

# Family Cycling

Please join us on some short fun rides suitable for riders 10 yrs. and older (no training wheels) or younger children on tag-alongs, tandems, in cargo box bikes, in trailers, or in bike-mounted child carriers. Routes will



typically be 5-7 miles in length and may include stops along the way at parks, notable sites, trees, outdoor art, and maybe a bakery, ice cream, or candy store. The Summer Family Cycling Series also lists Sunday Parkways in Portland. [Sunday Parkways](#) are put on by the Portland Bureau of Transportation. These are loops of about 4.5 to 9.5 miles on neighborhood roadways that are closed to cars and open to pedestrians and bikes. You'll find food, music, dancing, and merriment! The Club does not host a family ride on these days, but they are great ways to spend a day with your family, either walking or cycling. Consider visiting the Portland Bicycling Club booth at the June 30<sup>th</sup> event. Enjoy!

New to cycling with your child? Before attending one of our rides, we recommend checking out websites with tips for riding with kids and doing some short practice rides.

- [Portland Family Biking Guide](#) by the Portland Bureau of Transportation (PBOT)
- [Bicycle Safety Tips for Parents, Guardians, and Children](#) by the National Highway Transportation Safety Administration
- [Fitting a helmet](#) by the National Highway Transportation Safety Administration
- [Oregon Bicyclist Manual](#) prepared and published by ODOT's Oregon Bicycle and Pedestrian Program

All children must be accompanied by a parent or other legal guardian. Every rider must wear a helmet.

## Schedule of Club-led Family Rides and PBOT Family Events

For more details, visit the Club Ride Calendar.

June 9 – Gresham Main City Park 1pm

June 23 – Sellwood Park 1pm

June 30 – [Sunday Parkways - North Portland](#) 11am-4pm; consider visiting the PBC booth!

July 7 – Gresham Main City Park 1pm

July 21 – [Sunday Parkways Outer NE Portland](#) 11am-4pm

August 4 – Club Picnic – Columbia Park 10am

August 18 – Gresham Main City Park 1pm

August 25 – [Sunday Parkways Downtown & Inner SE](#) 11am-4pm

September 22 – [Sunday Parkways NE Portland](#) 11am-4pm