

# ALL ABOARD! CYCLING WITH KIDS (ON YOUR BIKE)



When you travel with your kids on a bike, **the trip becomes a journey!**

It allows you to skip the torture of strapping them into car seats, and avoid parking and traffic altogether. There are different family bike set-ups that are suitable for kids of different ages, as well as different lifestyles and budgets.

## What?

- **Child seat;** Seats can sit in front of the rider, and some sit in the back. Check the seat for compatibility with your bike before purchasing, and make sure you can still get on and off of your bike easily (\$50 - \$250)
- **Trailers;** Trailers attach to the adult bike with a special hitch. They are great for keeping kids warm and dry in rain and wind and are highly visible on the road. Trailers are extremely stable. Even if you fall over, the trailer should stay upright – and even if it tips, the kids inside are protected by the frame (\$90 - \$850)

## What?

- **Tag-alongs;** A great option for kids who can ride on their own but who can't ride as far or as fast as their grown-ups. Usually attaches to the adult's seat post and essentially convert your bike into a tandem (\$185 - \$400)
- **Cargo bikes;** Cargo bikes (longtails, box bikes and trikes) are becoming increasingly popular. They often have an electric assist to make carrying your kids around a little (or a lot!) easier. Some models have space for up to four kids! (\$1200 - \$8000)



## How?

- Before you take your child out for the first time, **test out your seat or trailer with a bag of potatoes** to see how the extra weight affects your bike handling.
- **Plan your route ahead of time.** Start with trips to fun locations – the neighbourhood park, a friend's house, or out for ice cream! Keep in mind that the shortest route isn't always the easiest!
- To help avoid meltdowns, **dress your child for the weather.** Remember that they are just sitting there while you're working hard so they will need an extra layer or two on cold days. Bringing snacks and sunscreen is also always a good idea!

## How?

- **Become the trip narrator!** Pointing out signs, bike infrastructure, and talking through your signalling will help your kids recognize the safety aspects of cycling

## Resources to check out

- [San Francisco Bicycle Coalition's \*Family Biking Mini Guide\*, p. 3-15](#)
- [Oak Bay Bicycles' "Demo On Demand" Program, allows folks to borrow an electric assist cargo bike FOR FREE!](#)
- [Bishop's Family Cycles offers a one-on-one bike consultation so you can discuss what bike would best suit your family's needs.](#)

## Some Great Routes in the CRD

- **Kiwanis playground to Lambrick Park;** from one playground to the next! Henderson, McKenzie and Lambrick Rd all have dedicated bike lanes. Public washrooms are available at the Kiwanis/ Henderson Park.
- **YYJ Airport "Flight Path";** completely separated from traffic, this loop will keep you and the family safe and entertained. See if you can finish the ride at Rotary Park where there are public bathrooms to use and hot-dogs being vended.
- **Oaklands School to Willows Beach;** take your family for a beach day by travelling along the Haultain Connector! Low traffic and beautiful sites to point out to the little ones along the way!



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