



# 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

### Wharton State Forest

Terrain: **Doubletrack and soft, sandy roads**

Distance: **11.9 miles round trip, with no elevation gain.**

**Why This Ride:** It takes you through parts of the 110,000-acre forest that's home to an amazing assortment of wildlife.

**Ride Description:** Explore this vast woodland and ride into the backyard of bald eagles, red-tailed hawks, ospreys, herons, swans, owls, beaver, otter, fox and deer. The largest single tract of land in the New Jersey State Park system, Wharton is dotted with lakes, ponds and fields. A section of the 50-mile Batona Trail also passes through the forest. While here, check out the historic Batsto Village. Its 33 buildings include a gristmill, sawmill, general store and the Batsto Mansion.

**Driving Directions:** Wharton State Forest is in Atlantic County, New Jersey. From Philadelphia, go east on I-76 across Walt Whitman Bridge to NJ Highway 42. Follow NJ 42 to the Atlantic City Expressway. Take the Expressway to Exit 28 and go east on NJ 54 to NJ 542. Take NJ 542 and follow signs to Wharton State Forest and the Batsto Village parking areas.

**Tips:** Entrance fees to Batsto Village (\$5, weekends only) are charged only from Memorial Day Weekend to Labor Day. Bring a picnic and stretch out in one of the forest's picnic areas. Restrooms are available at the building at Batsto Village.

### Valley Forge: Joseph Plumb Martin Trail

Terrain: **Paved path**

Distance: **6.5 miles, with a few rolling hills.**

**Why This Ride:** In a few short miles it takes you by many of the significant historical sites at Valley Forge.

**Ride Description:** On the south side of Valley Forge National Historical Park, the Joseph Plumb Martin Trail is named for a young man who enlisted in the Revolutionary Army at the age of 15. It gives kids one of the most impressive history lessons imaginable from the seat of a bicycle. In addition to Washington's Headquarters and carefully reconstructed log huts, you'll have the opportunity to explore extensive interpretive sites. Along the way kids can see local birds in the lush fields and woods. For the more adventurous, 14 additional miles of bike trails (12 unpaved) cross the park.

**Driving Directions:** Valley Forge is located 18 miles northwest of Philadelphia at the intersection of the Pennsylvania Turnpike (I-76) and US 422. Follow signs to the park entrance. Park free in the lot past the visitor center. (Due to construction in the park, Washington's Headquarters is open to the public at no charge.)

**Tips:** History is everywhere amid the beautifully manicured parklands. Food is available at the Cabin Shop, behind the chapel (1 mile west of the visitor center on Pennsylvania 23). Restrooms are located at the Visitor Center, Artillery Park and at Wayne's Wood picnic area.

## Nottingham County Park

Terrain: **Unpaved trail**

Distance: **8 miles, over rolling terrain.**

**Why This Ride:** The park's 8 miles of multi-use trails traverse a delicate ecosystem where you can see all kinds of wildlife, including 17 species of warblers, whip-poor-wills, barred owls, bob-white quails and wild turkeys.

**Ride Description:** Seven of the park's nine trails are open to bicycles. Buck Trail, in particular, has spectacular views of the northern valleys and the piney "Barrens," taking you to the highest elevations in the 651-acre park. A number of firebreaks provide additional paths to explore for those riding mountain bikes. The park sits atop one of the largest serpentine stone formations on the East Coast. The resulting ecosystem is a rich wonderland of stunted pines, wetland ponds, grassy meadows and rare plants. A variety of birds and other wildlife can be seen, as well as interesting manmade structures, such as the small covered bridge.

**Driving Directions:** Nottingham County Park is located in West Chester, Penn., approximately 30 miles southwest of Philadelphia on the Route 1 Bypass. Take the Pennsylvania 272 Nottingham exit. Turn right on Herr Drive and follow signs to the park entrance and free parking.

**Tips:** Restrooms and picnic areas are located throughout the park. Picnic pavilions are also available for rent for \$20 to \$55; a fee schedule is online at <http://dsf.chesco.org/ccparks>.



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](http://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](http://www.rei.com) for more information.