

LIFE // TRAVEL

# 5 destinations for spacious hikes, scenic cycling

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Spring is in the air and outdoor adventure continues to attract families eager to get away and enjoy safe travels. Cycling and hiking are a wonderful way to embrace a spacious vacation while keeping the family in their own travel bubble.

As you prepare for your adventurous spring fling, be sure to pack personal safety essentials and review the latest health guidelines of your intended destination. Before you book that flight, understand what it's like to fly during the pandemic so you're fully prepared for a safe journey.

From cycling scenic byways and rail trails to hiking volcanic rock and jungle terrain, we've rounded up some of the most spacious destinations for enjoying a scenic outdoor adventure. Surround yourself with palm trees or head for the cool hills in these family-friendly destinations where adventure awaits.

## Unexpected Puerto Vallarta

When thinking of a Puerto Vallarta getaway, it's natural to think of miles of beaches perfect for sunbathing and leisurely watersports. Look just beyond tempting eateries and luxury hotels and the curious wanderer will find an abundance of terrain to explore.

Combine a luxury getaway with a jungle adventure during a stay at Garza Blanca Preserve Resort & Spa. This beachfront resort is set amid 85 acres of jungle and nature preserve suitable for family-friendly hikes backed by views of the Sierra Madre Mountains. Follow the riverside trail to the Palo Maria waterfall for a sweet reward following a moderate workout.



——— Garza Blanca Preserve Resort and Spa  
Courtesy of Garza Blanca Preserve Resort and Spa

If you're not keen on venturing into unknown territory, the resort offers free guided hiking tours of Garza Blanca Preserve with a variety of skills levels in mind. Easy guided hikes introduce guests to regional birds and edible berries while more vigorous hikes lead guests to the waterfall and a viewing deck to spot seasonal whale migration.

In town, enjoy a culture tour during a serious workout along [Gringo Gulch](#). Consider this city hiking, as the uphill climb will get your heart racing as you ascend cobblestone streets and take in hillside architecture along the Cuale River. Climb the steep steps of La Iguana Bridge and challenge your balance on the suspended pedestrian bridge connecting you to [Cuale River Island](#). Prefer to pedal your way around town? Join a food and bike tour with [Bici Bucerias](#) to enjoy scenic backroads or city exploration along with a few regional bites.

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