

Bicycling is one of the most fun forms of exercise out there. Add in picturesque views and challenging trails, and biking around the Myrtle Beach area is a fantastic way for you and your friends and family to really enjoy the beauty of the Grand Strand.

Want to challenge yourself physically? The Horry County Bike and Run Park offers all you could want in a workout. Affectionately known as "The Hulk," this single-track mountain bike trail starts out with a 30-foot hill climb before taking on the characteristics of a wooden roller coaster for three-quarters of the ride. Twisty sections, switchbacks, small hill climbs, ditch digs, dramatic drops, field laps and possible speeds of up to 20 miles per hour are what biking aficionados will encounter on this trail. It is truly the closest thing to mountain biking in the Myrtle Beach area and will wonderfully surprise everyone.

The A-10 Mountain Biking Trail is located in The Market Common area in the heart of the Grand Strand. Named for the A-10 Bomber, this 1.4-mile loop is a twisty, single-track trail that runs through a fairly flat area. This makes for a fast and fun ride along a course that is continuously a work in progress.

Head north toward the city of Conway, and riders will find the Jackson Bluff. This trail has a combination of single-track, double-track and fire roads. The single-track trail is technical and demands the rider's attention and focus, while the double-track trail and fire roads are fast and smooth. A beautiful wooden bridge on the main trail dumps riders out into a rock garden and uphill climb. A roundtrip ride on the Jackson Bluff is a 6.2-mile ride.

For a ride filled with the beauty of nature, the bicycle trails at Vereen Memorial Historical Gardens are hard to beat. This 114-acre tract of woodlands and salt marsh has both single- and double-track options. Flowing sand hills gives way to magnificent salt marsh views, so be sure and enjoy.

While it's not completely finished, Bike the Neck on the historic Waccamaw Neck is two-thirds of the way complete and is already enchanting cycling enthusiasts. Running along U.S. 17, riders can park at Morris Park Landing and start their biking here, where they'll get a fantastic view of Murrells Inlet from the overlook. A trail highlight comes at the bike bridge about one mile from Morris Park, where the marsh comes right up to the road. Cyclists riding at dawn are sure to catch an amazing sunrise over the water.

Visitors to the Myrtle Beach and Huntington Beach state parks couldn't ask for better trails that combine lush forest vistas with breathtaking views of the Atlantic Ocean.

No matter your speed or intensity, the Myrtle Beach area has a wealth of options for all bicycle enthusiasts.