Travel during the night, for indeed, the land is folded up at night

Anas (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) said: “Travel during the night, for indeed, the land is folded up at night.”

[Authentic hadith] [Narrated by Abu Daoud]

The Prophet (may Allah's peace and blessings be upon him) guided his Ummah to travel by night. He informed us that the land is folded up for travelers when they travel by night, so they are able to cover more distance by night than they could by day. This is so, because a mount is more able to travel at the night. If it has enough rest and gained its strength during the day time, its ability to proceed is multiplied at night time. Likewise, a person is more able to proceed during the night when it is cooler and the same applies to cars when the heat on them is reduced.

http://sunnah.global/hadeeth/en/show/5966