

Outdoor recreation

July 23: 4th Annual Tour De Tart, 5 p.m.-7 p.m. registration and departure, ride to Suttons Bay on the TART Trail, food at the finish, begins at McLain Cycle, 750 E. Eighth St., Traverse City, www.mclaincycle.com.

July 24-25: 57th Annual AuSable River Canoe Marathon, Grayling to Oscoda, (989) 739-2946.

July 27: Kid's Hike - Wetlands Walk, 9 a.m., 1-2 hour hike for ages 5-12, offered by the Grand Traverse Conservation District, Pavilion/Picnic Area, south of S. Airport Road on Cass Road, Traverse City, 941-0960.

July 28: Morning Road Bike Ride, 9 a.m. departure, 25-35 miles on Old Mission Peninsula, East Bay Park, Traverse City, 941-BIKE.

July 29: Kid's Hike - Rock On!, 9 a.m., bring water shoes and collect rocks from the creek bed, by the Grand Traverse Conservation District, Picnic/Pavilion Area on Cass Road, south of S. Airport Road, Traverse City, 941-0960.

July 29: Green Point Dunes Field Trip, 10 a.m. hike, hosted by Regional Land Conservancy staff, reservations required, 929-7911.

July 29: Evening Mountain Bike Ride, 6 p.m. departure, 3-13 miles on the VASA singletrack trail, sponsored by the Cherry Capital Cycling Club, VASA parking lot, Supply Road, 941-BIKE.

Aug. 3: Coastal Crawl, one, two, or three mile swim, Harbor Springs, 526-6840.

Aug. 3: Kid's Hike - Wee Wonders, 9 a.m., mini walk, mini critter search and craft project, by the Grand Traverse Conservation District, Picnic/Pavilion Area on Cass Road, South of S. Airport Road, TC, 941-0960.

Aug. 4: Morning Road Bike Ride, 9 a.m. departure, 25-35 miles on Old Mission Peninsula, East Bay Park, Traverse City, Cherry Capital Cycling Club, 941-BIKE.

Aug. 5: Kid's Hike - Forester's Fun Hike, walk through wetlands and upland woods and collect leaves, 1-1.5 miles, 1-2 hours, for ages 5-12, by the Grand Traverse Conservation District, 941-0960.

Aug. 5: Green Point Dunes Field Trip, 10 a.m. hike, hosted by Regional Land Conservancy staff, reservations required, 929-7911.

Aug. 5: Evening Mountain Bike Ride, 6 p.m. departure, 3-13 miles on the VASA singletrack trail, VASA singletrack parking lot, Supply Road, Traverse City, 941-BIKE.

Aug. 7: Salmon Tournament, Cheboygan, (800) 968-3302 or

627-7183.

Aug. 11: Morning Road Bike Ride, 9 a.m. departure, 25-35 miles on Old Mission Peninsula, East Bay Park, Traverse City, 941-BIKE.

Aug. 12: Green Point Dunes Field Trip, 10 a.m. hike, hosted by Regional Land Conservancy staff, reservations required, 929-7911.

Aug. 12: Evening Mountain Bike Ride, 6 p.m. departure, 3-13 miles on the VASA singletrack trail, sponsored by the Cherry Capital Cycling Club, VASA parking lot, Supply Road, Traverse City, 941-BIKE.

Aug. 18: Morning Road Bike Ride, 9 a.m. departure, 25-35 miles on Old Mission Peninsula, East Bay Park, Traverse City, sponsored by the Cherry Capital Cycling Club, 941-BIKE.

Aug. 19: Canoe & Hike the YMCA Trail along the Boardman River, 5 p.m., \$5 canoe fee, by the Grand Traverse Conservation District, 941-0960.

Aug. 19: Evening Mountain Bike Ride, 6 p.m. departure, 3-13 miles on the VASA singletrack trail, sponsored by the Cherry Capital Cycling Club, VASA singletrack parking lot, Supply Road, Traverse City, 941-BIKE.

Aug. 25: Morning Road Bike Ride, 9 a.m. departure, 25-35 miles on Old Mission Peninsula, sponsored by the Cherry Capital Cycling Club, East Bay Park, Traverse City, 941-BIKE.

Aug. 26: Evening Mountain Bike Ride, 6 p.m. departure, 3-13 miles on the VASA singletrack trail, sponsored by the Cherry Capital Cycling Club, VASA singletrack parking lot, Supply Road, Traverse City, 941-BIKE.

Trails

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"We've had pros ride it and they are just thrilled with it," Brick said.

"There are branches overhead and roots under the wheels. It's a good workout and a really fun trail to ride."

Beyond the TART Trails in Traverse City, another northwest Michigan destination offers numerous hiking and walking trails.

Sleeping Bear Dunes National Lakeshore has a series of 13 trails, most with scenic views of Lake Michigan and the bluffs.

The range runs from easy trails like the Good Harbor Bay loop off County Road 669, to difficult trails like the Dunes Trail, which leads from the Dune Climb on M-109 to Lake Michigan.

To use the lakeshore trails, there is a fee of \$10 per vehicle for seven days or \$20 for an annual pass.

For more information on the TART Trails and Sleeping Bear Dunes National Lakeshore, visit www.traversetrails.org and www.leelanau.com/dunes/trails.

Kite boarding

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doing it. Go to the local spots where people ride and talk to them and see what sizes they fly. The other good way to pick equipment is to take lessons and see what they recommend."

As for the best places and conditions, it depends on the person.

"Some like to ride flat water, some like the waves," Buchler said. "It

all just depends on your style. Most afternoons, the wind in Michigan picks up, so that is usually the time to get out."

Kite boarders are instructed to stay away from busy beaches to reduce the likelihood of accidents, Buchler said.

"Point Betsie is good if you have the proper skills and knowledge," he added. "Esch Beach (south of Empire) is looking to be a hot spot this summer with good learning conditions."

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Minutes from West Bay, from Traverse City take M22 (9 miles) north to Fort Road, west to 633, north to Otto Road, west 1 mile.

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Mon. - Fri. 10-6 pm, Sat. 10-1 pm

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