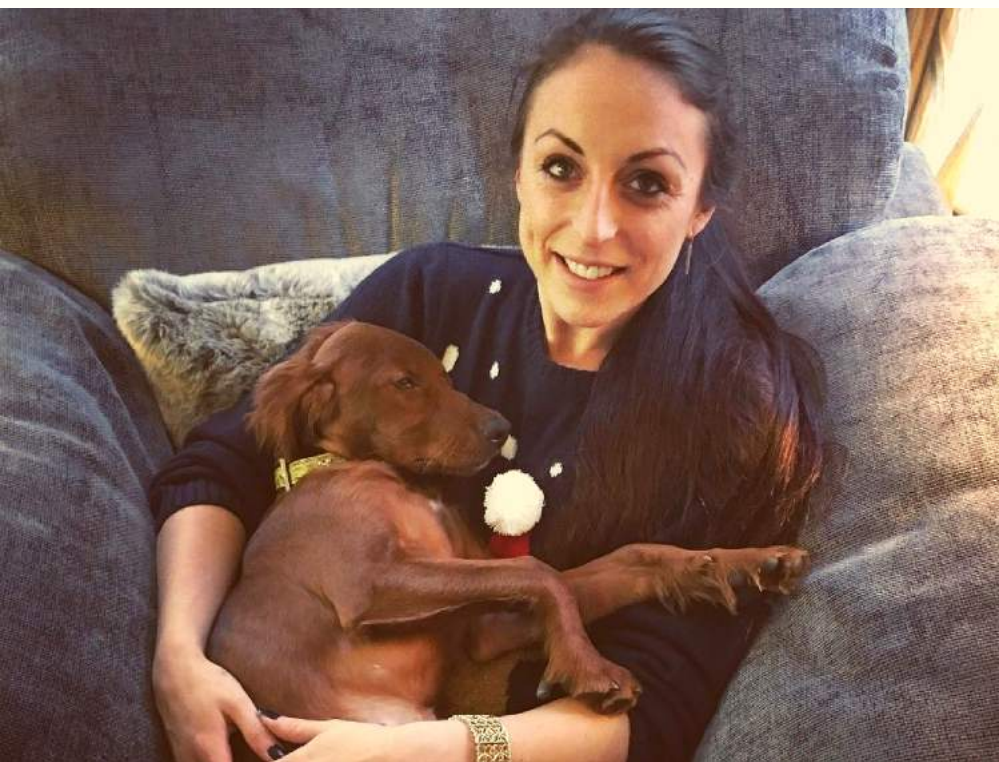
BY BIKERS CLUB®

BC: Who is Hayley Bell in real life apart from a biker and traveller?

HB: This isn't easy to answer as yourself! I guess what excites me most outside of the bikes and travelling is my dogs; I'm a huge animal lover and wouldn't be without them....so much so that I'm currently building a dog carrier to take my 50kg German shepherd on the back of my triumph explorer.

BC: When did you start riding, and how did it all begin? Who got you into Riding? What is that one thing which kicks you in biking? What do you ride?

HB: I started riding when I was 23. I've always been around motorbikes; my dad, brother and cousins all rode, but I was more focused on windsurfing and travelling in my younger years and couldn't afford one from the €50 a week I earn teaching windsurfing. It wasn't until I moved back to England, got a "proper job", and went on the back of my ex-partner Aprilia Tuono that I realised my love for my motorcycles. There are so many layers to motorcycling that I love. The community, the adrenaline, the diversity, the sense of freedom... and it's all parked underneath you in your garage, ready to go at any time!



Right now, I ride a Triumph 1200 Explorer XC on the road, a Yamaha R6 5eb on track and a KTM 250 Freeride (2 strokes) off-road for enduro.

BC: What is your most outstanding achievement on two wheels?

HB: I would say the most challenging ride of my life was doing 10,000 miles across the USA in 2 weeks with WRWR. We were in extreme temperatures ranging from -10 degrees to 40 degrees, very long days and leading 100's of women along the route with us. I was living off a couple of hours of sleep each night and got hyperthermia at one stage, but we soldiered on! It's undoubtedly my favourite ride to date as well as the hardest!

BC: How did the idea of WRWR come into your mind? And how did you gather your team? What were their reactions when you told them about this Relay?

HB: It was a lightbulb moment. Those close to me know I'm forever coming up with crazy ideas, and this one just fitted right. I wanted to show the industry the potential of female riders, that there was more out there than they thought and that we can ride just as good as any other rider. There are many stereotypes surrounding female riders, and I wanted to set the record straight and unite women from all around the world.





In the first week of my having the idea and putting it out on Facebook, we had over 3000 riders; by the end of the first month, we had over 10,000 riders in the group. That's when I knew I needed help and couldn't do this alone, so I reached out to the riders in the group and asked who wanted to be a part of the team... fortunately for me, the best team I could have ever imagined; stepped forward! They were as eager and excited to pitch in and help as I was. With the shared passion we all had, we all worked our arses off to make this happen; without the team, WRWR couldn't have been successful. They never questioned my madness, they just helped to come up with solutions, and that's a powerful thing.

BC: I know this must be a routine question for you, but can you tell us how you prepared for WRWR and the purpose behind doing this Relay? How did you gather courage and funds for the same?

HB: From the idea coming about in August to us leaving for the Relay start in February, we had six months. Six months to plan routes around the world that were suitable for our members, to negate border controls, language barriers, seasonal weather impacts, sponsorship, a hand-carved baton, a GPS tracking system, a website, merchandise, legalities... the list goes on and on. The only way I can describe how we did this was by working every day, every night, all day, all night together as a very close team.



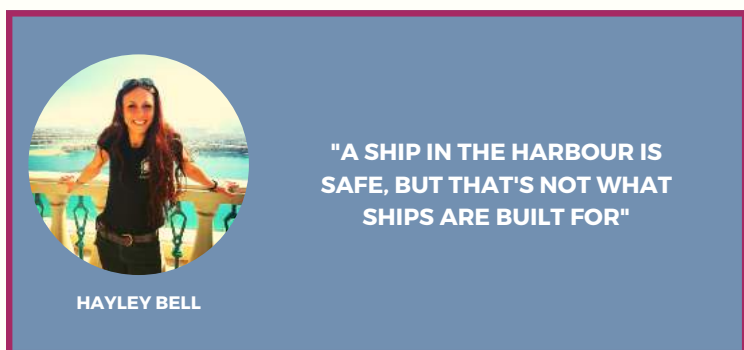
We were in constant communications, slept a couple of hours each night for 18 months, and it was highly demanding, but then, nothing worth doing is easy, right?

We knew if we wanted to gain sponsorship, we would need to get the word out to the media, and the trouble was, not many people wanted to know at the start. They all thought it was a crazy idea and it would never work, so we gained very little attention, exposure, and sponsorship.

It wasn't until we hit the United States that the media coverage and sponsorship level increased, and we could complete the journey.

BC: What was the biggest challenge that you faced during this massive Relay? How did you select women riders in different countries for their participation?

HB: There are too many to mention; I still believe today that WRWR was meant to happen for a reason as there was just so many things that went wrong, could have gone wrong, should have gone wrong, but we managed to solve it all and keep moving forwards.



Here are a few things to mention that gives you an idea as to the problems we faced:

Weather: If you are going to ride across 80 countries simultaneously, you need to methodically plan a route to avoid extreme weather where possible over the course of a year.

Remember, if the baton didn't get ridden for just a SINGLE day that it was meant to, the entire world relay after that point would be skewed. Women had taken time off work, booked accommodation etc., the baton MUST keep moving. During the Relay, we had women riding in EXTREME weather. Were you ever ridden in a monsoon? Hurricane winds? Desert heatwave? Snow and ice? We did!

Political warfare: Some countries bordering each other were at political warfare with one another, a very close to home example was India and Pakistan. We needed to ensure the baton was passed across these countries and knew this would be difficult to organise. Two things happened here, both amazing in their own right.

The first:

The baton got held up in customs as officials thought it was some sort of bomb. I was called at 3 am in the morning to say the baton would be destroyed by the bomb team, along with all the signatures that we had accumulated within it of women who had ridden thus far. I don't speak the language, and I don't have any means of communicating properly... imagine!

This is why I say the team was CRITICAL to WRWR's success. We called our Pakistani ambassador Guliafshan Tariq, and she set to work straight away! She went straight to the border to liaise with officials, and after many days, she managed to convince them that the GPS tracking system inside the baton was not a bomb. Hoorah!

The second:

With India and Pakistan being in political warfare with each other, we were struggling to find women who would meet at each side of the border to accept the baton.





A group of women from both sides stepped up. These women, I later interviewed, and they said the following: "If it weren't for WRWR, I would never have met these women. I realise now that we are so alike in so many ways and we have become great friends"... the power of understanding each other hey! What an unbelievably amazing thing to have happened. Putting aside all differences, political issues to come together for a bigger cause and then go on to become great friends. It blows my mind every time I think about it.

BC: The first thing you and your team did after completing this Relay?

HB: We went and got matching tattoos to symbolise what we had achieved. Haha!

BC: You have mapped the world! What next now?

HB: Right now, I have a few things projects on the go alongside continual planning for the future of WRWR and its events. One of these projects is that I am writing a children's book called "Musty the Rusty Motorbike", all about a little girl who falls in love with a rusty old motorcycle, and together they embark on magical adventures. My aim with this is to enlighten young girls that they have options of interests and hobbies outside of dolls, hair and makeup, and to encourage girls from a young age into the world of motorcycles.

BC: The term bikers' brotherhood/sisterhood is well known. Is this just social media words, or mostly riders believe in it? Share with us your perspective on it?

HB: I think the words are reflecting the sense of unity we feel as bikers. Comradery and community is something that we all hold very dearly as motorcyclists, and that's where I think these expressions have come from. We often describe the biking community as "family", and that's precisely what it is for a lot of people.

BC: Social responsibilities in bikers are rare to find nowadays. What you have to say about it?

HB: I can only speak for the UK as a majority, but I think bikers are highly socially responsible. I have never met a more giving community in any other sport. We raise money for charity, help one another out, support just causes, deliver toys to sick children, raise awareness of issues in our world, the list goes on. We lead by example.

BC: What are your high and low phases in life?

HB: We all have highs and lows. One can't come without the other, and it's what makes us human. I won't bore you with the peaks and troughs of mine.

BC: Nowadays, cause rides are in fashion to get the attention in social media and sponsors! What do you think about cause rides? Do you think cause rides make changes in society, or it's just a namesake? (I hope you would not be diplomatic with this question.)

HB: If cause rides are in fashion, isn't this a good thing? If we are collectively gathering to raise awareness or to support another community, isn't this great? If a company wants to support that, I think that's great too! Social media is another story... I have a love-hate relationship with it personally as I grew up and remember the world without it.

BC: "Biking is our passion and mediation." We hear these words quite often, but we find many bikers are riding to get instant fame and followers on social media on the contemporary. What do you have to say about this?

HB: I say be YOU. It's not any one of our positions to tell another human how to live their life. You do you, I'll do me, and that's how it should be. It's important to remember that we are a product of our environment.





Before social media, we had newspapers, television and radio. The same "fame" desire has always been around as a result of the media and glamorising. Now, it's just more easily accessible. I feel bad for the younger generations growing up in a world of isolation behind computer screens. It is already and will continue to have significant impacts on people's mental health.

BC: What do you fear the most, and what are your strengths?

HB: My biggest fear in life is to waste it. I want to experience everything, and I have an unknown amount of time to do that. That is my strength in a lot of ways, but also my downfall.

I am constantly thinking of new ideas to make my mark on the world. I'm not afraid to say no to dull, mundane things that don't energise me, and I am always seeking my next adventure. The downsides of that are that I never get any housework done!

BC: What is that one thing you haven't achieved yet? Or are you crazy about it?

HB: One thing I haven't conquered yet is my fear of heights. That's on the bucket list, not necessarily to do skydives or anything like that, just to eradicate an all-consuming fear.



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BC: In one line, if you want to describe or quote about your Riding?

HB: Erm... I'd better not in case any authorities are reading this, haha!

BC: I know you must be unaware of BIKERS CLUB ® NETWORK and the magazine, But Any message you wish to give to our readers?

HB: I think it's important to remember that this last year has been a tough one for many of us. Be kind to yourself, give yourself a break, don't be afraid to ask for help and get out on the bike or do the things you love more! We only get one chance at life after all!

BIKERS CLUB: Thank You, Ms Hayley Bell, for giving us your time, sharing your views on life, motorcycling, and your journey. You are one of the ambitious and visionary riders I have ever come across until now. And I am sure your life journey will motivate many dreamers and the youth of this country. I, Rahul Mehta, from Bikers Club, wishing you a prosperous future ahead, and Once again. Thank you for being a part of BIKERS CLUB ® NETWORK.

