

# CYCLING IN ONTARIO 2021

**THE RIDE**  
MANITOULIN ISLAND  
CYCLING GETAWAY

**THE ADVENTURE**  
ONTARIO YOURS TO  
(RE)DISCOVER

**THE TOURS**  
SMALL GROUP  
RIDES & EVENTS

**RIDE GUIDE**  
OVER 50 DAY TRIPS &  
MULTI DAY ITINERARIES







Scale in Kilometres

0 5 10 15 20 25

- Greenbelt Route
- Waterfront Trail
- Connecting Route

This way to:

Greenbelt Route 5 km

Waterfront Trail 40 km



**Your next  
great ride  
awaits...**

**Great Lakes + Greenbelt**

10 Self-guided, signed loops—support your local communities & businesses.

Maps and itineraries:  
**WaterfrontTrail.org**



Possibility grows here.

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**“With changes to travel plans, we set our sights on cycling closer to home. While we have explored many parts of Ontario over the years, I never realized just how wonderful and different cycling them could be.”**

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**PAULETTE DALTON,  
REDWAY ROAD,  
TORONTO**

Take your best shot and enter the 2021 Photo Contest at [ontariobybike.ca/photocontest](http://ontariobybike.ca/photocontest)



**COVID  
SAFETY**

- › Adhere to local and provincial travel advisories
- › Check business hours and entry requirements
- › Travel safe



# EXPLORE ONTARIO BY BIKE



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Cycling lends it self well to the times

Thank you to all our partners, content and photo contributors that make this free publication possible.

Contact us if you would like to provide content for consideration.

Ontario By Bike is a program of not-for-profit organization

## Transportation Options

[transportationoptions.org](http://transportationoptions.org)

### ONLINE RESOURCES

For cycling maps, trail information ride itineraries, events and tour listings, plus over 1,500 certified bicycle friendly businesses and so much more, visit: [ontariobybike.ca](http://ontariobybike.ca)

### STAY IN TOUCH

Subscribe to our newsletter for the latest maps, trip ideas, events and announcements: [ontariobybike.ca/subscribe](http://ontariobybike.ca/subscribe)

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Share pictures, stories and tips using hashtags: **#OntarioByBike** and **#BikeON**

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Read Cycling in Ontario 2021 or earlier editions online: [ontariobybike.ca/2021](http://ontariobybike.ca/2021) (Also available in French)

There is no reason to travel afar, as we have it all right here in Ontario! The most beautiful natural scenery, culture, culinary delights, welcoming communities, big and small, and of course some of the best trail and road cycling anywhere. Now's the time to make travel plans closer to home and explore the province. There is no better way to do that, than to slow down the pace and grab life by the handlebars, to enjoy a ride that is just your size.

Pair any ride with a stop at a certified bicycle friendly business. Find over 1,500 locations in regions across Ontario to eat, visit, shop and sleep, locally owned businesses that are ready to welcome you. Now more than ever they need your support. We all need to support our tourism industry, it's worth over \$36B to the Ontario economy and employs 400,000 people.

Despite the innumerable challenges over the past year, one of the few good outcomes is the global bike boom. While there is certainly the stats and facts, enough to fill this page, surely you witnessed it for yourself. The fact is while it has always been a good idea, now more than ever cycling lends itself well to the times as a great form of transportation, physical exercise and way to connect with friends and family at an appropriate distance. The future has never been brighter for the bicycle.

I find a real joy in seeing all the different riders out there, and in particular new riders who are keen to start, and fast find a love for cycling

that has captured many of our hearts and keeps our wheels spinning. As one ride rolls into 10, an adventurous spirit can take a hold, and it is easy to relate to the fact that 79% of cyclists we surveyed in October 2020, were positively considering making non-local regional travel plans that include cycling in 2021, should travel restrictions allow.

So here lies within our 9th annual Cycling in Ontario guide, Ontario local and bike-cation ideas to investigate further and help plan your next great ride. When white season turns to green, set up base and ride out from a ski resort (page 14). For an island getaway, look no further than our very own Manitoulin Island (page 10) and don't forget Ontario is indeed 'Yours to Discover' (page 18).

Whether you are heading out for a simple ride or longer touring adventure, be sure to pay heed to any local and provincial travel restrictions and check hours and entry requirements for stops along the way. Most importantly stay safe, stay healthy and keep riding.

Louisa Mursell  
Editor-in-Chief







# Share your passion for the **outdoors**

Grab your bike and catch the early morning forest light as you ride through beautiful scenery. Explore Durham Region's many trails and cycling routes at a slower pace and savour those carefree moments.

For information on riding routes and local cycling resources visit [DurhamTourism.ca](http://DurhamTourism.ca)



@DurhamTourism





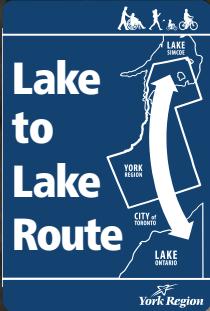
It's a  
good day  
to ride.

[visitgrey.ca](http://visitgrey.ca)



# Explore York Region

The Lake to Lake Cycling Route  
and Walking Trail will link  
Lake Simcoe to Lake Ontario  
covering 121 km. Come shop,  
dine and visit our community!



For more information  
please visit:  
[york.ca/laketolake](http://york.ca/laketolake)



Lake to Lake Route in the City of Richmond Hill





# Bike ON

TRENDS, INSPIRATION, AND INSIGHT TO HELP EXPLORE MORE OF ONTARIO BY BIKE



THE CHALLENGE

## CAR FREE BIKE TRAVEL

It's a fact, more people in urban centers own less cars than ever before. Some of the recent stats estimate that up to 28% of city living residents do not own cars, that number skyrockets to 55% for downtown areas in Toronto.

For cyclists getting somewhere new and outside city environs can be a challenge, especially if time is short and a long ride just to a start destination is not in the cards. Renting a vehicle may not make sense either, just to park and ride.

But as we've learned this past year, challenges are to be overcome, as we can adapt and find solutions. Luckily there are a number of ways to explore Ontario by bike, without having to rely on car transportation.

### PUBLIC TRANSPORTATION

If you are situated in the Greater Toronto, Hamilton, Niagara area you can easily access many great rides, trails and roads, from a large

number of GO train and bus stations. Taking the Lakeshore East or West train one way and riding the Great Lakes Waterfront Trail to return makes for an easy outing, especially as there are now signed bike routes connecting 13 stations directly to the trail. [bit.ly/trailtogo](http://bit.ly/trailtogo)

GO Transit can also get cyclists as far as Barrie, Kitchener, Milton, Niagara Falls, Peterborough and more. With some research, time flexibility and avoiding peak travel times, GO trains allow bikes on most coaches and have bus connections, like those in most urban transit systems, with racks for cyclists. [gotransit.com](http://gotransit.com)

VIA Rail too allows for bikes on trains with baggage cars, to and from staffed stations, but looking carefully at schedules and restrictions is recommended when planning. [viarail.ca](http://viarail.ca)

### FERRIES

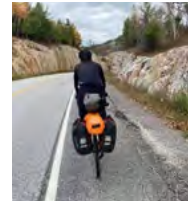
Enjoy the magic of an island getaway under your own steam. It's always a

cheaper ticket and capacity is not usually an issue. Access the ride routes on Manitoulin Island (see page 10), Pelee Island, the Toronto Islands, or in eastern Ontario Wolfe, Howe and Amherst Island, and Prince Edward County via the Glenora Ferry. [bit.ly/onferries](http://bit.ly/onferries)

### BIKE RENTALS

Arriving at a destination and renting a bike is guaranteed hassle free. With many rental outfits across Ontario you can easily rent a bike, ask for recommended ride routes, plan your own or sign up for a guided tour. It is also a great way to try a different bike, an ebike, fat bike or upgrade from your usual ride. Bike Share is another easy option in some urban centers.

In short, if you don't have a vehicle, don't be put off, there are many options to get out of town, reducing your travel impact and adding to your bike adventure.



### BIKE PACKING

If you are looking for a different and more extreme type of challenge, consider one of the following looped bike packing route adventures. Details in blog at [ontariobybike.ca/2021bikepacking](http://ontariobybike.ca/2021bikepacking)

#### GNR Route - 350km

Waterloo - Grand River - Brantford - Hamilton

#### BT700 - 760km

Waterloo - Lake Huron - Georgian Bay

#### COLT - 450km

Cobourg - Lindsay - Bancroft

#### Haliburton Highlands - 200km

Goederham - Haliburton - Ragged Falls

#### Sharb Echo Scramble - 295km

Sharbot Lake - Bon Echo - Ottawa Valley - Lanark

#### Log Drivers Waltz - 800km

Ottawa Valley - Outaouais



# SAFETY GEAR EMBRACES NEW TECHNOLOGY

Road, gravel, touring, mountain biking, bike packing, and commuting – here's what you need to know about the new safety gear these diverse riding styles are generating.

## LIGHTS

It's all about LEDs and USB-rechargeable lithium batteries, and aligning your riding style with your light choices.

- › Daytime tail lights of 100+ lumens can be seen from a kilometer away in the sunlight! Flashing daytime headlights increase your visibility to approaching vehicles. You may need something with high battery capacity and to consider moisture resistance ratings too.
- › Need to ride a rail trail or city street at dusk or in the dark? Consider focused-beam headlights of at least 600 lumens.
- › Mountain biking at night is crazy fun and there are lights capable of illuminating every rock and root. You'll want 3000+ lumens to enjoy the flow.
- › More than one bike? Silicone strap-mounted lights move from bike to bike easily and position anywhere.

## MIRRORS ARE UNDER-RATED

When the conditions demand your utmost concentration, the last thing you want is to suddenly hear a vehicle approaching from behind. Be prepared.

- › There are stylish and sexy mirrors for road bikes. Really. Use a compact, aerodynamic bar-end style with a quality convex lens and lots of pivot angle adjustment.
- › Helmet and handlebar mounted mirrors work best for upright commuter bikes and wristband or velcro-mount mirrors are an easy solution when bikes need to be tightly crammed on a rack or into a vehicle.
- › Always make sure your hands can



get to your brake and shifting levers easily when your mirrors are in place.

## HELMET TECHNOLOGY IS ADVANCING

- › What is MIPS helmet technology and do I need it? MIPS stands for Multi-Directional Impact Protection System and works by allowing the head to move inside the helmet, potentially reducing rotational injuries to the brain. The science says it works.
- › What's Koroyd? It's an impact absorbing material containing thousands of co-polymer tubes thermally welded together, which buckle and crush to diffuse energy. Helmet manufacturers using the material claim significant impact absorption benefits compared to traditional styrofoam.

