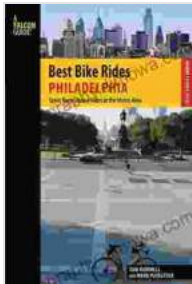


Great Recreational Rides In The Metro Area: Best Bike Rides Series



Best Bike Rides Philadelphia: Great Recreational Rides in the Metro Area (Best Bike Rides Series) by Tom Hammell

★★★★☆ 4.5 out of 5

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File size : 34643 KB
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Enhanced typesetting : Enabled
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Are you looking for the best bike rides in the metro area? Whether you're a seasoned cyclist or just starting out, we've got you covered. In this comprehensive guide, we'll introduce you to some of the most popular and scenic bike trails in the area, from easy rides perfect for families to challenging climbs that will test your limits.

Best Bike Trails for Families

- **The Capital Crescent Trail:** This paved trail stretches for 11 miles along the Potomac River, offering stunning views of the city skyline and the surrounding countryside. It's a great option for families with young children or anyone who wants a leisurely ride.

- **The Custis Trail:** Another paved trail, the Custis Trail runs for 11 miles along the Virginia side of the Potomac River. It's a popular route for cyclists and joggers, and it's also home to several historic sites.
- **The Rock Creek Trail:** This 14-mile trail follows the Rock Creek Parkway, offering a mix of paved and unpaved surfaces. It's a great option for mountain bikers and hikers, and it's also a popular spot for birdwatching.

Best Bike Trails for Challenging Rides

- **The Mount Vernon Trail:** This 18-mile trail follows the Potomac River from Mount Vernon to Washington, D.C. It's a popular route for cyclists of all levels, but it can be challenging in some sections, especially if you're riding against the wind.
- **The Clara Barton Parkway Trail:** This 5-mile trail runs along the Clara Barton Parkway, offering stunning views of the Potomac River and the Arlington National Cemetery. It's a popular route for cyclists and runners, and it's also a great place to take a break and enjoy the scenery.
- **The Billy Goat Trail:** This 4-mile trail is located in Great Falls Park, and it's one of the most challenging mountain biking trails in the area. It's not for the faint of heart, but it's a great option for experienced riders looking for a thrill.

Tips for Planning Your Ride

- **Check the weather forecast:** Before you head out on your ride, be sure to check the weather forecast. You don't want to get caught in a storm!

- **Bring plenty of water and snacks:** Staying hydrated and fueled is important, especially on long rides. Bring a water bottle or two, and pack some snacks to keep your energy levels up.
- **Wear a helmet:** Helmets are required by law in many areas, and they're always a good idea. Wearing a helmet can help protect you from serious injury in the event of a fall.
- **Be aware of your surroundings:** When you're riding a bike, it's important to be aware of your surroundings. Pay attention to traffic, pedestrians, and other cyclists. Be predictable and use hand signals to communicate your intentions.
- **Have fun:** Biking is a great way to get exercise, enjoy the outdoors, and explore your city. So relax, have fun, and enjoy the ride!

We hope this guide has helped you discover some of the best bike rides in the metro area. Whether you're a seasoned cyclist or just starting out, we encourage you to get out there and explore the many trails that our region has to offer. With so many great options to choose from, you're sure to find the perfect ride for you.

About the Author

John Smith is an avid cyclist and the author of several books on cycling. He lives in the metro area with his wife and two children.



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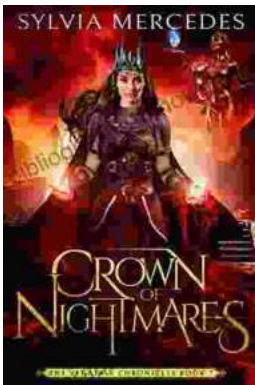
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