HAYLEY BELL: Thank you, BIKERS CLUB, for covering my life journey in your respected magazine.

DISCLAIMER: All the answers and the views on life, Riding, travel, events, and bikers above are the thoughts and writings of Ms Hayley Bell; we have just documented it in our format. Any co-relation with someone or someone's sentiments is purely coincidental. This magazine is exclusively infotainment and dedicated to the lifestyle of a biker. We do not encourage or promote racism, religious discrimination, and plagiarism. Any articles found similar to someone's work, blog, website, or some other magazine and any platform are purely coincidental.

+ Keep riding with bikers club ®
RIDE WITH PRIDE ®

Hayley Bell

FOUNDER OF 'WRWR'
WOMEN RIDERS WORLD RELAY



NEED TO KNOW !

Planning a Motorcycle Tour to Myanmar?

BIKERS CLUB ® JULY ISSUE 2021



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Myanmar



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ALL YOU NEED TO KNOW ABOUT MYANMAR

Myanmar is perhaps the hottest new adventure travel destination in Asia. You can now get 28 days tourist Visa and travel to more remote corners than ever before. Road connections are improving rapidly and there are now better maps available and even mobile networks to use your phone as navigator. Intention of this article is to give you some advice on planning a motorcycle adventure in Myanmar. There are many great destinations and routes. We will get into that later. Most importantly one needs to know how to get to Myanmar and what is possible and what is not. There is very little information available so we thought of sharing some of our knowledge and hope to make the country more popular destination for adventures in the future.

Myanmar border crossings, permits and Myanmar Visas

It is now possible to cross several land borders between Myanmar, Thailand, India, and China. Travel has become much easier during the last 2 years. Border permits and tour operators EVT invitation letters are no more needed although some officials may still insist on them.

You will still need to obtain Myanmar Visa in the Myanmar embassy abroad.

For the time being, Myanmar visas are not available at the borders. Exemption being Asean countries passport holders who have been recently granted visa-free entry. We recommend however to check with your nearest embassy. If you wanted to come to Myanmar with your own bike and are Asean passport holder you will still need a local partner for ground handling.

Bringing own motorcycle to Myanmar

It is possible to travel into Myanmar with your own motorcycle and exit the same way or from another land border crossing where foreigners are allowed to cross (not all border crossing are open for tourists).

The current Myanmar law requires an escort to any motorbike convoys entering the country. The permits application process involves government approval of the itinerary, locally registered tour operator or travel agent to handle the passage (escorts will drive along in a car).

Myanmar



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The local company handling your passage will apply all necessary permits and licences including import and export permits, local driving licenses and temporary license plates on your behalf. This can be quite costly for just 1 or 2 riders.

Hiring or buying motorbike in Myanmar

This is a more hassle-free option and a less costly way to travel in the country.

The down part is that there are not many bikes for rental. Importing anything to Myanmar has been very restricted for years. Lower taxes and import license rules have spiked up car imports and motorbikes as well to some extent but the local demand is mostly for small scooter style motorbikes.



BIKERS CLUB® MAGAZINE ISSUE 27

JULY 2021 | WWW.BIKERSCLUB.IN



SHOUT OUT

"You
Should
Trust Your
Gut"



So often we're told to "Just trust your gut," but what does it actually mean and more importantly, how do you do it?

Gut instinct, or intuition, is your immediate understanding of something; there's no need to think it over or get another opinion - you just know. Your intuition arises as a feeling within your body that only you experience.

Because the feeling is so personal, no one else can weigh in to tell you if you're in touch with your gut instinct or not. You alone have to make the call. Because of this, trusting your intuition is the ultimate act of trusting yourself.

Listening to your intuition helps you avoid unhealthy relationships and situations. Throughout your life, many people will have ideas about what's best for you, some held with good intentions and some coming from a place of deceitful, harmful, selfish intent. It's sometimes hard to tell which category someone falls into, but if you put aside all of those external opinions and instead listen to the advice of your own intuition, it will guide you to what is truly best for you.





The process of trusting your gut is not as simple as the phrase implies, though, especially when certain habits and circumstances pull us strongly and often unconsciously in the opposite direction. Luckily, our intuition is so deeply instinctual that even if we've been out of touch with it for our entire lives, it's still there inside of us, waiting for us to summon its wisdom.

Here's how you can carve a clearer path toward your own intuition and begin to draw it out regularly in your life.

What Gets in the Way?

Your intuition is like your own personal North Star, but there are many obstructors that act as clouds dimming its light. Once you're aware of them, you'll better catch yourself when you're headed in the wrong direction for the wrong reasons so you can then take the appropriate steps to realign with your intuition. These are some of the most likely culprits:

Overthinking: Since intuition is "the ability to understand something instinctively, without the need for conscious reasoning," overthinking is one of the biggest interferers. Putting excessive thought into every decision and walking through countless scenarios and outcomes can lead you away from your gut instinct, especially when you're overthinking in order to rationalize or justify something.





In these cases, your thought process is not flowing freely or organically but is following a very specific agenda to build a case for something you've already made up your mind about. In other cases, the flood of possibilities and considerations that overthinking generates can overwhelm and confuse, leaving you in a dizzying circle without clear direction. This state is referred to as analysis paralysis. No matter the exact process, overthinking leads you to the same place - out of touch with your gut instinct.

Shoulds: "Shoulds" often enter the picture when you're overthinking and other times when you're outwardly focused. For example, if you wonder, "Will (someone else) like me if I do this?" In these instances, you're thinking about your behavior in a lens colored by the rules, preferences, and expectations that someone else has set rather than looking inwardly and allowing your own thoughts and needs to guide your behaviour, which would lead you to ask a very

different question like, "How will I feel about myself if I do this?" Because "should" shift the focus away from you, they distance you from your intuition.

Prejudices & Unconscious Bias: Even though prejudices and unconscious biases are in some ways the opposite of overthinking, they have similar effects on your intuition. As opposed to overthinking and over-analysis, prejudices and unconscious biases operate from quick judgements that the brain automatically makes based on past experiences, stereotypes, and background instead of based on reason or actual experience. As a result, neither of these culprits allows space for you to tap the experiential nature of intuition.



A loved one's or authority figure's needs / wants / opinion / advice:

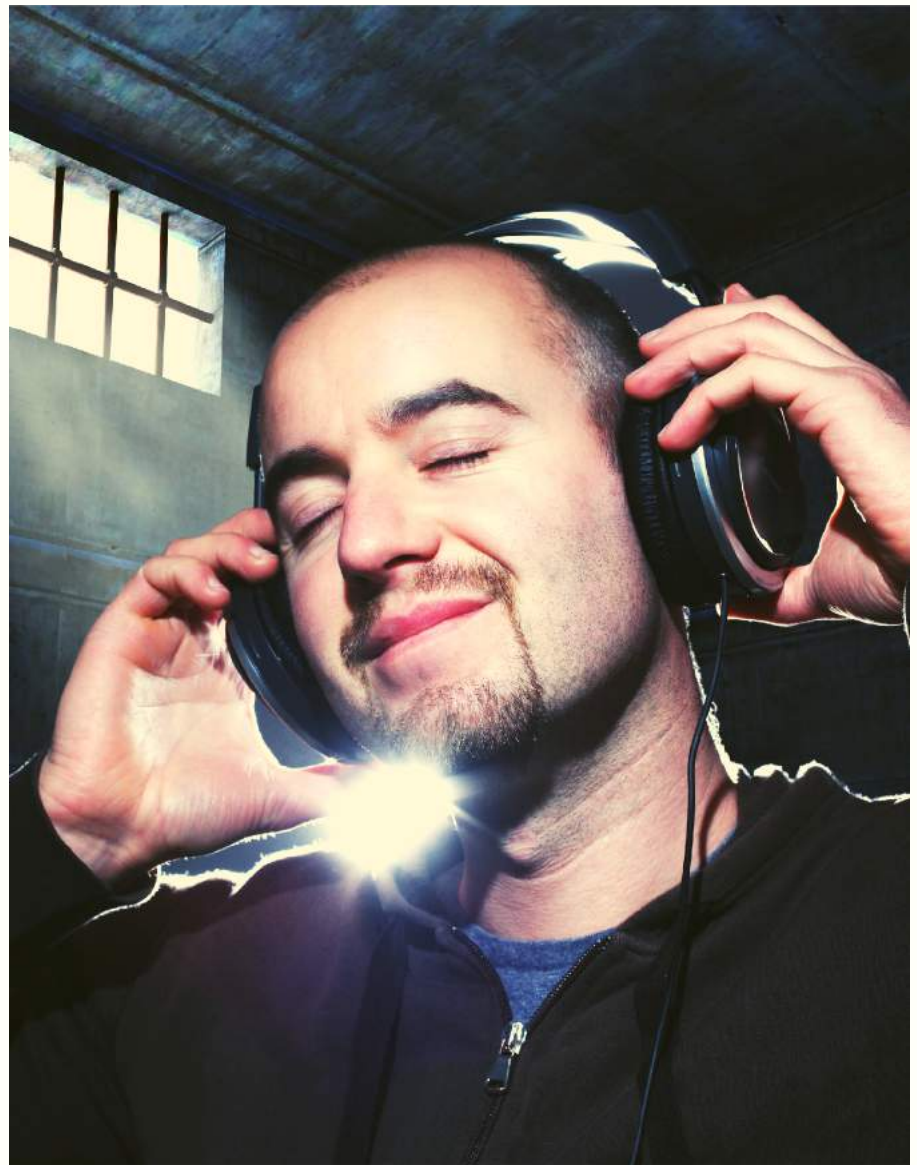
Often, the person who has the greatest power to eclipse or cloud your gut instinct is a loved one or authority figure whose love or approval you wish to win over, for example, a parent, significant other, teacher, or coach.

When you badly want something:

When you're really hungry for something, whether love, acceptance, children, social status, or something else, your strong desire to fill that gaping need can cause you to overlook or ignore any red flags along the way. Being laser-focused on satisfying a need you deem worthy of almost any cost leaves little opportunity to acknowledge or follow your intuition, especially if that gut instinct is at odds with something or someone closely aligned with this need.

Previous trauma/abuse in childhood: Perhaps the most complex and powerful of all the culprit is having experienced abuse and trauma as a child. Why?

Because childhood abuse can leave a lasting impact on a person that remains even in adulthood. Growing up experiencing physical, emotional/psychological, and/or sexual abuse can cause children to distrust their experience and blame themselves. Since trusting your intuition is the same as trusting yourself, tapping into this gut instinct can be a struggle.



How to Cultivate Your Intuition?

Practising the following steps will help you hone your feeling of intuition in your body and bring it to the forefront to guide you through important situations.

SLOW DOWN & CLEAR YOUR MIND:

When you're living in a cloudy haze and rushing here and there, whether physically or mentally, you miss information. Slowing down helps you better recognize and process the information you receive, not only in your mind but also in your body. To do so, you must mentally and physically clear away the clutter. In real life, it might look like pushing back a deadline to remove urgency from a decision. It could also mean stepping away from a situation in order to gain further clarity, for instance taking a vacation before making a career change or spending some time apart from a significant other to determine if you're right for each other.

Slowing down means purposefully making space for your intuition to occupy. The slower pace helps to shift your perspective and clear away distractions so that you can see and feel what truly does matter. Explore meditation, yoga, mindful breathing exercises, and other practices that move your focus from darting thoughts into a deeper space of calm and centred focus within you.

NOTICE SENSATIONS IN YOUR BODY:

Intuition is grounded within the sensations inside of the body, so learning to recognize what's going on within your body - i.e. what you're feeling - is key to developing your intuition. While we might use the terms "feelings" and "sensations" interchangeably to describe intuition, note the slight distinction here: specifically, we're more interested in understanding how your body feels in response to an emotion - for example, anger feels tight, sore, hot, and tingly - rather than simply naming an emotion like sad, angry, or frustrated, and stopping there. A great way to practice is to label the emotion at the moment when you experience it - e.g. anger - and then feel what sensations arise within your body that is associated with that emotion - e.g. your jaw is tight and shoulders are raised and tense. Doing so helps you stay out of your head where you risk being swept away by thoughts and instead tune in to the body where your intuition resides.

Begin practising as a novice observer, merely noticing with interest what's happening to your body in response to different stimuli and emotions. Guided body scan meditations are especially helpful in sharpening this skill. So are exercises where you bring to mind a specific memory and then label and feel the emotions it elicits within your body. In all of these exercises, pay particular attention to your breathing, muscles, and heart rate to see how your body reacts and what that reaction tells you. The information it holds is crucial to devising action that's meaningful and relevant to you.