- › Full-face protection or not? Mountain bikers and gravel riders fall off every-which-way and these helmets provide extra facial and occipital coverage, but can be hot and restrict vision. Now you can have it both ways with built in, detachable face guards on some helmets.

## OFF THE BEATEN TRACK

- › Bike packers, gravel riders and mountain bikers riding beyond cell phone range should consider a tracking device.
- › PLBs (Personal Locator Beacons – no fees) can send an SOS and location. Satellite messengers allow some messaging and an SOS, but have an annual fee.
- › Step outside cycling specific GPS beacons and you can preload off-road routes and trails to navigate.



## NEVER RIDE ALONE AGAIN

New on the market is a helmet with a built-in accelerometer and gyroscope that detects falls, then uses a Bluetooth connection to your smart phone to text your GPS location to your emergency contact.



## BIKE RADAR COVERS YOUR BACKSIDE

Try a radar-equipped taillight that pairs with your smart phone or GPS. It will flash and audibly warn of approaching vehicles.

**Green** All clear

**Orange** Vehicle approaching behind

**Red** Vehicle approaching fast

# Two wheels or four, we can all travel safely together.



CAA began in 1903 with a mission to help keep Ontario roads safe for everyone. As more Ontarians rely on both cars and bikes to get to their destinations, sharing the road has become increasingly important. According to a CAA Member survey, almost 1/4 of our 2.2 million Members cycle once a month or more. Our services and safety advocacy will continue to evolve as the road user safety landscape changes and as our Members continue to embrace cycling.

## Watch for Bikes®

The CAA Watch for Bikes program started in the late 1990s. CAA provides a decal that can be affixed to a vehicle's side mirrors as a reminder for motorists to watch for bikes when changing lanes or opening their car door. Municipalities across southern Ontario, such as Oakville, Vaughan, Markham, Barrie and Waterloo, are using them on their non-emergency municipal vehicles. You can also spot them on all CAA South Central Ontario Roadside Assistance vehicles.



## Tips for sharing the road safely:

- **Be aware.** Pay attention and make eye contact. Be courteous and do not use headphones or mobile devices while driving or cycling.
- **Ride with traffic.** Riding against traffic flow is dangerous, illegal and a leading cause of car-bike collisions. Clearly marked contraflow bike lanes are the only exception.
- **Keep a safe distance.** Whether cycling or driving, keep a safe distance from other cars and bikes; leave enough space for everyone to maneuver safely.
- **Practice the Dutch Reach.** Drivers, open the car door with your right hand. This forces you to turn your body and look for cyclists and oncoming traffic before opening the door.
- **Protect yourself.** Drivers, use your seat belts. Cyclists, wear your helmet.
- **Be visible.** Use reflectors and lights after dark and on cloudy or foggy days.
- **Be predictable.** Signal your intentions and obey traffic signals and signs.



## CAA Bike Assist™

Roadside Assistance for your bicycle is included with CAA Membership:

- ✓ On-the-spot repairs
- ✓ 24/7 service\*
- ✓ Transportation for you and your bicycle



## TripTik® Travel Planner

CAA has expanded its **TripTik Travel Planner** to offer bike routes. Cyclists can now plan specialized routes with stopping points and amenities along the way. These routes have been vetted to ensure cyclists are taking the safest route to their destination.

For more information, visit [caasco.com/cycling](https://caasco.com/cycling).

\*Bike Assist counts as one of your allotted roadside calls during your membership year. Service will be provided to cyclists where there is permitted vehicle access, and based on seasonal availability. This advice is intended to provide general information only and is not intended to provide legal or professional advice, or to be relied on in any dispute, claim, action, demand or proceeding. CAA South Central Ontario does not accept liability for any damage or injury resulting from reliance on this information. ©/™ CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association. (2423-11/19)





THE PLACE

# QUITTERS COFFEE & SO MUCH MORE

It takes grit to quit. Even more to start a café and call it Quitters. Kathleen Edwards, Juno award nominee, musician and singer extraordinaire needed a change. Packing away her guitars, she traded the touring world in for coffee beans, scone recipes and creating a laidback and inviting community space.

The café in Stittsville, Ontario anchors a town long considered a sleepy suburb of Ottawa. Framed by large windows covered with striped awnings and wooden siding, this gathering space captures Stittsville's humble roots – a town built around farmers, merchants and a railway station. It's a place where urban and rural blend and all ages and stages of life connect over coffee. The former railway, now the Ottawa-Carlton Trailway passes less than 10 metres

from the café, making it the perfect cycling destination.

Cycling to the bicycle friendly café is straightforward. Start on the multi-use paved pathway along the Ottawa River near the Island Park Bridge and pedal the 30km to Quitters without ever cycling on the road. The pathway joins the Ottawa-Carlton Trailway (part of the Trans Canada Trail) via the Greenbelt West Trail – both have hard-packed crushed stone surfaces

**“The shop is a destination, and that is an important part of being a cyclist, having a destination where you feel good.”**



## THE STOPS 5 MUST-TRY SNACKS AT QUITTERS

### SCONES

cheddar bacon  
or chocolate chip  
pecan  
*(These sell out  
every single day)*

### ENERGY BITES

vegan, gluten-  
free with dates,  
nuts, chocolate,  
coconut  
*(A breakfast go-to  
for Edwards)*

### TURKEY ON MARBLE RYE (or) BLACK BEAN BURGER

*(Something more  
substantial)*

which can be travelled on by any type of two wheels.

Park your bicycle in one of the racks behind the café, stake your spot on the patio and then drool over the tempting treats. Edwards food philosophy is simple – focus on fresh and made in-house from scratch. The menu items are “the kind of food I would have loved to eat every day on tour. As a touring musician, it wasn't easy to find healthy choices.”

After your stop at Quitters, the Trailway continues west towards Carleton Place where you can join the Ottawa Valley Rail Trail and ride to Smith Falls or Renfrew. Or choose one of the many quiet gravel or paved roads nearby that tour through Almonte, Perth or Pakenham.

Be sure to stop by Quitters in Stittsville, fuel up on coffee and finger-licking deliciousness on your next ride. Good news, Edwards has returned to music with a new CD. You can find her at the café most days – and maybe at a new location in the Prince Edward County-Cobourg area in the future. Stay tuned! [quitterscoffee.ca](http://quitterscoffee.ca)

ARTICLE BY LESLEY CASSIDY; PHOTOGRAPHS BY (LEFT) LESLEY CASSIDY; (RIGHT) QUITTERS COFFEE



# Discover

STORMONT • DUNDAS • GLENGARRY

## OPEN Roads

With every turn of the crank, our endless ribbons of roads invite you to venture further afield. Around here, nothing can hold you back from exploring.

**It's in our nature.**



[whereontariobegan.ca/cycling](http://whereontariobegan.ca/cycling)



SDGTourism



sdgtourism





# MANITOULIN ISLAND CYCLING GETAWAY

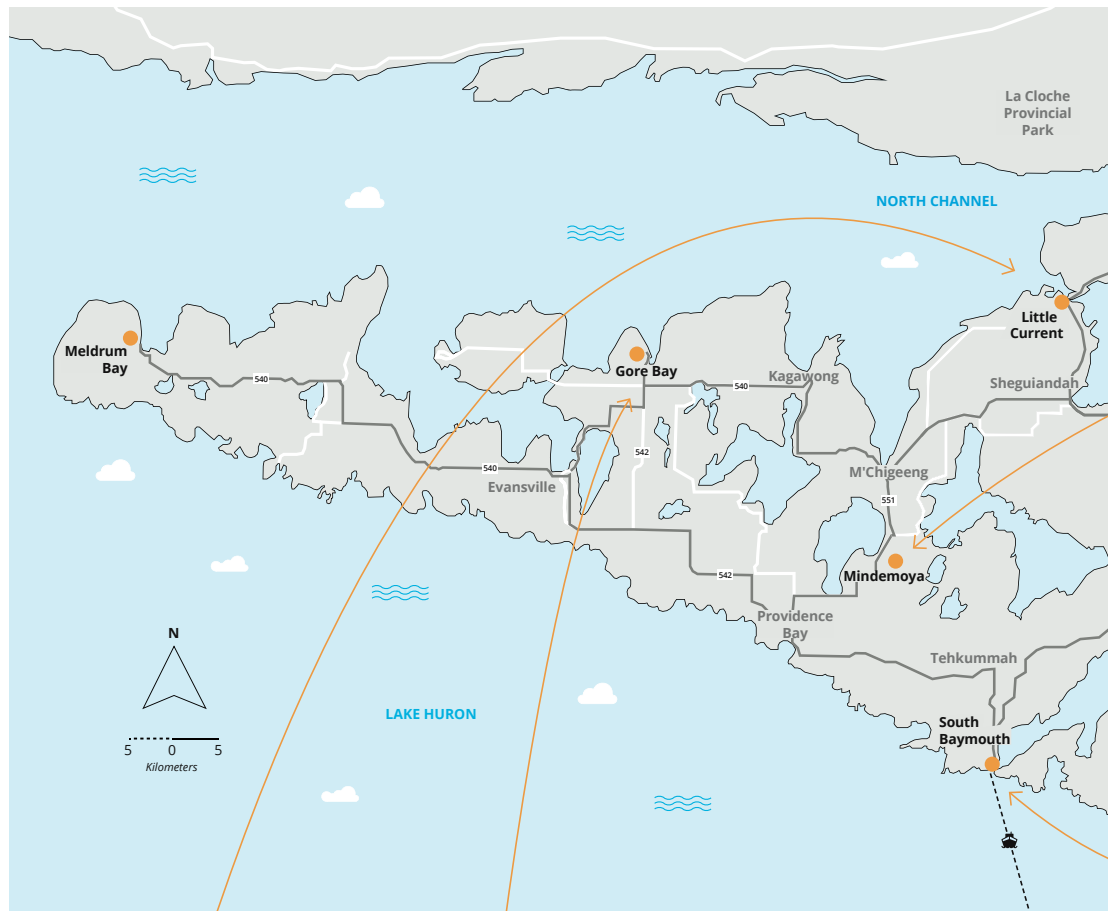
*Beaches, coffee shops and lighthouses? This island has it all. Make plans to cycle and visit Manitoulin, the largest freshwater island on the planet. With 25 communities connected by quiet roads and over 800km of riding options, it's a mecca for two-wheeled adventures. Slow down and explore, you'll soon be on island time!*

## GETTING THERE IS PART OF THE ADVENTURE

By boat or by bridge are the only two ways to roll onto the island. The easiest and most romantic way from southern Ontario is from Tobermory, at the tip of the Bruce Peninsula. Chill out on the two hour Chi-Cheemaun ferry crossing, delivering you and your bicycle to the island at South Baymouth, four times a day from May until October. Espanola is the gateway if arriving from the north by bike or car. By bike, enjoy an uncomplicated pedal on mapped two wheel routes to Espanola from Sudbury or Sault Ste Marie, following the Great Lakes Waterfront Trail.

