Whether you’re a novice or an experienced cyclist, there is something for everyone to discover. BIKING can learn and develop cycling skills at the always popular Albricia Park at Beban Park where the paved trails are specifically designed to give them the confidence to ride in a safe environment. FAMILIES can enjoy time together while being active and riding along the E&N Trail, an 8 kilometer corridor that runs from Russell Avenue to East Wellington Road. This trail is relatively flat and is well away from vehicular traffic. Other family-friendly trails include the Malbery Creek Trail or Bowen Park. ADULTS will enjoy the many trail opportunities found in the city. For the more ambitious rider, the Parkway Trail and E&N Trail loop is a challenging yet rewarding workout. Paved and unpaved trails can be found all over the city, including Westwood Lake Park, Newcastle Island or even more informal trails found in Linley Valley (Cattle Lake Park).