



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

Washington Secondary Bike Path

Terrain: Paved path, gravel in sections

Distance: The path is 13 miles long (from Cranston to Coventry), but you can turn around at any point; minimal elevation gain.

Why This Ride: Close to REI, this ride gives cyclists chance to travel through small towns and rural areas.

Ride Description: The ride runs through the cities of Cranston, Warwick and West Warwick and is made up of 4 separate bike paths—Cranston Bike Path (5.5 miles), Warwick Bike Path (1.5 miles), West Warwick Greenway (3 miles) and Coventry Greenway (3 miles)—that have merged into one. Through the northern side of the route, the ride meanders through small towns. Although most of the path is a paved 4-foot-wide trail, there are sections of gravel. As the ride moves south, the path begins to wind through trees and rural areas. It also crosses the Flat River Reservoir.

Driving Directions: To start from the northern end, park at the Cranston Parkade on Garfield Avenue (accessible off of Route 10), behind Lowe's. Parking is free.

Tips: The trail crosses vehicle traffic in some spots, so be extra careful at these intersections. There are restrooms available in local businesses and parks near the trail.

East Bay Bike Path

Terrain: Paved path

Distance: The path is 15 miles long, but you can turn around at any point; minimal elevation gain.

Why This Ride: There's easy access from many locations; it's a pleasant, scenic ride along Narragansett Bay.

Ride Description: Though you can easily access this well-maintained, 10-foot-wide trail from multiple points along the way, we recommend you start from Colt State Park in Bristol. You'll immediately be treated to some great views of Narragansett Bay to your left as you head north. Between Barrington and Riverside (if you continue on that far), the path travels through wooded areas before hooking up with the Providence River for the last stretch into Providence. Find a turnaround point that suits you as you go.

Driving Directions: From I-95 north and south: Take Route 195 east to Exit 2 for Route 114 south. This becomes Hope Street in Bristol. Follow Hope to Asylum Road and turn right to get to the park entrance. There is free parking at Colt State Park.

Tips: Colt State Park has 4 miles of bicycle trails passing along the Bay and through 464 acres of fruit trees, flowering bushes and manicured lawns. And with more than 400 picnic tables, it's a great place for a post-ride nosh. There are many restroom options along the way.

Blackstone River Bikeway

Terrain: **Paved path**

Distance: **Approximately 7 miles roundtrip, out-and-back; no elevation gain.**

Why This Ride: Soon to be part of a much longer trail that follows the Blackstone River all the way to Massachusetts, this family-friendly ride winds through wooded areas and passes by some historic sites.

Ride Description: There are multiple access points to this excellent bikeway, but for this ride, we recommend you pick it up at the trailhead parking lot in Lincoln. From there you can either venture south (after going north for a bit to pick up the southbound trail) to Valley Falls Heritage Park, or north toward the Kelley House Museum and Blackstone River State Park (which is the longer out-and-back adventure). Whichever direction you choose, you'll be treated to a scenic ride through northern Rhode Island, on a smooth, paved path that follows the Blackstone River. The bikeway, when finished, will link many of the valley's significant natural and historic features. But even the part that is currently finished has much to offer young riders.

Driving Directions: Take I-95 north to Route 146 in Providence. Then take Route 146 north approximately 5 miles to Breakneck Hill Road (Route 123). Head east on Breakneck Hill Rd. for approximately 2.5 miles. Look for the parking lot on the left at the flashing yellow light. There is free parking in the lot.

Tips: At the northern turnaround point, visit the Kelley House—the former home of ship captain and mill owner Wilbur Kelley—that has been transformed into a museum of transportation in the Blackstone Valley. There are restrooms in the state park visitor center.



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.