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FOCUS ON YOU:

Ask yourself, "What do I really need here? What's important for me?" This is one of those times when it should be all about you, so give yourself full permission to do so. If you find your focus shifting to other people and their needs, notice and purposefully return your attention back to being curious about what you need and want because that is where you will find your intuition; concentrating on these needs helps to more easily pave the pathway there. To clear the air around your intuition, it might be helpful to first go through the list of culprits above to identify the external factors influencing you, acknowledging them so that you can then put them aside for the moment. Your intuition is part of your highest, wisest self, so make sure the focus is squarely on you.

TAKE ACTION (OR CIRCLE BACK TO STEP 1):

The feeling of intuition is like an ocean current navigating you towards a purposeful life. Once you discover it, you still need to jump in a boat and set sail in order to derive its full value. After you answer the question "What do I need right now?", do something to give yourself what you need.

It might be the tiniest step, but size doesn't matter here. Small steps can actually be beneficial at first to gradually build trust with your intuitive self whom you may be meeting for the first time or becoming reacquainted with after an unhealthy relationship separated you. What's important is that you are following your intuition.

Remember that trusting your intuition is a journey that will lead you back through these steps often as circumstances change and life continues to move onwards. Consider your intuition as a muscle to strengthen. With purposeful practice and frequent use, it will become more powerful and better serve its purpose - guiding you home to yourself.



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SAPIOSEXUAL



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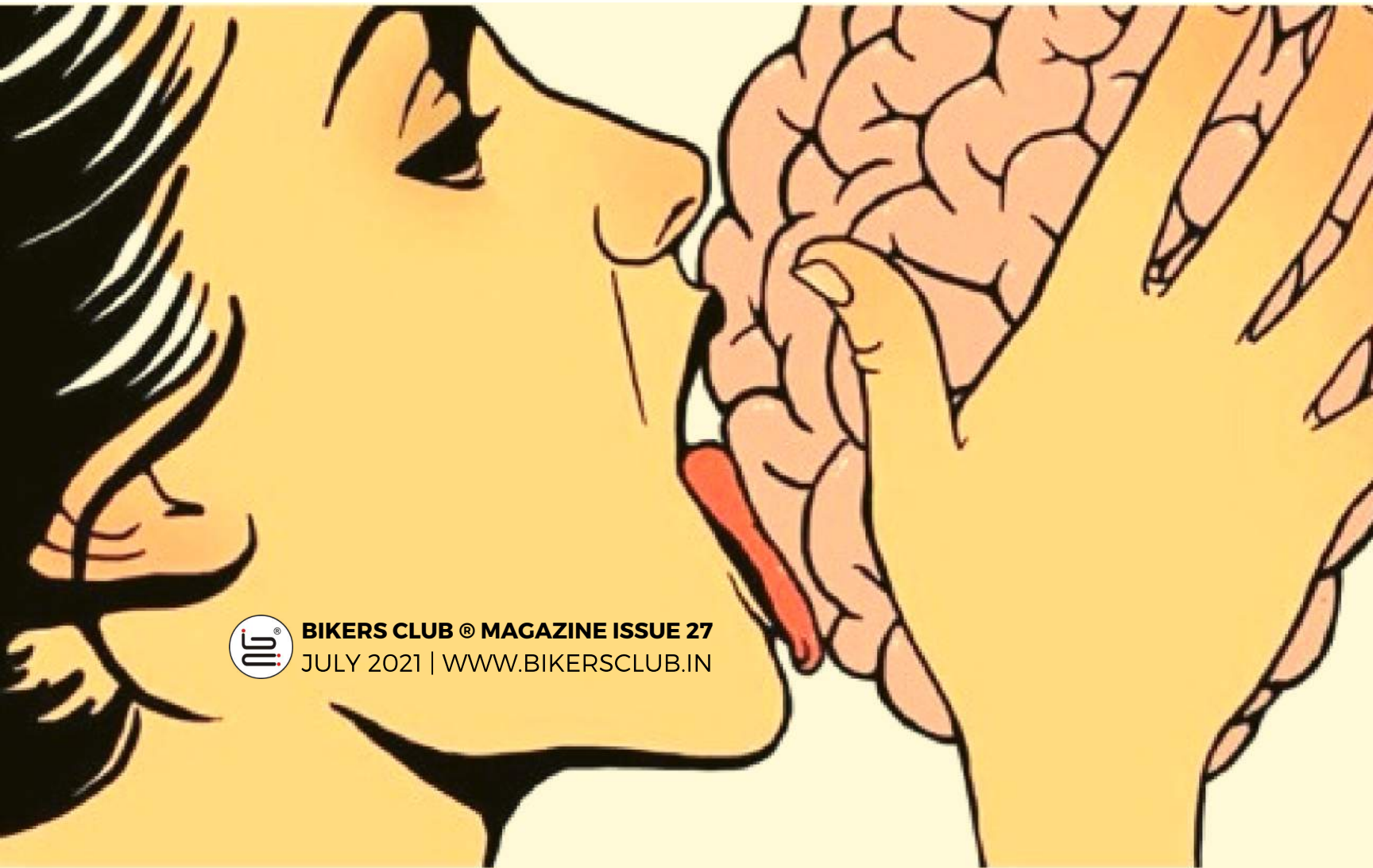
Lifestyle



SAPIOSEXUAL LIFESTYLE

DISCLAIMER: *In the Lifestyle section of Bikers Club Magazine, we articulate and showcase society's different lifestyles. We aim to educate our readers regarding their lifestyles and do not intend to hurt anyone's feelings, sentiments, or religious harmony. Any relation to a real-life person will be purely coincidental. And when we mainly showcase someone's life, then we have their permission to write and publish.*

Sapiosexual Lifestyle



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“

*I'm
Sapiosexual
so please
stimulate my
Brain first*

”

What is Sapiosexual?

People who are sapiosexual are physically and emotionally turned on by intelligence. Sapiosexuals think that intelligence is the most attractive trait and value it more than a potential partner's looks or even personality.

"Sapiosexuality is a sexual orientation characterized by sexual and erotic attraction to potential partners who are, first and foremost, intelligent.

"In these cases, intelligence is the genuine 'turn-on,' not the status, job, or financial benefits that might accompany intelligence."

Signs of Sapiosexuality

You are drawn to a potential partner's intelligence more than looks or personality.

Sapiosexuals are most drawn to or turned on by another person's intellect. "A sapiosexual person may be more interested in discussing books or politics with someone on a first date rather than trying to begin a sexual relationship immediately."

"They may have an online dating profile that focuses more on their career or their academic goals than on trying to find someone to engage in sex with."

If you find yourself most drawn to someone's intellect, this is a very good sign you are sapiosexual.

Intellectual conversations turn you on.

Sapiosexuals are not only drawn to a potential partner's intellect - they are often physically turned on by intelligence. If political debates or long discussions about literature really get you in the mood for sex, this is another sign that you are sapiosexual.

"For sapiosexual folks, intelligence isn't just icing on

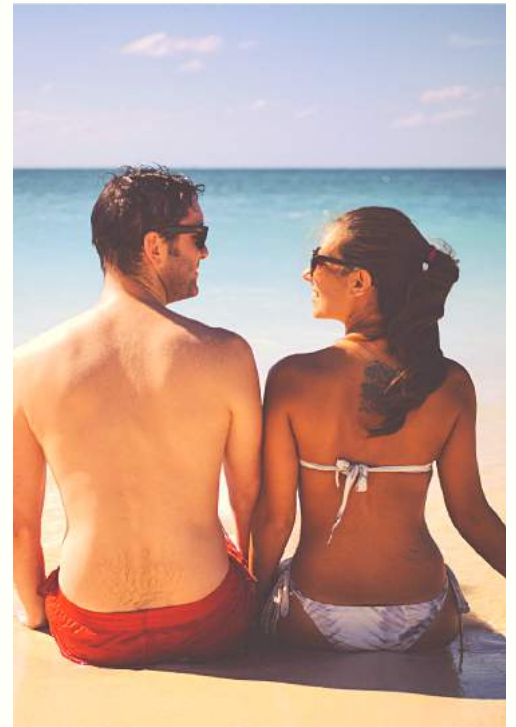
the cake for an already attractive partner; it is intelligence itself that drives arousal."

"Sapiosexual individuals not only enjoy intellectual conversation; they might also feel aroused by it."

You need to have an intellectual discussion before sex crosses your mind.

For most sapiosexual people, it's impossible to feel comfortable dating or getting intimate with someone before you've had a good, long cerebral chat.

"Sapiosexual people might find that it's difficult to connect sexually with a potential partner until they've engaged in some form of intellectual discussion." "Intellectual connection may be considered far more effective foreplay than even physical touch."

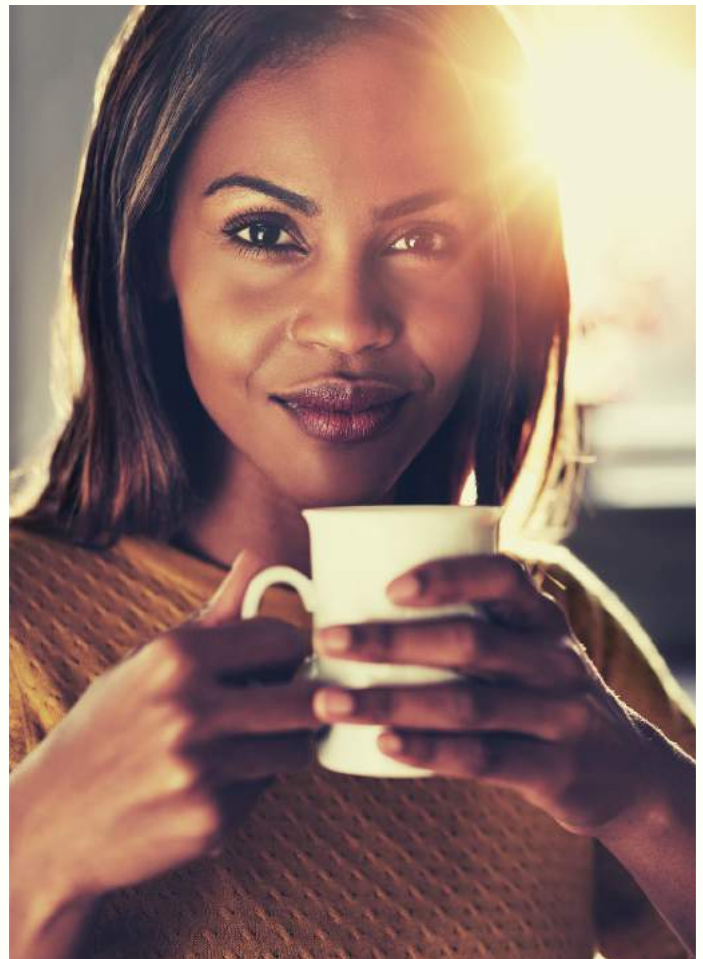


If you struggle to connect with a potential partner before chatting about their favorite books or political views, this is good sign you might be sapiosexual.

Intellectual spark is more important to you than even the emotional spark.

Often, sapiosexuality can be confused with demisexuality, an orientation characterized by only experiencing sexual attraction to someone after making an emotional connection with them. While there is some overlap between the two orientations, there is also a distinct difference.

"Sapiosexuality is the need to build an intellectual attraction before a sexual attraction will occur, while demisexuality is the need to build an emotional connection before a sexual attraction will occur." For a sexual attraction to begin, a sapiosexual person is seeking someone on the same intellectual level they are on, whereas a demisexual person is seeking someone who will share their feelings and emotions.



Is Sapiosexual a real sexual orientation?

