

Trail Name	Location	Difficulty Level	Length (miles)	Elevation Gain (feet)	Age Recommendation	Trail Features	Notes
Bear Lake Loop	Rocky Mountain National Park, CO	Easy	0.6	190	All Ages	Scenic Views, Lake	Paved trail, great for strollers.
Mount Rainier Skyline Trail	Mount Rainier, WA	Moderate	5.5	1700	8+	Wildflower Fields, Views	Stunning views, best trail in summer.
Rattlesnake Ledge	North Bend, WA	Moderate	5.0	1160	8+	Lakeside Views	Great for kids with a good fitness level.
Angel's Landing	Zion National Park, UT	Strenuous	5.0	1500	12+	Stunning Views	Involves steep drop-offs, not for the faint-hearted.
Emerald Lake Trail	Rocky Mountain National Park, CO	Easy	3.6	650	All Ages	Lake, Wildlife	Beautiful alpine lake, accessible for families.
Grand Canyon South Rim Trail	Grand Canyon National Park, AZ	Easy	2.5	Zero	All Ages	Scenic Views	Flat trail with stunning views of the canyon.
Fenner Nature Trail	Lake Mead National Recreation Area, NV	Easy	1.0	150	All Ages	Desert, Wildlife	Short loop, educational opportunities.
Yosemite Valley Loop Trail	Yosemite National Park, CA	Moderate	13.0	250	10+	Waterfalls, Meadows	Can be divided into shorter sections.
Mount Tamalpais Loop	Mount Tamalpais, CA	Moderate	7.0	1400	10+	Panoramic Views	Great views, can be challenging for younger kids.
Carpenter Peak Trail	South Mountain Park, AZ	Moderate	3.2	800	10+	City Views	A rewarding viewpoint for those who make the climb.
Moore Cove Falls	Pisgah National Forest, NC	Easy	2.0	400	All Ages	Waterfall, Scenic	Good for springtime when the falls are full.
Tahoe Rim Trail	Lake Tahoe, NV/CA	Moderate	165.0	3000	10+	Lakes, Mountains	Long trail, great for families who want to experience part of it.
Crater Lake Rim Drive	Crater Lake National Park, OR	Easy	33.0	Zero	All Ages	Lake, Scenic	Car accessible with various overlooks, family-friendly.
John Muir Trail	Sierra Nevada, CA	Strenuous	211.0	4600	12+	Mountains, Lakes	Epic trail, not for novice families.
Chapel Trail	Acadia National Park, ME	Easy	2.0	300	All Ages	Nature, Scenery	A lovely trail that leads to the ocean.
Bridalveil Fall	Yosemite National Park, CA	Easy	0.5	40	All Ages	Waterfall	Short hike to a beautiful waterfall.
Falling Waters Trail	White Mountain National Forest, NH	Moderate	5.0	1900	10+	Waterfalls, Scenic	Steep, beautiful waterfalls.
Shortline Trail	Buffalo River National Park, AR	Easy	1.2	100	All Ages	River Views	Flat path, perfect for walking with kids.
Onion Creek Trail	Canyonlands National Park, UT	Easy	4.0	300	All Ages	Desert, Rock Formations	Nice easy hike with scenic views. Easy hike

Cascade Falls Trail	Great Smoky Mountains, TN	Easy	1.0	100	All Ages	Waterfall	suitable for all families.
Smith Rock State Park	Oregon	Moderate	8.0	500	8+	Rock Formations, Views	Famous for rock climbing, beautiful views.
Lost Lake Trail	Olympic National Park, WA	Easy	3.0	200	All Ages	Lake, Forest	Tranquil lake setting, easy for kids.
Grayson Highlands Trail	Virginia	Moderate	6.0	800	8+	Wild Ponies, Scenic	Kids love the ponies, varied terrain.
Haleakalā Crater Trail	Hawaii	Strenuous	11.0	3200	12+	Unique Landscapes	Very challenging, best for experienced families.
Weir Farm National Historic Site	Connecticut	Easy	1.0	Zero	All Ages	History, Art	Easy loop with great cultural insight.
Chickadee Ridge Trail	Afton State Park, MN	Easy	2.0	300	All Ages	Cedar Forests, Scenic	Great for birdwatching and short hikes.
South Coyote Buttes	Utah	Moderate	7.0	500	12+	Unique rock formations	Permit required, plan ahead.
Sand Beach Trail	Acadia National Park, ME	Easy	0.6	50	All Ages	Beach, Ocean	Short, fun beach trail.
Lands End Trail	San Francisco, CA	Easy	3.4	400	All Ages	Ocean Views, Historic	Famous views of the Golden Gate Bridge.
Mount Si Trail	North Bend, WA	Strenuous	8.0	3150	12+	Views, Challenging	Popular among families seeking a challenge.
Talapus Lake Trail	Snoqualmie Pass, WA	Easy	2.0	500	All Ages	Lake, Forest	Nice lake view, perfect for a family picnic.
Seven Falls Trail	South Dakota	Moderate	8.9	600	10+	Waterfalls	Stunning scenery, bring plenty of water.
Bradley Flat Trail	Eldorado National Forest, CA	Easy	2.0	200	All Ages	Lake, Forest	Flat and easy, good for younger kids.
Wilson Mountain Trail	Sedona, AZ	Moderate	4.0	1200	10+	Scenic Views	For the adventurous family.
Alum Cove Trail	Ozark National Forest, AR	Easy	1.5	200	All Ages	Caves, Wildflowers	Short, fun with kids.
Sneffels Highline Trail	Colorado	Strenuous	12.0	3500	12+	Mountains, Scenic	For experienced hikers only.
Roan Mountain Trail	Tennessee	Moderate	6.0	800	8+	Wildflowers	Incredible wildflower displays in summer.
Blue Hills Trail	Massachusetts	Moderate	0.6	320	All Ages	Nature, Scenic	Close to Boston for a quick escape.
Antelope Canyon	Arizona	Moderate	1.5	100	8+	Slot Canyon	Check for guided tours, unique formations.
Mount Washington Auto Road	New Hampshire	Easy	8.0	Zero	All Ages	Scenic Drive	Drive to the summit, beautiful views at the top.
Mount Tammany	New Jersey	Moderate	3.0	1200	10+	Scenic Views	Great view of the Delaware Water Gap.
Godman Trail	Tennessee	Easy	2.0	200	All Ages	Forest, Scenic	Easy family hike, great for kids.

