

A long travel constant contact side bearing for railway cars provides better handling characteristics, achieving improved tracking and curving through use of various combinations of features. The side bearing comprises a base and a generally cylindrical wall section extending upwardly from the base. A cup-shaped cap comprises a generally circular top section and a generally cylindrical wall section extending downwardly therefrom. The cap extends into the wall section of the base. At least one coil spring is provided within the base and extends to the underside of the cap. The cup shaped cap includes a centrally located cut out section with an elastomer pad fitted within the cut out section. The cup shaped cap cylindrical wall sections can be coated with a lubricant or hardening substance.