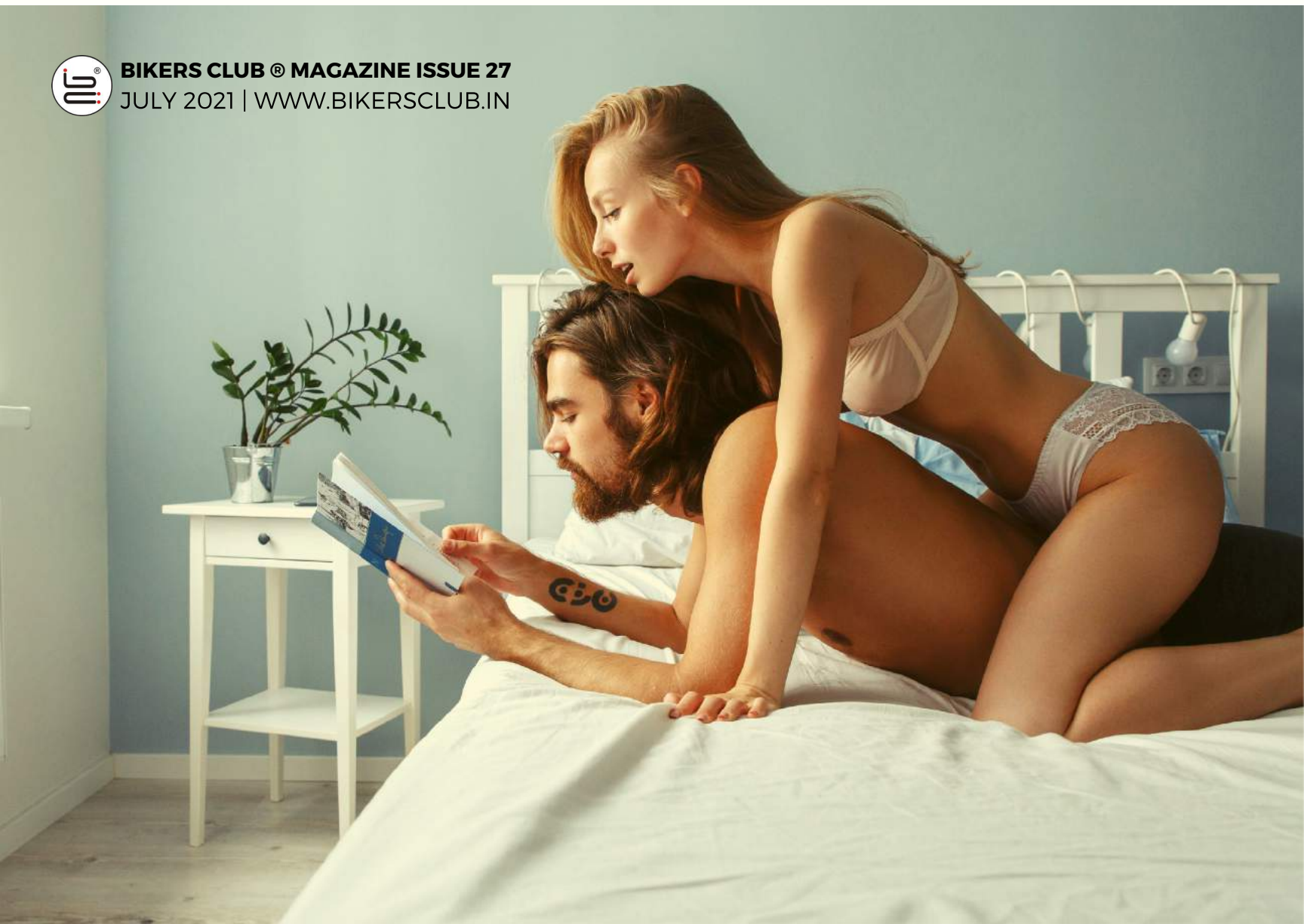
Despite sapiosexuality entering discussions about sexual identity more and more, there are many who still do not view sapiosexuality as a real orientation. Some queer people have also argued that sapiosexual people should not be included in the LGBTQ+ umbrella because it's not related to gender preferences in the same way identities like pansexual, heteroflexible, and others clearly are. However, some sexuality experts advocate that sapiosexuality is a valid orientation and should be considered as such.

"Sapiosexuality is not an orientation in that orientation is about the gender identity of the partner or potential partner," A sapiosexual person can identify as gay, straight, bisexual, pansexual, or greysexual. Sapiosexuality is how the person develops their attraction to someone. It is the how, not the who, of their attraction experience."

*"It's always
words that
undress you"*



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Everything You Need To Know About Dating A Sapiosexual

If you've always been more interested in someone's bookshelf than their gym shelf, you might be a sapiosexual. The same is true if you **only ever agree to museum dates, crush hard on folks who write for literary magazines, and/or get weak in the knees whenever someone possesses a fancy talent, like playing the piano.**

OK, so that last part may have been a bit of an exaggeration. But it does illustrate the point that sapiosexuals prioritize a partner's intelligence which could include hobbies and general knowledge - over their physical attributes, financial status, and even personality. In fact, they don't just prioritize it, but actually, get turned on by it.

If this describes you, and you're looking for a partner who feels the same way, try out some of these flirting and dating tips that are positively essential for Sapiosexuals - and see who you can meet.

Focus On Your Own Hobbies & Interests

"We attract what we are." So if you're looking for an intelligent partner, be sure you are engaging in intellectual pursuits and activities that light you up." Read books, play instruments, watch movies, listen to music. "Don't wait for a partner to do these things with."

When we foster our own interests, we develop ourselves, feel happy, and we put out a vibe that will attract like-minded partners.

Skip The Small Talk

Whether you're reaching out to someone on a dating app or chatting over coffee, try to get past the small talk as quickly as possible. No talk of the weather or about having a "case of the Mondays" - Just dive right into the meat of a conversation. This will be the best way to "assess their intellectual interests and whether it's a match for you."



Need some ideas? Ask about their favourite authors, directors, and areas of study. "Make sure while you are connecting on an intellectual level that you are also sharing some personal things about yourself and asking some personal questions," all of which will help the conversation go even deeper.

Keep The Conversation Flowing

If you want to say you're a sapiosexual without saying you're a sapiosexual, show interest in keeping the conversation flowing. "When they share an intellectual pursuit they are excited about, you can ask, "When did your interest here start?" or "What excites you the most about this topic?"

If the conversation flows, you may have found your match. "If not, you won't want to say, 'I'm sorry, you're not intelligent enough for me to be interested in you,' "But you can give a more generic reason like, 'I just don't think we're a match.' Never apologize for what you are attracted to - we like what we like!"

Get Thyself To A Museum Or Independent Theater

Of course, the best way to connect is by immersing yourselves in situations that are steeped with culture. "Have dates that will elicit deep intellectual discussions that will turn both of you on - museums, reading the same book and discussing, watching a documentary - any activity that will allow the two of you to bond on an intellectual level."

Ask Tough Questions

This may go without saying, but it's also super important to remain informed, as this will "make sure your conversation is engaging and challenging." And again, don't shy away from focusing on intelligence as a priority. "Intelligent partners challenge us and make the world a more vibrant and exciting place." And this new =ness and excitement that comes with learning and exploring leads to better intimacy in relationships."

Don't Worry About Seeming Too "Nerdy"

Want to geek out over board games, trivia nights, and puzzles? Go right ahead. "Dating should include mentally stimulating activities."



BIKERS CLUB'S

ROADSTAR®

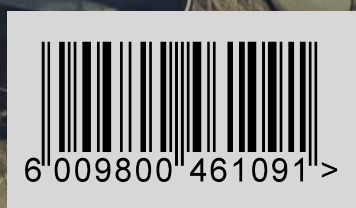


Rajdeep Singh

INDIA'S FIRST BIKER PRIEST, DRUG ADDICT SURVIVOR, AND MULTIPLE NATIONAL RECORD HOLDER.



DRUGAHOLIC TO BIKEHOLIC



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BIKERS CLUB® ROADSTAR

REV. RAJDEEP SINGH (42)

India's first Biker Priest, Drug Addict Survivor (substance abuse), Social Worker, Motivational Speaker, Traveler, Founder/Admin - Nomads On Wheels Riding Club Ludhiana, and Priest In-Charge Focal Point Church.

Founder - Priest On Wheels Foundation.

Life Journey of Rajdeep Singh aka "Priest on Wheels"

Rev.Rajdeep Singh (42): India's first Biker Priest, Drug Addict Survivor (substance abuse), Social Worker, Motivational Speaker, Traveler, Founder/Admin Nomads On Wheels Riding Club Ludhiana & Priest In-Charge Focal Point Church. Founder Priest On Wheels Foundation.

"Forget yourself and live for others, for it is more blessed to give than to receive when you are in the service of your fellow beings you are in the service of God."





The above words inspired me to take away my focus from myself and concentrate on the well-being of the society/country. My name is Rev. Rajdeep Singh, and I am a drug addict survivor and India's first Biker Priest. There is a famous quote in English, "Every Saint Has a Past, and Every Sinner Has a Future" this quote came true very well in my life as Once there was a time when people use to call me addicted, but now people call me "Priest on Wheels" since I am no more addicted and my past has been changed to a beautiful future. Now I do Motorcycling along with my Profession. A beautiful quote in Hindi goes like this "Wo Jawani hi Kya jiski koi Kahani na ho." My life "Meri Jawani ki Khaani" has been such a journey that has taught me many life lessons. I had learned from travelling experience that if we have taken the wrong path, we can make a u-turn and come back to the right track. This is what I exactly did in my own life. I believe sharing my real-life story from drugs to life can inspire a lot of young peoples.

Story from Drugaholic to Bikeholic

The Land of Punjab is called the land of five rivers, as time passed there started a new river in the land of five river - The River of Drugs, in which myself also got trapped and started sinking. It was not until I was in obedience to my parents & teachers and I was working towards my aim in life, but as it is said "Bad Company corrupts a good character" this exactly happened to me. My life became miserable day by day. One day, some of my friends were taking drugs, and out of curiosity, I asked them what this thing is? They told me a lie by saying Bro, it's a medicine for increasing memory power; as you know, exams are approaching, and they asked me if I also wanted to try this. I refused once, but they insisted I have it just one time only.



पत्नी गैस पर खाना बना रही थी। उस समय मनदीप सिंह पास में ही खड़ा था। न जाने कैसे आग उसके कपड़ों को लगा गई, जिससे टांगें और पैर जल गए।

7 में सम्मान समारोह के रूप में समाप्त होगी। इसके लिए 7 सदस्यीय टीम का गठन किया गया।

इस अवसर पर डॉक्टरों की टीम में डॉ. तेजिंदर कौर, डॉ. गीति पुरी अरोड़ा, डॉ. परवीन गुप्ता, डॉ. मनिंदर सिंह, डॉ.

इस तरह के मेडिकल कैंप का आयोजन करके आर्थिक तौर पर कमजोर वर्ग के लोगों को बेहतर सेहत सुविधाएं पहुंचाया

आयोजन

नोमेड्स ऑन व्हील्स राइडिंग क्लब की राइड में 200 राइडर्स ने लिया हिस्सा, नुककड़ नाटक भी किया पेश

नशे के खिलाफ किया जागरूक, निकाली बाइक रैली

जागरण संवाददाता, लुधियाना : नोमेड्स ऑन व्हील्स राइडिंग क्लब ने रविवार को नशे के खिलाफ लोगों में जागरूकता लाने के मकसद से राइड का आयोजन किया। इस दौरान 200 राइडर्स शामिल हुए। यह राइड शहर के अलग-अलग हिस्सों से निकाली गई। राइड के दौरान बाइकर्स ने हाथों में नशे के खिलाफ जागरूकता बैनर व पोस्टर लिए हुए थे। इस दौरान इस्साक दत्ता की अगुआई में नशे के खिलाफ एक नुककड़ नाटक 'नशा एक कोहड़' के संस्थापक राजदीप सिंह ने बताया कि उनकी और भी प्रस्तुत किया गया। क्लब से सामाजिक बुराईयों के



नोमेड्स ऑन व्हील्स राइडिंग क्लब की ओर से नशे के खिलाफ कराई गई राइड में शामिल बाइकर्स (दाएं) राइड में शामिल बाइकर्स नारेधाजी करते हुए।

रैली निकाली जाती है। जागरूक करना उनका उर्लौने कहा कि लोगों को मकसद होता है।



I could not resist the pressure of my close friends, and I also took it. After having those drugs, I felt well for a while. But it was not just for one time as I had a desire to try again. Slowly this became a habit, and my life started changing. Other drugs also entered my life: fear, failure, insecurity, fighting with the family, loneliness, selfishness, & disobedience. I started feeling lonely; a fear gripped me that nobody should know I was an addict, so I stopped mingling with everyone. Not only this, but I also started losing interest in a lot of other activities too. Eg. I skipped going to college, tuitions/caching centre. I was losing my career, friends. I was slowly pulling down those bridges which were necessary to take me ahead in life.

As I stated above, there came a time that was a life-changing moment. It turned my life completely. One day, I got the news that one of my close friends admitted to the hospital due to an overdose of drugs. But the story didn't end here as later on, he lost the battle of life. When I reached the hospital, a scene there shook me completely.

I saw his crying sister and parents. They couldn't believe that their son is gone. At that moment lot of thought started running in my mind. I thought would this be my future also. Many voices started shouting, that Rajdeep, one day this will happen to you also, you will also die like this, and your parents will cry the same way as his friend's parents are crying. That moment was the turning point of my life, and I decided to take a U-turn. I decided that I don't have to die; I have to live and live for my family.

