

Family friendly bike rides

Summer is here and heading out on the bike for a ride a great family outing.

Here are some low and no-traffic cycling options that are in the Lower Mainland and NW Washington. <http://www.bikesense.bc.ca/bikesense-manual>

And to learn about how bike safely go the Bike Sense: the BC Bicycle Operator's Manual for the latest information on cycling in traffic.

1) Mud Bay / Boundary Bay Trail - up to 34 km

Experience the wide-open expanses of farm land and tidal flats. With the San Juans to the south and the North Shore mountains to the north, the vistas see to go on and on.

A flat gravel path that runs along the shore of Mud and Boundary bays heads all the way to Beach Grove in the Tsawwassen area. The route is completely free of cars and you can turn back at any time when the kids get tired.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

2) Barnston Island - 11 km

Leave your car on the mainland and take the free ferry to [Barnston Island!](#)

The road round the island is a very quiet paved route that most kids enjoy. With dairy cattle wandering about fields and the flowing Fraser River seen at almost every turn. This route is a great way to experience the Fraser Valley before subdivisions and houses were built.

Take a picnic as there are two places to stop and enjoy the bucolic island.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

3) Point Roberts - 17 km

Cut off from the rest of the United States, Point Roberts is an interesting border anomaly. And exploring it by bike is a great way to experience it.

There are two Whatcom County parks to get off the bikes and see a bit more. [Lighthouse Marine Park](#) is the closest you can get to the Gulf Islands while staying on the Mainland. And for those families a bit more adventurous there is a campground here to pitch tent.

Family friendly bike rides

[Lily Point](#) gives a great view across Boundary and Semiahmoo bays looking back to White Rock and Mount Baker beyond.

Grab your passports and explore this odd tip of land.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

4) West Richmond Loop - 16 km

Richmond is known for being flat but most people don't know it also has some of the best almost car-free cycling in Metro Vancouver.

Starting off at Steveston ride the West Dyke Trail overlooking Sturgeon Banks, the Strait of Georgia, and seeing the North Shore Mountains. At the top end is [an incredible playground](#) that will every child busy for an hour or two.

Heading back there is a series of rails-to-trails that follow the BC Electric Railway's Steveston route back to the historic [Britannia Shipyards](#) where you can learn about early Japanese fishing and boat building.

On your way back to Steveston check out the wharf from some fish-and-chips. And if the kids aren't too tired there's also the [Gulf of Georgia National Historic Site](#).

Click for the [ROUTE](#). And to get to the start click [HERE](#).

5) The Arbutus Corridor - 15 km

The City of Vancouver has been working at developing a rails-to-trails route linking Marpole to Granville Island. Right now, most of it is complete and paved running without cars.

This is also the former right-of-way of the BC Electric Railway's Steveston Route. Being built for trains it has gentle grades that anyone can ride.

And for those that want to go more you can continue to Granville Island and Vanier Park.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

6) Stanley Park + False Creek - 24 km

The Stanley Park Seawall is perhaps the most scenic bike rides in the world where it is easy. But now

Family friendly bike rides

you can combine it with the False Creek Seawall and quiet streets through the West End and the Burrard Bridge is an impressive loop.

This loop starts at Vanier Park and goes around False Creek first. Then around Stanley Park.

But it is a very popular place from people to ride. The quietest times in the summer are weekday mornings.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

7) Seymour Valley Trail - 24 km

Imagine getting away from the city and out into mountains yet riding a paved road without any cars. The Seymour Valley Trail has all of this. You are right in the mountains enjoy nature up close. Perhaps a deer or a bear will wander cross the trail.

Nevertheless it is a great route with lots of picnicking sites along the way.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

8) Poco Trail - 26 km

The City of Port Coquitlam has a great circle loop for cyclists and walkers. Running by the Pitt River and through the second growth forest of the Coquitlam River, this route has the occasionally playground along the way. As well as the odd bear sighting.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

9) Bellingham Rails-to-trails - 25 km

Bellingham has developed a series of abandoned railways into trails. Presently it's possible to head from Trader Joe's up to Lake Whatcom on one route. Another route takes you from the southside of downtown to Fairhaven and includes an impressive trestle running into the ocean.

In between there is some street running, but traffic is generally slow in Bellingham on weekends.

Also check out the two great places for kids - [Mindport](#) and the [SPARK](#). These two museums have great interaction for kids including the Megazapper with its 12-foot-long lightning bolts.

Family friendly bike rides

Click for the [ROUTE](#). And to get to the start click [HERE](#).

10) Tommy Thompson - Anacortes - Guemes Island - 35 km

After crossing a low trestle this route takes the quiet rails-to-trails route into Anacortes. Passing by a steam powered snag remover that will catch the attention of every kid, it works it way to the ferry to Guemes Island.

After taking the ferry across the strait it is a circle around the island and then a ferry ride back.

Click for the [ROUTE](#). And to get to the start click [HERE](#).

11) Centennial Trail - North End to Arlington - 26 km

This is just a portion of the 49-kilometer-long [Centennial Trail](#) in Snohomish County. It's great for a daytrip with a sizable town to explore at the end.

The trail is another rails-to-trails without any cars on it, the Centennial Trail starts at the Nakashima Barn where you can learn about the early dairy farming. The trail runs through a second growth forest most of the way to Arlington where a large bridge crosses the Stillaguamish River.

There are plenty places to eat in Arlington's downtown, but explore the public art and have a stop at the Sound Garden.

Click for the [ROUTE](#). And to get to the start click [HERE](#).