



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

Tempe Beach Park/Tempe Town Lake

Terrain: **Paved path**

Distance: **Approximately 5 miles on mostly flat terrain.**

Why This Ride: It's a fun ride circling Town Lake with lots of spots to stop to play.

Ride Description: With 5 miles of trails encircling Town Lake, there are plenty of family-friendly routes to explore on bike, foot or skates. The park area includes a 5,000-seat amphitheatre, boat and bicycle rentals, grassy picnic areas and concession stands selling hot dogs, sodas, shaved ice and other treats.

Driving Directions: From I-10, exit onto West Broadway Road heading east. Turn left on South Mill Avenue. Turn left on West Rio Salado Parkway; turn right at the stoplight to continue on W. Rio Salado Parkway. The parking lot is on the right; parking is free.

Tips: On hot afternoons, take the kids to the free Splash Playground to cool down. Splash Playground is located on the south bank of the lake. Restrooms are available in the park.

Dreamy Draw Recreation Path

Terrain: **Paved path**

Distance: **Approximately 4 to 6 miles roundtrip, out-and-back; with some moderate elevation gain.**

Why This Ride: The paved path goes through Dreamy Draw Park, a gateway into the Sonoran Desert that offers everything from fantastic views to secluded valleys.

Ride Description: Start at the Dreamy Draw parking lot in East Phoenix. Take the path past the ramadas and restrooms to the main trail. At this point you are at the center of the route; take a left (northeast) and follow the paved trail to the end of the park at 32nd Street. Turn around and ride the trail to its other end at the park entrance gates, enjoying the outstanding views of Piestewa Peak along the way. Also watch for roadrunners, quail, rabbits and squirrels on the trail. If you want to extend your ride, cross the road and ride the paved trail under the freeway and over a bridge on the other side to Dreamy Draw Drive. This is a very quiet street, and you can ride it down to Glendale Avenue. When you've had your fill, turn around and backtrack to the parking lot.

Driving Directions: Take Route 51 to the Northern Avenue exit. Go east into the entrance of Dreamy Draw Park (Northern Ave. becomes the road leading into the park). Continue down the road to the free parking lot, and park near the volleyball court.

Tips: Take lots of water and maybe a picnic lunch to enjoy at the end of the ride under the shade of the ramadas. Restrooms are located near the ramadas.

Papago Park

Terrain: **Paved paths and dirt trails**

Distance: **Your choice of 1.2-mile to 4-mile loops; less than 50 feet of elevation gain. These loops can be linked together to make a longer ride.**

Why This Ride: The park boasts some of the most family-friendly hiking and biking trails in the valley, and is a designated Phoenix Point of Pride.

Ride Description: Beautiful red rock formations dot the 1,200-acre landscape of Papago Park, home to the Phoenix Zoo, Desert Botanical Gardens, Hall of Flame and Arizona Historical Society museums, and Phoenix Municipal Stadium. Trails on the east side of Galvin Parkway have easy access to restrooms and drinking water. A 1/4-mile Nature Trail starts at the ranger station and features interpretive signs describing Sonoran Desert plants and animals. West of Galvin Parkway, the 1.2-mile West Park Accessible Trail has an asphalt surface that is suitable for wheelchairs and strollers. The first half of the trail is level and goes near the Eliot Ramada, a perfect resting and viewing spot. The 4-mile West Park Loop Trail is an easy dirt trail that circles around and offers great close-up views of the red sandstone buttes.

Driving Directions: Location: 625 N. Galvin Parkway, Phoenix, AZ 85008; located at Van Buren Street and Galvin Parkway, north of Washington Street. Parking is free.

Tips: Enjoy lunch at picnic ramadas complete with water, grills, tables and electricity. Restrooms are available near the trailhead. There are no restroom facilities on the west end of the park. Please note that West Park Drive has been recently closed to through traffic, though it won't appear that way on most maps.

McDowell Mountain Regional Park

Terrain: **Unpaved trails**

Distance: **Approximately 5 miles on mostly flat terrain.**

Why This Ride: It is a beautiful desert area with fine views of Four Peaks Wilderness.

Ride Description: With more than 50 miles of multi-use trails for hikers, cyclists, and horseback riders, this desert park offers something for everyone. Families might want to venture out on the Wagner Short Loop Trail (1.6 miles) or the North Trail (3.1 miles), a longer but relatively easy ride. Many animals can be seen from the trail, including deer, javelina and a myriad of birds.

Driving Directions: From central Phoenix, take Loop 202 east to Beeline Highway (SR 87). Continue north-east on SR 87 to East Shea Boulevard. Travel west on Shea Blvd., turn right on North Saguaro Boulevard. Continue through the town of Fountain Hills; turn right on Fountain Hills Boulevard and travel 4 miles to the McDowell Mountain Regional Park entrance. There is a day-use fee of \$5 per car.

Tips: Trails are used by a variety of people, including joggers, cyclists, mountain bikers and equestrians; please be courteous to others. Stargazing, nature walks and other special events are offered regularly at the park. Plenty of picnic areas and restrooms are available throughout the park.

Indian Bend Wash Greenbelt

Terrain: **Paved trail**

Distance: **Approximately 7.5 miles one way on mostly flat terrain.**

Why This Ride: It's a great ride through a lush, green oasis that stays mostly off of city streets.

Ride Description: This multi-use pathway stretches the length of the city, connecting four park systems that include facilities for nearly every sport imaginable. Start your ride at Chaparral Park. The trail is a popular destination for walkers, cyclists and inline skaters, offering a great alternative to traveling on heavily trafficked streets. Watch for small animals, reptiles and birds; the greenbelt is home to a myriad of animals.

Driving Directions: Chaparral Park is located at 5401 North Hayden Road, at the intersection of East Chaparral and Hayden Roads in Paradise Valley. Parking is free.

Tips: Copious amounts of green grass and shade make the greenbelt a popular picnic destination. Restrooms are located in the four parks along the route.



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.