



# 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

### Country Park Paved Loop and Mountain Bike Trails

Terrain: **Paved paths and roads or dirt singletrack—it's your choice!**

Distance: **1.6 miles on paved road; minimal elevation gain. 4.5 miles of unpaved singletrack, with a difficulty rating of 3–4. (There are also miles of multi-use trails within the park, with variable elevation gain.)**

**Why This Ride:** Country Park offers both a relaxing paved loop for recreational riding and young kids, as well as some challenging unpaved singletrack for more adventurous mountain bikers.

**Ride Description:** Country Park has a number of bike trails, many of which are suitable for young, novice riders. The paved Country Park Loop is a one-way, one-lane road with marked bike lanes, open to cars, bikes, in line skaters and pedestrians. Unpaved mountain-bike trails course through the park as well, offering older and more experienced riders moderate to technical wooded singletrack. Riders can warm up on the paved loop and then join in on one of the singletrack sections.

**Driving Directions:** Country Park is located at 3902 Nathanael Greene Drive. Entrances to the park are located on the north side of Pisgah Church Road, just east of Battleground Avenue and Highway 220 North, and on the west side of Lawndale Drive, just north of Pisgah Church Road. There's ample free parking near the ball fields once inside the park. There are no fees.

**Tips:** Watch for designated bike lanes since much of Country Park is open to pedestrians and is fully accessible to everyone. The park is a great destination for kids of All ages and offers a variety of activities throughout the year. Restrooms are available at the Lewis Recreation Center, and between the Paddle Boat Lake and the Duck Pond.

### Bur-Mil Park

Terrain: **Paved path**

Distance: **6.6 total miles, with easy-to-moderate elevation gain.**

**Why This Ride:** Bur-Mil Park is home to three important family-friendly bike routes: Lake Brandt Greenway (2.6 mi. one way), Big Loop Trail (3 mi.) and Little Loop Trail (1 mi.).

**Ride Description:** Bur-Mil Park gives families an excellent selection of rides of various lengths through beautiful scenery. Bordering on Lake Brandt, the park hosts lots of special activities throughout the year, such as National Trails Day festivities, and the Bur-Mil Park Festival. Part of Greensboro's watershed trails, the Lake Brandt Greenway is a favorite of families who want to ride a well-kept trail and also see native plants and migratory birds. Kids may see bald eagles, ospreys, herons, egrets and ducks. The Little Loop Trail is accessed from the greenway, just past the pond near Shelter #8. Big Loop Trail is accessed from a number of places, including next to Shelter #4 and by the driving-range parking lot. The paved path also provides access to the more technical and unpaved Owl's Roost mountain-bike trail, which has an entrance at the far north end of Bur-Mil and is recommended for intermediate to experienced mountain bikers.

**Driving Directions:** Bur-Mil Park is located at 5834 Bur-Mil Park Road, off Highway 220 North. The park is one mile north of Horse Pen Creek Road/Old Battleground Road intersection, approximately 10 miles north of Interstate 40. There is ample parking along Bur-Mil Club Road.

**Tips:** The Big Loop and Little Loop rides are perfect for families with young children. Picnic and rest stops are never far away. Restrooms are convenient to all shelters along the park's bike loops.

## Bicentennial Greenway: City of Greensboro

Terrain: **Paved path**

Distance: **4.9 miles one way, with light to moderate changes in elevation.**

**Why This Ride:** This beautiful, wooded greenway travels through some of the most interesting, historical areas of Greensboro.

**Ride Description:** Built to commemorate the ratification of North Carolina as the 12th state in the Union, the Bicentennial Greenway is a popular multi-use trail. When completed, its various segments will be linked to form a single, 20-mile trail from Greensboro to High Point. This northern section can be accessed at family-friendly Country Park in Greensboro. From the park, you'll follow Old Battleground Road and then turn southwest away from suburban development into quiet, piedmont woods of oak and hickory. In addition to Country Park, you'll pass Guilford Courthouse National Military Park, site of a pivotal Revolutionary War battle in 1781. If you ride this section of the greenway trail to its end, you'll turn around at Horse Pen Creek Road.

**Driving Directions:** The Bicentennial Greenway can be accessed just west of the Lewis Recreation Center at 3110 Forest Lawn Drive. Enter at the Country Park entrance on Pisgah Church Road, east of Battleground Avenue, and make an immediate left. Free parking is available on the west side of Lewis Center. There are no fees.

**Tips:** The Bicentennial Greenway is open daily from sunrise to sunset. There are lots of beautiful picnic and rest spots. Parking and rest areas are also available on the greenway along the Country Park portion of 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](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.