



# BICYCLING

## ADVENTURE GUIDE

### Recreational Bicycling (Hike & Bike) Trails

NAME	MILES	ADDRESS	PHONE	STRAVA ROUTE	EXPLORE RGV LINK
Bicentennial Hike & Bike	8.28	1921 N. Bicentennial Blvd, McAllen, TX 78501	(956) 681-3333	<a href="http://bit.ly/BicentennialHikeAndBike">http://bit.ly/BicentennialHikeAndBike</a>	Bicentennial/ExpRGV
Delta Lake Park Hike & Bike	7.98	28051 FM 88, Monte Alto, TX 78538	(956) 968-8733	<a href="http://bit.ly/DeltaLakeParkHikeAndBike">http://bit.ly/DeltaLakeParkHikeAndBike</a>	Delta Lake Park/ExpRGV
Edinburg Municipal Park	2.01	714 South Raul Longoria Rd, Edinburg, TX 78542	(956) 381-5631	<a href="http://bit.ly/EdinburgMunicipal">http://bit.ly/EdinburgMunicipal</a>	Edinburg Municipal/ExpRGV
Firemans Park 2nd St Hike & Bike	14.92	201 N. 1st St, McAllen, TX 78501	(956) 681-3333	<a href="http://bit.ly/FiremansPark2ndSt">http://bit.ly/FiremansPark2ndSt</a>	Firemans Park/ExpRGV
Freddy Gonzalez Park Hike & Bike	0.52	1402 S. 18th Ave, Edinburg, TX 78539	(956) 388-8204	<a href="http://bit.ly/FreddyGonzalezPark">http://bit.ly/FreddyGonzalezPark</a>	Freddy Gonzalez/ExpRGV
Heavin Resaca Trails	2.9	705 N. Bowie St, San Benito, TX 78586	(956) 361-3830	<a href="http://bit.ly/HeavinResaca">http://bit.ly/HeavinResaca</a>	Heavin Resaca/ExpRGV
Hidalgo County PCT 2 Regional Hike & Bike	7.01	PSJA Bears Trail & San Antonio Ave, San Juan, TX 78589	(956) 787-1891	<a href="http://bit.ly/HidalgoCountyPCT2Regional">http://bit.ly/HidalgoCountyPCT2Regional</a>	Hidalgo PCT 2/ExpRGV
Historic Battlefield Trail	19.39	1534 E. 6th St, Brownsville, TX 78520	(956) 546-4357	<a href="http://bit.ly/HistoricBattlefieldTrail">http://bit.ly/HistoricBattlefieldTrail</a>	Historic Battlefield/ExpRGV
Los Fresnos Nature Park	0.74	851 N. Arroyo Blvd, Los Fresnos, TX 78566	(956) 233-5768	<a href="http://bit.ly/LosFresnosNaturePark">http://bit.ly/LosFresnosNaturePark</a>	Los Fresnos Nature/ExpRGV
McAllen Event Center Oval Park	1.56	700 Convention Center, McAllen, TX 78501	(956) 681-3333	<a href="http://bit.ly/McAllenEventCenterPark">http://bit.ly/McAllenEventCenterPark</a>	McAllen Event/ExpRGV
McKelvey Arroyo Park Hike & Bike	5.48	1325 S. 77 Sunshine Strip, Harlingen, TX 78550	(956) 216-5951	<a href="http://bit.ly/McKelveyArroyoParkHikeAndBike">http://bit.ly/McKelveyArroyoParkHikeAndBike</a>	McKelvey Arroyo/ExpRGV
Meg Jorn Hike & Bike	7.3	2425 Boxwood St, Harlingen, TX 78550	(956) 216-5951	<a href="http://bit.ly/MegJorn">http://bit.ly/MegJorn</a>	Meg Jorn/ExpRGV
Mission Hike & Bike	12.1	1801 S. Conway Ave, Mission, TX 78572	(956) 580-8760	<a href="http://bit.ly/MissionHikeAndBike">http://bit.ly/MissionHikeAndBike</a>	Mission Hike/ExpRGV
Paseo De La Resaca System	7.4	1 Event Center, Brownsville, TX 78526	(956) 542-2064	<a href="http://bit.ly/PaseoDeLaResacaSystem">http://bit.ly/PaseoDeLaResacaSystem</a>	Paseo De La Resaca/ExpRGV
Schupp Trail & Fitness System	1.19	1300 Zinnia Ave, McAllen, TX 78504	(956) 681-3333	<a href="http://bit.ly/SchuppTrailAndFitnessSystem">http://bit.ly/SchuppTrailAndFitnessSystem</a>	Schupp Trail/ExpRGV
South Padre Island Gulf Loop	5.09	Harbor St Beach Access #1, South Padre Island, TX 78597	(956) 761-3700	<a href="http://bit.ly/SouthPadreIslandGulfLoop">http://bit.ly/SouthPadreIslandGulfLoop</a>	SPI Gulf Loop/ExpRGV
The Belden Trail	1.41	515 E. Jackson St, Brownsville, TX 78520	(956) 546-4357	<a href="http://bit.ly/BeldenTrail">http://bit.ly/BeldenTrail</a>	Belden Trail/ExpRGV