From Espanola, cycle 49km along the narrow paved shoulders of Highway 6 to Little Current, the largest island community with 2,700 residents. Past stunning views of the white quartzite rocks that define the LaCloche Mountain Range and over a few quad-busting rollers, keep your eyes focused. Just before Little Current, a one-lane swing bridge built in 1913 requires a dismount and walk along a slim wooden walkway. If you arrive during the first 15 minutes of every hour, witness the bridge swing open to allow boats to pass through, as they navigate the rugged North Channel, a famed sailing and boating waterway.

Peddalling into Little Current, bicycle friendly businesses abound. Thirsty after your ride? Try the Manitoulin Brewing Company, a supporter of the



annual Passage Ride cycling event. Rest your road-weary body at the Anchor Inn or sample indigenous delights at the Manitoulin Island Conference Centre – the Anishinaabe taco or bison steaks will fuel your ride and tantalize your tastebuds. Or try Elliot's, a family-style restaurant with an all-day breakfast. Stroll along the waterfront main street, visiting quaint shops and inhaling tasty treats, or saunter along the marina boardwalk with stunning views across the North Channel.

### RIDE OPTIONS ABOUND

Many cycling options exist from both Little Current and South Baymouth... loops, out-and-backs or touring town to town. Just a reminder, this is an island of few people and fewer fuel stops, it's essential to carry extra snacks and water. Amenities can be found in most, but not all communities.

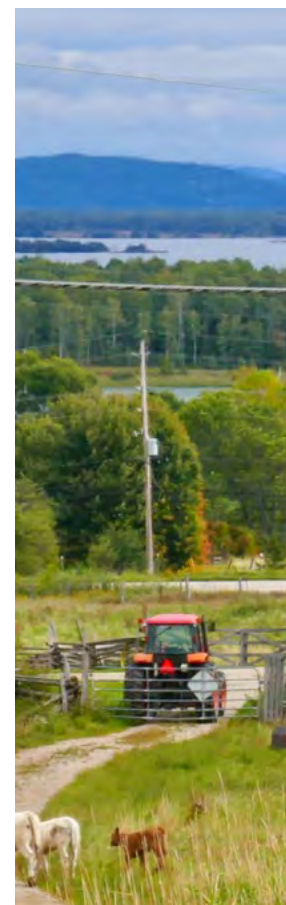
#### 1 LITTLE CURRENT TO GORE BAY

A scenic 67km pedal from Little Current takes you to Gore Bay through Sheguiandah along Highway 6, onto Townline and Lime Kiln Road, before

reaching smooth Highway 540 and M'Chigeeng. Explore the famous and fabulous Bridal Veil Falls near Kagawong, a perfect stop along the way with picnic tables and washroom facilities. Overnight in Gore Bay at the Stonehouse Bed & Breakfast, it offers a central location to meander around town. Sample craft beer at Buoy's Restaurant and savour smoked ribs and fish while you enjoy the landscape of boats moored in the harbour. If you need to wash your cycling kit, most towns with marinas, Gore Bay included, offer coin-operated laundry facilities.

#### 2 GORE BAY TO MELDRUM BAY

Prefer a long out-and-back and overnight ride? Go west! Discover the tiny remote town of Meldrum Bay bursting with maritime personality. From Gore Bay, it's a 70km ride, with an elevation gain of 367m. Cycling mainly along Highway 540, the surface-treated road (chip and seal) tests your legs. It's a lovely and lonely cycle through rustic farmlands dotted with unpainted barns and closer to the bay, wild bush. Pack supplies







ARTICLE BY LESLEY CASSIDY; PHOTOGRAPH BY MAJA MIELONEN

- the last 50km beyond Evansville has just one stop. Meldrum Bay has a museum, a small general store, a campground and an inn. Built in 1876, the rambling Meldrum Bay Inn offers a perfect postcard vista of the bay. Well accustomed to serving cyclists, Shirin Grover, the owner, shared that “most cyclists ask for a place to lock their bicycles, then they want a cold drink and a towel to go swimming”. From the restaurant, she and her husband prepare fresh delights every day – feast upon local white fish or pasta with smoked trout on the patio. Stay an extra day and pedal the 16km to the historic and out of the way Mississagi Lighthouse.

### 3 SOUTH BAYMOUTH TO MELDRUM BAY

If you choose to begin from the ferry exit and South Baymouth, visit Gordon’s Park. A stargazing paradise and dark sky preserve, it’s just a quick 14km from the ferry and provides camping and cabins. The ride to Meldrum Bay from this area is 115km with an elevation gain of just over 450m. At Tehkummah cycle along the almost car-less

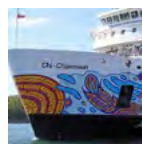
Government Road. After a coffee stop in Providence Bay, the trek west truly begins. Pedalling Union Road is a quiet delight with a few rollers, lots of rock and trees, and Evansville marks the point where you join Highway 540 west to Meldrum Bay.

### 4 MINDEMOYA & BEYOND

Like a central location? From Mindemoya access Providence Bay, Little Current, or Manitowaning with fun loops or out-and-back options. From the bicycle friendly Mindemoya Inn and the Twin Peaks Bed & Breakfast, it’s just a quick jaunt into town. Need Fuel? Visit Maja’s Bakery and garden for coffee, pastries, homemade pizza and lentil burgers. Maja is a well-known cyclist who works tirelessly to improve the island’s cycling infrastructure and cycle tourism.

Shorter ride? Cycle from Mindemoya to Providence Bay (15km) to cool off at one of the best beaches in Ontario and stay at the Auberge Inn and hostel, close to the boardwalk. Enjoy duathlons? Head north pedalling towards M’Chineeg along Highway 551 (paved shoulders) then onto Highway 540; at the 32km mark, hike the famous Cup & Saucer trail along the bluff. Love lighthouses? Ride to the Manitowaning Lighthouse built in 1885, sip coffee at Loco Beans and overnight at the bicycle friendly My Friends Inn.

#### WHAT TO PACK



**FERRY TICKET**  
Travel to the island on the Chi-Cheemaun



**REPAIR KIT**  
Be prepared for anything



**H2O & SNACKS**  
Carry extra supplies



**CYCLING MAP**  
14 looped road routes, over 800km to ride

#### ADDITIONAL TOURING OPTIONS

Prefer to land and launch? Let Alvar Cycling Tours plan your multi-day trip with daily distances between 38km to 80km. Humdinger Bicycle Tours offers route planning for an island cycling tour and luggage transfers throughout the Sudbury and Georgian Bay region.

Whatever ride options you select when visiting Manitoulin Island, be sure to pack your bags and bring your bicycle to best experience this laidback Ontario island on two wheels.

*To plan your visit and for more information on bike routes, maps and bicycle friendly places to eat, visit and sleep: [manitoulincycling.com](http://manitoulincycling.com) & [ontariobybike.ca/manitoulinlacloche](http://ontariobybike.ca/manitoulinlacloche)*





# EBIKE RIDERS

With the rise in popularity of ebikes, this year we decided to profile four ebike riders, sharing their stories and enthusiasm. If you haven't already, try an ebike this year from a bike rental location or your local bike retailer, chances are you won't be disappointed.



**CECIL FROM GEORGETOWN, HALTON HILLS**

**EBRAND** Amego Infinite Step-Thru & Brompton with Grinn Electric

**WHY EBIKE** I have always enjoyed cycling and when I turned 80 I decided I was old enough to get my first ebike. I often ride with two friends, so to help keep up and cover the same distance, without becoming over tired, my Amego does the trick.

**EADVENTURES** When I visit my 10 year old granddaughter in Parry Sound, she looks forward to a ride on the local trails with me, and my ebike makes it possible. I am often out on the Caledon Trailway, which is near my home, and am working on completing the Niagara Circle Route in sections. This past summer I rode over 1,500km, despite Covid.



**CHRIS FROM WALTON, HURON COUNTY**

**EBRAND** Blulans X5 eMTB with 250W pedal assist

**WHY EBIKE** My bike is a utility vehicle for getting around my 200 acre property, and into town which is 15km from home. I am also a G2G (Guelph to Goderich) trail ranger and use my bike to monitor the 50km of trail within Huron County.

**EADVENTURES** I live next door to a 40 acre county forest with rolling single track trails that I enjoy riding. My longest foray was a 140km day ride on the G2G Trail to Guelph and back. On a long trip, I keep the speed down, use the lowest power setting and on the easiest parts ride without power. I find I am riding more often and further on my e-bike than I have in the past on my hybrid bike.



**KELLY FROM TORONTO, ONTARIO**

**EBRAND** Norco Sight VLT2 eMTB & Stromer ST1

**WHY EBIKE** After 20+ years of playing rugby, I have problems with my knees. It was becoming a struggle to bike to and from work so I bought my first ebike and was hooked. It allowed me to get some exercise, didn't affect my knees and I could change the pedal assist level based on whether I wanted to work up a sweat or take it easy.

**EADVENTURES** In 2019 I rode Crank the Shield, a three day backcountry mountain bike stage race near Sault Ste. Marie. Each day I knew I would have to conserve the battery or end up peddling a 22kg bike unassisted. Doing this event was an incredible accomplishment which I would never have been able to do on a regular mountain bike.



**HEATHER, LEIF (4) AND AYLA (11) FROM PETERBOROUGH**

**EBRAND** Yuba Mundo, cargo bike with pedal assist

**WHY EBIKE** We commute to school, daycare and work by bike but when we moved to a new neighbourhood that included a very large hill the idea of cycling two kids up and down made me dread the idea of cycling. Two years ago I purchased this long tail eargo bike that we can all fit on, which gets us going faster from lights and up hills with ease, when I choose to use turbo boost.

**EADVENTURES** I love being on the bike with my kids, and being able to talk to them while we ride, seeing the city and getting about on the amazing trails. Now that my daughter is getting older, she sometimes rides her own bike, but can hop on my bike if tired.