Chautauqua Trail	Colorado	Easy	1.4	300	All Ages	Scenic Views	Excellent views of the Flatirons.
Castle Rock Trail	California	Easy	1.5	300	All Ages	Historic Sites	Fun hike with views of historic buildings.
Sourdough Ridge Trail	Mount Rainier, WA	Moderate	2.5	900	10+	Wildflowers, Scenic Views	Beautiful hike, easy access to major sights.
Gorge Trail	Ithaca, NY	Easy	3.0	300	All Ages	Waterfalls, Scenic	Check out multiple waterfalls on this trail.
Two Medicine Lake Trail	Glacier National Park, MT	Easy	2.0	100	All Ages	Lake, Views	Family-friendly loop around the lake.
Mount Monadnock Trail	New Hampshire	Moderate	4.0	1700	10+	Scenic Views	Popular hiking spot with great views.
oatmeal Trail	Ohio	Easy	1.5	200	All Ages	Nature, Scenic	Flat hike, good for little legs.
Whalehead Club Trail	North Carolina	Easy	1.0	0	All Ages	Historic Sites, Scenic	Great combo of history and nature.
Forest of Nisene Marks Trail	California	Moderate	2.5	400	8+	Redwoods, Nature	Wonderful forest hike for all ages.
Mockingbird Trail	West Virginia	Easy	3.5	300	All Ages	Wildlife, Scenic	Flat and fun, great views.
Fletcher's Cove Trail	Maryland	Easy	1.0	200	All Ages	Parks, Nature	Easy trail along the river.
Gunpowder Falls State Park Trail	Maryland	Easy	4.0	100	All Ages	Rivers, Forests	Great for family biking and hiking.
Peaks of Otter Trail	Virginia	Moderate	2.0	900	10+	Mountain Views	Short with significant elevation gain.
Scenic Pathway to Sherwood Park	Oregon	Easy	3.0	100	All Ages	Parks, Forests	A well-maintained trail perfect for strollers.
Cradle Mountain Summit	Tasmania	Strenuous	6.2	2600	12+	Mountain Views	For experienced hikers, spectacular views.
Zion Canyon Scenic Drive	Utah	Easy	6.1	200	All Ages	Scenic Drive	Car accessible with beautiful outlooks.
Desolation Canyon Trail	Utah	Moderate	5.5	800	10+	Canyons, Scenic	Amazing views, moderate difficulty.
AbiquiÃ± Lake Trail	New Mexico	Easy	3.0	200	All Ages	Lake, Scenic	Great for families, good picnic areas.
Grizzly Peak Trail	Oregon	Moderate	5.4	2000	10+	Scenic Views	Great for older kids, beautiful cascade views.
Maine Huts and Trails	Maine	Easy	20.0	Zero	All Ages	Scenic Trails	Family-friendly with accommodations available.
Big Loop Trail	Kentucky	Easy	6.0	100	All Ages	Nature,Good for beginners and families."	NaN
Pace Bend Park Trail	Texas	Easy	5.0	300	All Ages	Lakes, Wildlife	Good for swimming and outdoor family fun.
						Scenic,	Easy stroll with

Rocky Ridge Trail	Colorado	Easy	2.0	100	All Ages	Forest	great views.
Blue Valley Park Trail	Kansas City, MO	Easy	2.5	50	All Ages	Park, Nature	Great for a quick family weekend outing.
Colorado River Trail	Arizona	Easy	2.0	0	All Ages	Scenic Views	Good for kids, flat walking path.
Monkey Face Trail	Oregon	Moderate	4.5	1200	10+	Canyon Views	Beautiful views; require supervision.
Dinosaur Ridge	Colorado	Easy	1.5	100	All Ages	Fossils, Education	Interesting fossil area great for kids.
Pine Trail	North Carolina	Easy	2.3	150	All Ages	Nature, Forest	A gentle, easy hike ideal for children.
Sunset Crater Volcano Trail	Arizona	Easy	1.0	150	All Ages	Volcano, Scenic	Short walk with unique landscape features.
Kauai Na Pali Coast Trail	Hawaii	Strenuous	11.0	3300	12+	Ocean Views	Beautiful but challenging; guided tours recommended.
Mount Washington	New Hampshire	Strenuous	8.2	4200	12+	Mountain Views	Incredible views; check weather conditions.
Bald Eagle Trail	Pennsylvania	Easy	2.4	100	All Ages	Nature, Scenery	Good chance to see eagles.
Snoqualmie Falls Trail	Washington	Easy	1.0	Zero	All Ages	Waterfall, Scenic	Easy access to view the falls.
Sunshine Canyon Trail	Colorado	Easy	3.0	700	All Ages	Scenic Views	Great for families, beautiful nature.
Golden Gate Park Trails	California	Easy	3.0	Zero	All Ages	Parks, Gardens	Famous park with many easy trails.
Zion National Park Riverside Walk	Utah	Easy	2.2	50	All Ages	Scenic Views	Beautiful, flat walkway along the river.
Hampstead Heath	London	Easy	3.0	Zero	All Ages	Parks, Nature	Great for a city hike with beautiful views.
Bingley St.Ives Trail	UK	Easy	4.0	190	All Ages	Nature Reserves	Breathtaking nature trails for families.
Shoshone Falls Trail	Idaho	Easy	1.5	200	All Ages	Waterfall, Scenic	Often called the 'Niagara of the West.'
Will Rogers State Historic Park	California	Easy	2.0	200	All Ages	Historical, Scenic	Short trails, beautiful country views.
Alabama Hills Trail	California	Easy	1.0	100	All Ages	Rock Formations, Scenic	Unique boulders, good for photos.
Riverside Park Trail	New York	Easy	2.0	Zero	All Ages	Parks, Riverside	Great in any season, easy walking paths.
Maimon Nature Park	Israel	Easy	1.5	200	All Ages	Nature, Scenic	Easy hikes in forested area.
Walden Pond Trail	Massachusetts	Easy	1.1	Zero	All Ages	History, Scenic	Famous scenery from Thoreau's writing.
Mother Neff Park Trails	Texas	Easy	2.0	300	All Ages	Nature, Scenic	Great family-friendly park.
Lake Elmo Park Reserve	Minnesota	Easy	4.0	Zero	All Ages	Parks, Lakes	Easy access to nature and family activities.

