



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

Oak Leaf Trail

Terrain: **Paved path**

Distance: **This trail offers 100 miles of loops, so rides can be tailored to any distance; mostly flat**

Why This Ride: If an urban ride is more your speed, this one's a relaxing and convenient way to escape the city's hustle and bustle, yet still be close to home—and some nature

Ride Description: Get "lost" in the virtually endless route options that the Oak Leaf Trail has to offer. Of course, you won't actually get lost—the trail, which runs through and near streets and municipal roads, is marked very well and always gives riders a sense of where they've gone and where they're going in relation to downtown Milwaukee. It's the perfect blend of nature meets city, plus it's a convenient and always-fresh way to introduce kids to biking. There's plenty of different scenery. Want an off-bike break? Stop off at the Urban Ecology Center, which is located right next to the trail on the east side of Milwaukee and offers interactive exhibits and a climbing wall.

Driving Directions: To start at the Lake Park trailhead, take I-94 east to Milwaukee. Go left (north) on I-43, Exit 310B. Merge onto I-794 east via Exit 310C. Take the Lincoln Memorial Drive exit, on the left, Exit 1F. Merge onto North Lincoln Memorial Drive. Turn right onto North Lake Park Drive. Turn right onto Kenwood Drive. The park is located at the top of Lincoln Memorial Drive, just off of Lake Park Drive. Parking is available throughout the park.

Tips: Restrooms are available throughout the routes.

New Berlin Trail

Terrain: **Paved**

Distance: **6.5 miles one way; relatively flat**

Why This Ride: It's nothing fancy, which is why it's perfect for first-timers and small children.

Ride Description: It might not have the flashy features of some other trails, but the New Berlin Trail does provide families with an easy way to introduce younger children to biking. The trail intersects with a handful of main roadways, so you might need to stop and wait for traffic periodically (which will also give the kids a breather). Otherwise, be on the lookout for ducks, geese and other wildlife that inhabits the adjacent fields. Ponds, marshes, farms woodlands and even cemeteries can also be seen on this ride.

Driving Directions: For the west trailhead, take Route 59 to Springdale Road and head south. The trailhead is on Springdale Road. For the east trailhead, take Route 59 to South 124th Street and continue to Greenfield Park. Free parking is available both on Springdale Road and in Greenfield Park.

Tips: Water and restrooms available at Greenfield Park. The trail crosses Calhoun Road, where you'll find family restaurants. Greenfield Park is also a great picnic destination.

Lake Country Recreation Trail

Terrain: **Crushed-rock and paved paths**

Distance: **8 miles one way; minimal elevation gain**

Why This Ride: It's the perfect trail for children because it's close enough to nature without being too difficult to maneuver.

Ride Description: Breathe in the fresh Wisconsin air as you enjoy the openness of the Lake Country Recreation Trail. Ride until you come upon a breathtaking view of Pewaukee Lake. Most of the Lake Country trail takes riders along brush and woodlands, but it also winds near some residential areas. Part of the ride follows the Ice Age Trail, a 1,000-mile footpath that celebrates the geological legacy of the Ice Age.

Driving Directions: To reach the eastern trailhead, take I-94 west to the Highway T exit. Go right on Hwy T for a couple of blocks and take an immediate left on the frontage road (Golf Road). The trailhead is about 0.5 miles down on the right-hand side of the road, before the Country Springs hotel and water park.

Tips: Near the west end of the trail in Delafield you'll find shops and restaurants. Restrooms are available at both trailheads.

Glacial Drumlin State Trail

Terrain: **Paved and gravel path**

Distance: **The trail is 52 miles long, but rides can be tailored to any length; minimal elevation gain**

Why This Ride: It's a virtually endless connection to nature that also offers many stops at parks and playgrounds.

Ride Description: Make it an hour-long jaunt or an all-day affair on the Glacial Drumlin State Trail, which links southern Wisconsin's best natural resources from Waukesha to Cottage Grove. Pass through prairie remnants and farm lands as you enjoy your journey, which—depending on how long you ride and at which point you start along the trail—can connect you to Aztalan State Park, Lapham Peak and the South Unit of Kettle Moraine State Forest. Start in Waukesha and enjoy 12 miles of paved enjoyment, which travels over many bridges and exposes riders to an abundance of trees and open fields. Just outside of Waukesha is Sunset Park, which has a huge playground area, restrooms and a park pavilion. It's an excellent destination for a picnic lunch.

Driving Directions: To reach the east trailhead from I-94, exit Highway 164 (North Street) and head south through 6 stoplights to St. Paul Avenue. Turn right and head to MacArthur Road. Make a right on MacArthur Road and go 0.25 miles to the Fox River Sanctuary, where you can pick up the trail.

Tips: The usage fee is \$4 per day or \$15 per year. Children under 16 years of age do not need a pass. If you do not purchase a pass before using the trail, a ranger will charge an additional \$5 for your pass. A trail pass is required 365 days a year. There are numerous restrooms along the way at various parks.

Bugline Trail

Terrain: **Crushed-rock path**

Distance: **12.2 miles one way (ride can be tailored to any length); flat**

Why This Ride: It's an old railroad right-of-way that has since been transformed into a wonderful journey through the natural beauty of Waukesha County.

Ride Description: Squint your eyes and pretend you're riding along the rim of the Grand Canyon as you make your way down the Bugline Trail. This route from Menomonee Falls to Merton takes riders next to the Lannon Stone Quarry pits, which are still in use and provide some rather uncharacteristic canyons not normally found in the Midwest. Before you arrive at the quarries, enjoy the lush forest of maple woods, a cattail marsh, wetlands and prairies. Also be on the lookout for the Coolings Meadows Nature Preserve when you ride through Sussex. Need to cool off? Take a break at the Lannon Quarry, which doubles as the Menomonee Park Beach.

Driving Directions: Take US-45 to Exit 52 (County Line Road), and turn left until you hit Townline Road. Make another left. The trailhead is located on Townline Road. There is a fee for parking.

Tips: There are a couple of locations on the trail that cross sometimes busy roadways, so be careful with children. The Menomonee Park trailhead and recreation site offers restrooms, water, picnicking, camping, swimming and fishing. Concessions are available at the beach house during the swimming season.



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.