



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

Sacramento State Footbridge to William B. Pond Park Footbridge

Terrain: **Paved path**

Distance: **10 miles roundtrip, out-and-back; minimal elevation gain.**

Why This Ride: It's a pleasant, scenic ride through the American River Parkway in downtown Sacramento.

Ride Description: Starting at the Sacramento State Footbridge—a replica of the Golden Gate Bridge—the bike path parallels the river for the entire distance. Though the path goes for many miles in both directions, for this ride you'll want to head east toward William B. Pond Park. You'll be traveling through a beautiful greenspace where, depending on the season, you might see flowers in bloom, fish spawning in the river and local wildlife in the surrounding fields and forest. This is a smooth and safe, multi-use path that's easy for riders of all ages and skill levels; they won't encounter any car traffic during the ride. The footbridge at William B. Pond Park, where bathrooms and picnic tables are available, will be your turnaround point.

Driving Directions: Take Highway 50 to Howe Avenue E. Go about two miles to University Avenue and take a left. Follow this about one mile to the Sacramento State Footbridge. There is free parking on the street. (If you start your ride at William B. Pond Park, there is a \$4 day-use fee.)

Tips: In late fall, pause at both footbridges to look for spawning salmon. There are restrooms at the University Student Union at the beginning of the ride and at William B. Pond Park.

New Hogan Trails

Terrain: **Paved and dirt**

Distance: **Varies, moderate elevation gain.**

Why this ride: The trail has a variety of paths to choose from and allows you to decide your comfort level. All paths are well-maintained and beautiful.

Ride Description: There are a number of bike trails to explore at New Hogan Lake, including both paved and dirt trails to suit any adventure level. Access points are available throughout this continuous path, allowing for a variety of distances and skill levels. Stay on the paved trails for an easy ride. Look out for fox, blacktail deer, coyote, turkey and bobcat. During the winter you may spot a bald eagle. The South Shore area of the lake has been designated a wildlife viewing area and signs with a binoculars symbol at park entrances will direct you to visitor locations.

Driving Directions: Take 99 toward Los Angeles. Take the CA-26 east/Fremont Street exit toward Linden. Stay on CA-26 for approximately 26 miles. Turn right at Vista Del Lago Drive, then right at Hogan Dam Road.

Tips: Restrooms are available at different locations throughout the park. Temperatures are very warm during the summer, so bring lots of water. Early morning or late evening rides are recommended.

Miners Ravine Bike Path

Terrain: **Paved path**

Distance: **5 miles roundtrip, out-and-back; 200 feet of elevation gain.**

Why This Ride: This well-maintained, easily accessible path follows a greenbelt in the heart of Roseville.

Ride Description: Start your ride in Sculpture Park—look for a tall red metal sculpture known as “Cosmos”—where the path begins. Travel east on the broad, smooth trail (newly improved with mile markers every half-mile and directional signage in key locations) as it follows the beautiful Miners Ravine branch of Dry Creek, which offers a spectacular ride through a riparian corridor. There will be a bit of a hill to climb before you reach the turnaround point at the end of the trail.

Driving Directions: From I-80 east exit onto Eureka Road. Take a right on North Sunrise Avenue. Take another right into the Centerpoint Shopping Center. The trailhead is at Sculpture Park behind Home Depot. There is free parking at Sculpture Park.

Tips: The numerous benches along the path are a great place to grab a snack or lunch. No restrooms along the route, though there are public restrooms in Centerpoint Shopping Center.

Miller Park to Fruitridge Road

Terrain: **Paved path**

Distance: **5 miles roundtrip, out-and-back; no elevation gain.**

Why This Ride: It's a smooth safe bike/running path along the Sacramento River that's easy to access.

Ride Description: At the southern end of the parking lot, the white barrier posts mark the beginning of the path. Leave Miller Park heading south with the Sacramento River on your right. The well-maintained bike/running trail sits between the river and the Southern Railroad route. The busy waterway is lined with old marinas; watch boats make their way along its broad span. Also, look for resident and migratory waterfowl. It's a great place for an evening ride; sunsets from the trail are especially beautiful. Fruitridge Road, where a new hotel has been built, is the turnaround point.

Driving Directions: From Highway 80/50, take the 15th Street off-ramp to Broadway Avenue and go right (west). Follow Broadway to 2nd Street, and take a left. The street ends at the Miller Park Boat Ramp. Parking is free in the boat ramp lot.

Tips: Swimming is not suggested in the Sacramento River. Bathrooms are available at Miller Park.

Lake Natoma Loop

Terrain: **Paved path**

Distance: **Approximately 12 miles roundtrip; no elevation gain.**

Why This Ride: The easy-access loop provides great scenery with several overlooks along the way and abundant wildlife viewing opportunities.

Ride Description: This paved route around Lake Natoma incorporates two trails—the American River Parkway Trail and the East Lake Natoma Trail. From the parking area pick up the East Lake Natoma Trail, which runs along the south side of Lake Natoma, and head east. There are several overlooks along this route, so take some time to enjoy the view and stay hydrated. After several miles, you'll reach the new Folsom Boulevard bridge. At this point you can either cross the bridge for a picnic lunch at Negro Bar, or eat in Old Folsom. Pick up the American River Parkway Trail at Negro Bar and head west along the north side of Lake Natoma, back to the starting point. During the summer, it is advisable to ride this trail early in the morning or late in the evening and take lots of water; the American River Parkway trail is fairly exposed and can get quite hot.

Driving Directions: From I-50, take the Hazel Avenue exit (Exit 21). Go north onto Hazel Avenue. Proceed approximately 0.5 miles and turn right at the Nimbus Flat Area sign. Follow the road to the Folsom State Recreation Area kiosk. There is a \$7 day-use fee for the park. Pick up the trail at the kiosk.

Tips: Nimbus Flat, near the start of the loop, has a great swimming beach, so you can take a dip and cool off after your ride. There are picnic tables and restrooms at Willow Creek State Recreation Area and along the East Lake Natoma section trail. Additional restrooms are available at Negro Bar.



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.