Old Stone Fort State Archaeological Park	Tennessee	Easy	2.0	200	All Ages	History, Nature	Family-friendly historic site.
Rabbit Valley Trails	Colorado	Easy	4.0	100	All Ages	Scenic, Nature	Good for kids and leisurely hiking.
Mary's Peak Trail	Oregon	Moderate	5.0	1200	10+	Scenic Views	Summit with incredible views, varied terrain.
Meadowlark Trail	California	Easy	2.0	50	All Ages	Scenic, Nature	Beautiful scenery perfect for easy walks.
White Sands National Park	New Mexico	Easy	4.0	Zero	All Ages	Unique Desert	Enjoy the unique white sands, stroller-friendly.
Royal Gorge Bridge and Park	Colorado	Easy	3.0	Zero	All Ages	Historic, Scenic	Great for families with various activities.
McKinney Falls State Park	Texas	Easy	3.0	50	All Ages	Waterfalls, Parks	Easy trails near Austin, enjoy swimming holes.
Alusky Marsh Trail	Alaska	Easy	1.2	50	All Ages	Marine Life, Nature	Great for observing wildlife.
Bald Eagle State Park Trail	Pennsylvania	Easy	2.5	100	All Ages	Lakes, Wildlife	Good chance to see eagles.
Freeman Trail	Kansas	Easy	2.0	200	All Ages	Nature, Scenic	Beautiful flat trail along a creek.
Little River Trail	Smokies, TN	Easy	1.5	100	All Ages	Wildlife, Waterfalls	Spectacular views, easy for little ones.
Cooper Lake State Park Trail	Texas	Easy	3.0	100	All Ages	Park, Nature	Flat trails, family-friendly, great for picnics.
Gulf Islands National Seashore	Florida	Easy	2.0	Zero	All Ages	Beach, Nature	Family-friendly beach activities.
Round Lake Trail	Maine	Easy	1.5	20	All Ages	Lake, Forest	Great for short excursions with kids.
Wheeler Peak Trail	New Mexico	Strenuous	5.0	3000	12+	Mountain Views	For experienced families; breathtaking views.
Dorothy Lake Trail	Minnesota	Easy	2.2	50	All Ages	Lakes, Scenic	Perfect for families, accessible paths.
Adirondack High Peaks	New York	Strenuous	6.0	2000	12+	Mountain Views	Challenging for the whole family, plan accordingly.
Emerald Bay State Park	California	Easy	3.0	0	All Ages	Lake, Scenic	Family-friendly hikes with stunning views.
Ketchum Trail	Idaho	Moderate	4.3	500	10+	Mountain Views	Amazing vistas and varied terrain.
Lost River Trail	Tennessee	Easy	1.6	200	All Ages	Nature, Scenic	Short and accessible loop perfect for families.
Fern Point Trail	Margaret River, Australia	Easy	2.0	100	All Ages	Forest, Presents Birds	Gentle slope; stunning scenery.

Shady Lake Trail	Arizona	Easy	1.5	100	All Ages	Lake, Nature	Short and easy with picnic spots.
Shiprock Trail	New Mexico	Strenuous	3.6	600	12+	Rock Formations, Scenic	Well-known rock formation; unique landscape.
Stowe Mountains	Vermont	Moderate	4.0	250	10+	Mountain Views	Offers beautiful views; check for seasonality.
Rainbow Springs State Park	Florida	Easy	3.0	Zero	All Ages	Springs, Wildlife	Enjoy river tubing with family.
Tahoma State Forest	Washington	Easy	2.0	150	All Ages	Forest, Nature	Scenic trails great for family hikes.
Black Hills National Forest	South Dakota	Moderate	4.0	400	8+	Caves, Scenic	Enjoy geological features, excellent for kids.
Neck Point Park Trail	Canada	Easy	2.0	Zero	All Ages	Beach, Nature	Wonderful beach access and trails.
Snakes Head Trail	England	Easy	1.5	Zero	All Ages	Parks, Scenic	Great country walks for everyone.
Tahoe Meadows Trail	Nevada	Easy	2.4	Zero	All Ages	Nature, Scenic	Family-friendly flat trail with great views.
Raccoon Creek State Park Trail	Pennsylvania	Easy	2.0	150	All Ages	Nature, Lakes	Variety of easy trails for families.
Doodlebug Trail	Tennessee	Easy	1.6	0	All Ages	Nature, Scenic	Easy and charming trail perfect for families.
Virginia Lakes Trail	California	Moderate	4.0	1000	10+	Lakes, Scenic	Lakeside path with scenic views.
Mount Yamnуска Trail	Canada	Strenuous	8.0	3000	12+	Mountain Views	For experienced families, stunning scenery.
Elk Lake Trail	Oregon	Moderate	4.0	1000	10+	Forest, Lake	Great destination for family picnics.
Pacifica State Beach Trail	California	Easy	1.5	Zero	All Ages	Beach, Nature	Easy trail with beach access for family fun.
Fall Creek Falls State Park	Tennessee	Easy	3.0	200	All Ages	Waterfalls, Scenic	Accessible views for the whole family.
Ruby Lake Trail	California	Easy	2.5	200	All Ages	Lake, Nature	Idyllic lake views, perfect for picnics.
Southbury Trail	Connecticut	Easy	4.0	50	All Ages	Parks, Wildlife	Well-maintained paths great for families.
Ocean City Boardwalk	New Jersey	Easy	2.0	Zero	All Ages	Beach, Rides	Fun summer destination for families.
Cascade Springs Trail	Utah	Easy	1.5	50	All Ages	Springs, Scenic	Lovely views, accessible for families.
Canaveral National Seashore	Florida	Easy	5.0	Zero	All Ages	Beach, Nature	Great hiking available with beach access.
Rios Trail	Puerto Rico	Easy	2.0	50	All Ages	Nature, Scenic	Short and beautiful, good for families.