With the blessing of Almighty God and the support and encouragement of my Parents, without going to any rehabilitation centre, I came out from the trap of drugs with my willpower. Also, I made the most crucial decision of my life that now for the rest of my life, I will encourage others with my story to leave their addiction.



I made my aim making people aware of the deadly effects of drugs by giving my life transformation story, and if I can come out of this addiction, anyone can also do the same.

Flag off to a new Journey

From childhood itself, travelling, coin & stamp collection, and cycling was my best-loved hobbies. As I grew up, cycling turned up into motorcycling.

So I started thinking about how do I reach people. An idea struck in my mind that I will get my Motorcycle, my Passion, and decided to spread awareness with a slogan, "Say No TO Drugs". It'slt's my opinion "no matter how long you have been addicted; there is always a chance to choose to take a new path. That is what we have to overcome. Turning is hard, but once you chose the path, the going gets easy. Remember, often difficult roads always lead to a beautiful destination. The motivation is to keep going.

Addiction replaced with Passion

Addiction was replaced with a Passion for bike riding; I have unplugged myself from addiction and plugged into my Passion for motorcycling/biking. I started rides (cause rides) with a message on various social issues. I also Joined myself voluntary with India's Leading NGO Evangelical Fellowship Of India (EFI, an NGO with special consultative status with Economics & social council of the United Nations) in their Program called Drug Addiction Awareness Campaign (DAAC).

With EFI's DAAC Program covering every village of Punjab, I started giving examples of my life transformation story through Skit and live testimony of how my life was changed. I encouraged people to come out of addiction the way I came out through solid willpower.

Milestones achieved

As part of my Passion, I organized campaigns with the social message for societies along with the partnership with NGO EFI. First time in the motorcycling History of Punjab, I had organized the biggest awareness rallies on different themes. Under this theme, "**Say No to Drugs**" was a historical event. This even got recorded in **Limca Book of Records, India Book of Records, Vajra World Records, Assist World Records, Global Records & Research Foundation**. These events were covered by India's leading news/media agencies like Times of India, Danik Bhaskar, Danik Jagran, Danik Savera, Punjab Kesri, Jag bani and many more.

Another historic campaign recorded in India book of Record was "Save earth-Tree Plantation." it was also the most significant Ride ever organized on tree plantation in Punjab-Ludhiana. Many rallies organized on a various social causes like:



- Ride against Molestation for women's empowerment,
- Responsible Riders Ride to make people aware of traffic rules,
- Sawatch Bharat Abhiyan Rally for clean city green city,
- World Day of Remembrance Ride in of Remembrance for Road Traffic Victims.
- One Ride for promoting the spirit of oneness "Equality."

In my riding career of two decades, I have been to Ladakh six times, Lahaul-Spiti numerous times with a message of "Say no to Drugs" covering many famous passes like Shinkula Pass, Sach Pass, Chanshal Pass, Jalori Pass, Kunzum Pass and roamed around India on my Motorcycle.

Inspired by my life-changing story, a documentary was made, which was aired on many nationalized TV channels Like Sony TV, Zee TV, Zee Punjabi, Zee Telegu, Star Plus TV and City-based print media (news Papers).

I want to message the readers that our life is precious and we can make a difference. As we never put contaminated fuel in our bikes, it will cease the engine, so our body needs a healthy diet and should never put drugs in it. Let us use our life for a healthy cause. Be an inspiration. Let your life create beautiful memories. Ride responsibly while on roads as well as in real life. Benjamin Franklin had said, "**An ounce of prevention is worth a pound of cure.**"



mystic
Souls
series



BRUNO'S RIDE TO HEAVEN

BIKERS CLUB® MAGAZINE JULY 2021 * ISSUE 27

by Kanupriya



BRUNO'S RIDE TO HEAVEN

While watching a Netflix series, "Firefly Lane", last Sunday, I realized that the emotional moments in movies are so beautifully produced and directed that they touch our hearts. It is also said that we often miss and value things more when they depart. Don't worry; this story will not begin with a super melodrama yet through the welcome of my bright-eyed, athletic and playful dog BRUNO - My first pet.

I wasn't even born when Bruno was brought home. My parents stayed in the government quarters in Delhi. The full-day job of my father left my mom alone at home, and she would end up speaking to neighbours, cooking delicacies, tutoring and mentoring children, but in the end, she would find herself alone. She has been an avid reader and writer ever since her school days. This was her family legacy, and she never got tired of it. But she still felt the void of someone's presence at home all the time.

Therefore, the wise decision of bringing a pet was collaboratively taken by the couple. "A dog is the only thing on earth that loves you more than you love yourself." My mom, too, had a company then. She would feed him like a baby, care for him, talk to him in babble sounds, discuss something if she'd be upset about something, and take him out for a walk. Life brought a beautiful change in the ambience of that small quarter just by his presence. The happiest day of my parent's life was the day they got to know they'll be parents soon.

My dad, out of excitement, placed a welcome note at the door which said, "Ten little fingers, ten little toes, our newborn baby fills our heart which overflows". On the one hand, Bruno was getting trained, and on the other, dad took care of mom.

Life took a beautiful turn when I landed in my father's arms. My mother narrated how happy my father was to get news of a newborn baby girl. He turned into a jocund that very moment. He spent half of his monthly salary on greeting nurses and sharing sweets amongst doctors and colleagues. As told by my parents, I was brought home wrapped in the dress that was knit by my grandmother, and my mother kept thinking how pretty the raindrops looked as they made sinewy trails of water on the windows of our white Maruti Suzuki 800 car.

Humans might fail to express an affectionate gesture. Still, BRUNO welcomed me with his gentlemanly pose, up in the air- raising both his hands like an infant does to someone elder to take them into their arms, wagging its tail tirelessly. It was evident to witness how happy it was to see me.



Chilling winters and never-ending wet nappies was now into the daily routine of my parents. Bruno was fed thrice a day earlier but now would fill his tummy by strolling at the neighbour's place or patiently wait for Papa to feed him. He was well trained. He knew that the main door was a boundary for him. He sat there all day long, and at night, my father would place comfortable bedding for him to rest. However, dogs have a different sleeping pattern once they grow, but he followed a very human schedule. He would stay up in the daytime and sleep at night.

So I would say- we grew together. My first steps were taken in his company, where he would tag along, and whenever I'd fall, he would be there besides to ensure I never fall. Bruno had this immense aura in him that made people around him a humanitarian and spread love across. My father decided to build our home then. We shifted to a beautiful place in South West Delhi. Our house had a beautiful garden, a small drawing room and a bedroom. I was just nine months old when we shifted there. Both my parents divided their roles and duties. My mother wanted to pursue her studies further, and for that, she had to travel 150 kilometres every day. My paternal uncle (Bobby chachu- as we denote, uncles in Hindu families) came to help my parents and took care of me.

My mother enrolled herself in higher education studies, and my father got an excellent increment that year. Life was amazing and full of gratitude. We all thanked God each day for blessing us to stay courageous and enthusiastic throughout the tough days and hard times.

Every Sunday used to be remarkably pleasant. We stayed in a society with two side entrance to our house. We had people from Haryana on one side and Punjabi & Malayali families on the other. On average, each second house in the row had an educator and that too the sensitized ones. Since it's a challenge to have been brought up in a family where a teacher resides- as there is always a schedule to follow and goals to reach, my life, along with those who put up in the neighbourhood, faced the same torture (just kidding). Hence, Sundays were fun days. All of us would be spared to play, roam, watch matches and television (channels of our own choice for a particular time frame which was more than enough to gear ourselves for another routine week full of homework and school activities). Bruno and my uncle, and I would sit on the scaffold of our main entrance for hours, enjoying the presence of our neighbours, contributing to being their audience and applauding for them.

I always had him by my side to wipe my tears, to share my joys. He always accompanied me to the shops and nearby grocery stores. If I went outside to play in the evening hours, he would sit at the main entrance gate, watching me. If I were home, then he would sit in my granny's laps. She would sing spiritual songs and hymns in the evening, and he would wag its tail as if he understood everything she said in her prayers. Undoubtedly, dogs do connect with the vibes. As one of my biker buddies says, "If a dog doesn't bark at you, it means you're a good man".

Years rolled, and we grew in every way together- emotionally and respecting each other. I was not ready for anything uncertain, which indeed is the departure of a soul- Death.

I was 12 years of age when I lost Bruno. How within a day things changed? How uncertain was it? How does a 12-year-old understand the significance of death and losing sight of a being? I LOVED HIM- A LOT. More than anyone can love their siblings because I had him as my company since childhood.

How did he die?

Bruno was not keeping well for few weeks. He had a minor fracture in his hind leg when he was brutally hit by a man riding a scooter hurriedly. We took him to the vet clinic, and he got his bandage done. For several days my father fed him with mutton soup and medicines. Dogs have their self-healing powers, he said. I was a reasonable observer- I could see him healing. He would lick his wounds and clean himself up. Within few weeks, he got better and started limping. From not being able to get up and sit, he was walking around on three legs. This made me gather courage, brought a massive smile to my heart and soul. I had this feeling of togetherness again. At least I was aware of what was to happen next.

The other day: Sunday (which was supposed to be my fun day as my parents would be on leave and we all shall stroll in our small garden along with him) turned mournful. My father took out his car to purchase some manure and seeds to sow for our kitchen garden. While he took the car out from the parking lot to turn it towards the main road, he suddenly ran straight beneath it. Suddenly a creaking, slushing sound came. My father's face was completely flushed. I hurried my steps abruptly towards the car. It was highly shocking to see that he was hit by our vehicle. My father took him to the same Vet, and he explained the whole situation, which was tilting worse to hear and experience. The doctor said, "It would be better to inject him so that he gets relieved from the excruciating pain. It's high time you take the wise decision". My father had a precipitous flashback of his homecoming, us playing, him loving us, and every single day spent. He knew it was time to bid farewell to him. He turned towards the doctor and just nodded his head to agree to what the doctor had advised. It was tough. For a person kind at heart, it's tough.

"Do men have to be strong always?"

He got Bruno injected. I kept him in the car again after seeking permission from the Vet. My father wanted to bring Bruno home for one last time. My mother was occupied with her dental appointment, and I was in a dilemma. I thought he would return wrapped in a bandage like the previous accident, but nothing likely happened. He was covered in blood and sack. My dad had kept two bags with salt and asked me to take a cursory glance for the last time. "I saw my father crying for the first time. A man who made me strong always after every childhood injury of mine was so disheartened today, so broke, and I could not console his sorrow".

I could not utter a word. There was this piercing pain in the throat, and nothing felt right. My friends from the neighbourhood gathered when dad left to bury Bruno along with the Vet. A big part of me went with him—my smile, joys, laughter, companionship, eagerness, and most importantly, my interactions with a being. I had no experience of losing someone till the day he left me. This left me utterly mute for several days. I would eat, do my daily chores, go to school and dutifully did everything my parents asked, but there was no initiation from my end. It was the last sunset I saw when I was 12 and avoided going out.

BRUNO'S RIDE TO HEAVEN

Within two months, I lost my granny too. Hence, my happy places were perishing. I had stopped interacting with my classmates, my grades deteriorated. I did not go out cycling, nor I demanded ice cream or outings. My parents decided to send me to my first outstation school trip for a change that brought a significant difference, but my pet's void was always felt deep within.

Later I was blessed with a baby brother, and reaching higher grades gets oneself engrossed in a fixed daily routine for studies. Working as a cub reporter in THE HINDU newspaper and my articles/ publications brought a drastic change in my confidence and social image at school and at home.

I used to spend time taking care of my family and studying. Reading and writing became my hobbies. Years passed by, but whenever my friends would talk of their pets- this would bring tears to my eyes. Does this happen with all sensitive people across the world? Or is it just me who gets too emotional to even ponder upon what I once had? Was Bruno the reason I could never move on emotionally? Or I had no known ways to get over their departure to heavenly abode?

Everything was inside of me always. It never came to my lips nor into my conversation.

I am 26 years of age, a biker, a writer and a special educator now—a budding psychologist connected to her students. My love for everyone is unconditional. But the thought of having a pet, which haunted me earlier, is no more a challenge.

I brought a pet named DUGGU recently. I was thinking how difficult it would have been? Yes, it was. But when I felt that the battle always isn't about us- it is about our parents too, then it triggered me to take a step ahead. I was to go out on a ride for two weeks (Delhi to Kanyakumari). I am a frequent traveller but never have had an opportunity to stay away from my parents for more than five days. Staying away from my family made me homesick. Hence this time was a challenge for all of us. I asked one of my school junior to help me adopt a puppy, and she responded positively to it.

