



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

Suttle Lake Loop

Terrain: **Well-maintained dirt trail**

Distance: **3.5 miles roundtrip; minimal elevation gain.**

Why This Ride: A gentle off-road adventure that loops around beautiful Suttle Lake.

Ride Description: Pick up the trail at any one of the campgrounds, day use area, lodge or marina and go in whatever direction feels right—you'll end up where you started either way. The well-maintained trail follows the lakeshore the entire way, so you can look for fish rising to grab bugs on the lake's surface, or an osprey or bald eagle diving down to grab a trout. Take in views of Mt. Washington and Black Butte as you go—there's no shortage of amazing sights to see.

Driving Directions: From Bend, take Highway 20 west, past Sisters. Look for signs to Suttle Lake Resort, and take a left off the highway. Posted road signs lead to the day-use area in the northeast corner of the lake. A Northwest Forest Pass is required to park here (\$5 per day or \$30 for the season).

Tips: Suttle Lake has great fishing, so bring your fishing gear; or take a swim to cool off on a hot summer day. There are restrooms in the campgrounds, resort and marina.

Sunriver Resort

Terrain: **Paved path**

Distance: **There are more than 30 miles of paved biking trails; minimal elevation gain.**

Why This Ride: With more miles of trails than most kids will ride in a day and a gorgeous forest and river setting, Sunriver is a great place to take the whole family.

Ride Description: First things first: Get a map of all the paths from the main lodge after you park. Then it's pretty much just a matter of deciding how you want to spend your day. Maybe follow the Deschutes River for a stretch, or just cruise through cool pine forests or check out the wildlife in the wetlands. There's always the option of just taking a path and seeing where it goes, since many are loops that—in addition to connecting with other loops—will bring you right back to where you started.

Driving Directions: From Bend, take Highway 97 south. Go west on S. Century Drive approximately 2 miles. Turn right into the resort at the Sunriver sign. There is free parking at the Country Market or the main lodge.

Tips: Check out the Sunriver Nature Center and Observatory, which has educational programs and interpretive exhibits. There are restrooms throughout the resort, including: Fort Rock Park; the Village Mall; Meadows Golf Course and Sunriver Main Lodge

Sisters Eagle Rock Loop

Terrain: **Dirt singletrack**

Distance: **5.5 miles roundtrip; minimal elevation gain.**

Why This Ride: A pleasant and easy off-road loop that's easily accessible from downtown Sisters.

Ride Description: This ride is a short loop that crosses a number of dirt roads, so it is important to pay close attention to the brown bike-trail markers to avoid confusion. Some of these roads are still used by vehicles, so use caution when crossing them. Start at the Village Green Park, a couple blocks south of downtown, on Elm Street. Ride south on Elm Street to the intersection of Elm and Jefferson. Watch for a singletrack trail marked by a wooden sign. This is the start of the Eagle Rock Loop. The first quarter mile off the pavement winds through uneven terrain with some rocky areas. The terrain levels as the trail proceeds through an area of thinned trees that provides some good opportunities to observe wildlife. After 1.7 miles the trail crosses a small wooden bridge; proceed to the right fork. The area surrounding this section of the trail is very open and manzanita bushes grow along it. At 2.05 miles, the trail veers to the left and parallels Squaw Creek canal. At approximately 2.65 miles, where the trail crosses Squaw Creek, continue left to complete the short loop and return to Sisters.

Driving Directions: From Bend, head north on Highway 97, and take Highway 20 west to Sisters. There is free parking near the trailhead or you can park in the lots in downtown Sisters and ride to the trailhead.

Tips: Try the Sno-Cap for a fabulous homemade ice cream milkshake! Restrooms (and a water fountain) are available in the square off Main Street in Sisters.

Bend Riverside Trail

Terrain: **Dirt trail**

Distance: **5.9 miles roundtrip, out-and-back; 150 feet of elevation gain.**

Why This Ride: It's a short, easy mountain bike ride that's close to town and next to the Deschutes River.

Ride Description: Pedal through the gates at the end of NW 1st Street and head downriver on the trail. At about a half mile the trail splits; go left up the hill. Please stay off the grounds of the River's Edge Golf Course, as the course and all cart paths are closed to bikes. At the junction with Mt. Washington Drive, turn right and head down the pavement to rejoin the trail on the left after you cross the irrigation canal. Turn left onto the trail again next to the irrigation canal. At about 2 miles you'll cross a paved road; then in 0.2 miles, you'll cross another. A view of the canyon and Mt. Jefferson appears. The trail has a junction at 2.8 miles. Stay to the right—it's a short climb to continue the Riverside Trail (the singletrack heading uphill to the left leads to the Awbry Butte trail system). At almost 3 miles a gate marks the end of the trail and your turnaround point. Beyond the gate is private property; please respect it.

Driving Directions: Turn north off of NW Portland Avenue on to NW 1st Street. Go to the end of NW 1st and park.

Tips: Bring water and food—there are no amenities on this trail. However, it is close to downtown, so you can easily grab a bite to eat there or maybe have a picnic in Drake Park. There are no restrooms along the trail.



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.