

# Go Outside

## Mountain Biking

### **What you need:**

Mountain bike  
Helmet  
Water  
Snacks



### **How To Get Started**

First find a good place to go ride. A good suggestion is to look online to find recommended places to go mountain biking, especially with younger kids. Parks, trails and hiking areas are great. Start out on easy paths since you will need to learn to feel comfortable on your bike. Try new areas and have fun exploring your area by bike!