

TRAIL RIDES PROGRAM

Our Trail Rides program takes agencies that work with kids in underserved communities on scenic biking adventures where they learn bike skills, self-confidence and environmental awareness.

Most of all, we provide the opportunity for kids to just be kids!

BENEFITS FOR KIDS

- Greater confidence that carries into the classroom with improved academic performance, better grades and healthier, happier social interactions.
- Deeper understanding and appreciation of nature.
- Increased understanding of the benefits of exercise and good nutrition.
- A connection with often-hard-to-reach youth.
- Kids notice improved fitness levels, especially those who've participated in multiple rides.

HOW TO JOIN

Going for a ride is easy. You simply organize the group of youth riders and we'll do the rest by providing bikes, ride leaders, helmets, gloves and water bottles! The cost is \$25 for a "Single Ride" for 4-8 youth plus two of your staff, or \$50 for a "Double Ride" for 9-14 youth plus 2-4 of your staff. A refundable deposit is also required.

WHAT TO BRING

- Lunch and backpack to carry it in.
 - Clothes for hot and cold weather (don't forget a jacket, even if it's nice out).
 - A sturdy pair of closed toe shoes for walking and biking.
 - Please do not wear earphones on the ride.
- Remember to eat a good breakfast on the day of the ride and come prepared to have fun.

IMPORTANT SAFETY INFORMATION

Safety is of utmost importance to us. In addition to being expert mountain bikers, all our ride leaders are trained in CPR and first-aid. To further ensure safety, we require:

- Children know how to ride a bike and how to use hand brakes.
- Participants must be 4' 6" or taller due to the sizes of bikes in our fleet.
- Prior to joining any ride, **each child/participant MUST read, complete and sign an Activity Permission Form.** All permission forms must be submitted to your Ride Leader on or before the day of the ride.



To book your Trail Ride, go to tripsforkidsmarin.org/trail-rides or call 415-458-2986 ext 3

www.tripsforkidsmarin.org

TRAIL HEADS

CHINA CAMP 1

San Rafael (moderate) - Distances from 4-10 miles

Located squarely on the Bay, this state park plays host to a wondrous 10-mile round trip ride. We'll have lunch on the beach right at the very spot where the original Chinese shrimp fisherman, who gave the park its name, first settled the area long ago. China Camp is a blast to ride through, with only a few steep hills on the twisty, narrow trail.

Parking: North San Pedro Rd. to Back Ranch Meadows parking lot

TENNESSEE VALLEY 2

Marin Headlands (easiest/shortest) – Distance 3 miles round trip

Cruise through part of the Golden Gate National Recreation Area in the Marin Headlands on a fire road. This is the easiest trail we ride; it also just might be the prettiest.

Parking: At the parking lot at the end of Tennessee Valley Road

GOLDEN GATE PARK 3

San Francisco (all levels from easy to hard) – Distances from 3-9 miles

The trail offers 90% single and double-tracks winding through the Park's grandiose vegetation and lesser known backwoods hiking and biking trails. The initial climb from the beach takes about 1 hour on average; the return ride is mostly downhill.

Parking: Ocean Beach parking mid lot beachside across from Beach Chalet

POINT PINOLE REGIONAL PARK 4

Richmond (easy/all levels) – Distances from 3-7 miles

This scenic journey leads through breezy meadows with wildflowers in season, aromatic eucalyptus woods, or along bluffs and beaches on San Pablo Bay.

Parking: Point Pinole Regional Park main parking lot

RUSH CREEK TRAIL 5

Novato (all levels) - Distances from 4-9 miles

A beautiful, smooth start to the ride on a wide path, we then circle the marsh to a swoopy single-track trail amidst the Oak and Manzanita groves. This ride can be tailored to a variety of skill levels.

Parking: Rush Creek Trailhead roadside parking

BAY TRAIL 6

Marina Bay Richmond (very easy/flat) Distances from 3-6 miles

This paved path starts at the Rosie the Riveter Museum at the Richmond bayfront and meanders along the bays many marinas and marshes, looping back at the famous dog park. Optional museum pop-in if open and available.

Parking: Lucretia Edwards parking lot



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