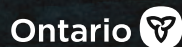
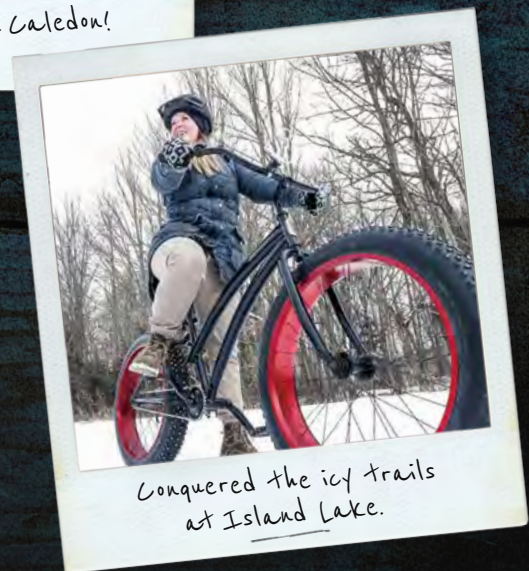
# Ultimate CYCLING ADVENTURE

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**Grab your bike and take a spin around York Durham Headwaters today!**

Plan ahead and visit safely. Please check with local businesses for hours of operation, reservation policies and additional guidelines.





Summer at many of Ontario's ski resorts can be just as appealing and action packed after the snow melts.

By Noelle Wansbrough



# GREEN SEASO

**W**ith domestic and international travel changed, travelers are getting creative in planning their cycling vacations. Summer at many of Ontario's ski resorts can be just as appealing after the snow melts. Also ski resorts are realizing they need to capitalize on more than just the 'white' season to generate revenue. With global warming, unpredictable weather patterns, aging populations and Covid, many resorts are reinventing themselves as four season destinations for the staycation crowds. Green season is just as action packed and exciting and offers a wide array of options for recreational cyclists. If you are looking for a weekend getaway or day trip this summer, we have compiled a list of the best Ontario ski resorts that can serve as a base for outdoor adventurers and active cyclists.

## Glen Eden & Kelso Conservation Area

Glen Eden ski resort is located in Milton, Ontario just outside of Toronto. Nestled on the beautiful Niagara Escarpment, Glen Eden turns into Kelso Conservation Area in the summer and provides a great getaway for recreational and experienced cyclists. Kelso has some impressive mountain biking trails from beginner to expert level and has hosted numerous mountain bike events such as the Ontario Cup and a regular weekly race series. The 170 acres of park space has 30km of trails as well as a manmade lake with a beach and campsites. There are also some terrific road biking routes in the Milton area that can be accessed from Kelso. The Epictour Granfondo departs every year from Kelso with a variety of routes from 50km to 180km, many of which can be accessed on the Strava route finder app, for pre-event training. The Escarpment

PHOTOGRAPHS BY BLUE MOUNTAIN RESORT;  
ONTARIO BY BIKE; JODY WILSON/PEDAL PUSHERS





# N SLOPESIDE

provides the perfect backdrop for some epic roads with rolling hills, thick forests and rural farmlands. You would never guess you are close to the GTA on these country roads. The proximity of Kelso to the city makes it an easy day-trip location. For those travelling from further away, in Milton and nearby there are plenty of accommodation and dining options. [gleneden.on.ca](http://gleneden.on.ca) & [conservationhalton.ca/kelso](http://conservationhalton.ca/kelso)

## **Chicopee Ski & Summer Resort**

Chicopee has been servicing the Guelph, Kitchener, Waterloo area since 1934 and is a popular ski centre for this area. The green season at Chicopee has a wide variety of options for a small ski club. They have a substantial mountain bike trail network with single track trails across the 165 acre property. The mountain bike trail system has everything for the enthusiast including demanding climbs,

descents and technical features as well as more novice-friendly trails. The resort offers day camps, rentals and bike lessons for families. If mountain biking is not your thing there are some lovely rail trails connecting small rural communities, rivers and Mennonite country. Explore some of the Grand River's 290km watershed via the Walter Bean Grand River Trail, which runs through Waterloo, Kitchener, Cambridge, and Woolwich and North Dumfries Townships. Another popular route is the Kissing Bridge Trailway, a part of the longer Guelph to Goderich Rail Trail. This 45km trail has a 2km detour to the last covered bridge that is driveable by car in Ontario (West Montrose Kissing Bridge). With the ski hill located just a few kilometers from the urban centers of Kitchener, Waterloo and Cambridge, there are a wide variety of accommodations, breweries and cafes nearby. [discoverchicopee.com](http://discoverchicopee.com)



### Horseshoe Resort

Just one hour north of Toronto, Horseshoe is one of Ontario's premier ski resorts. During the summer months, Horseshoe Resort transforms into a mountain biking and outdoor adventure playground. Green season here has plenty of options for riding all types of bikes. This area is known as a cycling paradise. The Horseshoe Bike Park offers cross country and downhill bike trails, and became the go-to spot for downhillers last summer. Bike rentals and lessons are available and trails are easily accessed by a high speed 6-person chairlift that runs throughout the summer. Across the road is an additional 400 acres of fast flowy single track trails in Copeland Forest. There is also an endless amount of quality paved roads to ride on, directly from the resort. The roads are scenic, rolling and noticeably quiet with plenty of routes to choose from. There is a variety of accommodation and dining at the resort, including the Amba Spa for those who want some true post ride pampering. [horseshoeresort.com](http://horseshoeresort.com)

### Blue Mountain

Ontario's largest ski resort offers something for everyone and has become a mecca for cyclists all over the province. All levels and types of cyclists will enjoy spending time in this vibrant European style pedestrian village along the Niagara Escarpment and overlooking Georgian Bay. There are an endless amount of accommodation options at the resort and numerous shops and restaurants to choose from. With plenty of cycling surfaces to ride (mountain, road and gravel), plan to bring multiple bikes if you have them, or rent one onsite (ebikes available too), as you can ride from the village in any direction and find some epic terrain. Paved and gravel roads with hundreds of kilometers of moderate to challenging routes are available for the recreational or serious cyclists. For a more low-key experience, there are also flat gravel rail trails. Visitors can ride west from Blue Mountain to Thornbury or Meaford, or east to Collingwood on the 34km Georgian Trail that connects to the 12km Clearview Collingwood Train Trail. Last year Blue Mountain closed its downhill and cross country bike park due to Covid and will be posting updates online regarding reopening in 2021. However, mountain biking is close by at Three Stage (40km of trail), or Kolapore

## SKI RESORTS ARE REINVENTING THEMSELVES AS FOUR SEASON DESTINATIONS AND TRANSFORM INTO MOUNTAIN BIKING, CYCLING AND OUTDOOR ADVENTURE PLAYGROUNDS.



Highlands (60km of trail), two of the province's top mountain biking trails. [bluemountain.ca](http://bluemountain.ca)

### Sir Sam's Ski & Ride

Sir Sam's in Haliburton is a great getaway option for all. The ski hill has 23km of lift or ride up access trails suited to a variety of skill levels, and has hosted numerous mountain bike races over the years. The resort offers bike lessons, guided tours and private group camps tailored to specific needs and abilities as well as late snow season fat biking. From fast and flowy downhill and cross-country trails to epic gravel and paved routes, this area is a cyclist's dream come true. Gravel and road riders can access an extensive network of road and gravel routes. The Haliburton Highlands area boasts over 600 lakes, rolling hills, rivers and rail trails. With so many cycling options here, visitors may want to stay more than a few days. Accommodation and dining options are plentiful from luxury resorts such as Sir Sam's Inn and Spa to lakeside accommodation, bed and breakfasts and private cottage rentals. [sirsams.com](http://sirsams.com)

### Calabogie Peaks Resort

This four-season resort is situated on Calabogie Lake in Ottawa Valley cottage country, just 50 minutes west of Ottawa. Options are limitless for cycling in this area and with accommodation and dining options available on site at the main hotel or nearby slope side condominium rentals, you can easily extend your stay to play. The resort itself has single and double track trails for all levels of mountain bikers. The nearby nordic trails are converted to bike trails in summer months with single track looping off the double track. Calabogie can also be used as a base for road and gravel day trips. The combination of quality roads, light traffic and challenging mountain terrain make this area a popular destination for all kinds of riders. The abandoned K & P Railway (Kingston to Pembroke) rambles through Calabogie and is a great 23km ride to Renfrew or if you are up for more of a rough and ready ride, in the opposite direction it extends 100km+ to Kingston. [calabogie.com](http://calabogie.com) ■





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# ONTARIO: YOURS TO DISCOVER







BY RICHARD OLDFIELD



# A

about 15 years ago, my wife Melissa asked me if I supported her joining our local bicycle club, Oshawa Cycling Club. Little did I realize how much that would change our lives! After literally not seeing her for a year and a half, I decided I better get in on it too and soon started riding regularly.

### SETTING OUR SIGHTS CLOSER TO HOME

Over the years we've had so many incredible experiences, meeting friends and seeing places all over the world. We have cycled in 14 countries, 45 states and seven provinces. These trips have been with just the two of us (Oregon, British Columbia, Holland, Germany, Switzerland and Austria), with a small group of friends (Scotland, Ireland, Natchez Trace) and in larger group tours, from a few





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hundred to the granddaddy of all bike tours, Ragbrai, that attracts up to 20,000 riders for an annual week-long ride across Iowa.

With changes to our travel plans this past year, we set our sights on cycling closer to home. While we have explored many parts of Ontario over the years, I never realized just how wonderful and different cycling them could be. We discovered some amazing routes and trails that we never knew existed. We were also able to explore towns and cities we had never been to before, and came away with a new appreciation of just how much Ontario has to offer.

### DISCOVERING NEW PLACES

As we travel with our bikes all the time, we do get asked frequently what areas we would recommend for cycling getaways and are always keen to share ride ideas with fellow cyclists, whether it be for a day ride or a weekend away.

North Bay was an area we had not visited in close to 20 years but upon our arrival quickly discovered an impressive array of trails that include the Kinsmen Trail, Kate Pace Trail, Cranberry Trail and the Callander Trail. The trail network will take you all around this city with its small-town feel and out to the neighbouring town of Callander. If more adventurous try some of the wonderful country roads out to surrounding communities like Powassan and Astorville, and the nearby Trout Lake area. Don't forget to take a ride along the city waterfront and shores of Lake Nipissing where you can grab a meal at a downtown restaurant and visit the North Bay Museum in the majestic old Canadian Pacific train station. Watch out for the Shadflies, harmless but plentiful, if you are there in the early summer!