Lake Louise Trail	Banff National Park, Canada	Moderate	2.0	300	8+	Lake, Mountain	Stunning lake vistas and easy access.
Mount Olympus Trail	Utah	Moderate	9.0	4000	12+	Mountain Views	Tough climb, but grand scenery for older kids.
Alameda Beach Trail	California	Easy	2.0	Zero	All Ages	Beach, Nature	Flat trail perfect for family biking.
Round Hill Pines Trail	California	Easy	2.0	75	All Ages	Lake, Forest	Easy, lovely views, great with kids.
Princeton Battlefield State Park	New Jersey	Easy	1.5	Zero	All Ages	History, Parks	Flat and easy, beautiful grounds.
Starved Rock State Park Trail	Illinois	Easy	2.5	200	All Ages	Rivers, Scenery	Multiple views of waterfalls and river.
Burnside Trail	Texas	Easy	1.0	0	All Ages	Parks, Nature	Great for birdwatching and family strolls.
Mount Pleasant Trail	South Carolina	Moderate	3.0	200	10+	Scenic Views	Great vistas; not too far to hike.
East Mountain Trails	Tennessee	Moderate	4.0	800	10+	Mountain Views	Excellent spots for families, scenic hikes.
Birdwatching Trails in Florida	Florida	Easy	5.0	Zero	All Ages	Wildlife, Nature	Perfect for enjoying nature and spotting birds.
Summit Lake Trail	California	Easy	2.2	100	All Ages	Nature, Lake	Great family-friendly easy access.
Sasquatch Trail	Washington	Easy	2.0	250	All Ages	Nature, Forest	Great views without challenging terrain.
Compton Peak Loop Trail	Virginia	Easy	2.0	100	All Ages	Nature, Scenic	Gentle loop trail in Shenandoah.
Everly Park Trail	Georgia	Easy	2.2	50	All Ages	Nature, Scenic	Great beginner trail for families.
Blue Ridge Parkway Trails	North Carolina	Easy	5.0	Zero	All Ages	Scenic, Wildlife	Multiple trails to choose from with great views.
Adirondack Park Trails	New York	Easy	3.0	200	All Ages	Nature, Scenic	Family-friendly trails in beautiful settings.
Redwood National Park	California	Easy	2.0	50	All Ages	Redwoods, Scenic	Great trails through ancient forests.
Merrit Park Trail	New York	Easy	1.5	0	All Ages	Parks, Scenic	Gentle strolls perfect for families.
Sandy Neck Trail	Massachusetts	Easy	2.0	Zero	All Ages	Beaches, Scenic	Beach access, perfect in warmer months.
Wasatch Mountain State Park	Utah	Moderate	3.0	800	10+	Mountain Views	Great for families; good recreation areas.
Bellevue Park Trail	Washington	Easy	1.0	Zero	All Ages	Park, Nature	Perfect for a leisurely walk with kids.
Shenandoah National Park	Virginia	Easy	5.0	Zero	All Ages	Scenic, Wildlife	Family-friendly trails throughout the

Family-Friendly Hiking Trails Across the United States and Canada							
Trail Name	State/Province	Difficulty	Length (mi)	Elevation (ft)	Age Group	Scenic View	Notes
Hell's Canyon National Recreation Area	Idaho	Moderate	4.0	1000	12+	River Views	park. Great for experienced families; beautiful canyon views.
Texas State Parks Trails	Texas	Easy	2.0	Zero	All Ages	Parks, Nature	Multiple options for family-friendly hikes.
Sierra Vista Trail	Arizona	Easy	2.0	Zero	All Ages	Views, Nature	Easy hike with beautiful vistas.
Palmetto State Park Trails	Texas	Easy	2.5	50	All Ages	Nature, Scenic	Explore nature and park amenities with family.
Franciscan Trail	California	Easy	3.0	Zero	All Ages	Scrub, Nature	Gentle and scenic, excellent for family outings.
Mt. St. Helena Trail	California	Moderate	5.0	2500	10+	Mountain Views	Challenging hike with beautiful summits.
Aspen Mountain Trail	Colorado	Moderate	4.0	1400	10+	Scenic Views	Excellent family destination with views.
Point Reyes Trail	California	Easy	4.0	50	All Ages	Nature, Scenic	Great for an easy family hike.
Camp Creek Trail	North Carolina	Easy	2.0	150	All Ages	Nature, Mountains	A gentle trail perfect for families.
Bolinas Ridge Trail	California	Moderate	5.0	900	10+	Mountain Views	Beautiful views overlooking the coast.
Yellowstone National Park	Wyoming	Easy	4.0	0	All Ages	Nature, Wildlife	Incredible nature walks great for families.
North Shore Scenic Drive	Minnesota	Easy	20.0	Zero	All Ages	Scenic Drive, Nature	Numerous opportunities for family-friendly hikes.
Savannah Marsh Trails	Georgia	Easy	4.0	Zero	All Ages	Marsh, Nature	Great array of nature and wildlife viewing.
Greenwich Point Trail	Connecticut	Easy	1.5	Zero	All Ages	Beach, Nature	Lovely beachfront easy hike.
Joshua Tree Park Trails	California	Moderate	4.0	500	8+	Desert, Scenic	Unique desert landscape for families to explore.
Chimney Rock State Park	North Carolina	Moderate	2.0	600	10+	Mountain Views	Kids will love the scenery from above.
Rideau Trail	Ontario	Moderate	4.0	300	10+	Nature, Scenic	Beautiful trail with varied terrains.
Cypress Park Trail	Florida	Easy	2.0	Zero	All Ages	Nature, Scenic	Great for all ages; multiple activities nearby.
Country Park Trail	Florida	Easy	1.5	50	All Ages	Park, Scenic	A variety of trails for families to enjoy.
Shawnee National Forest Trails	Illinois	Moderate	4.0	400	10+	Forest, Scenic	Stunning natural views with rolling hills.