Just three days before I left, my younger brother and I rode to the dog house to bring the baby pet home. I was dressed in my denim and jacket as usual with riding shoes on. As we both entered, all the puppies surrounded him, but only one hurriedly rushed towards me. A tiny newborn Indie dog, running taking small steps. It appeared through his walk that he is too notorious. I took him into my arms and leaned on my left shoulder as if he felt some warmth. While we searched for the one we wanted to adopt, the lady who owned them (who was a teacher herself) said, "No one adopts the one in your arms because he has patches all over. (isme boht daag hain, isliye isey koi nahi leta).

It hit me differently. All of us have heard the advertisement of Surf Excel with its tagline "daag ache hain" has made our thoughts incredibly inclusive. Still, apart from that, I took this statement very personally. I am a person who got diagnosed with vitiligo when I was eight years old. I know how it feels to point someone like that.

I don't know what clicked, but I had a change of heart suddenly. When I asked the dog owner about the adoption, she nodded a yes and wrapped him in a warm red shawl and made him wear a green dog coat with a string attached to it. His name was Duke, but we wanted to name him ourselves; hence we gave him a new name- DUGGU. I geared myself within few minutes and asked my baby brother to hold him in his arms, keeping him safe from the cold outside. It was October 20, 2020. Both of us went to Mac Donald's to buy some burgers for our cousins who were impatiently waiting at home. The void that I felt all these years, the wait, was finally over.

BRUNO'S RIDE TO HEAVEN

I again wondered about who was it who changed my heart and vision to love again, to welcome a pet again, to develop the unconditional bond again. It was again a friend who opted to own four dogs over getting married. She said something so practical yet too emotional that I had to accept that I can do all this over again. Her words were, **"UNDERSTAND THAT THOUGHT DETERMINE EVERYTHING. YOU ALREADY HAVE SO MUCH TO OFFER, SO NEVER REFRAIN FROM DOING WHAT YOU ARE MADE TO PERFORM"**.

This isn't just an incident that has changed my perspective towards life and death but is something crucial that has brought a tremendous change in my thought process towards respecting the departed souls. Earlier, it was tough to accept that we lost someone near or dear. These days, I tell myself to be kind towards everyone when they are alive. So that, when they aren't with us physically, we embrace their presence through their work, their deeds, our dire bond and the things we did for them.

The sole motive of writing this story is to help people to welcome and embrace the vicious cycle of life and death and try to move ahead with good memories of the one we lose. When I lost Bruno, I wasn't aware that I'd be blessed with Duggu. When I lost my granny, I was blessed with my younger brother. It's rightly said, **"God, our father, is said to be the ultimate being in existence, perfect in power, character, that shares the love for everything that exists in this world. When we pray, God hears more than we say, answers more than we ask, gives more than we imagine, in his way"**.



by **Kanupriya**
Rider and a writer



BIKERS CLUB ® MAGAZINE

RIDING CLUBS OF INDIA

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AXEMEN RIDER CREW
CHENNAI

MORE MILES FUELS SMILE



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AXEMEN RIDER CREW

MORE MILES FUELS SMILE



Axemen Rider Crew (ARC) More Miles Fuels Smile

Introduction:

AXEMEN RIDER CREW (ARC) is a motorcycle club from Chennai formed in 2019 with the tagline "More Miles Fuels Smile".



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The tagline manifests the exact vibes of the entire club. ARC has 100+ active riders of akin mindset and one of the most active clubs in Chennai. We love to ride, talk about motorcycles, sharing ride experiences and helping each other in sorting out motorcycle issues.

Weekend rides

Axemen is the most punctual as well as the fun-loving motorcycle club of TN. We will be waiting for that one ride day to get out from all the stress from six days of work. Sometimes our breakfast ride will be changed to a brunch ride, and that will be craziest as hell. Our weekend rides are full of laughter, love, bond, fun, crazy, enjoyment and significant relief from stress. When we are together, time runs like Usain Bolt. As per our new code weekend, rides are scheduled as one ride per month.

Long group rides

A long ride means the release of adrenaline. ARC is one of the groups that changed the perspective of "group rides" from when they started. Let it be to the "Scotland of India - Coorg", "Pearl of the Orient - Goa" or "The city of Palaces - Mysore", every ride felt as new, as fresh and brought new experiences with new learnings. And if we ask them, "what would they do if any mishap occurs" with a sweet smile, they will reply, "just explore". Yeah... Explore. Not just the place, but also your bike, roads, situations, people and different emotions together. The best thing about them is they understand their limits and safety, so they prepare themselves well in advance. As a family, their decisions will involve the team members equally from planning a ride infrastructure until the safe reach of each member.

Participation in social awareness events

We never miss any social awareness biking events happening around Chennai. Our participation in awareness rides includes distinguished gentleman's ride, world day of remembrance, corona awareness rally etc.





Le Axemen traditional style

We have a unique style of taking a group selfie video with a selfie stick and rotating in a direction. We never miss out on our traditional video style in our rides.

Brotherhood clubs anniversary events

"Brother is not about the face inside that helmet; it has a much deeper meaning". And this, you can sense with the ARCs, whether you ride with them or pass by them with Brotherhood Clubs. Yes, you read it correctly, "Brotherhood Clubs" is what they prefer to term. Their warmth would be felt deeply when they offer their strong presence for the invited events or rides organized by various clubs. Of course, with equal excitement and fun. How can they leave that behind? This is what ARCs are for Brotherhood clubs, "to stand united with them."



Motorcycle launch and test ride events

Besides the regular rides, the ARCs keep their biking spirits ignited by being a part of the Motorcycle Launches. From the recent launches, ARCs ensured to give the first spark ignition to the most demanded bikes - KTM 390 ADVENTURE, RE Himalayan, Hero X pulse 200 and Jawa 42. Well!!! This doesn't end here; the grace of ARC shows up more when they encourage the budding bikers of the group and let their intense excitement melt once they test ride the newly launched beasts. Not just this, but to add more interactions to the reviews with the knowledgeable bikers, they would share their experiences and other riders present in the event. This is their way to live with their passion, to explore it, spread it and be the first ones to advise about it.





Our vision

"We, the Axemen, will travel to destinations.

Even if there are no roads, we create our path, to explore the adventurous places and make memories by connecting ourselves with nature." Yes, our mantra is to ride smart, achieve the best consistently, and leave happiness behind.



KNOW THE PLACE

Leh Ladakh

India's Own Moonland

Country: Union Territory, India

Weather: Minimum -1°C & Maximum 15°C

Ideal Duration: 5 to 7 days

Nearest Airport: Leh Airport - 44 Km from Leh Ladakh

Best time to visit: June, July, and September, October



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JULY 2021 | WWW.BIKERSCLUB.IN

Leh Ladakh

Tourism

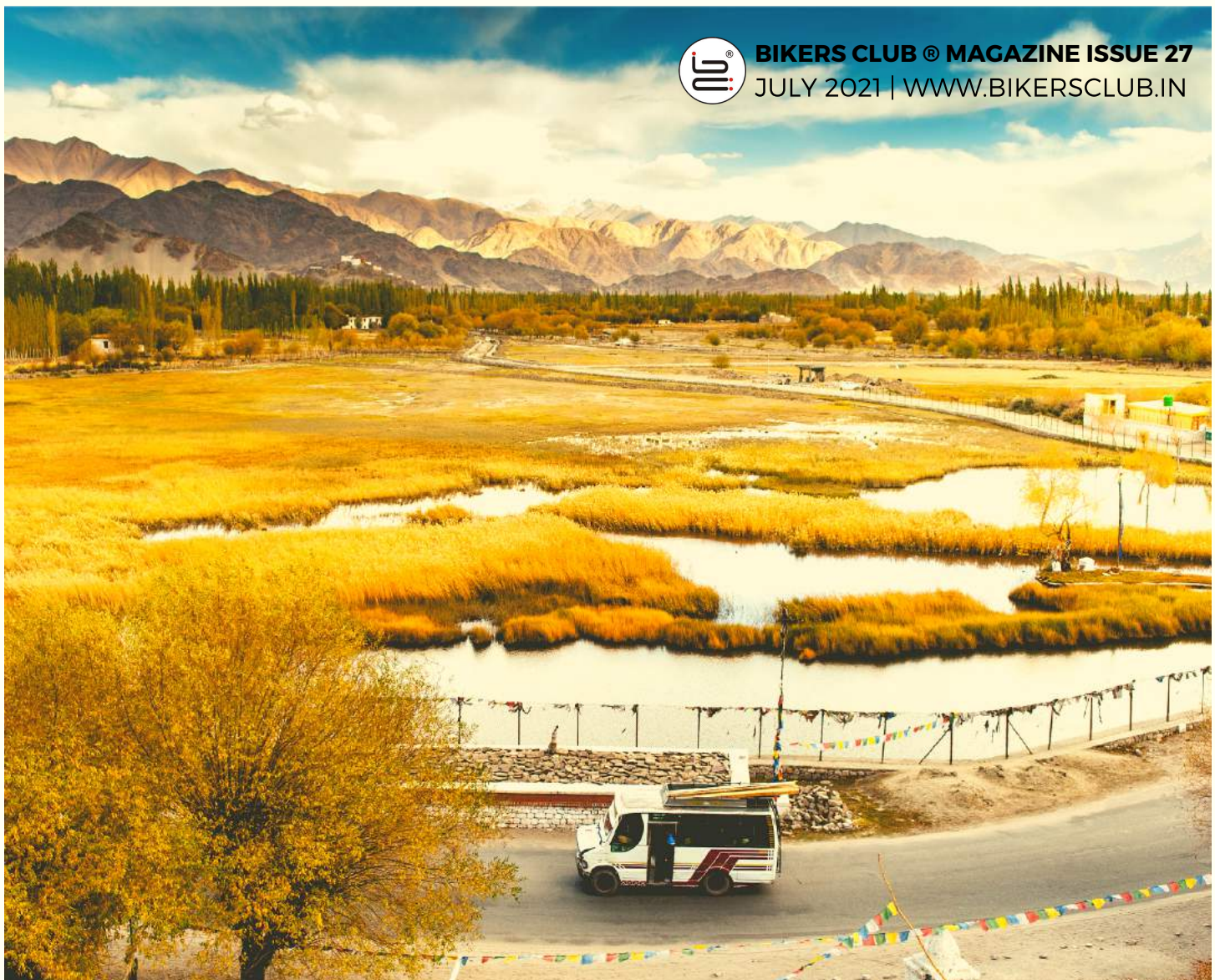
Stunning Gompas (Tibetan Buddhist monasteries), fluttering prayer flags, whitewashed stupas, Ladakh is a riot of intricate murals and red-robed monks. Dominated by dramatic landscapes, Ladakh is known as the world's coldest desert. It is said that only in Ladakh can a man sitting in the sun with his feet in the shade suffer from sunstroke and frostbite at the same time. With a culture similar to Tibetan culture, the people of Ladakh are friendly and welcoming to tourists.

Ladakh is a union territory in the Kashmir region of India. Formerly falling in the state of Jammu & Kashmir, Ladakh was administered a union territory on 31st October 2019.

Extending from the Siachen Glacier to the main Great Himalayas, Ladakh is a land like no other.

Ladakh is an adventure playground for climbing, jeeps tours, rafting and high-altitude trekking. Note that Leh Ladakh is inaccessible by road outside the summer months. The road passes close altogether from around October to May, and the only way to reach left is by air.

For those of us living in the constant confusion about the difference between these twin locations, Leh-Ladakh, here is something that might help you.



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JULY 2021 | WWW.BIKERSCLUB.IN

Ladakh is divided into two districts: district Leh, and district Kargil. The former district has a popular town “Leh” and is a great tourist attraction because of its beautiful monasteries, picturesque locations, and interesting markets defining the culture of the place.

Must Know Before You Visit Leh Ladakh

Permits are required (also for Indian Nationals) to travel the inner line areas of Nubra Valley, the Durbuk Block, Khardung La, Dha-hanu Villages, Tso-Moriri and Tsokar Lakes and Pangong Lake.

These are available in the Leh town and you are advised to get them from trusted travel agents. Take the photocopies of the Protected Area Permit (PAP) or Restricted Area Permit (RAP) with you wherever you go in Ladakh. Government authorities have launched a web portal <http://lahdclehpermit.in/> on June 1, 2017, making it easier for travellers to obtain a permit.

A fee of INR 600 + INR 20 per day as an Inner line fee is applicable.

Note:

There is no online payment option on this portal. Take the printout of the permit and visit TIC Office, Opposite J&K Bank, Main Market, Leh. You can get permits signed and stamped there. The timings of the office are 9.00 AM to 03:00 PM.



Validity:

The validity of the inner line permit is 21 days for Indians. Foreign nationals and NRIs are required to get a Protected Area Permit (PAP) or Restricted Area Permit (RAP).

