

THE BEST KID-FRIENDLY BIKE TRAILS IN PARK CITY

Spend family time in the great outdoors with these must-do Park City bike trails that are kid friendly.



TRAIL ADVENTURES FOR ACTIVE KIDS:

1.2
MILE

Trailside Park Loop:

1.2 mile bike park with multiple trails that are great for toddlers to teenagers.

7.1
MILE

Round Valley Trail:

Great 7.1 mile trail with downhill slopes and easy climbing hills.

2.3
MILE

RTS Loop:

2.3 mile loop perfect for beginners.

28
MILE

Union Pacific Rail Trail:

28-mile flat trail that connects Old Town Park City all the way to Coalville.

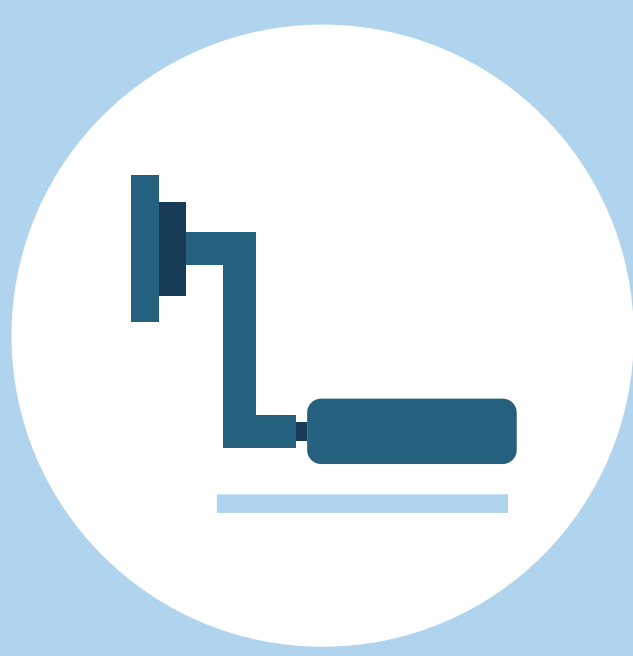
4
MILE

McLeod Creek Trail:

4 mile paved trail along the beautiful McLeod Creek, an interactive musical sculpture and more.

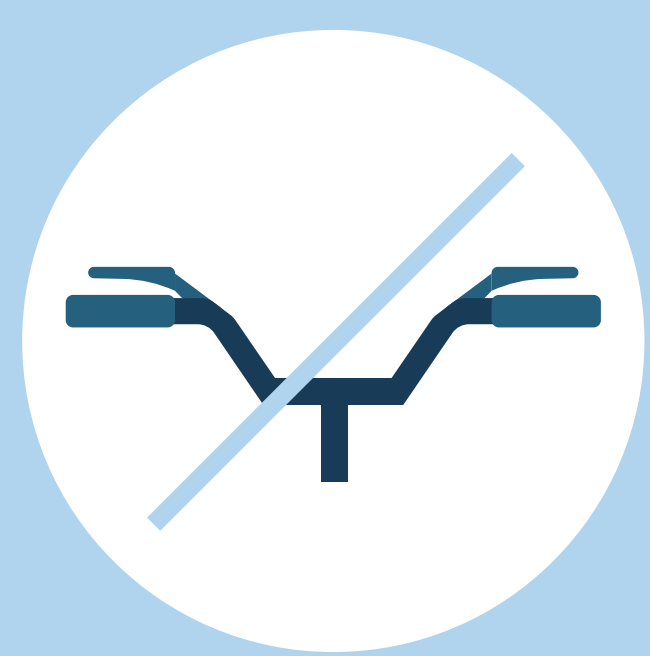
MOUNTAIN BIKING TIPS FOR KIDDOS:

Are your kids discovering mountain biking for the first time? Here are some pointers to get them started:



Level the pedals:

When riding downhill, make sure the pedals are level by keeping one in front and one in back on the same plane.



Don't Squeeze the Brakes:

Lightly hover your fingers over the brakes to be prepared in case you need to stop.



Safety First:

If there is a trail that seems daunting, don't be afraid to get off the bike and walk with it until you feel like getting back on.



Dress for Safety:

Don't forget a properly-fitted helmet, brightly-colored clothing, and elbow, knee, and shin pads.