San Juan Islands Trails	Washington	Moderate	5.0	600	10+	Island Views	Perfect for families, ferry access necessary.
Mason Neck State Park	Virginia	Easy	2.0	Zero	All Ages	Nature, Scenic	Gentle walking trails along the shores.
Winter Park Trail	Colorado	Moderate	3.0	200	10+	Mountain Views	Breathtaking scenery; check for weather.
Red River Gorge Trail	Kentucky	Easy	2.5	200	All Ages	Scenic, Nature	Easy trail leading to beautiful vistas.
Mystery Lake Trail	Lancaster, PA	Easy	2.0	Zero	All Ages	Park, Scenic	Easy lake trek with young kids.
Cheaha State Park Trail	Alabama	Easy	3.0	500	12+	Mountain Views	Highest point in Alabama; wonderful views.
Tyler State Park Trails	Pennsylvania	Easy	3.5	50	All Ages	Scenic, Nature	Kids love the parks and their facilities.
Oakland Park Trails	Florida	Easy	1.5	Zero	All Ages	Parks, Playgrounds	Great trails with playgrounds available.
Mountain Gap Trail	Alabama	Moderate	2.5	300	12+	Mountain Views	Good view spots; unique scenery.
Bishop's Peak Trail	California	Moderate	3.0	1000	10+	Mountain Views	Beautiful views; rocky terrain.
Lake Hartwell Trail	Georgia	Easy	3.0	50	All Ages	Nature, Scenic	Beautiful lake views, great for family hikes.
Hawksbill Mountain Trail	Virginia	Moderate	2.0	1000	10+	Mountain Views	Stunning views from the summit; safe for older kids.
Reno Riverwalk Trail	Nevada	Easy	2.0	Zero	All Ages	River, Scenic	Scenic and enjoyable for family strolls.
Peacock Gap Trail	California	Easy	2.3	50	All Ages	Park, Nature	Easy loops perfect for strollers.
Gold Hill Trail	Utah	Moderate	4.0	800	10+	Mountain Views	Picturesque scenery, keep an eye on mountain weather.
Fire Island National Seashore	New York	Easy	16.0	Zero	All Ages	Beach, Wildlife	Unique ecosystems; great family beach spot.
Big Hole River Trail	Montana	Easy	1.0	Zero	All Ages	River, Scenic	Easy walk with views of the river.
Petroglyphs Trails	New Mexico	Easy	1.5	100	All Ages	Cultural, Nature	Educational nature walk with history.
Saddle Mountain Trail	Arizona	Strenuous	5.0	1500	10+	Mountain Views	Qualified hikers encouraged; not for children.
Baraboo Range Trail	Wisconsin	Moderate	4.0	700	8+	Mountain Views	Great vistas; some rocky terrain.
Rocky Fork State Park	Tennessee	Easy	1.0	50	All Ages	Parks, Nature	Good family park with multiple options.
Land Between The Lakes	Kentucky	Easy	3.0	Zero	All Ages	Forests, Lakes	Great nature experience for

Family-Friendly Hiking Trails Across the United States							Trail Highlights
Trail Name	State	Difficulty	Distance (mi)	Elevation (ft)	Age Group	Scenic Features	Family Appeal
Great Sand Dunes National Park	Colorado	Easy	1.0	Zero	All Ages	Unique Features, Scenic	families. Experience the unique landscape.
New River Gorge Trails	West Virginia	Moderate	4.2	1300	10+	Rock Climbing, Scenic	Cool activities available, great for adventure.
Starved Rock State Park	Illinois	Moderate	5.0	800	10+	Waterfalls, Scenic	Scenic cannot miss; great for families.
Quirky Forest Trails, USA	Multiple States	Easy	Varies	Varies	Nature, Scenic	Various forest trails for families to explore.	NaN
Dinosaur National Monument	Colorado	Easy	1.0	Zero	All Ages	Fossils, Nature	Educational destination great for kids.
Chequamegon National Forest	Wisconsin	Moderate	3.2	200	10+	Forest, Nature	Beautiful trails throughout the park.
Sierra Nevada Mountains	California	Varying	5.0	Varies	10+	Mountains, Scenic	Hiking across the Sierra for experienced families.
Lake Wenatchee State Park	Washington	Easy	2.0	Zero	All Ages	Lakes, Nature	Family-friendly park with lake access.
Steele Creek Park	Tennessee	Easy	2.0	60	All Ages	Parks, Nature	Great for simple family strolls.
Fish Creek Falls Trail	Colorado	Easy	3.0	200	All Ages	Waterfalls, Scenic	Gentle hike leading to beautiful falls.
Snoqualmie Pass	Washington	Moderate	5.0	1500	10+	Mountain Views	Beautiful mountain vistas; various trails.
Knoxville Urban Wilderness	Tennessee	Easy	4.0	Zero	All Ages	Scenic, Nature	Urban hiking trails among the city.
Haystack Mountain Trail	Oregon	Moderate	4.0	1000	10+	Ocean Views	Often overlooked; stunning scenery for all.
Bond Falls Trail	Michigan	Easy	1.5	50	All Ages	Waterfall, Scenic	Short trail to a beautiful waterfall.
Chickasaw National Recreation Area	Oklahoma	Easy	3.0	Zero	All Ages	Parks, Lakes	Family-friendly and great for picnics.
Quabbin Reservoir Trail	Massachusetts	Easy	7.0	Zero	All Ages	Water, Scenic	Longer trail but flat and accessible.
Interlochen State Park	Michigan	Easy	3.5	200	All Ages	Lakes, Nature	A delightful state park for families.
Carries Pass Trail	California	Strenuous	8.0	2500	12+	Mountain Views	Steep and challenging for experienced families.
Maroon Bells-Snowmass Wilderness	Colorado	Moderate	2.5	300	10+	Scenic Views, Nature	Absolutely stunning; manageable hike.
Lake Merritt Trail	California	Easy	2.0	Zero	All Ages	Lakes, Nature	Easy urban trail and park for the whole family.
Otter Creek Trail	Virginia	Easy	1.5	50	All Ages	Historical, Scenic	Gentle stroll through beautiful scenery.

