



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 Five of Our Favorite Kid-Friendly Local Bike Rides

Whatcom Falls Park

Terrain: **Paved paths and gravel trails**

Distance: **Multiple loops let you tailor a ride to whatever length you'd like. Elevation gain of up to 250 feet, depending on the trail.**

Why This Ride: This popular Bellingham park not only offers a plethora of trails to ride on, there are also great opportunities for swimming, fishing and picnicking.

Ride Description: The park is yours to explore! Start from the parking lot and be sure to check out the falls for which the park is named. From there you can check out the nearby fish hatchery, or follow Whatcom Creek west toward St. Clair Park or east toward Scudder Pond and Bloedel Donanvan Park. No matter

what direction you go in, the thick forest and fertile riparian corridor offer excellent wildlife-viewing opportunities. Look for jays, owl, woodpeckers and even yellow-rumped warblers in the late spring and summer. Scudder Pond is home to herons, ducks and other aquatic birds.

Driving Directions: From I-5, take Lakeway Drive (Exit 253) east away from Bellingham and follow it for about 3 miles. Turn left at Silver Beach Road to enter the Whatcom Falls Park. Parking is free.

Tips: There are lots of swimming holes in the park, so bring your swimsuit and cool off with a post-ride dip. There are restrooms on the east side of the park.

Tulip Ride in Lynden

Terrain: **Paved roads**

Distance: **7 miles roundtrip; minimal elevation gain.**

Why This Ride: Enjoy a leisurely ride through this quiet farming community when the tulips are in bloom in the spring, or any time when you want a little taste of Holland in Western Washington.

Ride Description: Lynden is a very bike-friendly town that is currently in the process of discovering the link between its Dutch heritage and bicycling. Though this ride doesn't follow a prescribed route, you can spend the day exploring the quaint farming community—and it's especially great in May when the local fields are filled with bright blooming tulips and a snowy Mt. Baker looms in the distance. There are a couple of different parks in town—Lynden Park and Bender Park—so you can park there, ride around town and return for a picnic or some play time.

Driving Directions: From Bellingham take either Meridian Street or Hannegan Road north to Lynden.

Tips: Check out the 72-foot-high windmill featuring moving blades in downtown Lynden. There are restrooms at Lynden and Bender parks, and along Front Street on the route through downtown.

Lake Padden Loop

Terrain: **Gravel path**

Distance: **2.6-mile loop. Less than 100 feet of elevation gain.**

Why This Ride: This gentle loop around Lake Padden is a great introduction to mountain biking that's suitable for riders of all ages and skill levels.

Ride Description: Though there are more challenging mountain biking trails in the park, the Lake Loop Trail through the cool forest woodland is wide and well maintained—perfect for young riders. Pick it up from any of the parking lots and proceed in either direction. Lake Padden is a peaceful place to spend an afternoon riding. Nestled in a pleasant valley, it is separated from the busy I-5 freeway by a 1,000-foot ridge and no motorboats are allowed. Hikers and equestrians do share the trail with cyclists, but it's broad enough to accommodate everyone, and there are great lake viewpoints along the way.

Driving Directions: Take Exit 252 off of I-5 and head south on Samish Way. Go 2 miles and take either Lake Padden Park entrance. Park for free at either the south or north parking areas.

Tips: There are great swimming spots along the way, so bring your swimsuit! You'll find restrooms at both ends of the lake.

Cornwall Park to Fairhaven

Terrain: **Paved path**

Distance: **14 miles roundtrip, out-and-back; minimal elevation gain**

Why This Ride: It's a great beginner's route with both trail and road riding along Bellingham's scenic waterfront.

Ride Description: Start at Cornwall Park and head west along Squalicum Way to the Squalicum Marina and follow the path around the two marinas. Now take Roeder Avenue toward town (Roeder climbs a small hill and turns into East Chestnut Street). Turn right on Railroad Avenue and follow it to the end and find the bike path (which is the South Bay Trail). Follow the South Bay Trail along Bellingham Bay—where you'll have a great view of the San Juan Islands—to Fairhaven. The trail ends at the Village Green, where you'll find restrooms, shops and goodies for everyone. Reverse directions for the route home. You can also start this ride in Fairhaven and head north.

Driving Directions: Cornwall Park is just off of Meridian Street, about 1 mile south of I-5, Exit 256. Fairhaven is south Bellingham, Exit 250 off I-5. There is plenty of free parking at both ends.

Tips: You'll pass through Boulevard Park along the waterfront, which is a great place to take a break and enjoy a picnic lunch or throw a disc around. There are restrooms at Cornwall Park, Squalicum Marina, Boulevard Park and in Fairhaven at Village Green.



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.