



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 Four of Our Favorite Kid-Friendly Local Bike Rides

River Mountain Trail (paved section)

Terrain: **Paved trail**

Distance: **12 miles round-trip to Lake Las Vegas, with mild elevation change.**

Why This Ride: Enjoy a serene cruise along a mostly paved section of a large scenic trail. The views of the desert and surrounding hills are remarkable.

Ride Description: Part of an expanding network of trails, this mostly paved section of River Mountains Loop Trail is wide and totally separated from traffic. Used by a variety of people, you may encounter walkers, joggers, fellow cyclists and even equestrians along the trail. Kids will be entranced by the variety of animals you may encounter, including desert tortoises, bighorn sheep, small reptiles and lots of birds. From the parking lot, head northeast on the trail and follow signs to Lake Las Vegas (approximately 6 miles).

Driving Directions: From downtown Henderson, drive south on South Boulder Highway (582). Turn left on Equestrian Drive. After approximately 1 mile, enter the parking lot (on your left) for Equestrian Park. The park's address is 1200 Equestrian Drive (at Magic Way).

Tips: Water and restrooms are sparse between the trailhead and Lake Las Vegas. Carry plenty of water for everyone. Remember, desert tortoises and bighorn sheep have the right-of-way and are not to be disturbed, even if they are on the trail or block your way.

Railroad Tunnel Trail at Lake Mead

Terrain: **Unpaved trail**

Distance: **Approximately 5 miles roundtrip with minimal elevation gain.**

Why This Ride: The whole family can get some exercise on this flat, easy biking trail. It follows a historic route along decommissioned railway, through 5 tunnels and ends near the Lakeview Point scenic overlook.

Ride Description: Perfectly sized for an after-work family excursion, this out-and-back trail offers beautiful scenery along a level, well-maintained trail. Its five historic tunnels provide welcome shade from the sun and heat. Declared a historic landmark in 1984, the trail follows the train tracks used to supply materials during the construction of the Hoover Dam. There were plans to extend the trail all the way to the dam, but for now the trail ends after the 5th tunnel. Along the way, keep a watchful eye for bighorn sheep, antelope ground squirrels and reptiles.

Driving Directions: From Las Vegas, follow Highway 93 south through Boulder City. Stay on 93 as it turns north (left). Turn left on Lake Mead Drive. The trailhead parking lot will be on the south (right) side of the road, just past the entrance to Lake Mead's Alan Bible Visitor Center. Parking is free.

Tips: Directly adjacent to the Lake Mead National Park, this portion of the trail is free for day use. Restrooms are available at the trailhead.

Pueblo Park Bike Trail

Terrain: **Unpaved trail**

Distance: **Approximately 4 miles roundtrip, with mild elevation gain.**

Why This Ride: Take a break from the city and go for a ride through a unique, uncrowded natural arroyo.

Ride Description: This urban trail follows a natural arroyo (also known as a creek or wash area). Stretching approximately 2 miles from end to end, the trail offers many routes through the park thanks to several spurs leading into residential areas. Keep an eye out for small animals, birds and reptiles that live in the valley. When you're ready for a break, there are grassy areas and honey mesquite trees for a shady picnic.

Driving Directions: The trailhead is located off of the eastbound lane of West Lake Mead Boulevard. From Highway 95, take the W. Lake Mead Blvd. exit heading west. Make a U-turn at the stoplight at Marine Drive. The park entrance is on the right. Parking is free.

Tips: There are several grassy areas along the trail for picnics. Restrooms are near the trailhead and mid-route. Crossing Pueblo Vista Drive can be done using a crosswalk or an underground tunnel.

Duck Creek Trail

Terrain: **Unpaved trail**

Distance: **2 miles roundtrip; minimal elevation gain.**

Why This Ride: This peaceful, easy trail winds through fragile wetlands rife with wildlife.

Ride Description: Pedal through a 130-acre nature preserve in Las Vegas valley. With 2 short, connected loops, the ride can be as long or as short as you like. Connecting the loops creates a 2-mile route; with just 10 feet of elevation gain and no vehicle traffic, even the youngest cyclists can cruise these trails with confidence. With the city noise a distant hum, you'll encounter a myriad of birds among the reeds and marshes and may come across coyotes, quails and rabbits near the meadows, especially around dawn or dusk.

Driving Directions: From Las Vegas Boulevard (or I-15), head east on Tropicana Avenue a little more than 7 miles. Continue past Boulder Highway as Tropicana turns into Rebel Road. At 1.5 miles past Boulder Highway, you'll find the main trailhead and parking area on your left. If you reach the Sam Boyd Silver Bowl, you've gone too far. There is no fee for parking.

Tips: A picnic area and restrooms are located at the trailhead.



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.