



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.



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

Wadsworth Falls State Park

Terrain: **Dirt and gravel**

Distance: **Varies, moderate elevation gain.**

Why this ride: With miles of trails, natural beauty and a rich history, this is an ideal park for an easy mountain bike ride and outing.

Ride Description: Park visitors can ride along numerous well-marked and maintained trails to experience Wadsworth Falls' nature and history. Trails vary in length so customize your ride and enjoy the beautiful surroundings. Visit the spectacular waterfall created by early settlers to power waterwheels at the park's south end. Ruins from some of the original buildings, where everything from nails to textiles was once manufactured, are visible today. The park also features a man-made swimming pond where nozzles created from wells shoot water and create a swirling effect. During the fall, hike through the park while taking in the colors of autumn.

Directions: From downtown Hartford take I-91 south onto Route 9 south. Follow Route 9 south to Middletown. Take the Middletown-Meriden exit (Exit 15) onto Route 66. Stay on Route 66 through Middletown for several traffic lights, and look for the signs for Wadsworth Falls State Park and Route 157 at a traffic light near Walgreen's Pharmacy. Take a left onto Route 157. Wadsworth Falls State Park will be on the left.

Tips: Parking fees range from \$5 to \$10 and vary from weekdays to weekends to holidays. Fees also vary for in- and out-of-state visitors. The park is open from 8 a.m. to sunset.

Air Line State Park Trail

Terrain: **Mostly paved**

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

Why this ride: Stretching from East Hampton all the way to the Massachusetts border in East Thompson, the Air Line State Park Trail is a mecca for biking, hiking and horseback riding in eastern Connecticut.

Ride Description: The entire Air Line State Park Trail is over 50 miles long. This stretch of trail is the first section of the larger trail system and features sweeping views of eastern Connecticut's hills and valleys, fascinating geology and rich foliage. Begin at Smith Street in East Hampton. From here the trail travels southeast for about 1.5 miles, where it crosses picturesque Flat Brook. The trail continues on for another mile and ends at the Colchester town line.

Directions: From Route 2 take Exit 13 to Route 66 west. Follow Route 66 west into East Hampton and turn left onto Lakeview Street. Turn left onto Flanders Road, then right onto Smith Street. The trail can be accessed approximately 0.2 miles from the intersection of Smith Street and Flanders Road.

Tips: This trail is used by equestrians, runners, and hikers. Dogs on leashes are okay. The trail is open from dawn until dusk.

People's State Forest

Terrain: **Paved**

Distance: **Varies, some elevation gain.**

Why this ride: People's State Forest, frequently referred to as Connecticut's flagship forest, features acres of hiking, picnicking, fishing and more. In addition, the seasonal Stone Museum offers a collection of mounted animals, old fire-fighting equipment and ores from the iron industry.

Ride Description: Cyclists must stay on the paved roads throughout the park. From here, witness buzzards, hawks, falcons and eagles and great views. Stop by the Stone Museum to learn about the area's history and pack a lunch to enjoy in this natural setting.

Driving Directions: From Route 44 take Route 318 in Barkhamsted. Go across the steel bridge and take an immediate left onto West River Road. The recreation area is approximately one mile up on the left.

Tips: Seasonal interpretive programs are based out of Stone Museum, which is open Memorial Day through Columbus Day. Park hours are 8 a.m. to sunset. There is a parking fee at People's State Forest: \$7 for in-state vehicles and \$10 for out-of-state vehicles.

Stratton Brook State Park

Terrain: **Paved**

Distance: **Varies, moderate elevation gain.**

Why this ride: This is Connecticut's first completely wheelchair accessible state park and is within close proximity to Hartford.

Ride Description: Best known for its trout fishing, swimming and bikeway, Stratton Brook State Park also boasts a bikeway and became Connecticut's first completely wheelchair accessible state park in 1996. This enjoyable and easy ride will take you past white pines and through abundant natural beauty. The park is a wonderful place for a picnic lunch and also offers swimming and trout fishing.

Driving Directions: From REI in West Hartford (71 Raymond Road) head north on Raymond Road toward Isham Road. Turn left at Farmington Avenue and then turn right on North Main Street. Turn left at CT-185/Simsbury Road. Turn right on CT-10/Hopmeadow Street/US-202. Turn left at CT-167/CT-309/West Street. Continue to follow CT-309 to Stratton Brook State Park.

Tips: Pets are permitted on leashes in picnic areas and on hiking trails. Pets are not permitted on the beach. Parking fees are \$7 for in-state vehicles, \$10 for out-of-state vehicles.



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.