History

Leh (Ladakh) was known in the past by different names. It was called Maryul or low land by some Kha- chumpa by others. Fa-Hein referred to it as Kia-Chha and Hiuen Tsang as Ma-Lo-Pho. It is said that the first Immigrants to this land appears to have been the Brokpas from Dadarstan who inhabited the lower reaches of the Indus Valley popularly known as Sham. Another wave of Immigrants who came from Karja (Kulu) were the Mons an Aryan type who first settled in Gya and spread to Rong, Shayok, Sakti Tangtse and Durbuk, the area extending from Martselang to Khaltsi. Gia was the seat of government of the first Mon ruler having been elected by the whole tribe. His kingdom included the villages mentioned above, all of which was inhabited by the Mons people He was known by the title Gyapacho, derived from his being the master of Gia.

The ancient inhabitants of Ladakh were Dards, an Indo-Aryan race. Immigrants of Tibet, Skardo and nearby parts like Purang, Guge settled in Ladakh, whose racial characters and cultures were in consonance with early settlers.



Buddhism travelled from central India to Tibet via Ladakh leaving its imprint in Ladakh. Islamic missionaries also made a peaceful penetration of Islam in the early 16th century. German Moravian Missionaries having cognizance of East India Company also made inroads towards conversion but with little success.

In the 10th century AD, Skit Lde Nemagon, the ruler of Tibet, invaded Ladakh where there was no central authority. The lands divided into small principalities were at war with each other. Nemagon defeated them one by one and established a strong kingdom at Shey, 15 Kms from Leh, as its capital. Ladakh was an independent country since the middle of the 10th century.

King Singge Namgyal had consolidated the Ladakhi Empire into a strong kingdom. He was not only a strong monarch but a statesman, a diplomat and a builder. He built the historic 9-storeyed Leh palace and made the other neighbouring countries envious of such an elegant palace. He also promoted horse polo in Ladakh.

In ancient times the present Leh district was a part of Greater Ladakh spread over from Kailash Mansarover to Swaat (Dardistan). The Greater Ladakh was neither under the Domain of Tibet or its influence. Not much information is available about the ancient history of Ladakh. However, the reference about the place and its neighbourhood in Arab, Chinese and Mongolian histories gives an idea that in the 7th Century A.D fierce wars were fought by Tibet and China in the Baltistan area of the Greater Ladakh in which deserts and barren mountains of Ladakh were turned into battlefields for the warring armies.

In the 8th century A.D Arabs also jumped into these wars and changed their sides between China and Tibet. Around this period, the ruler of Kashmir, Laltadita conquered Ladakh. In the 8th Century A.D itself, The Arabs conquered Kashghar and established their control over Central Asia which embraced Islam in the 9th century A.D and thus a buffer state came into being between Tibet and China, terminating the hostilities between the two warring countries. The greater Ladakh also fell into pieces.

A thousand years ago before the control of Tibet's rule, king Skitde Nemagon, ruled over Ladakh which was known as Muryul (Red Country), as most of the mountains and the soil in Ladakh wears a red tinge. In the 10th Century A.D Skitday Nemagon, along with a couple of hundred men, invaded Ladakh where there was no central authority. The Land was divided into small principalities, which were at war with each other. Nemagon defeated all of them and established a strong central authority. Those days Shey, was the capital of Ladakh became to be known as Nariskorsoom, a country of three provinces. The present Ladakh was divided into two provinces while the third comprised western Tibet. The area of western Tibet slipped away from the kingdom but was reunited in 16th Century A.D. by the famous Ladakhi ruler Sengge Namgyal. Ladakh was an independent country since the middle of the 10th century.

In the post-partition scenario, Pakistan and China illegally occupied 78,114 sq. km and 37,555 sq. km of the state, respectively while the remaining part of the state acceded to India. Pakistan also illegally gifted 5180 sq. km of this area to China. Ladakh, comprising the areas of present Leh and Kargil districts, became one of the seven districts of the State. In 1979 when the reorganization of the districts was carried out, the Ladakh District was divided into two full-fledged districts of Leh and Kargil.





Ladakh - The Perfect Getaway For An Adventure Ride!

For someone who thrives on adventure and lives his life on the edge, Ladakh is their Mecca. There's nothing more satisfying than traversing such high peaks with nothing but daunting yet majestic snow-clad mountains in the backdrop. From bike riders to cycling enthusiasts, this is the place to test your endurance and skill.

For those who aren't afraid of the water, do not miss the river rafting in Zaskar river at the confluence of Indus and Zaskar. The price per person is around INR 1000 for long-distance rafting. This is an absolutely unforgettable experience for people who seek thrills.

The largest city in this region is Leh and although this city has many monasteries, visit nearby cities like Nubra Valley, Pulu for magnificent views of the scenic beauty. Visit one of the highest motorable roads in the world- Khardung La while on your journey to the Nubra Valley.

Restaurants and Local Food in Leh Ladakh

Leh is a multicuisine city serving Indian, Tibetan, Chinese and even Korean. The cuisine here exhibits tints of these foreign influences. Visitors must try out the local dishes which almost define the cuisine here such as Thukpa (noodle soup) Tsampa, known in Ladakhi as Ngamphe (roasted barley flour), and Skyu which is a heavy pasta dish with plenty of veggies as well as the very popular and delicious Momos which are steamed dumplings stuffed with vegetables or meat.

Drinks include tea, coffee, beer and Chang which is an alcoholic beverage drunk especially on festive occasions.



Places to visit

PANGONG LAKE

At an altitude of 4350m and a five-hour drive away from Leh, the Pangong Lake is an endorheic (landlocked) lake. The prime attraction of Ladakh, it changes colours from azure to light blue to green and grey.



NUBRA VALLEY

Nubra Valley lies in the union territory of Jammu & Kashmir, at a distance of around 140 Km from Leh. With arid mountains in the backdrop, it is famous for the Bactrian camel rides, orchards and monasteries. Surrounded by snow-dusted Himalayan mountains, it can be reached via Khardung La.



LEH PALACE

The Leh Palace is a 17th-century former royal palace and one of the central attractions in Leh. Built under the patronage of King Sengge Namgyal, it used to house his family. The nine-storey dun-coloured palace now houses a museum and a prayer room, while the highlight is the sweeping view of Leh and the surrounding Zaskar mountain from the rooftop.



HEMIS MONASTERY

Hemis Monastery is a Buddhist monastery located 45 km south of Leh. Built by the Ladakhi king Sengge Namgyal, it is ranked as one of the wealthiest monasteries in India.



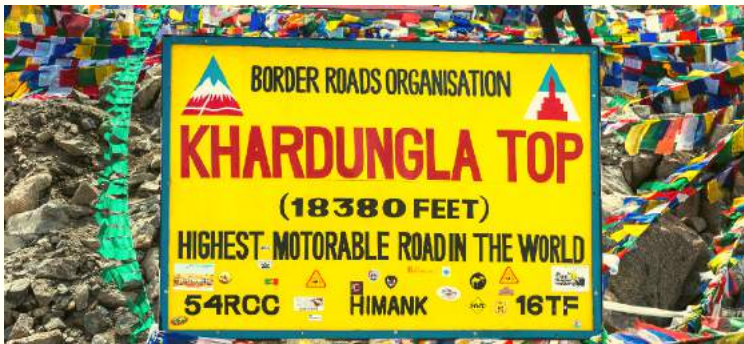
MAGNETIC HILL

The popular Magnetic Hill of Ladakh is a cyclops hill where vehicles defy the force of gravity and move upwards on the hill when parked at the marked location. To experience this phenomenon, park the car in neutral gear in the yellow box marked a few metres ahead of the Magnetic Hill road. From this point, the car starts moving at a speed of 20 kmph.



ZANSKAR VALLEY

Located in the Kargil district to the east of Ladakh (around 105 km) lies the bewitching Zaskar Valley. The semi-desert region is flanked by snow-capped mountains and sparkling clean rivers along with distinct flora and fauna. The easiest way of reaching Zaskar is from Kargil through Suru Valley.



KHARDUNG LA

Khardung La, also known as Khardzong La, is a high mountain pass in the Ladakh region of Jammu and Kashmir, near Leh. It serves as the gateway to Shyok and Nubra Valley. Khardung La is popular as the highest motorable road in India at an elevation of 5602 metres.



TANGLANG LA

The Tanglang La is a high mountain road located on the Leh-Manali highway just a few kilometres from Leh. It is at a height of 5,358 metres, is the second-highest mountain pass after Khardung-La Pass, and is also the 12th highest motorable pass.



TSO MORIRI

Between Ladakh and Tibet, lies Moriri Lake, the largest high altitude lakes in India, at an altitude of 4,595m. Located in the Changtang region, it is a twin to the Pangong Lake. This stretch of sparkling, crystal clear, alkaline water is accessible only during the summer months. An inner line permit is required for visiting Tso Moriri.



SHANTI STUPA LADAKH

The Shanti Stupa in Leh is a magnificent white-domed Buddhist monument located atop a steep hilltop at a dizzying height of 11,841 feet. It is a religious place for Buddhists as it holds the relics of Buddha, consecrated by the 14th Dalai Lama.



HEMIS NATIONAL PARK

At an altitude ranging from 3,300 m to 6,000 m above sea level, this sanctuary is known to be the highest in the world as well as the largest park in South Asia. It is also a habitat to the rare Snow Leopards.



SPITUK MONASTERY

Spitik Monastery also called Spitik Gompa, is a Buddhist monastery located about 8 km from Leh. One of the most dazzling monasteries in India, it houses 100 monks and a giant statue of Kali. It is famous for its collection of Buddhist objects of antique arms, icon, ancient masks and numerous Thangka paintings.



PHUGTAL MONASTERY

The Phugtal (Phuktal) Monastery is a Buddhist monastery situated in the southeast part of the Zaskar region in Ladakh. Situated at the mouth of the natural cave on a cliff, it is one of the most isolated monasteries in the region, built around 2500 years ago. The Phugtal Monastery looks like a honeycomb from a distance. It is popular amongst trekking enthusiasts.



KARGIL

Kargil lies near the Line of Control facing Pakistan-administered Kashmir's Baltistan to the west, and Kashmir valley to the south. Zaskar is part of the Kargil district along with Suru, Wakha and Dras valleys. Kargil was at the centre of a conflict between India and Pakistan in 1999.



THIKSEY MONASTERY

Thiksey Monastery is a Tibetan-style monastery located 20km south of Leh. The main highlight is the Maitreya Temple which houses a 15-metre high Maitreya Buddha statue. It covers two stories of the building and is the largest such statue in Ladakh.



CHADAR TREK

The Chadar Trek or The Frozen River Expedition is one of the most unique and challenging treks in India. The 6-day chadar trek across the frozen Zaskar River in Ladakh takes place during the latter part of January till the end of February or sometimes even in the first week of March, depending on the weather.



STOK PALACE

Located around 15km from Leh, the Stok Palace is the summer home to the royal family of Ladakh and descendants of King Sengge Namgyal. It was established in 1820 by King Tsepal Namgyal and was opened to the public in 1980 by the Dalai Lama. The Stok Palace has been converted into a heritage hotel and houses the Stok Palace Museum and Temple.



DISKIT MONASTERY

Also known as Deskit/ Diskit Gumpa, this is the oldest and largest monastery in Nubra valley, belonging to the Gelugpa (yellow hat) sect of Tibetan Buddhism.



ALCHI MONASTERY

Located in the Alchi Village of Ladakh, Alchi Monastery is a complex of Buddhist temples of which Alchi Monastery is the oldest and most famous. Cemented on a flat ground unlike other monasteries in Ladakh, the traditional architecture of the monastery is a monastic complex that has 3 separate temples, known as Dukhang, Sumstek and the Temple of Manjushri.



CHEMREY MONASTERY

Chemrey Monastery is a 400-year-old yet unexplored Buddhist monastery located approximately 40 kilometres (25 mi) east of Leh in northern India. It is known for housing a staggering statue of Padmasambhava (almost a storey-high) and a collection of ancient scriptures with the text emboldened in gold letters with the titles in silver.



TSO KAR

Tso Kar is a fluctuating salt lake located in the Rupshu Plateau of the scenic Ladakh Valley. It is popularly known as the White Lake owing to the white salt deposits it leaves on the shores.



LIKIR MONASTERY

The Likir Monastery is the oldest monastery in Ladakh, located around 52 km from Leh in the scenic Likir village. Belonging to the Gelugpa sect of Tibetan Buddhism, the main attraction here is a 75 feet large seated statue of Maitreya Buddha gilded in gold.



TREKKING IN LADAKH

Known for its majestic and moon-like terrains, Leh is attracted by many nature lovers and adventurous tourists. Some popular trekking routes include Spiti to Ladakh, Markha Valley Trekking, Ladakh Zaskar trekking and the Nubra Valley trekking.