Negro Bill Canyon Trail	Utah	Moderate	2.0	200	10+	Scenic Views, Unique Features	Stunning canyon; great family spot.
Roosevelt National Forest	Colorado	Easy	3.5	600	All Ages	Nature, Wildlife	Beautiful landscapes, family-friendly.
Flint Hills Trail	Kansas	Easy	6.0	200	All Ages	Scenic Views, Nature	Nice long stretches for easy hiking.
Green Springs State Park	California	Easy	2.0	Zero	All Ages	Parks, Nature	Lovely easy access to nature trails.
Big Bear Lake Trail	California	Easy	3.0	30	All Ages	Lake, Nature	Family-friendly trail ideal for picnics.
Des Moines River Trail	Iowa	Easy	1.5	Zero	All Ages	River Views	City trails, great family outing available.
Glenwood Canyon Trail	Colorado	Moderate	4.0	400	10+	Water, Scenic	Great for families; scenic and beautiful.
Seal Beach State Park	California	Easy	2.0	Zero	All Ages	Beach, Nature	Family-friendly beach trail.
Appalachian Trail - Catawba Valley	Virginia	Moderate	6.0	600	10+	Mountain Views	Beautiful stretches for older kids.
Blue Ridge Mountain Trail	Virginia	Easy	4.5	500	10+	Mountain Views	Family-friendly hiking through gorgeous landscapes.
Boreas Pass Trail	Colorado	Easy	3.0	100	All Ages	Mountain Views	Scenic and relaxing for families.
Crater Lake Rim Trail	Oregon	Moderate	7.0	800	12+	Lake, Scenic	Beautiful views; only for fit families.
Boundary Waters Canoe Area	Minnesota	Easy	12.0	100	All Ages	Lakes, Scenic	Camping and canoeing great for family adventures.
Ridge Trail - Hocking Hills	Ohio	Easy	4.0	50	All Ages	Nature, Scenic	Beautiful scenery perfect for an outing.
Carson Pass Trail	California	Easy	2.5	100	All Ages	Scenic, Nature	Family-friendly with accessible access.
Grand Teton National Park	Wyoming	Easy	3.0	Zero	All Ages	Mountains, Scenic	Iconic views and beautiful landscapes for families.
Glacier National Park Trail	Montana	Moderate	6.5	1200	10+	Mountains, Scenic	Stunning mountain scenery for all.
Mt. Rainier National Park - Reflection Lakes	Washington	Easy	1.0	Zero	All Ages	Lakes, Scenic	Family-friendly trails with beautiful views.
Harry S. Truman National Historic Site	Missouri	Easy	1.0	Zero	All Ages	Historical, Parks	Easy stroll through important historical site.
Mount Wilson Trail	California	Strenuous	8.0	1000	12+	Mountain Views	Very challenging, incredible view at the peak.
Salmon River Trail	Oregon	Easy	5.0	200	All Ages	Water, Scenic	Long easy trail with river views.
Spruce Knob Trail	West Virginia	Moderate	4.0	1400	10+	Mountain, Nature	Beautiful vistas; great for family hikes.

Acorn Trail	California	Easy	1.5	200	All Ages	Forest, Nature	Charming short hike through a forest.
Lake Tahoe Scenic Drive	California/Nevada	Easy	22.0	Zero	All Ages	Scenic Drive	Ideal for a scenic family drive, stops abound.
Myrtle Beach Boardwalk	South Carolina	Easy	2.0	Zero	All Ages	Beach, Amusements	Wonderful family boardwalk with rides.
Shenandoah River State Park	Virginia	Easy	2.5	Zero	All Ages	River, Parks	Great family-friendly park with various hiking.
Hunting Island State Park	South Carolina	Moderate	2.0	200	All Ages	Beaches, Nature	Family beachside fun with wildlife.
Tishomingo State Park	Mississippi	Easy	1.5	100	All Ages	Nature, Scenic	Short and lovely nature trails.
Presque Isle State Park	Pennsylvania	Easy	5.0	Zero	All Ages	Beaches, Nature	Spectacular beaches and trails for families.
Glacier Bay National Park	Alaska	Easy	1.5	Zero	All Ages	Water, Wildlife	Accessible views of glaciers and wildlife.
Turner Falls Park	Oklahoma	Easy	2.0	200	All Ages	Waterfalls, Nature	Great outdoor fun, beautiful setting for families.
Point Lobos State Natural Reserve	California	Easy	2.0	Zero	All Ages	Ocean, Scenic	Family-friendly with stunning ocean scenery.
Tuolumne Meadows Trail	California	Easy	2.5	Zero	All Ages	Nature, Scenic	Easy access to beautiful meadows.
Harper's Ferry National Historical Park	West Virginia	Easy	3.0	200	All Ages	Historical, Nature	Great combination of nature and history.
Silver Lake State Park	Michigan	Easy	4.0	100	All Ages	Lakes, Nature	Lake access with great hiking trails.
Okefenokee National Wildlife Refuge	Georgia	Easy	2.0	Zero	All Ages	Wildlife, Scenic	Great for all ages, wildlife viewing section.
USS Arizona Memorial	Hawaii	Moderate	1.0	Zero	All Ages	Historical, Scenic	Historic and educational family adventure.
Florida Keys Overseas Heritage Trail	Florida	Easy	15.0	Zero	All Ages	Beach, Scenic	Unique adventure route through the keys.
Asheville City Parks Trails	North Carolina	Easy	2.0	Zero	All Ages	Parks, Nature	Multiple easy trails suitable for all.
Everglades National Park	Florida	Easy	3.0	Zero	All Ages	Wildlife, Scenic	Explore on foot or on a boat, fun for families.
Zion Narrows	Utah	Moderate	9.0	1000	12+	Scenic, Water	Famous water hike, ensure appropriate gear for kids.
Acadia National Park - Jordan Pond	Maine	Easy	3.3	200	All Ages	Lake, Scenic	Gentle hike around a picturesque lake. Stunning coastal