Not as far north is the Minden and Haliburton area, spectacular in the fall but pretty all year round. You can start your ride at the Minden Rotary Park right near the Kawartha Dairy outlet, a great stop after any ride. Head out through the small town of Minden, checking out the murals and artwork downtown, some of which are very creative. Following country roads, ride by Kashagawigamog Lake, heading into the village of Haliburton. Be sure to see the Haliburton Sculpture Forest, with over two dozen pieces of art on display, it's a highlight not to be missed. After a coffee or lunch from one of the local cafes, hop on the rail trail that starts near the old train station. While the trail extends to Kinmount and on to Lindsay, with reportedly a few

PHOTOGRAPHS BY RICHARD OLDFIELD; (PREVIOUS PAGE CENTRE) TOURISM SARNIA LAMBTON



### THE FUTURE IS NOW

Over the last couple of years I started thinking that an ebike might be in my future, but recently realized the future is now and purchased a Trek Domane. My new ebike is light enough that I can ride easily without the battery on, saving it for hills and headwinds and to catch up with a group if I stop to take pictures. Still getting a workout, it allows me to ride further and faster when need be, and I can now keep up with my wife!

## Ebikes may be the wave of the future, but I'm real happy to be there now!

rough patches, ride just a short distance before you get back on pretty country roads, heading back to Minden. Check out the Minden Wild Water Preserve where some of the Pan Am Games competitions were held, you might get lucky and see a kayaker coming down the rapids. And don't forget that ice cream at the end of the ride!

For us, a little closer to home is another favourite, Lennox and Addington County. With some foresight, the County decided a number of years ago to add paved shoulders to all its roads and establish signed cycling routes. A great place to start is the town of Napanee where a downtown park on the river offers parking and a full-size map of different route options. Consider riding the Shoreline Route through a slice of United Empire Loyalist history as you ride along the water's edge into the small village of Bath where you can make a stop at their combined visitor centre and museum. A real plus is the lack of traffic on many of the roads in the area. When you get back to Napanee ride





# One could spend a lifetime cycling just in our province.

the short trail by the Napanee Falls and behind the remains of the old Napanee Gristmill. Also check out some of the heritage buildings and unique murals in town.

## CYCLING IN THE SOUTH WEST

Another place known for its tourism and worthy of a cycling trip is Stratford. In addition to some short trails in the city and along the banks of the River Avon where you will see swans swimming by, you can head out for a country ride to St. Marys. There you must stop at St. Marys Quarry, Canada's largest outdoor freshwater swimming pool, popular since the 1940's. Hop on a short local trail through a lovely park and downtown to admire the stone brick architecture. Stop to see the sports memorabilia at the Canadian Baseball Hall of Fame.

It's worth an extra day stay to ride north east of Stratford towards Millbank and into Mennonite country. Make sure you stop at the popular Anna Mae's Bakery and Restaurant and the town's old-style grocery store. If you want, you can jump on a stretch of the G2G Trail, freshly resurfaced, a delightful rail trail that runs from Guelph to Goderich. Back on country roads, pass through other small towns like Millverton and Mitchell that will make you feel you have gone back in time, and where you may find yourself sharing the roadway with horse and buggies. You may also see roadside self-serve fruit and refreshment stands put out by residents.

In the south west, Sarnia offers some great cycling options and is a city worthy of a visit. The trail along the waterfront passes under the big Blue Water Bridge, with a view of Michigan on the other side, and to a point a little further along where the St. Clair River meets Lake Huron. Take a spin along the St. Clair River Trail and you might catch freighters passing by. Check out the Moore Museum in Mooretown and pass through the communities of Corunna, Courtright, Sombra and Port Lambton. For a longer ride head over to Wallaceburg, known as Glass Town for its glass making industry. The Sydenham River runs right through the town and the fascinating Wallaceburg and District Museum makes for a fun stop. And while you are in Sarnia, you can ride around the Great Lakes. Yes, all five of them! Near the trail by the waterfront in Point Lands park is a set of five wading pools in the shape of the five Great Lakes and there is a paved path circling them. It will be a lot faster doing it this way!

## TRAIL HUB CITIES

If you like rail trails, consider visiting a couple of cities that are hubs for a number of gravel trails. In Lindsay, you can head out in all four directions on trails, east to Omeme and Peterborough, and passing over the spectacular Doube trestle bridge, almost 200m in length and 30m high, used by



Above: Giant Crayola factory mural in Lindsay

Right: Shadow Lake Trail in Waterford



trains from 1883 to 1978. Or go north to Fenelon Falls and Burnt River on the Victoria Rail Trail. You can also go west to Sunderland and Uxbridge or even south to Bethany and get adventurous riding some quiet gravel routes back to Lindsay, where you can dine or enjoy a drink at the many establishments in the town including the Pie Eyed Monk.

Another hub city for rail trails, and a new discovery we made last year, is Brantford. Easy riding paved trails will take you part way south to Port Dover. You can ride to Simcoe for a shorter return trail trip, but be sure to get off after crossing the Black Bridge in Waterford and ride the little trail into this small town and under the bridge for a great view. Another recommended trail stop is Mt. Pleasant, following signage off the trail towards historic buildings and the Windmill Country Market, with true to its name-sake, a large windmill out front. For an easy ride option northward, head out of Brantford to Paris following the trail alongside the picturesque Grand River. Trails east head towards Dundas, Ontario's cactus city, and onto Hamilton, the waterfalls city.

For many years Ontario's provincial motto was "Yours to Discover" and what better way to do that than by bicycle. There are so many possible day, weekend or week long cycling options in this vast province. You truly can spend a lifetime biking in Ontario! ■



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# Ride Guide

SHOWCASING SOME OF THE BEST RIDES IN ONTARIO / MAPS AND MORE AT [ONTARIOBYBIKE.CA/GREAT-PLACES-TO-CYCLE](http://ONTARIOBYBIKE.CA/GREAT-PLACES-TO-CYCLE)


## WESTERN ONTARIO

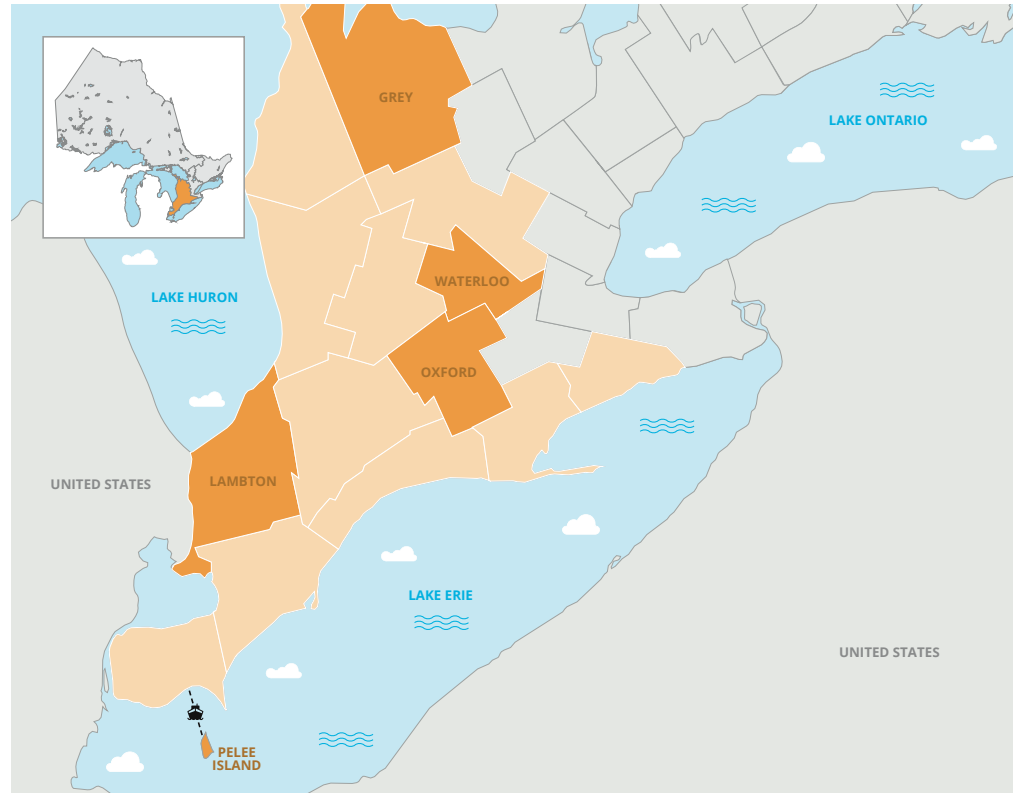
### SARNIA LAMBTON

 Head to the Pinery Provincial Park to ride one of the best park trails, the 14km **Savanna Bike Trail**. Pedal on a mix of unpaved hard packed pathway and one-way park road through Carolinian Forest and rare Oak Savanna. Take a break by following one of the sand dune lined trails to access the white sand beach and shallow warm waters of Lake Huron. Or continue the trail ride out of the park and into town, on the **Grand Bend Rotary Nature Trail**, 9km each way. Enjoy a beach and bike getaway by pitching a tent at the park (bike rentals available) or in the comfort of nearby bicycle friendly Pine Dale Motor Inn. [pinerypark.on.ca/trails](http://pinerypark.on.ca/trails)

 Combine a day of gravel riding with an extraordinary heritage learning experience in and around **Oil Springs**. Flanked by long flat gravel roads running north and south, ride past the still active rigs and once prosperous first commercial oil fields in the world and first oil wells in North America. Try this 62km loop, easy to extend or shorten, and be sure to save time to follow the historic interpretative village tour. Start or end at the Oil Museum of Canada, an unassuming tribute to the rich heritage of the area dating back over 150 years. [ridewithgps.com/routes/34775112](http://ridewithgps.com/routes/34775112) & [oilsprings.ca/trail](http://oilsprings.ca/trail)

### PELEE ISLAND

 Tucked away in the southernmost point of Canada, Pelee Island is considered one of



### RIDE STYLE GUIDE

Follow the symbols below throughout the guide to help select suitable rides.



