

Go on a Family Bike Ride!

In Denmark, biking is a way of life! Danish cities are known for their bike-friendly paths, and families often enjoy riding together. Now, it's your turn to experience a bit of Danish culture by going on a family bike ride. We want to encourage families to bond, get active, and learn about Denmark's biking culture through a fun and interactive bike ride.

Materials Needed:

- Bicycles (for each family member)
- Helmets
- Water bottles

Instructions:

1. Plan Your Route

- Choose a safe, bike-friendly route in your neighborhood, a local park, or along a bike path.
- Consider making it a scavenger hunt by identifying landmarks or items along the way, like trees, flowers, or playgrounds.

2. Ride Together:

- Start your family bike ride! As you ride, talk about how much biking is part of everyday life in Denmark. Point out any similarities or differences in your own community.
- Stop for breaks to drink water, take pictures, or explore interesting spots along the way.

3. Reflection Time:

- After the ride, gather the family to reflect on the experience.
- How did it feel to ride together as a family?
- Did you learn anything new about biking or Denmark?

Takeaway Message:

Biking is not only a great way to stay healthy and active, but it's also an important part of life in Denmark. Just like Danish families, we can enjoy the outdoors, spend time together, and make biking part of our daily routines! Extra Fun Fact for Families: Copenhagen, the capital of Denmark, has more bikes than cars, and over 40% of residents commute by bike!



**Get out and enjoy quality time
with your family!**