SHOPPING IN LADAKH

For all those who like to fill their bags with souvenirs and local produce, the markets in Ladakh offer beautiful Tibetan jewellery, motifs, decorated carpets and woollen clothes.



SANGAM

Sangam is the confluence of Indus and Zaskar Rivers in Ladakh. The two rivers can be separately seen meeting at this point. While the Indus River appears as shiny blue, the Zaskar River appears as muddy green.



LAMAYURU

Lamayuru is a tiny village that's popularly known as the Moonland of Ladakh. It is immensely popular for housing the Lamayuru Monastery, the oldest and largest monasteries in Ladakh. It is an ideal stopover between the Kargil-Leh route.



RAFTING IN LADAKH

A rafting expedition is done on the Zaskar River, called the Grand Canyon of India, with high cliff-like gorges at certain places. The Zaskar Rafting expedition is one of The best river trips in The world.



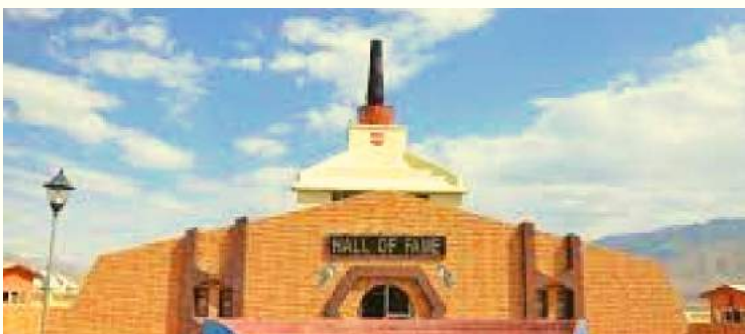
LACHUNG TEMPLE

Located in the Nubra Valley, Lachung Temple is a religious pilgrimage found in the Diksit village. Besides housing some of the most colourful and narrative paintings, this temple is also one of the oldest holy sites in the region.



DRUK WHITE LOTUS SCHOOL

The Druk White Lotus School, also known as Druk Padma Karpo School, is a Buddhist cultural school located in the Shey valley, close to Shey Monastery and Palace. It is popular as the Rancho School from the famed Bollywood movie 3-idiots. It has become a popular tourist attraction, even though it is a not public tourist spot.



HALL OF FAME LADAKH

Located approximately 4 km from the main city, this glorified museum was built in memory of the brave soldiers who lost their lives fighting for India during the Indo-Pakistan war.



HUNDER VILLAGE

Hunder is a remote village located in the Nubra Valley region, 7km from Diksit Monastery. It is known for its sand dunes, cold desert and Bactrian camel rides. It is also home to forests of sea-buckthorn, which is a medicinal plant. Hunder is popular amongst trekkers.



MOUNTAIN BIKING IN LADAKH

Often termed the paradise of mountain bikers, Leh has thousands of tourists coming in every year to experience the thrill of driving on its steep slopes and adrenaline gushing paths.



BACTRIAN CAMEL RIDE

Nubra Valley is famous for the Bactrian Camel Safari. These camels are not even the usual ones that you must have seen in Rajasthan or in pictures. These camels having two humps were the major mode of transport to travel to the silk route. These are now used for the safari in the region is hugely popular among the tourists.



TURTUK

Turtuk is a small village located in the Nubra Valley region of Ladakh, on the banks of the Shyok River. It is an unexplored and offbeat place, opened to tourists only in 2010. The picturesque village with its tiny houses and fields is surreal. It remains cut off from Ladakh for 6 months during winter.



SHEY MONASTERY AND PALACE

Shey Monastery or the Shey Palace is an ancient monastery. It once served as the summer capital of Ladakh but is mostly in ruins now. Located on top of a hillock, it offers stunning panoramic views. The highlight of the monastery is the 39ft tall Shakyamuni Buddha statue. Special permission needs to be taken to visit the monastery.



PATHAR SAHIB GURUDWARA

Gurudwara Pathar Sahib is a beautiful gurudwara, dedicated to Guru Nanak Dev. It is highly revered as it houses a rock that resembles Guru Nanak's back. It is built at the site where he is believed to have vanquished a demon.



MOONLAND, LAMAYURU

A peculiar landscape near Lamayuru on Leh-Kargil Road is the MoonLand. It is called so fondly because the landscapes here are said to be like that of the moon.



DARCHA PADUM TREK

Located on the river Bhaga, Darcha is a small Lahaul region in the Himachal district of Spiti. Whereas Padum is among the two primary capital cities of the Zaskar society. There are plenty of camping sites en route, spread across a variety of nomadic sites travellers would pass by.



MAITREYA BUDDHA

Near the Diskit monastery in Nubra Valley stands a 32-meter tall statue of Maitreya Buddha facing towards the Shyok river. This statue is built with 8 Kg gold which was donated by the head of Gompa and was sanctified by the Dalai Lama.



SHYOK VALLEY

Shyok Village is a hidden gem located in the Nubra Valley region, between Leh and Pangong Lake. Located on the banks of the Shyok River, this tiny hamlet is an offbeat location with only a few houses and families. It is the perfect place to slow down, breathe in nature and get away from the daily routine.



SAMSTANLING MONASTERY

Samstanling Monastery in Sumlur village is an important Buddhist shrine in Nubra Valley. Founded 140 years ago, the monastery houses 50 monks who look after its daily functioning. The main attraction is the spectacular murals and paintings of Buddha.



WANLA MONASTERY

The Wanla monastery is a Buddhist monastery located in the Lamayuru region. It is popular for housing an 11 headed Avalokitesvara statue and one of the earliest known Drigung Kagyu prayer chambers. It is located close to the Lamayuru monastery.



How to reach Leh Ladakh

HOW TO REACH LEH LADAKH

The most convenient way of travelling to Ladakh is by air. Kushok Bakula Rimpochee Airport of Leh is the main airport in Ladakh. It is connected by regular flights to all the major cities in India through New Delhi. The other way of reaching Leh Ladakh is by road. A bike trip to Ladakh is most popular amongst tourists for travelling to Leh Ladakh.

There are two road routes for bike trips to Ladakh

Leh Manali Highway - Open from May to September. The 490km long route passes through Rohtang, Gramphu, Kokshar, Darcha, Baralacha La, Gata Loops, Lachulung La, Tanglang La, Gya and Karu.

Leh Srinagar Highway - Open from May to October. This route covers Sonmarg, Zozi La, Drass, Kargil, Mulbek, Lamayuru and Saspol and is 434km long. This route is at a comparatively lower altitude reducing the risk of severe high-altitude mountain sickness.

On reaching Ladakh, you might be asked to pay an environmental fee of around INR 200-300. You can keep the receipt to present it when applying for permits.

PERMITS IN LEH: ALL YOU NEED TO KNOW ABOUT THE INNER LINE PERMIT

ILP or Inner Line Permit is a travel document issued by the Government of India allowing an Indian and foreigner traveller to travel to protected areas for a limited period. While obtaining this permit is mandatory for all other citizens of India and foreigners, the citizens of Jammu and Kashmir State are exempted. Ladakh Protected Area Permit (PAP), must be obtained by foreigners visiting Ladakh before entering the region.

The Inner Line Permit is valid for three weeks for Indians, and one week for foreigners. It can also be noted that there is no limit on the number of times one can visit a place within the period. However, one must always carry the permits along while visiting.

Obtaining the Inner line permit may be an unwieldy task which demands standing in a long queue for hours. This task is especially true when one's trip dates coincide with any government holidays, including Saturday and Sunday. One can visit the site <http://lahdclehpermit.in> for both ILP and PAP. Take the printout and reach the LAH DC office at Leh.



There the requisite amount has to be paid for getting the ILP approved. The other way is to pay the requisite amount online with the J&K Bank payment gateway. Then take the printout of the payment receipt(necessary) and ILP, go to the LAH DC office at Leh and get the ILP approved.

TIPS FOR PERMITS IN LEH

- One must carry original ID proofs mentioned while applying for ILP and multiple copies of the documents.
- One will get ILP for all the routes separately, with sticker and stamp.
- Once the ILP is approved, get them photocopied in 3-4 numbers of each and deposit them at ATCP posts.
- One thing that has to be noted is that the Inner Line Permit is not required for visiting all the areas. It is only needed in some areas like Nubra valley, Khardung La, Pangong Tso, Tso Moriri, Dah, Hanu Villages, Man, Merak, Nyoma, Loma Bend, Turtuk, Tyakshi, Chushul, Hanle, Digger La, Tangyar (for trekking only).
- Also, if someone is going directly from Pangong to Tso Moriri, it needs to be mentioned to the officer stamping the permits. They will then endorse it as "Tso Moriri via Tsagala". This endorsement is imperative for the direct route and is not included in the list of ways mentioned online.

HOW TO REACH LEH LADAKH BY FLIGHT

The only route accessible to Leh Ladakh in winter is by air, though planes fly all year round. The Kushok Bakula Rimpochee Airport of Leh is the primary airport serving the region. Air India and GoAir have daily flights to and from New Delhi. Air India also connects Leh to Jammu and Kashmir. In winter months, the air services are infrequent and the flights often get cancelled due to fog in Delhi and snowfall in Leh.

Being a military air terminal, the security check and measures are stringent. It is advised to have a printed copy of your air ticket before entering the airport.

You can easily find taxis to travel from the airport to the main town. Those arriving by air are advised to allow one day of rest to acclimatize to the high altitude of Leh Ladakh.

Nearest Airport: Leh Airport (IXL) - 44 km from Leh Ladakh

HOW TO REACH LEH LADAKH BY ROAD

There are two road routes to Leh Ladakh - one through Manali in Himachal Pradesh and the other through Srinagar. To travel to Ladakh by road, first, reach Manali or Srinagar via trains and buses. Both the routes are spectacular and time-consuming with narrow winding roads and military checkpoints.

The Leh Manali Highway covers a distance of 473 km and is most commonly opted by tourists. This route generally takes two days and requires making an overnight stop at either Keylong or in tents at Sarchu or Pang. A lot of people cover this route on their motorbikes, especially on Royal Enfield motorcycles as the terrain is a bit bumpy. Some cycle enthusiasts also cover this distance over their bicycles.

The route from Srinagar to Leh Ladakh covers a distance of 434 km and runs at a lower altitude than the Leh Manali highway. This leads to a lesser risk of severe high-altitude mountain sickness, though this route is less opted for. The main is the presence of several high-risk militant areas in this region. This route also takes 2 days with an overnight stop in Kargil.

Jeep

The fastest way of reaching Leh from Manali is by jeeps, mostly shared. These jeeps cover the journey in one day as opposed to two days with an overnight stop. However, it runs a high risk of severe altitude sickness. The shared jeep journeys usually cost around INR 1500 per person and are available in the Old Manali area.

HOW TO REACH LEH LADAKH BY TRAIN

Leh Ladakh is at a very remote location with minimal resources available. So the region does not have a railway station. However, the nearest railway station is Jammu Tawi (700 km from Ladakh) which is well connected with Delhi, Kolkata, and Mumbai.

From the Jammu Tawi station, you can board a taxi or a JKSRCTC (Jammu Kashmir State Road Transport Corporation) bus to Leh.

HOW TO REACH LEH LADAKH BY BUS

The main bus stand for Leh Ladakh is located 700m south of the main town centre. State buses run from both Srinagar and Manali. The HPTDC (Himachal Pradesh Tourist Development Corporation) buses mostly make an overnight stop at Keylong, Darcha or Sarchu for high-altitude acclimatization. There is a direct 24-hour bus from Manali to Leh, which is, however, not recommended.

LOCAL TRANSPORT IN LEH LADAKH

The mystic and awe striking region of Ladakh is surrounded by gorgeous scenery and travelling through this region can indeed be a pleasure. There are buses, taxis, motorcycles and bicycles available for getting across Ladakh and you can choose the one that you deem fit.

Leh is small enough to walk to most places. However, do not walk around on the first day of your arrival to avoid suffering from altitude mountain sickness. To get to the tourist places around Leh, taxis are easily available from the taxi stands. The rates are pre-decided by the local taxi unions, so do not haggle. It is advised to book taxis via local agencies to get the best possible rates.



*What's your dream?
Just a Leh Ladakh tour on bullet,
and She on the backseat.*



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published by
BIKERS CLUB ® NETWORK PRIVATE LIMITED

magazine print partner
SURYA (9824563196)



BIKERS CLUB ® **MAGAZINE ISSUE 27**
JULY 2021 | WWW.BIKERSCLUB.IN

7303-518-519

OUR CUSTOMER CARE NUMBER (WORKING HOURS 9:00 AM TO 9:00 PM - MON TO SUN)

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