Gerad Kite commutes to London from his home in southern France.

Gerad Kite used to spend his lunch hour walking along London's Marylebone Road breathing in the traffic fumes. Now, more often than not, the acupuncturist can be found sitting in the garden of his 17th century home in Southwest France, taking a leisurely lunch or working on his new book.

Kite hasn’t given up his career. Rather, he is one of a growing number of super-commuters – people who travel 145 km (90 miles) or more each way to their place of work. Many swap the daily commute for weekly or fortnightly travel and say their faraway homes give them a lifestyle not achievable within a shorter commute.

Every two weeks Kite flies 965 km (600 miles) to London from his local airport, cramming in two weeks’ worth of client treatments into several days. He rents a room near his work when he’s in town.

His income declined when he made the switch to super-commuting, but Kite said his travel expenses are low and the cost of living in France is much lower than in London — to the point he’s been able to pay off his debts.

“It's a better lifestyle,” Kite said.

Experts who study commuting estimate there could be hundreds of thousands of super-commuters worldwide, made possible in large part because of technological advances and the proliferation of low-cost airlines. Combined, these make it cheaper and easier for employees to work and commute from remote locations.

(Abridged from the BBC 19 November 2014 By Rob Budden)