

GET ACTIVE

Looking for fun ways to get outside and get active? Here is a list of ways to recreate and suggested locations around the city.

Biking

The Greenway Foundation has built over 100 miles of biking and hiking trails, so there is plenty to explore around Denver on your bike!

Where Can I Bike? Try one of SPREE's urban hikes on your bike! Upstream, to the Mountains offers several urban adventures that take you along the South Platte River and its tributaries. Visit <http://newsletter.spreeweb.org/upstream/index.html> to find a place to bike near you.

Resources: Visit <http://www.denvergov.org/Portals/482/documents/BikeMapPage1.pdf> to see the entire Greenway Trail system.

Don't own a bike? B-cycle stations are set up around the city that allow the public to check out bikes for daily use. Visit <http://denver.bcycle.com/> to learn more about the B-cycle program.

Skateboarding

The Denver Skate Park is a great place for beginner and expert skaters to recreate. It is located right off of the Greenway trail, so you can skateboard to and from the park easily.

Where Can I Skate?

Denver Skate Park

Anywhere along the Greenway Trails which were built for hiking, biking, skating and rollerblading. The entire trail system follows the South Platte River and its tributaries.

Resources: The Denver Skate Park is open from 5:00am- 11:00pm daily, and located at 2205 19th Street, Denver, CO, right along the South Platte River.

Fishing

Background Information: If you are looking for a place to fish, Overland Pond Park is a beautiful place right in the city designed to be a habitat for birds, critters, and fish! The pond is stocked with rainbow trout by the [Division of Wildlife](#), and just down the path is the South Platte River!

Where Can I Fish?

Overland Pond Park:

<http://newsletter.spreeweb.org/gettoknowyourgreenway/overlandpond/index.html>

Resources: Don't have a fishing pole? Try making one! Visit <http://newsletter.spreeweb.org/crusherscrafts/fishingpole/index.html> for directions to make your very own fishing pole.

Bird Watching

South Platte Park in Littleton is a vast 878 acres of open park space along the South Platte River. With fishing, wildlife walks, trails, lakes, and countless access points to the river, South Platte Park is a perfect place to spot lots of beautiful birds and other wildlife.

Where Can I Birdwatch?

Try visiting one of these parks along the river for bird viewing.

<http://newsletter.spreeweb.org/gettoknowyourgreenway/index.html>

South Platte Park offers a beautiful open space idea for birding.

Resource: To find out when there is a guided wildlife walk scheduled at South Platte Park, visit

<http://www.ssprd.org/southsubnew/facilities.asp?tl=5#58>.