



GET ACTIVE, GET OUTDOORS... CHOMPERS STYLE!

BIKING AND HIKING

The Greenway Foundation has built over 100 miles of biking and hiking trails, so there is plenty to explore around Denver on your bike, skateboard, scooter, or feet! Where Can I Bike? For a look at Denver's trail system, visit:

https://www.denvergov.org/content/dam/denvergov/Portals/747/documents/parks/trails/regional_trails_web.pdf



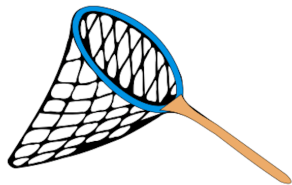
*Crushers Tip: check-out a field guide from your local library

There is plenty of wildlife in any of our Denver Parks, but The Parks along the South Platte River and its Tributaries are SPREE's favorite for bird watching. Some excellent bird watching parks in Denver include: [Confluence Park](#), [Bear Creek Park](#), [Grant Frontier Park](#), and [Johnson Habitat Park](#). Click on each park name to see its location on a map!



*Crushers Tip: Here is a [fun Bird Checklist](#) to keep track of the different species you find!

BIRD WATCHING



CRITTER CRAWL

Grab a net, put on some water shoes and walk with an adult to the South Platte River & Cherry Creek! When you get to the water— get in! Use your net to catch as many macroinvertebrates as you can find in our urban waterways!



*Crushers Tip: Look under rocks for crawdads like me Careful.. We pinch!

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!



*Crushers Tip: Make sure the adult you bring fishing knows all of [Colorado's fishing laws](#)!

FISHING