**A Summer to Remember!**



**We live in such a beautiful country, and you do not need to spend lots of money to make this a summer to remember! Here are some helpful tips and ideas for walking, cycling, and scooting this summer:**

**Cycling:** Beautiful countryside, stunning shores and lakes and wonderful mountains make Northern Ireland a perfect place to enjoy a family day out cycling. Check out our web pages for lots of ideas and tips:



Where to cycle: [Where to cycle with kids in NI](https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/where-to-cycle-with-kids/)

Find a route: [Find a route in NI](https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/?location=Northern+Ireland&routetype=null&distance=null&p=1)

Teach your child to ride without stabilisers: [Teach a child to ride without stabilisers](https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/teach-a-child-to-ride-a-bike-without-stabilisers-in-nine-steps/)

Read a story about Bikepacking with kids: [Things I learnt bikepacking with kids](https://www.sustrans.org.uk/our-blog/get-active/2022/everyday-walking-and-cycling/5-things-i-learned-about-bikepacking-with-kids/)



**Walking:** Whether you want a coastal or lakeside walk, a mountain or forested walk, a countryside or urban walk, you have plenty of choice. Why not pack a picnic and check out these web pages:

City walks: [City walks on the National Cycle network](https://www.sustrans.org.uk/our-blog/national-cycle-network-route-collections/2019/all/city-walks-on-the-national-cycle-network/)

Safety tips for children: [Walking safety tips for children](https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/walking-safety-tips-for-children/)

Walking routes: [Walk Listings - WalkNI](https://walkni.com/walk-listings/)

**Scooting:** Scooting is healthy and environmentally friendly, and another brilliant way to get out this summer to enjoy our beautiful countryside. Check out our tips on learning how to scoot:



How to scoot: [Learn how to ride a scooter](https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/learn-how-to-ride-a-scooter/)

