



# 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

### Lee Metcalf Wildlife Refuge

Terrain: **Gravel road**

Distance: **2 miles one-way. No elevation gain.**

**Why This Ride:** Eye-popping scenery and great opportunities for viewing wildlife—especially birds—are hallmarks of this interesting ride.

**Ride Description:** The gravel road that leaves from the refuge parking lot and heads toward the Bitterroot River is the “trail” for this outing. It’ll take you past several small ponds—favorite spots for birdwatchers—and you’ll be treated to breathtaking views of the Bitterroot and Sapphire Mountains as you go. Toward the southern end of the reserve, you can park your bike and take the hiking trails into the Wildlife Viewing Area.

**Driving Directions:** Drive south on U.S. Highway 93 south about 30 miles to Stevensville. At the Stevensville cut-off road (269), turn east. Drive 1 mile to Eastside Highway (203) and turn east. Travel 0.25 miles to Wild Fowl Lane and turn north. The refuge is 2 miles from this intersection.

**Tips:** Learn more about the refuge’s flora and fauna at the informative visitor center. There are restrooms at the visitor center and at the wildlife viewing area.

### Kim Williams Trail

Terrain: **Packed dirt with some rocky spots**

Distance: **2.5 miles one way. Minimal elevation gain.**

**Why This Ride:** This flat, urban trail follows the scenic Clark Fork River as it flows through Missoula.

**Ride Description:** Begin your ride north of the river at the University of Montana footbridge that crosses the Clark Fork River. Turn east onto the Kim Williams Trail after the second smaller bridge. The Kim Williams Trail is part of the old Milwaukee Railroad grade and extends into the Hellgate Canyon. You will be following the Clark Fork River upstream and Mount Sentinel will be on your right. The trail surface is dirt and can be rocky, but it is flat. Keep an eye out for eagles, osprey and other birds along the way. The official trail ends 2.5 miles down the canyon, but you can continue east for another couple miles until you reach Deer Creek Road.

**Driving Directions:** You can drive to the University of Montana campus and park by the Rec Center or Washington Grizzly Stadium. The best way to access campus is by crossing the river on Madison Street Bridge, bearing right onto Maurice Avenue, and making a left on South 5th Street East (Campus Drive). Parking is free.

**Tips:** Swimming in the Clark Fork River anywhere along the trail is a great way to cool off in the summer. There are public restrooms next to the parking lot.

## Bitterroot Trail

Terrain: **Paved trail**

Distance: **6 miles one-way. Minimal elevation gain.**

**Why This Ride:** It's an easy paved trail that offers beautiful views of the Sapphire and Bitterroot mountains.

**Ride Description:** The ride begins at the Park & Ride lot located 3 miles south of Lolo and the paved trail parallels Highway 93 to Florence. The trail is separated from the roadway, but be sure to watch for cars as they cross the trail turning onto, and off of, the highway. However, most drivers seem to take great care in watching out for trail users. Once in Florence, treat yourself to an ice cream cone before hitting the trail again and returning to the Park & Ride.

**Driving Directions:** Drive south on Highway 93, to the Park & Ride lot at the junction of the trail and Old Highway 93. There is free parking at the trailhead.

**Tips:** There are restrooms in the town of Florence.

## Greenough Park

Terrain: **Paved path**

Distance: **1 mile roundtrip. Minimal elevation gain.**

**Why This Ride:** This trail is close to Missoula and offers ample wildlife-viewing opportunities.

**Ride Description:** The main trail in Greenough Park is a 1-mile, paved path for walking and bicycling that circles the park, following Rattlesnake Creek at certain points along the way. Footbridges let you cross the creek at either end of the park, and multiple unpaved trails branch off from the main loop and venture into the woods to the creek. Bicycles aren't allowed on these unpaved trails, however. The dense greenery provides excellent habitat for birds, so it's a place to spot downy woodpeckers and chickadees, as well as red-tailed hawks, black-chinned hummingbirds, green-winged teal and many other species.

**Driving Directions:** From I-90, take the Van Buren Avenue exit and travel northeast on North Van Buren Street. Turn left (west) on Locust Street and go 2 blocks, then right (north) on Monroe Street and look for the sign indicating Greenough Park. There is free parking near the entrance to the park.

**Tips:** You'll find picnic tables and benches along the creek, to the west of the footbridge in the southern part of the park. There are no restrooms in the park.



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.