



Family Bike Ride Recommendations

Take the family out on some of our great nearby biking paths. To make your planning easier, REI employees have selected some of their favorites below.

Be sure to bring these necessities along on your ride:

- Helmet
- Drinking water
- Lunch or snacks
- Map and route directions
- Sunglasses
- Sunscreen
- First-aid kit
- Tire mini-pump or CO2
- Spare tube or patch kit
- Tire levers



For a complete cycling checklist, visit [Expert Advice](#) on REI.com.

Content provided by **FALCONGUIDES**

Here Are Five of Our Favorite Kid-Friendly Local Bike Rides

Petroglyph Volcanoes

Terrain: **Dirt**

Distance: **6 miles roundtrip, moderate elevation gain.**

Why this ride: This looped trail is a gorgeous ride at sunset and easy enough for all members of the family.

Ride Description: The ride consists of rolling hills with a few moderate uphill and downhill. There may be loose rock at times, so make sure younger kids don't get going too fast. The location of these trails is in the Petroglyph National Monument, offering some interesting scenery. The monument protects a variety of cultural and natural resources, including volcanoes, archeological sites and an estimated 20,000 carved images.

Driving Directions: From Albuquerque take I-40 west to Exit 154. Turn north onto Unser Boulevard and travel approximately 3.5 miles north to find the visitor center.

Tips: Stop in at the visitor center to learn more about the park and its history.

Paseo Del Bosque Bike Trail

Terrain: **Paved**

Distance: **16 miles one way, moderate elevation gain.**

Why this ride: *National Geographic Adventure Magazine* highlighted this trail as one not to miss.

Ride Description: The trail is a 16-mile strip of paved bike path uninterrupted by roadways. It parallels the Rio Grande Bosque on the east side of the Rio Grande from Alameda Boulevard in the north to where it intersects Second Street in the south. Along this route you can expect to see camels, llamas, ostriches, road runners, coyotes and migrating birds. The path passes by the Rio Grande Zoo, the Rio Grande Nature Center State Park and the Rio Grande Botanical Garden.

Driving Directions: The bike trail crosses under all major highways so there are numerous places to start. A good place to park is at the north end of the trail at Alameda Boulevard and the river.

Tips: Remember that this trail is one-way. If you plan on riding all 16 miles, you will have to backtrack that entire journey to return to your car.

Amole Canyon

Terrain: **Dirt**

Distance: **1 to 3 miles one way, 300 feet elevation gain.**

Why this ride: A great area for kids to build confidence and learn new skills.

Ride Description: Amole Canyon has a variety of trails to choose from that are all clearly marked. Trails 1, 2 and 3 are excellent beginner trails with gentle slopes and open ponderosa pine stands and meadows. The elevation change from start to finish is only 300 feet. Trails 1 and 2 are usually the best groomed.

Driving Directions: From Taos follow Highway 518 for approximately 15 miles south of the junction of Highways 68 and 518. Look for Forest Road 703 as the entrance to Carson National Forest, and park on the left side of the highway.

Tips: This area used to be filled with logging roads so the dirt is compacted and free of major obstacles.

Arroyo de los Chamisos Trail

Terrain: **Paved**

Distance: **2.5 miles one way, minimal elevation gain.**

Why this ride: This trail is good for younger kids as it is short, yet full of interesting views.

Ride Description: The trail meanders through the southwestern part of town and follows Arroyo de los Chamisos, a major drainage system. There is little elevation change, making it a popular destination for runners and walkers. The best time to go is midday.

Driving Directions: From I-25 take St. Francis Street north until you reach Siringo Road. Take a right on Siringo Road and travel one mile until you reach Yucca Street. Turn left at Yucca Street and park near the high school.

Tips: There are more sections to this trail, but they are unpaved. If you're feeling adventuresome, make this a longer trip by trying the dirt paths.

Glorieta Mesa

Terrain: **Dirt**

Distance: **10 miles one way, minimal elevation gain.**

Why this ride: The trail offers a smooth ride through open vistas and high desert environments.

Ride Description: This ride is great for beginners because it consists mostly of flat, wide open double tracks and smooth dirt roads. Novices will especially enjoy the fact that this is not a technical course. The views across the open mesa are wonderful.

Driving Directions: Glorieta Mesa is roughly 10 miles southeast of the city of Santa Fe. Take I-25 north and travel 25 miles to Exit 307 toward Pecos/Rowe/NM-63. Turn right at I-25 north then turn left to stay on I-25 north. Follow for 2.4 miles and park on the side of the road for trailhead access.

Tips: This is another wonderful area to take some extra time to explore. There are a variety of trails ranging in difficulty up to moderate.



REI's PEAK program uses a fun presentation filled with hands-on activities and games to teach kids ages 6 through 12 about taking care of the outdoors.

Ask an REI team member about scheduling a free PEAK presentation for your classroom or youth group, or visit www.rei.com/PEAK for more information.



First Saturday in June The American Hiking Society's National Trails Day, sponsored by REI, is a nationwide celebration of trails. Celebrate with your family by taking a hike, or volunteering for a trail clean-up project. Ask an REI team member about how to get involved, or visit www.rei.com for more information.