### Road Bicycling Routes

5AM Wake-Up Ride Airport Loop (Tues & Thurs)	15.85	2720 W. University Dr, Ste A, Edinburg, TX 78539	Meet Up	<a href="http://bit.ly/5AMRideAirportLoop">http://bit.ly/5AMRideAirportLoop</a>	5AM Airport Loop/ExpRGV
7 at 7 Bike Ride (JT Cycling)	15.65	1805 E. Ruben M Torres Blvd, Ste 13, Brownsville, TX 78521	(956) 625-9244	<a href="http://bit.ly/7at7Ride">http://bit.ly/7at7Ride</a>	7 at 7 Ride/ExpRGV
Bicycle World RGV TNT Ride (Tues & Thurs)	22.44	1 Event Center Brownsville, TX 78526	(956) 541-9712	<a href="http://bit.ly/BWRGVVRide">http://bit.ly/BWRGVVRide</a>	BW RGV Ride/ExpRGV
Bicycle World RGV TNT (Tues & Thurs)	33.75	1113 S. 77 Sunshine Strip, Harlingen, TX 78550	(956) 423-3168	<a href="http://bit.ly/BWRGVVSummerRide">http://bit.ly/BWRGVVSummerRide</a>	BW RGV TNT/ExpRGV
Bicycle World RGV TNT (Tues & Thurs)	33.56	1113 S. 77 Sunshine Strip, Harlingen, TX 78550	(956) 423-3168	<a href="http://bit.ly/BWRGVVWinterRide">http://bit.ly/BWRGVVWinterRide</a>	BW RGV TNT/ExpRGV
Bicycle World RGV Butterfly Loop TNT (Tues & Thurs)	33.27	2025 Nolana St, McAllen, TX 78501	(956) 682-7454	<a href="http://bit.ly/BWRGVVButterflyLoop">http://bit.ly/BWRGVVButterflyLoop</a>	BW RGV Butterfly/ExpRGV
Bike Masters La Joya Loop	35.92	2801 E. Griffin Pkwy, Mission, TX 78572	(956) 682-2453	<a href="http://bit.ly/BikeMastersLaJoyaLoop">http://bit.ly/BikeMastersLaJoyaLoop</a>	La Joya Loop/ExpRGV
Edcouch - Elsa Loop	29.06	1611 S. Closner Blvd, Edinburg, TX 78539	Meet Up	<a href="http://bit.ly/EdcouchElsaLoop">http://bit.ly/EdcouchElsaLoop</a>	Edcouch Elsa Loop/ExpRGV
Sunday Empanada Ride	32.86	1 Event Center, Brownsville, TX 78526	(956) 639-4217	<a href="http://bit.ly/SundayEmpanadaRide">http://bit.ly/SundayEmpanadaRide</a>	Sunday Empanada/ExpRGV
Jalapeno 100 Bike Ride	100.46	1113 S. 77 Sunshine Strip, Harlingen, TX 78550	(956) 423-3168	<a href="http://bit.ly/Jalapeno100BikeRide">http://bit.ly/Jalapeno100BikeRide</a>	Jalapeno 100/ExpRGV
JT Cycling Bike Ride	39.25	1805 E. Ruben M Torres Blvd, Ste 13, Brownsville, TX 78521	(956) 625-9244	<a href="http://bit.ly/JTCyclingBikeRide">http://bit.ly/JTCyclingBikeRide</a>	JT Cycling/ExpRGV
Los Ebanos Ferry Bike Ride	41.63	2301 N. Conway Ave, Mission, TX 78574	N/A	<a href="http://bit.ly/LosEbanosFerryRide">http://bit.ly/LosEbanosFerryRide</a>	Los Ebanos Ferry/ExpRGV
Oblate Trail Ride (Catholic Diocese)	62.58	1910 University Blvd, Brownsville, TX 78520	(956) 542-2501	<a href="http://bit.ly/OblateTrail">http://bit.ly/OblateTrail</a>	Oblate Trail/ExpRGV
Pedal to Padre Bike Ride	33.28	1 Event Center, Brownsville, TX 78526	(956) 832-9319	<a href="http://bit.ly/PedalToPadreRide">http://bit.ly/PedalToPadreRide</a>	Pedal to Padre/ExpRGV
Pico De Gallo Century Ride	100.12	300 N. Airport Dr, Weslaco, TX 78596	(956) 501-6022	<a href="http://bit.ly/PicoDeGalloCenturyRide">http://bit.ly/PicoDeGalloCenturyRide</a>	Pico De Gallo/ExpRGV
Tres Lagos (3LOW) Ride	16.32	2720 W. University Dr, Ste A, Edinburg, TX 78539	Meet up	<a href="http://bit.ly/TresLagosRide">http://bit.ly/TresLagosRide</a>	Tres Lagos Ride/ExpRGV
Turbo Bicycles Ride	58.63	4037 W. Expy 83, Ste 115, McAllen, TX 78503	(956) 971-9253	<a href="http://bit.ly/TurboBicyclesRide">http://bit.ly/TurboBicyclesRide</a>	Turbo Bicycles/ExpRGV
US Route #55 (Proposed USBR55)	100.81	901 FM 509, San Benito, TX 78586	(800) 755-2453	<a href="http://bit.ly/USRoute55">http://bit.ly/USRoute55</a>	USBR55/ExpRGV

