

# Southern Living

MAY 2011

## Sweet & Simple

23 NEW WAYS  
TO ENJOY TEA  
FROM PITCHER TO PLATTER

Pour on  
the Charm!

HOW TO...


PICNIC  
IN STYLE

PRETTY UP  
YOUR YARD

GET THE  
COTTAGE  
LOOK

Icebox Tart  
(Made with Sweet Tea!)  
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3 Must-see  
Southern  
Beach Towns

Difficulty   
 Mileage \_\_\_\_\_ 1-1.5  
 Hours \_\_\_\_\_ 1-1.5




RIDE #2

Swamp Rabbit Trail

# Teach the Kids

## Greenville's Swamp Rabbit Trail

 **THE RIDE:** A former rail line, this 13.5-mile South Carolina trail is blissfully flat and traffic-free, connecting Greenville to Travelers Rest along a scenic stretch of the Reedy River. Roll beneath Liberty Bridge in Greenville's Falls Park, adjacent to dramatic waterfalls. At the midpoint, a connector path meanders around Furman Lake.

**YOUR GUIDE:** You. (It's hard to get lost.) You can hitch a ride back on one of Greenville's buses, equipped with bike racks to offer "shuttles" to and from Travelers Rest. [greenwillerec.com/parks](http://greenwillerec.com/parks)

**YOU'LL LOVE IT IF:** You've got kids or hate traffic. It's straight, hill-free, and closed to cars.

**GEAR UP:** Reedy Rides will deliver a bicycle to you, with a helmet, bag, and lock. (\$15 for a half day.) [reedyrides.com](http://reedyrides.com)

**DON'T MISS:** Greenville's Pedal Chic is the first female-specific bike shop in the Southeast. It sells all types of bikes and cute athletic wear from XS to plus sizes. Conceived by owner Robin Bylenga, it may be the only bike shop in the world with a crystal chandelier. [pedalchic.com](http://pedalchic.com)

## More Rails to Trails

You'll find more ice cream than hills on **Missouri's Katy Trail**, which runs 225 miles along the Missouri River, through the small towns of the Show-Me State's wine country. [bikekatytrail.com](http://bikekatytrail.com)

The **Virginia Creeper Trail** in Southwest Virginia is ideal for family cruisers, most of whom coast a 17-mile downhill from Whitetop Mountain to the tiny town of Damascus. [wacreepertrail.com](http://wacreepertrail.com)