Recreational Cyclist



Experienced Cyclist



Mountain Biker

Canada's best-kept secrets. The flat terrain and warm climate are perfectly suited for a cycling excursion. Visit the island for a daytrip using the ferry from Leamington or Kingsville or stay for the night at one of the cozy accommodations. The 28km **Waterfront Trail**, a circular route around the island, follows the shoreline with access to beaches, marshes and biospheres where many unique plants and animals can be discovered. A visit to the local heritage centre offers an interesting insight into the island's natural and cultural history. [pelee.org/tourism](http://pelee.org/tourism)

### OXFORD COUNTY

 Known as the Dairy Capital of Canada it is only fitting that Oxford County has a **Cheese Trail** with a curated list of recommended tasting and shopping stops. Enjoy a slice of peaceful trail and road riding

on the 16km **Woodstock Pittcock Reservoir** loop, taking your time dallying along the 7km stretch in Roth Park and south side of the large artificial lake, a result of damming the Thames River. Ride into Woodstock or drive a little further to sample the local goods and cheesy delights. [bit.ly/oxcheesetrail](http://bit.ly/oxcheesetrail)

 Continuing the cheese theme, bring a bag to load up with dairy goodies at Bright Cheese, just a short hop off the 73km **Big Bad Wolve Oxford Gravel Grazers Route**. Riding out of Woodstock take the rough and ready tree lined Hickson Trail north before branching off on a series of roads through Wolverton and near to Plattsville, that make for some of the best gravel riding in the area. For a shorter gravel ride, try the **Stagecoach Bandit**, an easier 28km loop that passes Gunn's Hill Cheese, famed for its tasty 5 Brothers hand crafted artisanal cheese. [rideoxford.ca](http://rideoxford.ca)





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Try mountain biking in Conservation Halton Parks, test out the world-class Mattamy National Cycling Centre (Velodrome) in Milton, or bring the whole family and cycle around our safe multi-use paths and dedicated on-road bicycle lanes. Come discover Halton and experience the best of cycling in Ontario.

To learn more about cycling in Halton, visit [halton.ca](http://halton.ca).




[halton.ca](http://halton.ca)



## WATERLOO REGION

 For those who are looking for a family friendly ride, the **Mill Run Trail** in Cambridge is a scenic trail that will also keep the younger riders entertained. The 6.5km trail meanders along the Speed River between Preston and Hespeler. Start the ride at Riverside Park, Cambridge's largest park with a fun splash pad for kids. A relaxing ride through the lush forest will end at Jacobs Landing in Hespeler. Enjoy a picnic on the shores of the river or pop into the bicycle friendly Four Fathers Brewery for a refreshment and a bite before returning back to Preston. [bit.ly/millruntrail](http://bit.ly/millruntrail)


 Apart from its buzzing urban centres, Waterloo Region is also not lacking rural areas that are well worth a cycling excursion. A short ride north into the town of St. Jacobs quickly turns the scenery from urban to bucolic, with pastoral fields and farms that define Ontario's largest Mennonite community and **Woolwich Township**. This area is a scenic playground for road cyclists, where many quiet country roads with little to no traffic, apart from the occasional horse and buggy, can be found. A great way to explore the region is the **Waterloo Guelph Explorer**, a 115km two-day ride itinerary and loop that features many more trails and landmarks including the famous Kissing Bridge. [ontariobybike.ca/septemberride2020](http://ontariobybike.ca/septemberride2020)




**43.6010286 N, -80.6340592 W**  
**WATERLOO REGION**

Ride onto quiet country roads in Woolwich Township connecting the Kissing Bridge Trail (part of the G2G Rail Trail) to St. Jacobs and Waterloo.

## GREY COUNTY

 Being home to some of the best breweries, wineries and cideries in Ontario, Grey County offers some great routes where the next pit stop is never too far. There are three looped routes, which let cyclists fuel up on lots of tasty treats. Try the 47km **Beaver Valley Loop** that

pairs stretches of paved roads with a portion along the hard-packed Georgian Trail that can be extended as far as Meaford. Start the ride in Thornbury and head towards beautiful Beaver Valley. Stop along the way for a break at the bicycle friendly Spy Cider House Distillery and Georgian Hills Vineyards, before looping back into town for a refresher at Thornbury Village Cidery. [bit.ly/greywcbb](http://bit.ly/greywcbb)

 Nestled inside the Pretty River Valley, the **Three Stage** trail system has been favoured by many experienced mountain bikers for its rugged landscape and mixture of trails. On 40km of intertwined trails, riders will find themselves immersed in an area filled with all the fun things a mountain biker can wish for. The unsupervised park is not short of rocky technical stretches, climbs and long downhill sections with plenty of variety to fill a whole day of riding. Just a quick drive from Collingwood and with multiple entrances, the park is easily accessible. Most riders start at Side Road 6 and 2nd Line from the small parking lot. [bit.ly/threestage](http://bit.ly/threestage)



**42.9765552 N, -82.4077139 W**  
**SARNIA LAMBTON**

Bike trails and boat tours, two ways to explore Sarnia's Bluewater Trails and St. Clair River waterfront.



## THE EVENTS 2021

Cycling events are a great way to explore a new destination. Whether for fun, supporting a charity or to ride competitively, there are hundreds of events annually around Ontario.

With the uncertainty around events and dates in 2021, we suggest you visit our event page or event websites directly.

Find the latest dates and info at [ontariobybike.ca/events](http://ontariobybike.ca/events)



## THE TOURS WESTERN ONTARIO

Explore with small group tours/self-guided/rentals

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Ontario's South Coast Bike Tours, Norfolk County

Elevation MTB Tours, Turkey Point

CK Maggs Adventures, Elora/Fergus

More at [ontariobybike.ca/tours](http://ontariobybike.ca/tours)



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# CENTRAL ONTARIO

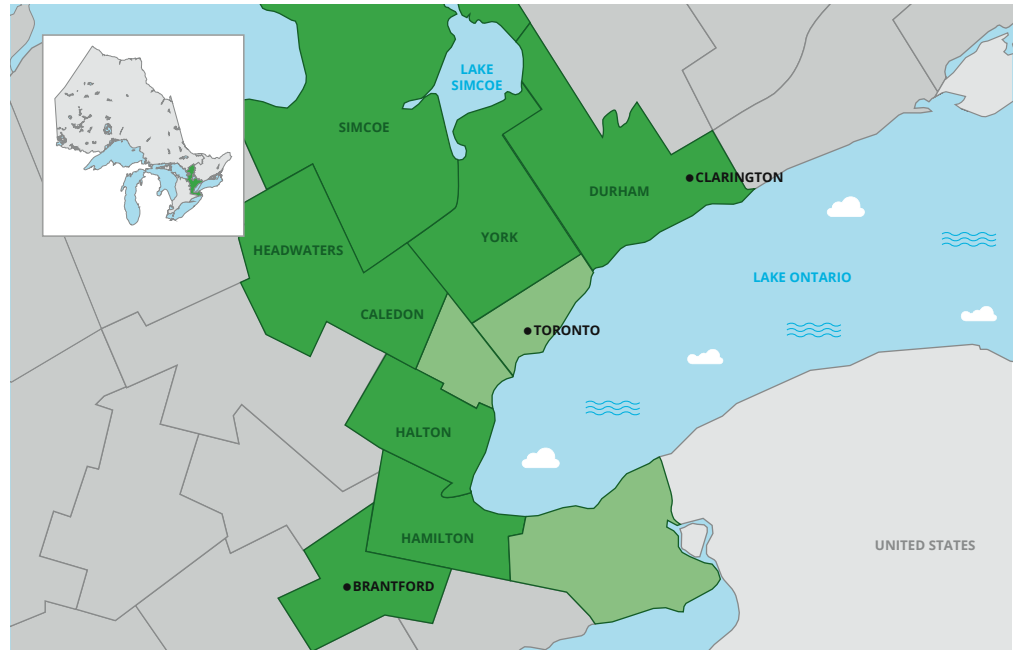
## BRANTFORD

 Located at a major artery of the Trans Canada Trail, Brantford combines both a vibrant city experience and lush parklands. Over 70km of trails and 18km of cycle paths invite visitors to explore the city's sights by bike. Parking at the Brantford Civic Centre, right beside the downtown area, allows for easy access to trails on both sides of the Grand River. Use Brantford's detailed **Adventure Map** to connect any of the trails and paths for a fun ride such as the 15km Gordon Graves Grand River Loop, passing through Brant Conservation Area. Stroll through Brantford's charming downtown area to find great dining and entertainment options. [bit.ly/brantfordcyclingmap](http://bit.ly/brantfordcyclingmap)

 Apart from its fantastic trail network, Brantford also makes a great base for a road cycling adventure into the surrounding County of Brant. Try the 60km **Brantford to Waterford Loop** that starts from downtown Brantford and with a quick push south will get riders out into the countryside with long stretches of scenic farmland vistas on both sides of the Grand River. About half way in, an ideal rest stop is the small town of Waterford. Load up on some local craft beer at Flux Brewing Company before heading back into Brantford. [ridewithgps.com/routes/34763503](http://ridewithgps.com/routes/34763503)

## HAMILTON


 For riders who would like to mix up waterfall chasing with a picnic at the beach, the **Red Hill Valley Trail** is the perfect opportunity to get the best out of both. The 12km mostly unpaved trail runs north-south between the shores of Lake Ontario and the iconic Albion Falls, stretching through the quaint scenery of the Niagara Escarpment and along the Red Hill Creek. Parking is available at the waterfront parking lot next to




Adventure Village. Hop onto the Great Lakes Waterfront Trail and extend the ride along the scenic beachfront of Hamilton for as far as you like. [conservationhamilton.ca/red-hill-valley-trail](http://conservationhamilton.ca/red-hill-valley-trail)

 The Hamilton Waterfalls are well known for their beauty. The distinctive nature of the Niagara Escarpment has formed over 100 waterfalls in the area, of which many are accessible by bike. There are multiple routes that can be combined for a day of cycling and waterfall spotting without the need for a car. The Aldershot GO station links directly to the 29km long Falls Run to Ancaster, passing by the picturesque Twee's and Borer Falls. For the experienced cyclist, an additional 62km loop out of Ancaster, using **The Brow and The Country Trail** will pass by even more waterfalls including the spectacular Albion Falls. [hamiltonwaterfalls.geotrail.ca](http://hamiltonwaterfalls.geotrail.ca)


## HALTON REGION

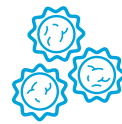
 Set out from the park alongside the Credit River and historic village of Glen Williams on the 37km **Leathertown Spin**. Amble along the quiet country roads taking in the serene scenes from forest to farmland, on a gentle roll into Acton. Once the home of the tanning industry in Ontario, Acton still has

many historic buildings including one which houses the largest leather stores in Canada. Or enjoy the green space at Prospect Park, and paddle out onto Fairy Lake, trading out two wheels for a canoe, kayak or SUP for a few hours. Returning to Glen Williams, check out the local artisans and studios or head to the village pub. [bit.ly/haltoncycling](http://bit.ly/haltoncycling)

 Start from Burlington or any other point to ride this backroad looped route that is a true 113km circuit tour of Halton Region. From Lake Ontario waterfront to and through the mellow climbs in Halton Hills pick up speed on the open roads and enjoy the rural ride scenery on the **Burloak Backroad Blast**, a fully signed route connecting both the Greenbelt Route and the Great Lakes Waterfront Trail. Other convenient start spots or rest stops include the Mountsberg Conservation Area and the fascinating birds of prey Raptors Centre or nearby Georgetown. [greenbelt.ca/cycling](http://greenbelt.ca/cycling) & [bit.ly/burloak](http://bit.ly/burloak)

## CALEDON

 Caledon has a unique charm in that it is located so close to many urban centers yet still retains its quiet rural charm, with farms and forests straddling the valleys and hills of the Niagara Escarpment. Hence it is no surprise that this



### THE STOPS BEST BUTTER TARTS

Kitchen Kuttings, Elmira

—  
The Maids Cottage, Newmarket

—  
Annina's Bakeshop, Goodwood

—  
The Little Tart, Haliburton

—  
The Queen's Tarts, Manotick



The Lake to Lake Cycling Route and Walking Trail will link Lake Simcoe to Lake Ontario covering 121 km. Come shop, dine and visit our community!

