



# 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

### Stony Creek Metropark

Terrain: **Paved trail**

Distance: **6.5-mile loop; rolling hills**

**Why This Ride:** It's hillier than other bike trails in the area, so it's ideal for riders who want to pedal a little harder.

**Ride Description:** Ride the paved bike path around Stony Creek Lake, enjoying both sunny open fields and shady tree-covered sections. The hilly terrain will keep your anticipation level high as you explore each bend in the route. Stop off for a picnic when you're done or wander down to the disc golf course or boat launch. Keep your eyes open for a variety of birds, including migrating warblers and wild turkeys.

**Driving Directions:** From REI Troy, take Big Beaver Road east to Mound Road, and then head north to 26 Mile Road. Make a left and look for the park entrance. Head through the park entrance and follow signs to the picnic areas, where you'll also find parking. Parking permits are required and can be purchased daily or monthly.

**Tips:** Bike rentals are available on weekends. Cool off after your ride with a dip at the park's Eastwood Beach, which is staffed with lifeguards during the summer. Modern and rustic restroom facilities are located throughout the park.

### Maybury State Park

Terrain: **Paved trail**

Distance: **4 miles roundtrip; flat**

**Why This Ride:** Conveniently located in Northville, it's a wonderful natural escape from the hustle and bustle of the city.

**Ride Description:** Take your family through the rolling open meadows, mature forests and plant and wildlife habitats on the bike trail at Maybury State Park. It's a smooth, easy ride that serves as a great introduction to the outdoors for beginners, but also provides enough variety to keep even your most seasoned adventurers happy. Of course, there's more to do than just bike. When you're done, stop by the Maybury Farm and say hello to the animals. Need to burn off more energy? Check out the play set located nearby.

**Driving Directions:** Take 8-Mile Road to Beck Road. The park is on the corner. Parking requires a permit, which can be purchased daily or annually.

**Tips:** There are restrooms available at the park.

## Kensington Metropark

Terrain: **Paved trail**

Distance: **8.5 miles, but the loop can be tailored to match your desired distance; a few hills, but generally flat**

**Why This Ride:** It's a well-maintained trail that leads riders around Kent Lake and back into a park filled with fun activities.

**Ride Description:** Mingle with the wildlife and wildflowers as you roll down this smooth trail and take in beautiful Kent Lake. Stop and count the rowboats on the lake, then ride back to the park and rent one yourself. Not into boats? Try a swim at Martindale Beach. If you'd rather stay on land, head over to the Farm Learning Center and meet some of nature's friendliest four-legged creatures. Whether you get your kicks by land or sea, there's plenty to do before and after your bike ride.

**Driving Directions:** Take I-96 west to Exit 155B (Milford Road) and turn right onto Milford Road. Go left on Buno Road, left again on Huron River Parkway, and then make a slight right back onto Buno Rd. There are multiple areas to park your car, but parking permits are required. They can be purchased daily or annually.

**Tips:** Local ordinance requires anyone riding a bike to wear a helmet. You'll find plenty of picnic spots along the route. If you'd like to extend the bike route, connect to the Island Lakes State Park, which offers an additional 4 miles of paved riding. Plenty of restrooms are available.

## Independence Oaks—Hawk's View Trail

Terrain: **Paved trail**

Distance: **2.5 miles roundtrip; flat**

**Why This Ride:** Like the other bike trails in Oakland County Park, this one leads to numerous other opportunities for outdoor fun once your ride is over.

**Ride Description:** Loosen your legs on the Hawk's View Trail and then head back to keep the day going with a variety of fun activities. Pack a picnic and spread out in a cozy corner of the park, or mix it up on the ball field, sand volleyball courts, playground equipment and horseshoe pits. You can also discover the new, exciting sport of Geocaching—a treasure hunt that uses GPS devices. Sign up for one of the many camps or specialized nature programs while you're there, or time your outing so that you can have one of the "Wild" birthday parties specifically geared towards children ages 4–12. Finish up your day at the Rubach Sensory Garden, which features a gazebo and water garden. It's located near the Nature Center.

**Driving Directions:** From REI Troy, take I-75 north to the Sashabaw Road exit and head north. The park entrance will be on the west side. Parking passes are required and can be purchased daily or annually.

**Tips:** Restrooms are available.

## Addison Oaks—Buhl Lake Trail

Terrain: **Paved trail**

Distance: **2.5 miles roundtrip; flat**

**Why This Ride:** It's the perfect distance and terrain for families with younger children, plus it connects to a park full of outdoor activities.

**Ride Description:** Talk about a pathway to fun, the Buhl Lake Trail takes families to one of the epicenters of outdoor activity in Oakland County. Once you've ridden around the two spring-fed ponds, follow the trail back to the main park area and delve into the many goings-on. Stop by the concession stand on the beach or play some disc golf on the 24-hole course. If you'd rather get into the water, rent a rowboat or paddle boat. Need a steeper challenge on your bike? Head back out on the 6 miles of mountain biking trails. Whichever way you decide to go, there's something for everyone.

**Driving Directions:** From REI Troy, take Rochester Road north to West Romeo Road (32 Mile Road). The park entrance is just west of Walker Road. You can access the Buhl Lake Trail from the main parking lot, your first right past the entrance station. Parking permits are required and can be purchased daily or annually.

**Tips:** Overnight camping is available. Restrooms are also on hand.



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.