



Family Hike Recommendations

There are some great nearby hiking trails just waiting to be explored! To get your family started on the right foot, REI employees have selected some of their favorites below.

Be sure to bring these necessities along in your daypack:

- Drinking water
- Lunch or snacks
- Extra clothing layers
- Map and compass
- Sunglasses
- Sunscreen
- First-aid kit
- Insect repellent
- Whistle
- Headlamp or flashlight

For a complete day hiking checklist, visit [Expert Advice](#) on REI.com.



Content provided by **FALCONGUIDES**

Here Are Five of Our Favorite Kid-Friendly Local Hikes

Hike One: **Stone Mountain State Park**

Rating: **Easy to moderate**

Distance: **4 miles roundtrip, up to 1,810 feet of elevation gain.**

Why this hike: Great views for this easy family stroll.

Hike Description: This loop first leads hikers 0.75 miles to the summit of Stone Mountain, then continues 1.25 miles to the top of Stone Mountain Falls. From the falls, the trail meanders two miles to the meadow at the base of Stone Mountain and back to the trailhead. Completing the hike will take roughly three hours.

Driving Directions: From I-77 turn west onto US 21. Veer left onto Traphill Road and follow it to the John P. Frank Parkway. Turn right and follow the parkway to the park.

Tips: There are more trails in addition to the main loop. If you're in an adventuresome mood, check them out.

Hike Two: **Laurel Bluff/Reedy Fork Loop**

Rating: **Easy to moderate**

Distance: **7.2 miles roundtrip, moderate elevation gain.**

Why this hike: A wooded hike along wetlands, offering wildlife viewing opportunities.

Hike Description: Comprised of two trails: Laurel Bluff trail is the western leg you'll follow for 3.2 miles to reach the eastern trailhead. Then take the road to the left (bearing north), where you'll cross a bridge. Once over the bridge, turn left and head toward the trailhead for Reedy Fork trail. If you are quiet and lucky you may see a multitude of wildlife, including birds, reptiles, small mammals and even white-tailed deer.

Driving Directions: The trailhead is located on the south side of Greensboro Waterworks. Follow Greensboro Drive on to Lawndale Drive until you are forced to take a slight right onto Lake Brandt Road. Follow Lake Brandt Road for approximately 1.4 miles until you see Greensboro Waterworks.

Tips: This area is prone to flooding. Plan your hike during sunny weather.

Hike Three: **Nat Greene Trail**

Rating: **Easy**

Distance: **3.2 miles one way, no elevation gain.**

Why this hike: An excellent place to view Lake Brandt and check out local waterfowl.

Hike Description: The Nat Greene Trail offers a wonderful walk for children. Even if you decide to venture in only a half mile, it's worth the trip. During this hike you will likely find tracks of deer and raccoons around the lake's edge, as well as small freshwater clams. Given the north facing slope of the bluffs, there is a cool freshness that's most welcome in the hot summer months.

Driving Directions: Nat Greene is accessible at the Lake Brandt Marina. Trail parking is available at the marina next to the large trailhead sign. From Greensboro take Lawndale Drive until you are forced to take a slight right onto Lake Brandt Road. Look for Lake Brandt Marina signs on your left.

Tips: The marina is closed on Tuesdays but the trail is open. Access the trail outside the gate if you go on a Tuesday.

Hike Four: **Latham Park and Lake Daniel Greenways**

Rating: **Easy**

Distance: **3.5 miles one way, no elevation gain.**

Why this hike: With close proximity to the city, this hike is packed with plenty of interesting and varied scenery.

Hike Description: The open and wooded terrain along Buffalo Creek near downtown Greensboro is at times downright scenic. You can choose to do this hike in sections because there is no official trailhead. Instead, park along the street at any point and walk where you please. There are areas with trees lining the path, in addition to bridges that cross Buffalo Creek.

Driving Directions: The western side is located on West Friendly Avenue. The easiest route to take from I-40 east is from Exit 213 toward Jamestown. Turn right at Guilford College Road and follow until you reach Friendly Avenue.

Tips: Bring a basketball or Frisbee as there are plenty of areas to stop and play.

Hike Five: **Bog Garden Trail**

Rating: **Easy**

Distance: **0.7 miles one way, no elevation gain.**

Why this hike: This quick and easy spot is a refreshing place to look for birds and other wildlife.

Hike Description: Extensive boardwalks invite exploration of the lakeside wetlands, while an earthen trail climbs to a forested knoll. Enter from Starmount Farms at the kiosk and dip away from traffic sounds into an instant Eden for animals and birds. There are several side trails and loops to discover that have hidden wetlands and observation decks.

Driving Directions: From the airport head east on Joseph M Bryan Boulevard. Make a slight right at Benjamin Parkway, then turn right at West Cornwallis Drive. Turn left at Hobbs Road and end at the Bog Garden. The best parking is roadside next to the garden.

Tips: If you have extra time, check out the Greensboro Arboretum.



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.