



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 Three of Our Favorite Kid-Friendly Local Bike Rides

Crockett Park to River Park

Terrain: **Paved trail**

Distance: **5.6 miles roundtrip to River Park; relatively flat.**

Why This Ride: A relaxing and scenic trip that begins in family-friendly Crockett Park.

Ride Description: This well-maintained, paved biking/walking trail follows the Little Harpeth River—an especially peaceful and pretty stretch—most of the way. The turnaround point at River Park has a playground, basketball courts and large fields to frolic on and is also a suitable place for a picnic.

Driving Directions: From I-65 South, take Exit 71, Concord Road. Turn left onto Concord Road and travel west about a mile. Turn right on Wilson Pike and go about 1 mile. Turn left on Crockett Road, then turn left on Volunteer Parkway. The park entrance is straight ahead, past the schools. Free parking is available near the tennis center.

Tips: The Eddy Arnold Amphitheater, located in Crockett Park, hosts a Summer Concert in the Park series, always a fun way to spend an evening. There are restrooms in both Crockett and River parks.

Radnor Lake State Park

Terrain: **Paved trail**

Distance: **2.2 miles roundtrip, with a moderate hill at the beginning**

Why This Ride: Enjoy a variety of scenic areas and a diversity of natural habitats as you ride through Tennessee's first official state wildlife area.

Ride Description: This ride originates at the Radnor Lake State Natural Area Visitor Center on Otter Creek Road and travels along Radnor Lake almost the entire way. The wide, paved trail—once used as road—is perfect for taking along the whole family. Radnor Lake is a nature sanctuary and home to plenty of wildlife year-round. Watch for turtles and beaver in the lake as you ride. Migratory waterfowl arrive in the fall.

Driving Directions: From I-65 South, take Exit 78, Harding Place. Turn left on Harding Place Road and travel west. Turn left on Granny White Pike, then left on Otter Creek Road (across from Granny White Market). The entrance to the park is on the left; free parking is available at the visitor center.

Tips: Numerous activities—canoe floats, wildflower walks, astronomy night hikes, nature hikes, programs on snakes, cave ecology and birds of prey—are offered throughout the year in the park. There are restrooms on both ends of the ride. Please note: Since the park is a nature sanctuary, biking is permitted only on Otter Creek road.

Shelby Bottoms Greenway

Terrain: **Paved trail**

Distance: **There is a 1-mile loop, or a 5-mile loop to the Cooper Creek Trailhead and back**

Why This Ride: Though close to downtown Nashville, this pleasant, easy path takes you through one of the city's top birding spots.

Ride Description: This flat, paved ride follows the Cumberland River through the lush Shelby Bottoms Greenway, in 810-acre Shelby Bottoms Nature Park. There are boardwalks, scenic overlooks, interpretive stations and seven rustic bridges along the trail. It's also a popular spot for birdwatching. Look for migrant songbirds during the spring and fall, and a large number of different species can be found year-round in the woods, large fields, wetlands and along the riverfront.

Driving Directions: From I-24 west, take Exit 49 at Shelby Avenue. Turn right at the traffic light and go over the interstate. Turn right at South 5th Street and continue to the stop sign. Turn left onto Davidson Street and follow it to the Shelby Park entrance. Continue along river road to the entrance of Shelby Bottoms Greenway under railroad bridge. There is free parking under the railroad bridge.

Tips: With the trailhead so close to downtown, you can combine a leisurely morning ride with an afternoon spent at a nearby museum. There are restrooms in the greenway parking area.



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.