# Explore York Region



For more information please visit:  
[york.ca/laketolake](http://york.ca/laketolake)



Lake to Lake Route in the Town of Aurora



## INCREDIBLE CYCLING AWAITS

in  
*Simcoe County*







area is a huge draw for road cyclists looking for hill segment challenges and to pound out some kilometers. The significant road upgrades in recent years have seen generous paved shoulders added on a number of routes designated and signposted as bike routes. No visit to the area would be complete without a stop for oven-baked pizza, tarts and cider at bicycle friendly **Spirit Tree Cidery**. [bit.ly/peelwrmmap](http://bit.ly/peelwrmmap)

Well set up for the most avid to novice mountain or fat biker, the 50km of trails in **Albion Hills Conservation Area** are worth exploring. Easily navigate twists and turns, fast and flowy, double and single track trails following numbered posts and posted trail maps through the forest. Plan to stay a while and make use of onsite amenities including camping, beach and bike wash station. To change it up, conveniently access the **Caledon Trailway** from the west end of the park and ride on the flat wide trail surface to one of the nearby towns, Palgrave and Caledon East. [trca.ca/parks/albion-hills-conservation-area](http://trca.ca/parks/albion-hills-conservation-area)

## YORK REGION

Arguably Ontario's official dessert treat, the Butter Tart has certainly earned its reputation to please those with a sweet tooth. The 18km **Butter Tart Ride**, named after this sweet treat, a cyclist's favourite, is a family-friendly loop through quiet neighbourhoods and parks in Newmarket. The ride uses parts of the well-developed Nokiidaa Trail that links several parks and trails around the area. It is also part of the larger **Lake to Lake Route**, a 121km ride that connects Lake Simcoe and Lake Ontario. Be sure to finish the ride with an award-winning butter tart at Maid's Cottage Restaurant on Main Street, Newmarket. [bit.ly/buttertartride](http://bit.ly/buttertartride)

Who says cycling can only be an outdoor activity? Located in Markham, just a short drive from Toronto is **Joyride 150**. Canada's largest indoor bike park offers close to 10,000sqm of amazing ride fun with tons of features that are usually found on outdoor mountain bike trails. There are also lots of ramps, pipes, pump tracks and foam pits to mix it up. The park is suitable for all levels of riders, with designated beginner areas. Riders can also book private lessons and bike rentals on site. [joyride150.com](http://joyride150.com)

## SIMCOE COUNTY

In 2021, the Great Lakes Waterfront Trail will expand its reach and kilometer count following the shoreline of south Georgian Bay, from Collingwood to Port Severn in Simcoe County. Look for detailed route maps and signed road and trailways that will add to this already 3,000+km cross-provincial route. To be incorporated into this expansion and also a part of the **Route Champlain Ride Among the Hurons** cycling itinerary, are the glorious paved trails between Penetanguishene, Midland and Waubauskene. Retrace some of the early explorers' routes and learn more about Samuel de Champlain's expeditions on this 30km short or 44km long tour route. Itineraries are

available in both English and French. [ontariobybike.ca/routechamplain](http://ontariobybike.ca/routechamplain)

Starting and ending in Collingwood, the 60km **Creemore Loop** is a perfectly proportioned classic Simcoe County road ride, with an easy 20km flat start and 20km downhill return. Mid-ride hill challenges can easily be forgotten with a stretch and stop in the village of Creemore. Take your pick of main street patio's, get your caffeine and sweet treat fix at award winning bicycle friendly Affairs Café, or sample a cold one at Creemore Springs Brewery. [cyclesimcoe.ca/sgb-map](http://cyclesimcoe.ca/sgb-map)

## DURHAM REGION

Proudly taking claim to the title of 'Trail Capital of Canada' one of the less challenging rides out of Uxbridge follows the off-road **Beaver River Trail** through some of the most spectacular wetlands and wildlife habitat. Choose the distance that best suits your time frame and ride style, from Blackwater (15km) take the trail spur to Cannington, or head further east all the way to Lindsay (45km), before turning back to Uxbridge. Enjoy some downtime in downtown Uxbridge at several welcoming coffee, food and craft brewery stops (Urban Pantry, Second Wedge Brewing, Tin Restaurant and Nexus Coffee). [lsrca.on.ca/beaver-river](http://lsrca.on.ca/beaver-river)



**44.007709 N, -78.722921 W**  
DURHAM REGION

Tyrone Mills is a popular spot and stop for fresh apple cider and donuts when riding the Greenbelt Route and nearby country roads.



## THE TOURS CENTRAL ONTARIO

Explore with small group tours/self-guided/rentals

Grand Experiences Outdoor Adventure Co, Paris

Zoom Leisure Rentals and Tours & Niagara Wine Tours International, Niagara

Born to Ride Bicycle, Barrie

Pedal Pushers & Collingwood Cycling Tours, Simcoe County

Toronto Bicycle Tours & Pedal, Toronto

More at [ontariobybike.ca/tours](http://ontariobybike.ca/tours)





Village of Newcastle



Clarington Farmers' Market



Clarington Waterfront Trail

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905-623-3379 ext. 2252

*Clarington*  
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WILDLY

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AUTHENTIC

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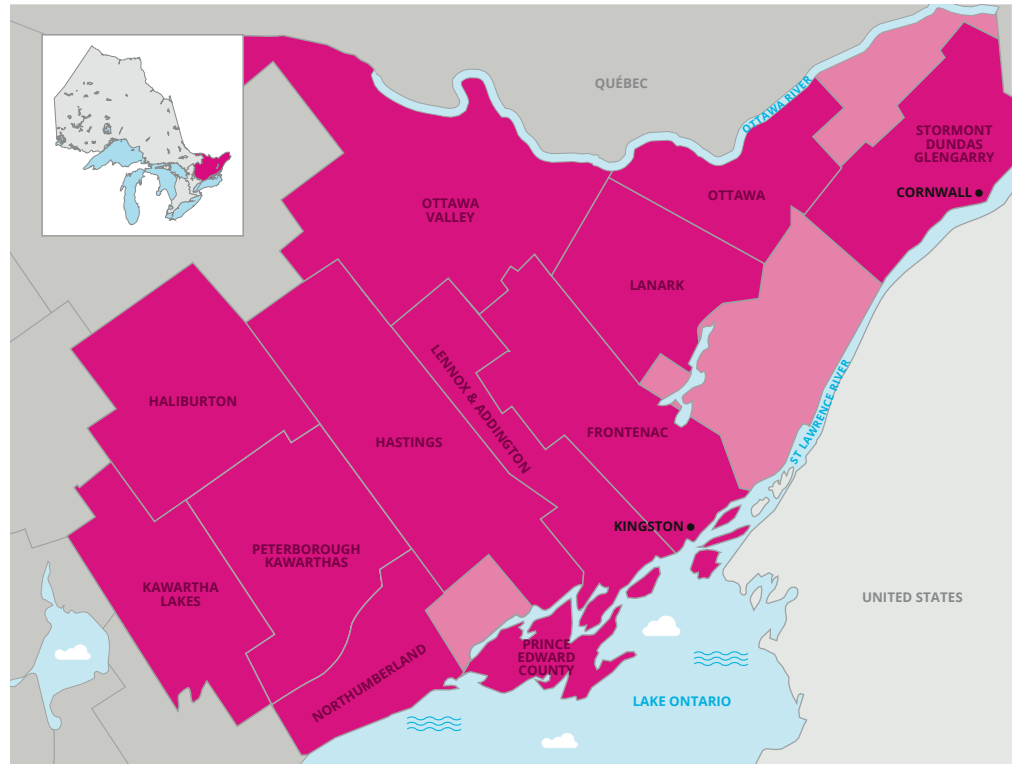
 Plan for a two day ride extravaganza or single day challenge following the 169/195km **Highland Hustle**, one of the nine new cycling loops showcasing the Great Lakes Waterfront Trail and Greenbelt Route. Follow this fully connected and signed route north out of Whitby to the hilly terrain and countryside routing eastward. Enjoy breathtaking stops at viewpoints along the way or at one of several general stores and bakeries before routing south back to the lake in Port Hope. Rest overnight at a choice of accommodations or power on along a final and easier 70km stretch following the Waterfront Trail to complete the loop. [greenbelt.ca/cycling](http://greenbelt.ca/cycling) & [bit.ly/highland-hustle](http://bit.ly/highland-hustle)

## CLARINGTON

An increasing number of cyclists are out riding the roads and trails on the east side of Durham Region and in it's largest municipality, Clarington. Plan a ride on one of the nine road routes using the mini pocket sized print map or online PDF version. [bit.ly/claringtoncm](http://bit.ly/claringtoncm)


 Ride 11km following a mix of easy quiet roads and off-road trail segments between Darlington Provincial Park, Bowmanville and Newcastle, following the signs for the **Great Lakes Waterfront Trail**. Paved nature trails skirt the large generating station and continue through two provincially significant wetlands, the Westside Marshes Conservation Area and the Samuel Wilmot Nature Area. There are two worthy lookouts a short ride off the main trail to spectacular bluff and Lake Ontario viewpoints. [waterfronttrail.org](http://waterfronttrail.org)


 Covering much of the municipality, the 79km **Newcastle Challenging** ride routes through all the top villages and hamlets well known to cyclists, including Enniskillen, Tyrone and Orono. Interspersed with some challenging climbs and gentle flat stretches, pass tree farms and apple orchards on peaceful rural roads before returning to the heritage town center of Newcastle. [bit.ly/claringtoncm](http://bit.ly/claringtoncm)



