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](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](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/](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](https://www.dmwco.gov/), and just down the path is the South Platte River!

**Where Can I Fish?**

**Resources:** Don’t have a fishing pole? Try making one! Visit [http://newsletter.spreeweb.org/crushercrafts/fishingpole/index.html](http://newsletter.spreeweb.org/crushercrafts/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.