

FAMILY FRIENDLY BICYCLE RIDES

- The Sacramento River Trail, which offers over 11 miles of paved trails. Community pool, parks and playgrounds located along the way
- Turtle Bay Museum and the Sundial Bridge, located off the River Trail
- Try riding wide hard packed gravel/dirt trails such as the Sacramento Rail Trail or Churn Creek Trails, find maps at http://www.healthyhasta.org/local_maps.php
- Explore Clover Creek Preserve, adding distance by checking out surrounding neighborhoods
- Walk the Mary Lake Loop while your little one tricycles around this $\frac{3}{4}$ mile loop
- Try bicycling with your child to school or set up a 'bike train' for neighborhood school children to ride together
- Try bicycling to a Farmer's Market such as on Saturday mornings City Hall or Sunday mornings at Turtle Bay
- The Sculpture Park at City Hall is an ideal place for kids to practice riding while adults can keep a close eye.
- Does your family live within 1 mile of a grocery store, your church, or another place you visit regularly? Try a family bicycle ride to a place you visit regularly
- Pack a picnic and take a bike ride to your neighborhood park