



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

St. Louis Riverfront

Terrain: **Paved path**

Distance: **20 miles roundtrip; minimal elevation gain**

Why This Ride: It's an urban route that's conveniently located and gives riders the feeling they're riding in a residential neighborhood next to the Mississippi River.

Ride Description: Instead of dense woods and lush wetlands, the St. Louis Riverfront Trail provides an opportunity for riders to experience historic and industrial sections of St. Louis, as well as natural river scenery. Although the trail is a bit longer roundtrip, especially for children, there are plenty of stop-off points and attractions. Among them: The LaClede Power Center, "Reflections on a River" floodwall art mural, Native Plant Nursery, Mary Meachum Freedom Crossing Underground Railroad Site (the first nationally-designated Underground Railroad Site in Missouri), North Riverfront Park and the Old Chain of Rocks Bridge.

Driving Directions: From US-40, take exit 40B (Broadway/7th) and turn left on Cerre Street Turn right on Broadway, left on Chouteau Avenue, left on south Leonor K. Sullivan Boulevard and continue on Lewis Street. Free parking is available at LaClede Power Plant, 1246 Lewis St.

Tips: The Old Chain of Rocks Bridge and the Underground Railroad Site are great places to stop for a snack. Restrooms are also located at both sites.

Katy Trail—Weldon Springs to Defiance

Terrain: **Crushed-stone path**

Distance: **6.2 miles roundtrip; minimal elevation gain**

Why This Ride: One of the most popular biking destinations for families, it's flat, easily accessible and winds through the beautiful Missouri River bottoms.

Ride Description: The Katy Trail features luscious scenery, as well as many options for shorter and longer rides. In particular, this leg from the Weldon Springs trailhead to Defiance is perfect for families because of its length, terrain and attractions. Wildflowers dot the landscape as you roll from town to town. Formerly the MKT rail line, this stretch of Katy Trail meanders through peaceful farmland and small-town Americana.

Driving Directions: Take Highway 70 or Highway 40 to Highway 94 in St Charles. Head south on Highway 94. The trailhead access road is 5.4 miles south of Highway 40. The trailhead is not well marked from Highway 94. You'll see a brown sign stating "Access 0.1 Weldon Spring," and then a Missouri Conservation Department sign at the road to the trailhead. None of the signs say anything about Katy Trail.

Tips: Bring water! There is no water source at the Weldon Springs trailhead. Defiance has restaurants and shops you can visit before heading back to your car. There are two primitive restrooms at Weldon Springs, or you can use the restrooms at businesses in Defiance.

Grant's Trail

Terrain: **Paved trail**

Distance: **8 miles roundtrip; flat**

Why This Ride: It's a very family-oriented and easy ride through wooded areas, with a lot of attractions along the way.

Ride Description: Constructed on an old railroad right of way, Grant's Trail (named for Ulysses S. Grant) is a flat, fun and diverse way to enjoy the outdoors. It winds through the woods just like the train tracks used to, but don't worry—there are no stockcars or tracks in sight. Instead, riders will see a variety of attractions, including the Grant Historic Site and the Sappington House home and museum. Be sure to stop by one of the most famous attractions—the Anheuser-Busch Clydesdale stables and pastures.

Driving Directions: From the downtown area, head south on I-55 about 10 miles, or from 270 at 55 head North on I-55 to Exit 199, Reavis Barracks Road. Go about 0.6 miles to 3900 Reavis Barracks Rd. Parking is free, except at Grant's Farm, where it costs \$8.

Tips: If you're in the mood for something sweet, hit the Tropical Moose Shaved Ice stand or the Lil' Cherry Bomb Snowcone stand. Both are seasonal. You'll find restrooms at the Trailnet offices site, at Union/55 parking lot, at Teshshire parking lot, at Grant's Farm and at Whitecliff Park.

Forest Park Biking and Hiking Trail

Terrain: **Paved trail (through historic district)**

Distance: **8-mile loop; moderate elevation gain**

Why This Ride: Conveniently located in the heart of St. Louis, Forest Park and its trail is one of the premier urban parks in the country and serves as a natural connection to the city's historic attractions.

Ride Description: Want a little more than just a bike ride? The Forest Park Biking and Hiking Trail offers riders many fun, interactive stops along the way. There are a dozen attractions located near the park, including access to the St. Louis Art Museum and St. Louis Zoo. If you'd rather keep riding, the trail also features pristine lakes, great wooded areas and striking flower gardens. It's good for bird-watching, too—more than 200 species have been sighted here.

Driving Directions: Take US-40 to Exit 34D towards Forest Park. Merge onto Concourse Drive, turn right at Wells Drive and continue on Carr Lane Drive.

Tips: The countless attractions along this ride include the Missouri History Museum, St. Louis Zoo, St. Louis Science Center, St. Louis Art Museum, The Muny, Steinberg Skating Rink, Jewel Box, World's Fair Pavilion, Boathouse restaurant, athletic fields, tennis courts, golf courses, handball courts and picnic sites. Picnic shelters and restrooms are also available.

Castlewood State Park—River Scene Loop

Terrain: **Dirt trail**

Distance: **3-mile loop; minimal elevation gain**

Why This Ride: By far the most spectacular trail in Castlewood State Park, the River Scene loop is short, easy and offers a magnificent view of the Meramec River.

Trail Description: Drink in the majesty of the Meramec River from the tops of the bluffs on this journey, which you'll reach with a small climb at the start of the trail. Once you've soaked up the scenery from above, start down to the valley below for an interactive visit with the river. You will pass panoramic vistas, remnants of the historic resort era and floodplain forest along the way.

Driving Directions: Take Highway 340 (Clarkson Road) south until it turns into Keifer Creek Road; follow that to the trailhead. Or, from Highway 100 (Manchester Road), take New Ballwin Road south, then go east on Kiefer Creek Road. Or, from St. Louis, take 1-270 to Highway 100 (Manchester Road) west and turn south on Ries Road. Turn left on Keifer Creek Road and follow it to the trailhead. Or, if you are coming from 1-44, exit at Highway 141 (Meramec Station Road) and go right (north). Turn left onto Big Bend Road, which turns into Oak Street. Turn left at Ries Road. Go over the hill and turn left at the Castlewood sign.

Tips: Restrooms are located in the ranger station and parking lot. The designated picnic areas make a great spot for a post-ride lunch.



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.