### Mountain Bike & Gravel Trails

Fordyce Nature Hike & Bike	4.04	1496 US 83, Rio Grande City, TX 78582	(956) 487-0672	<a href="http://bit.ly/FordyceNatureHikeAndBike">http://bit.ly/FordyceNatureHikeAndBike</a>	Fordyce Nature/ExpRGV
Laguna Atascosa Refuge Hike & Bike	20.35	22688 Buena Vista Rd, Los Fresnos, TX 78566	(956) 748-3607	<a href="http://bit.ly/LagunaAtascosaRefuge">http://bit.ly/LagunaAtascosaRefuge</a>	Laguna Atascosa/ExpRGV
Mission Hike & Bike	19.15	1801 S. Conway Ave, Mission, TX 78572	(956) 580-8760	<a href="http://bit.ly/MissionHikeAndBikeMTB">http://bit.ly/MissionHikeAndBikeMTB</a>	Mission Hike/ExpRGV
Montebella Hike & Bike	1.02	2485 W. Alton Gloor Blvd, Brownsville, TX 78520	(956) 546-4357	<a href="http://bit.ly/MontebellaHikeAndBike">http://bit.ly/MontebellaHikeAndBike</a>	Montebella Hike/ExpRGV
Sullivan MTB Trail	14.74	500 S. Cenizo Dr, Sullivan City, TX 78595	(956) 485-2828	<a href="http://bit.ly/SullivanMTBTrail">http://bit.ly/SullivanMTBTrail</a>	Sullivan MTB/ExpRGV
The Thicket / Henry Roberts Loop	2.82	1101 E. New Hampshire St, Harlingen, TX 78550	(956) 216-5951	<a href="http://bit.ly/TheThicketHenryRobertsLoop">http://bit.ly/TheThicketHenryRobertsLoop</a>	The Thicket/ExpRGV

\*RGV State Parks & Wildlife Refuges seasonally offer bicycling opportunities. Contact parks directly for more information.



