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NEW FAMILY BIKE ADVENTURES

Visiting and local families won't want to miss these biking/walking tours!

WASHINGTON, DC—This summer, Bike the Sites, Washington Walks and Children's Concierge—three local businesses with expertise in providing family-oriented tours — have teamed up to offer Family Bike Adventures, a new way for families to explore our nation's capital. The 2 1/2 hour combination biking/walking tours offer something for everyone in the family: hands-on activities and stories for the little ones, a fun and safe way to see the monuments and memorials for the whole family, and—for mom and dad—a chance to relax while someone else is in charge.

The adventures begin with a guided bike tour to some of the city's most famous landmarks. An experienced Bike the Sites guide will help the group safely cross intersections, point out interesting sites and offer up a history question or two to test the kids. Comfort mountain bikes and helmets are included. (Children who are not ready for their own bike can ride along on a trailer tandem or in a trailer carriage).

Next, it's off the bikes and on foot for a fascinating walking tour developed by Washington Walks and Children's Concierge specifically for children ages 4 to 10. The tour finishes up with a bike ride to a few more landmarks, before heading back to the Old Post Office Pavilion.

There are three different Family Bike Adventures.

- “Bike and Stroll: In Fala's Footsteps” shares the stories of some of America's Presidents depicted in D.C.'s memorials, including FDR, as told from the perspective of the famous presidential pooch, Fala.
- “Bike and Stroll: Goodnight Mr. Lincoln” includes a kids-eye-view of the 16th president as well as an enjoyable evening ride by the monuments of the National Mall.
- “Bike and Stroll: The White House Un-Tour” presents the insider's scoop about the history and stories behind 1600 Pennsylvania Ave and more.

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Tour prices are \$35 for adults and \$25 for children 12 and under. Contact www.familybikeadventures.com or (202) 842-BIKE for scheduling information, to check availability and to make reservations.

Bike the Sites leads professionally guided bike tours of Washington, D.C., and rents mountain bikes, accessories, strollers and mobility scooters. Washington Walks (www.washingtonwalks.com) offers a variety of walking tours through the city's neighborhoods. Children's Concierge (www.childrensconcierge.com) helps families with children explore Washington, D.C., New York City and London, England, from an educational perspective.

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