



# 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

### Provo River Parkway

Terrain: **Paved trail**

Distance: **10 miles roundtrip, out-and-back; about 300 feet of elevation gain**

**Why This Ride:** This popular paved trail goes past some great parks and spectacular sights as it follows the slow-moving Provo River.

**Ride Description:** Though the Provo River Parkway spans from Utah Lake to Vivian Park (and gains 2,000 feet along the way!), this manageable stretch begins from Canyon View Park, with the trail's eastern terminus at Vivian Lake as your turnaround point. From Canyon View Park, cross over the river to access the trail and head east. There are mile-markers along the route, so you can stop and turn around anytime you think you've gone far enough. Definitely try to make it to beautiful Bridal Veil Falls and also the historic mining equipment at Nunn's Park. The parkway trail, in fact, passes several kid-friendly parks and distractions, so definitely take your time ascending to Vivian Lake—there's much to see and enjoy along the way.

**Driving Directions:** Exit I-15 onto 800 North in Orem. Head east toward the Wasatch Mountains. Keep to the left to enter Provo Canyon. Look for the entrance to Canyon View Park on the left after about a mile. There is free parking in the park's lot.

**Tips:** Keep to the right-hand side of the trail, and watch for inline skaters and other cyclists who sometimes like to speed by. There are public restrooms in all of the parks you'll pass along the way.

### Porter Rockwell Trail

Terrain: **Paved path**

Distance: **7 miles roundtrip, out-and-back; 160 feet of elevation gain**

**Why This Ride:** It's a family-friendly route nestled in the foothills of the Wasatch Mountains.

**Ride Description:** This wide, paved trail begins at Draper City Park, in the foothills town of Draper. It will cross a couple of roads, so be sure that you pay attention when approaching an intersection. There's plenty of great scenery to see as you ride along the gently rolling hills. You can see Lone Peak Wilderness Area in the Wasatch Mountains to the east and you'll pass by some open fields, pastures and city parks, as well. This is definitely an urban adventure, but it's a pleasant, easy ride for kids. The trail ends at the Bangerter Highway, where you'll turn around and head back.

**Driving Directions:** From I-15, take the E 12300 S exit east toward Draper. This turns into the Draper Parkway. Turn right onto 1300 E to Draper City Park, on the right. There is plenty of free parking at the trailhead.

**Tips:** Bring a picnic lunch and stop off at one of the many parks along the way for a fun diversion. There are public restrooms in the parking area.

## Historic Union Pacific Rail Trail

Terrain: **Compacted dirt and gravel trail**

Distance: **14 miles roundtrip, out-and-back; 450 feet of elevation gain**

**Why This Ride:** Enjoy a slice of locomotive history, as this trail follows the antique path of silver and coal cars.

**Ride Description:** Begin the ride in Park City at the Historic Union Pacific Rail Trail State Park. You'll start from the trailhead and slowly descend into the high desert valley below. The rest of the ride to your turnaround point at Atkinson remains flat, so there will just be the small climb back to Park City to contend with on the return. As the name of the trail indicates, a railroad once ran along here hauling silver ore out of the Wasatch Mountains. The broad path is smooth and well maintained, easy for even beginners to handle. And the mountain scenery—high desert plains, farm and ranch lands, wetland meadows, mountain valleys—will simply amaze.

**Driving Directions:** From Salt Lake City, take I-80 up and over Parley's Canyon. Take Route 224 toward Park City. Go left on Kearns Boulevard, right on Bonanza Drive, left on Prospector Road and look for the park on the right, just past the plaza. There is plenty of free parking in the state park.

**Tips:** Pack plenty of water, as there are no places to fill up along the way! There are pit toilets at the trailhead.

## Jordan River Parkway

Terrain: **Paved path**

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

**Why This Ride:** A scenic, easily accessible family ride for children of every age—from the training-wheel set to tweens.

**Ride Description:** The Jordan River Parkway follows the Jordan River as it runs north-south for several miles through the center of the valley. This 3.5-mile stretch begins at the Redwood Center Trailhead and goes to George P. Holm Park. The multi-use trail leaves the parking lot, meanders through the Redwood Nature Area, then connects with the Jordan River Parkway. The parkway ambles through a classic riparian greenbelt with wetlands—home to many birds and animals. The path itself is totally tame, however, and a breeze to ride on. This section of the paved trail ends at George P. Holm Park, so take a breather here before heading back the way you came.

**Driving Directions:** The Redwood Center Trailhead is located at 3060 South Lester Street. Take I-215 to State Route 201 and get off at the Redwood Road exit. Go south on Redwood Road and look for signs to the Redwood Center. There is free parking at the trailhead.

**Tips:** There are many picnic tables, restrooms and park benches all along the parkway; many stops serve as great areas for bird-watching. All of the trailheads have public restrooms.

## Albion Basin

Terrain: **Dirt road**

Distance: **6 miles roundtrip, out-and-back. 800 feet of elevation gain.**

**Why This Ride:** A gentle off-road ride that may leave you breathless—both from the beautiful scenery and the high altitude of the trailhead.

**Ride Description:** Albion Basin is part of the Alta Ski Area in the Upper Wasatch Mountains, and the ride starts at 8,800 feet. Though the broad, smooth trail is family friendly, the ride could prove difficult for beginners unless they are fairly well acclimated to higher altitudes. The trail originates where Little Cottonwood Canyon Road turns to the gravel Albion Basin Road. You'll be treated to spectacular views of the surrounding peaks as you pass by wildflower-filled meadows. After a gradual climb—take it slowly, and make plenty of stops to stay hydrated—to the top of the Albion Basin lift, the trail heads slightly downhill and loops through a campground, which is the turnaround point.

**Driving Directions:** From I-15, take the 90th South exit and drive east, directly to Little Cottonwood Canyon. From I-215, take the 6200 South exit and follow the signs to Little Cottonwood Canyon and Alta and Snowbird resorts. From the mouth of the canyon, drive 8 miles to Alta. Continue until the end of the road and look for a place to park on the right side of the road. There is an information booth just before the road turns from pavement to gravel.

**Tips:** Lock up your bikes in the campground and hike the mile-long (roundtrip) interpretive trail to Cecret Lake. The scenery is astounding—bring your camera. There are no restrooms on this ride.



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.