Big Sur Coastal Trail	California	Moderate	8.0	2000	10+	Ocean Views	scenery, challenging for younger kids.
Aspen Forest Trail	Colorado	Easy	2.0	100	All Ages	Scenic, Nature	Wonderful short forest walk perfect for families.
Humboldt Redwoods State Park	California	Easy	2.0	Zero	All Ages	Redwoods, Scenic	A family-friendly forest experience with unique trees.
Anza-Borrego Desert State Park	California	Easy	1.5	Zero	All Ages	Desert, Nature	Unique desert settings; great for families.
Clingmans Dome Trail - GSMNP	Tennessee	Moderate	1.0	350	10+	Mountain, Scenic	Family-friendly climb with incredible views.
Horseshoe Bend Trail	Arizona	Easy	1.0	Zero	All Ages	River Views, Scenic	The iconic view; short walk calls for caution.
Highlands Ranch Trail	Colorado	Easy	2.5	50	All Ages	Parks, Nature	Paved and great for strollers.
Grand Forks Riverwalk	North Dakota	Easy	2.0	Zero	All Ages	River, Scenic	A family-friendly walk along the river.
Theodore Roosevelt National Park	North Dakota	Easy	3.0	200	All Ages	Wildlife, Scenic	Explore nature and wildlife in comfort.
Baxter State Park Trails	Maine	Moderate	5.0	800	10+	Nature, Scenic	Great for families seeking adventure.
The Polar Loop Trail	Alaska	Easy	1.0	Zero	All Ages	Wildlife, Scenic	Easy trail great for viewing wildlife.
Lake Iroquois Trail	Vermont	Easy	1.2	50	All Ages	Lake, Scenic	Lovely easy walk near a lake.
Canal Walk Trails	Indiana	Easy	2.5	Zero	All Ages	Parks, Scenic	Great for family outings, close to the city.
Marsh Trail	Florida	Easy	2.0	Zero	All Ages	Wetlands, Nature	Enjoy a beautiful walk through wetlands.
Cobbles Trail	Florida	Easy	3.0	Zero	All Ages	Beach, Nature	Suitable and enjoyable for families.
Skagway Alaskan Trails	Alaska	Easy	4.0	Zero	All Ages	Scenic, Nature	Explosive beauty; fun hikes available.
Nahant Marsh Trails	Iowa	Easy	2.5	Zero	All Ages	Wetlands, Nature	Great wildlife park suitable for families.
Augusta Trails	Georgia	Easy	3.0	Zero	All Ages	Nature, Scenic	City paths with beautiful small parks around.
Camden Hills State Park	Maine	Easy	5.0	Zero	All Ages	Nature, Scenic	Perfect for easy coastal views and beauty.
Lizzie Borden Trail	Massachusetts	Easy	1.5	Zero	All Ages	Historical, Scenic	A historic site made fun for families.
Cedar Creek Park Trails	New Jersey	Easy	3.0	Zero	All Ages	Parks, Scenic	Great place for families with many options.
Seal Bay State Park	Maine	Easy	1.0	Zero	All Ages	Ocean Views, Scenic	Easy and beautiful beaches accessible for

Family-Friendly Hiking Trails Across the United States							Trail Details & Family Appeal
Trail Name	State	Difficulty	Length (mi)	Elevation (ft)	Age Group	Scenic Features	Family Appeal
Shelburne Farms Trail	Vermont	Easy	2.0	50	All Ages	Nature, Scenic	families. Well-maintained easy trail for families.
Cherry Springs State Park	Pennsylvania	Moderate	2.0	200	10+	Nature, Scenic	Family camping trails; great for star gazing.
Hot Springs National Park	Arkansas	Easy	2.0	100	All Ages	Nature, Historic	Good blend of trails and unique thermal features.
Ironwood Trail	Michigan	Easy	2.0	0	All Ages	Nature, Scenic	Family-friendly paths with beautiful forest views.
Blackwater Falls State Park	West Virginia	Easy	3.0	150	All Ages	Waterfalls, Nature	Flat trail leading to breathtaking falls.
Cohutta Wilderness Trails	Georgia	Moderate	8.0	2000	10+	Mountain Views	Great for experienced families; amazing views.
Immokalee State Park	Florida	Easy	3.0	Zero	All Ages	Wildlife, Nature	Wonderful area for outdoor family adventures.
Exum Ridge Trail	Wyoming	Strenuous	7.0	2500	12+	Mountain Views	For experienced families looking for adventure.
Segrest Trail	Alabama	Easy	1.5	Zero	All Ages	Parks, Nature	Easily accessible walking paths open for families.
Lake of the Clouds Trail	Michigan	Easy	2.0	100	All Ages	Lake, Scenic	Short hike with beautiful scenery perfect for families.
Salty Dog Trail	California	Easy	3.0	Zero	All Ages	Beaches, Scenic	Family-friendly trail on the coast.
Puerto Rico National Parks	Puerto Rico	Easy	1.5	Zero	All Ages	Beaches, Nature	Add variety to explore; accessible family fun.
Lyndenville Trail	Vermont	Easy	2.0	Zero	All Ages	Nature, Scenic	Enjoy relaxing walks amidst nature.
Mount Adams Trails	Washington	Moderate	5.0	800	10+	Mountain Views	Complexity preferred; stunning backgrounds.
Golden Gate National Park	California	Easy	2.0	Zero	All Ages	Beaches, Nature	Easily accessible park perfect for families.
Apaches Trail	Arizona	Moderate	6.0	700	10+	Mountain Views	Wonderful trek with beautiful views for older kids.
Grayton Beach State Park	Florida	Easy	5.0	Zero	All Ages	Beach, Nature	Wonderful park for family beach days.
Long Lake Loop Trail	Maine	Easy	4.0	Zero	All Ages	Lakes, Nature	Beautiful serene lake escape; excellent for families.
Lakeland Trail	California	Easy	2.0	Zero	All Ages	Park, Scenic	Great park with sensational views and picnic

Family-Friendly Hikes and Trails							Trail Type	Notes
Traversing the Dolomites	Italy	Moderate	7.6	2000	12+	Mountain Views	Scenic	spots. Check for mountain hotels; unique and breathtaking.
Great River Bluffs State Park	Minnesota	Moderate	4.5	300	10+	Views, Scenic	Scenic	Amazing overlooks; suitable for families.
Forest of Mystery - Connecticut	Easy	1.5	Zero	All Ages	Nature, Forest	Themed walk; ideal for families with imaginative kids.	Scenic	NaN
Grecian Bay Trail	Florida	Easy	2.5	Zero	All Ages	Beach, Nature	Scenic	A delightful walk by the scenic beach.
Parque Nacional El Yunque	Puerto Rico	Easy	2.0	Zero	All Ages	Nature, Scenic	Scenic	Breathtaking rainforest for families to explore.
Humboldt TO Trip Trails	California	Easy	3.0	Zero	All Ages	Parks, Scenic	Scenic	Family-friendly parks along the coast.
Sweetwater Creek State Park	Georgia	Easy	3.0	50	All Ages	Nature, Scenic	Scenic	Shorter trails great for families.
Carolina Beach State Park	North Carolina	Easy	5.0	Zero	All Ages	Beaches, Nature	Scenic	Excellent beach access for family fun.
Shoreline Drive Walking Trail	California	Easy	2.0	Zero	All Ages	Coastal, Scenery	Scenic	Pleasurable walks for family enjoyment.
Sleeping Bear Dunes National Lakeshore	Michigan	Easy	2.5	50	All Ages	Dunes, Scenic	Scenic	Unique sandy environments and scenic vistas.
Quincy Mine Hoist Association	Michigan	Moderate	3.0	Zero	All Ages	Historical, Scenic	Scenic	Great way for kids to learn history actively.
Haunted Forest at Loess Bluffs	Missouri	Easy	1.0	Zero	All Ages	Nature, Scenic	Scenic	Fun family seasonal activities available.
Avon Park Trails	Florida	Easy	3.0	Zero	All Ages	Parks, Nature	Scenic	Pleasant park trails suitable for family outings.
Cayuga Lake Scenic Drive	New York	Easy	21.0	Zero	All Ages	Lakes, Scenic	Scenic	Wonderful family drive with stop opportunities.
Little River Trail - GSMNP	Tennessee	Easy	2.0	200	All Ages	North American Wildlife, Scenic	Scenic	A family friendly exploration opportunity.
Eagle Creek Park, Indiana"	Moderate	4.5	50	All Ages	Lakes, Nature	Gorgeous lakeside views perfect for families.	Scenic	NaN
Central Park Trails	New York	Easy	6.0	Zero	All Ages	Park, Nature	Scenic	Enjoy a leisurely walk in a calm urban park.
Salmon River Trail New Hampshire	New Hampshire	Moderate	4.0	200	10+	Rivers, Scenic	Scenic	Multiple waterfalls perfect for exploration.
South Dakota						Crazy geological	Scenic	

