Biking in Albuquerque, New Mexico by Stevie Thomsan

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Biking is not only good physical activity for the heart and overall health, it can also be quite fun! Biking offers riders the option to take in the sights and sounds that Albuquerque, New Mexico has to offer. Take a trip to Albuquerque, set up camp at one of the many hotels in Albuquerque New Mexico, grab your bike and take a ride across the city. Albuquerque has one of the most scenic bike trails in the country and any and all bikers will enjoy the trails offered by this magnificent city. Looking for something to do while staying at one of the many Albuquerque hotels located conveniently within the city, why not take a second look at biking.

Rated by Sunset Magazine as one of the best bike trails in the United States, the Paseo Del Bosque trails offers one of the most magnificent scenic views of the city. After checking in at an Albuquerque hotel, grab your bike and head down to the Paseo Del Bosque bike trail. Also highlighted by National Geographic Adventure Magazine as one of the best bike trails, this multi use trail will have any biker, from novice to expert, enjoying a nice afternoon out. The trail runs through the metro area of the Rio Grandeâ€™s cottonwood forest. Some highlights include:

16 miles of multi-use trails

Scenic views of the Tingley Beach, Central Avenue, and numerous other locations!

A spectacular tour of the Rio Grande Valley State Park

A chance to ride through the Rio Grande Nature Center

And much more!

Aside from the numerous bike trails surrounding the Albuquerque hotels, there are also many open space trails available to bikers. These unique and open bike trails range in level from easy to difficult, and are found in various different types of environments and altitudes. For a more convenient look at the various difficulty levels each trails possess, here is a breakdown of the three different levels:

Easy

The Albuquerque Bosque offers a smooth, easy ride for bikers ranging from novices to experts. The Paseo del Bosque can also be found in the open space lands and offers a spectacular view of the varying terrain the city possesses. The trail is approximately 15 miles one way and offers public parking. The Albuquerque Bosque is also located nearby a conveniently placed Albuquerque hotel.

Moderate

A more moderately difficult bike ride can be found at Petroglyph National Monument Volcanoes Park trail. This slightly more difficult bike trail begins near the public parking lot and offers several different routes for your viewing convenience. Entrance to the park is free with hours ranging from 9am-5pm, seven days a week.

Difficult

The Sandia Foothills bike trail is by far the difficult of the three bike trails. Located near numerous

hotels in Albuquerque New Mexico, the trail runs from the Copper trailhead to the Elena Gallegos picnic area. The trailâ€™s difficulty stems from the mountain inclines and barren desert surroundings and is accessible through Elena Gallegos picnic area.

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Stevie Thomsan - About Author:
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