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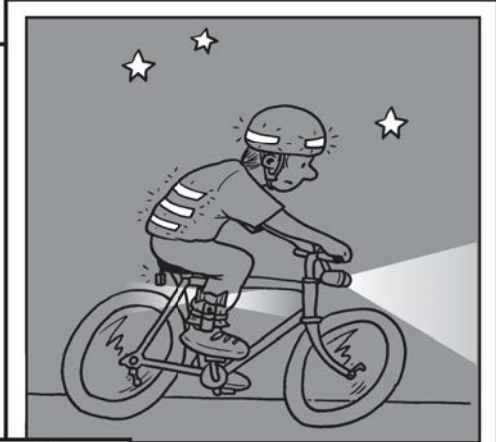
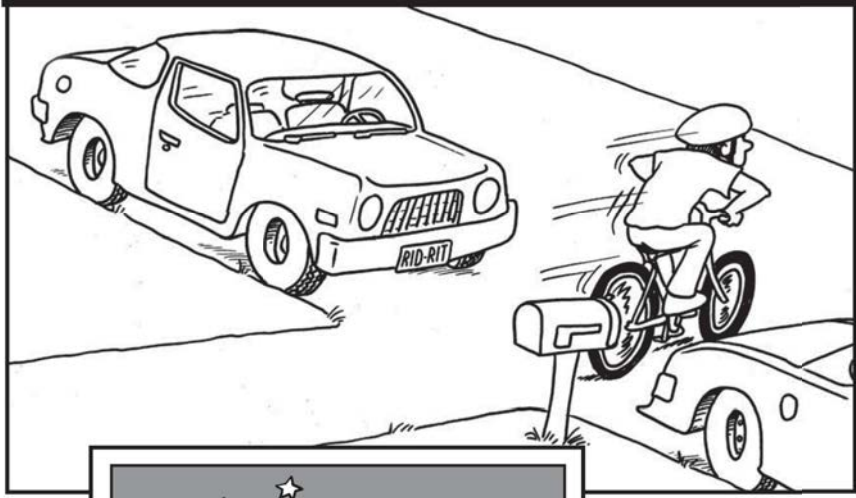


[www.lrgvdc.org](http://www.lrgvdc.org)

# Bicycling Do's and Don'ts

Remember—a safe rider is a smart rider. Watch for cars and obey street signs. NEVER enter a roadway between parked cars! At busy intersections, get off your bike and use the crosswalk.

## 42% OF BICYCLE ACCIDENTS HAPPEN LIKE THIS!



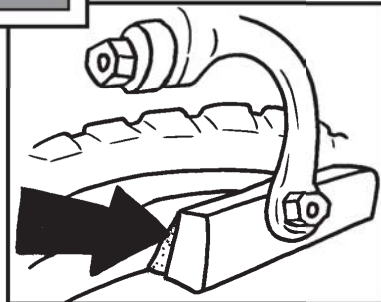
It's best not to ride at night, but if you *must* ride at night:

- Wear bright-colored, reflective clothing.
- Use a headlight, a tail light and a leg-strap light.
- Make sure your bike has lots of reflectors.

When you're old enough to ride your bike in the street—be extra careful! Stop and look all ways before riding into the street. Be sure you see all the cars, and be sure they see YOU! Ride on the right side and go the same way as cars. Choose a lane position so you are visible!



Your brakes are very important. Check to see if the brake pads are worn. If they are, have a grown-up help you replace them!



## Helmets should be fitted and worn properly!



Too loose! Your helmet should not slide around on your head.



This guy is missing the point completely!



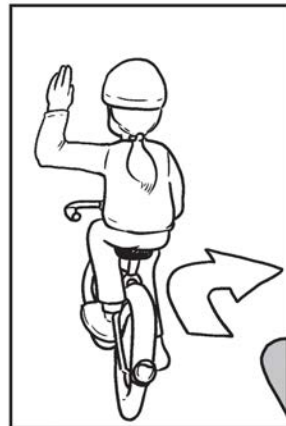
A perfect fit! Helmet is snug and stays centered on your head.



## Use your left hand to signal for turns and stops.



Extend your arm straight out to signal a left turn.



For a right turn, extend your arm out and up.



When coming to a stop, extend your arm out and down.



Reference: Content published by The Des Moines Register in conjunction with the Iowa State Patrol, RIDE RIGHT and RAGBRAI.