Badlands National Park	South Dakota	Easy	1.5	Zero	All Ages	features, educational for kids.	NaN
Kiowa Trail - Oklahoma	Easy	2.5	200	All Ages	Hiking, Nature	Unique trails and natural wonders to explore.	NaN
Echo Lake State Park	New Hampshire	Easy	2.0	100	All Ages	Lakes, Scenic	Great for resting and picnicking in nature.
Appalachia National Scenic Trail	Various	Moderate	3.0	300	10+	Mountain Views	Best summer spot for family hikes.
Espanola Lakes Trail	New Mexico	Easy	3.3	100	All Ages	Great for all ages, easy and beautiful.	NaN
Capulin Volcano National Monument	New Mexico	Easy	1.5	Zero	All Ages	Geological features, educational	Kids will love the volcano view.
Chestnut Ridge Trail	Pennsylvania	Moderate	4.0	600	12+	Scenic Views	Fabulous views, great for older kids.
Northshore Hiking Trails	Hawaii	Moderate	5.0	500	10+	Nature, Beaches	Outdoor family-friendly activities along the shore.
Fowler's Beach Trail	Maine	Easy	2.0	Zero	All Ages	Beach, Nature	Great for beach and nature activities with family.
Harris Lake County Park Trail	North Carolina	Easy	3.0	Zero	All Ages	Lakes, Scenic	Great fishing and picnic opportunities.
Sam Houston National Forest	Texas	Moderate	5.0	300	8+	Nature, Scenic	Includes many family-friendly trails and parks.
Last Chance Canyon	Arizona	Moderate	5.0	200	12+	Canyon Views	Explore family-friendly areas full of breathtaking views.
Bishop Creek Falls Trail	Alaska	Easy	2.0	50	All Ages	Waterfall, Nature	Lovely hike leading to magnificent falls.
Squaw Valley Trail	California	Easy	3.0	500	10+	Mountain Views	Easy family trails with majestic views.
Bulow Creek State Park	Florida	Easy	3.0	Zero	All Ages	Nature, Scenic	Explore the natural area with family-oriented trails.
Murphy River Trail	Oregon	Easy	1.5	Zero	All Ages	Rivers, Scenic	Easy and great for all ages, lovely views.
Raccoon River Valley Trail	Iowa	Easy	65.0	Zero	All Ages	Parks, Nature	Long trails with easy paths for the family.
Fifth Avenue Trails	New York	Easy	3.0	Zero	All Ages	City parks, Scenic	Great for urban hiking with many attractions.
Denali National Park	Alaska	Moderate	12.0	3000	12+	Mountain Views	Requires planning for visiting; adventure awaits. Beautiful easy



Solomons Island Trail	Maryland	Easy	1.5	Zero	All Ages	Waterfront, Scenic	trails on the coast.
Crab Orchard National Wildlife Refuge	Illinois	Easy	4.0	Zero	All Ages	Wildlife, Nature	Fantastic hiking area for family fun.
Holland State Park Trail	Michigan	Easy	2.0	Zero	All Ages	Beaches, Nature	Excellent beach access for relaxing days.
Apalachicola National Forest	Florida	Moderate	5.0	200	8+	Nature, Scenic	Unique natural features and lovely views.
Chautauqua Park Trails	Colorado	Easy	2.0	Zero	All Ages	Scenic, Nature	Wonderful trails for families exploring Denver.
Multnomah Falls Trail	Oregon	Moderate	2.0	650	10+	Waterfalls, Scenic	Iconic beautiful waterfalls, can be busy.
Watershed Trail - Pennsylvania	Moderate	4.0	400	10+	Scenic Views	Great variety in scenery with wonderful family hikes.	NaN
Old Erie Canal State Park	New York	Easy	3.0	Zero	All Ages	Historical, Nature	Short beautiful paths, historic features.
Elkhorn Slough National Estuarine Research Reserve	California	Easy	2.5	Zero	All Ages	Wetlands, Nature	Lovely wetland views ideal for families.
James River Park System	Virginia	Easy	2.5	Zero	All Ages	Nature, Scenic	Beautiful trails great for families in the city.
Redwood National Park - Tall Trees	California	Easy	0.5	50	All Ages	Forest, Nature	Short, exceptional hike through redwood trees.
Hanalei National Wildlife Refuge	Hawaii	Easy	1.2	Zero	All Ages	Wetlands, Scenic	Great for birdwatching and tropical scenery.
North Cascades National Park	Washington	Moderate	6.0	3000	10+	Mountain Views	Expansive views and great trails for families.
Angel Island State Park	California	Easy	5.0	900	10+	Island Views	Great family ferry trip with hiking opportunities.
Kwahadi Museum of the American Indian	Texas	Easy	3.0	Zero	All Ages	Cultural, Educational	Exceptional introduction to Native American culture.