# EASTERN ONTARIO

## NORTHUMBERLAND COUNTY

 Often called the founding Father of New France, Samuel Champlain holds a special place in the history of Canada. Many historic sights and bilingual attractions can be found along the routes of his vast explorations through Ontario. As one of the five **Route Champlain** cycling itineraries, the **Trent River Ride** follows the historic Trent-Severn Waterway. The leisurely 31km or 58km route out of Campbellford features spots along the river, where some of the distinctive waterlocks can be seen. The highlight of the loop is the 91m long Ranney Gorge Suspension Bridge, with some breathtaking views from high above the riverbed. [ontariobybike.ca/routechamplain](http://ontariobybike.ca/routechamplain)

 Northumberland's versatile landscape and network of quiet roads are perfectly suited for a cycling tour that is not short on sights and scenery. The 63km **Rice Lake Ramble**

leads cyclists through the panoramic hinterland of Northumberland and the Oak Ridges Moraine. Start in downtown Cobourg or from the VIA Rail station, as it is possible to access this route by bringing your bicycle on the train. Pedal north through rolling hills and marshlands, stop at Alderville First Nation to browse through aboriginal arts and crafts before heading towards Rice Lake. Enjoy the waterfront vistas or take a dip in the lake to cool off before the ride back south. [bit.ly/ricelakeramble](http://bit.ly/ricelakeramble)

## KAWARTHA LAKES

 Gravel roads are a great way for cyclists to enjoy the quiet of the countryside without the need to be constantly on the lookout for cars, as they often see very little traffic. Kawartha Lakes has put itself on the map as a good starting point for a back road gravel ride, as there are many routes in the area that allow for such a ride. The **Four Villages Tour**, a moderate 37km gravel ride, passing through the communities of Burnt River, Kinmount, Fenelon Falls and Cobocok, features stretches of the lush forests of Somerville Forest Tract and the lower end of Four Mile



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Road Cycling

Forest Trails



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*Wild Trails*

#MY *Haliburton*  
HIGHLANDS

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Lake. The ride is well suited for both the experienced and novice gravel cyclist, as it links with other routes in the area such as the Carden Ramble and North Sturgeon Route, allowing for a longer ride. [bit.ly/kawarthalakes](http://bit.ly/kawarthalakes)

## PETERBOROUGH & THE KAWARTHAS

 Peterborough is just the perfect sized city to explore by bike. There are over 70km of bike lanes and trails that are connected and signed spanning out from the attractive and compact downtown area into greenspaces and ample urban parklands. Criss-cross the Otonabee River on several pedestrian and cycling bridges and take a roll through **Beavermead Park** stopping at a beach or to view the unique city side locks of the Trent Severn Waterway. Make time for a healthy snack overlooking the river at the bicycle friendly Silver Bean Cafe, or cruise over to a patio on nearby Hunter Street for a selection of beverages and tasty eats. [thekawarthas.ca/cycling](http://thekawarthas.ca/cycling)

 **Bike To The Borough** has a certain ring to it and bucket list appeal. While a somewhat challenging ride, the roughly 55km route from Lake Ontario to Peterborough can start and end at two shoreline towns, Port Hope or Cobourg. While both routes follow mostly paved roads, the route from Port Hope is slightly less hilly. However, the alternate route from Cobourg can be broken up nicely as it skirts Rice Lake, making a convenient half way point in Bewdley and recommended stop on the lakeview patio of the Rhino's Restaurant. Make a weekend of it staying overnight in Peterborough, and connect the two for a loop taking one route there and the other returning, adding a 12km stretch between start locations following the Great Lakes Waterfront Trail. [biketoptbo.ca](http://biketoptbo.ca)

## HALIBURTON HIGHLANDS

 Cyclists may best know Haliburton for its mountain biking or road riding but now there is something new to try, a series of gravel adventure routes across the Highlands area. Start by trying



**45.424032 N, -75.694126 W**


**OTTAWA**

Follow the Rideau Canal and other multi-use pathways to see the city sights including Parliament Hill.


something easier like the 22km out and back **East Road to Powerline** ride through the lush Haliburton Forest and past a series of small lakes. Trail permits are required, and can be quickly purchased at the Haliburton Forest and Wolf Centre, also worth a visit. This route can easily be extended into an overnight bike packing adventure riding onwards from the powerline following the 50km Best of Haliburton Forest route or further to Dividing Lake. [bit.ly/hhgravelroutes](http://bit.ly/hhgravelroutes)

 For a longer gravel adventure ride try the 85km **Southern Haliburton Ramble**. Following some of the best gravel in the southern part of the county, this looped route is 90% gravel, with only a small portion of pavement connector. With several start locations recommended, take a sturdy bike and travel lightly, as there are three village stops along the way, perfectly situated for cold refreshments. Not to be missed is the Little Tart Shop on Koshlong Lake Road, for a slice or more of home baking. [bit.ly/hhgravelroutes](http://bit.ly/hhgravelroutes) & [cyclehaliburton.ca](http://cyclehaliburton.ca)

## HASTINGS COUNTY

 Marmora and Lake is a beautiful little municipality nestled along the Crowe River. The rich history of Marmora, a small

and quaint old mining town with ample natural charm, ticks off all the boxes to make a lovely bike ride. For an easy ride head onto a short 15km loop to visit the historic **Marmora Mine**. For those equipped with a gravel or mountain bike, the multi-use **Hastings Heritage Trail** can be accessed from the Hastings Heritage Campground for a 34km loop of mixed trail and roads through diverse landscapes. Finish the ride with a delicious pizza in town at Marmora Pizza. [hastings.ca/marmora-by-bike](http://hastings.ca/marmora-by-bike)

 Advertising itself as Ontario's toughest Century Ride (100 mile/160km), the **Hastings Hilly Hundred** attracts road cyclists looking for the ultimate challenge. There are two routes favoured by locals and that are often used to train for this event, both using Bancroft as the starting point. The 118km **Elephant Loop** rolls through the rugged and sparsely populated north part of the county winding its way around picturesque Elephant Lake. Equally challenging, is the 96km **Highlands East Loop** with its many hill climbs and descents through pasture lands, and around the Madawaska Valley. For the classic 100 mile century ride, combine the two routes and tackle it all in one day or for a multi day tour, rest overnight in Bancroft. [hastingshighlandshillyhundred.com](http://hastingshighlandshillyhundred.com) & [bit.ly/bancroftnorthhastings](http://bit.ly/bancroftnorthhastings)



**THE TOURS  
EASTERN  
ONTARIO**

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Haliburton**

—  
**Sandbanks  
Vacations  
& Bloomfield  
Bicycle Co.  
& Ideal Bike,  
Prince Edward  
County**

—  
**Kingston by Bike/  
Ahoy Rentals,  
Kingston**

—  
**St. Lawrence  
By Bike**

—  
**Rideau Tours,  
Chaffey's Lock**

—  
**Escape Bicycle  
Tours & Rentals  
& A La Carte  
Shuttle & Tours,  
Ottawa**

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**Valley Cycle Tours  
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**KINGSTON**

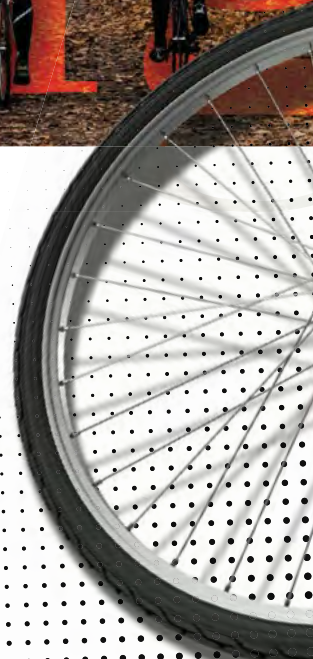
— 1000 Islands —



## ***CYCLE THE KINGSTON- FRONTENAC REGION***

Visit the Kingston-Frontenac region to experience some of the best cycling in Ontario with road, rail trail, and waterfront routes connecting Kingston's historic downtown core to Frontenac County's idyllic scenery.

**[visitkingston.ca](http://visitkingston.ca)  
[infrontenac.ca](http://infrontenac.ca)**





## PRINCE EDWARD COUNTY


 It was only at the start of this century that the abandoned Prince Edward County Railway line began its conversion to a rail trail, aptly named the **Millennium Trail**. Now the full 49km can be biked from end to end, Picton to the Bay of Quinte, or in part exploring the pretty community centers of Bloomfield and Wellington, and many wineries and attractions along the way. Start and end the ride from one of the new trailhead kiosks, or closer to Picton, from the welcoming and bicycle friendly Waring House, a historic inn with traditional pub as well as garden al fresco dining options. [waringshouse.com](http://waringshouse.com) & [pectrails.ca](http://pectrails.ca)

## LENNOX AND ADDINGTON COUNTY

 With over 600km of paved roadways and 12 well-marked loops, there are certainly plenty of opportunities for road enthusiasts to explore Lennox & Addington County. Stretching north-south from the shores of Lake Ontario, the area welcomes cyclists with its natural beauty and rural charm. For a challenging 78km ride head out onto the **Sheffield Loop**, located north of Erinsville. The ride passes by scenic farms and intersects many wetlands. As the route brings cyclists further north, the landscape reveals its distinctive rock formations that are typical of the Canadian Shield. [naturallyla.ca/cycling](http://naturallyla.ca/cycling)

 Just a short drive out of Flinton, and close to breathtaking Bon Echo Provincial Park are the **Lennox & Addington County Forest Trails**. The lush pine forest with its distinctive rugged Canadian Shield terrain, now offers over 10km of mountain bike fun with more trails to come. The area consists of a mixture of logging roads and single-track trails that perfectly blend into the surrounding landscape. There are seven different trails all conveniently connected from the 2km Pines Loop, which circuits the trails system on an old logging road. Don't miss the Dipsy Doodle Trail for some great up and downs. [naturallyla.ca/cycling](http://naturallyla.ca/cycling)

## FRONTENAC COUNTY

 One of the best ways to explore the Frontenac Arch Biosphere,



### THE STOPS 5 UNIQUE BICYCLE FRIENDLY ATTRACTIVEIONS

Cambridge  
Butterfly  
Conservatory,  
Waterloo Region

—  
S. S. Keewatin,  
Simcoe County

—  
Haute Goat Farm,  
Kawartha  
Northumberland

—  
Historic SDG Jail,  
United Counties  
of SDG

—  
Diefenbunker  
Cold War  
Museum,  
Ottawa

a far-reaching granite ridge among the rough and rugged Canadian Shield, is to follow along the flat and easy **Catarqui Trail**. Break up this rail trail ride into manageable sections and pedal out and back from Chaffey's Lock. Check out the impeccably refurbished Opinicon Hotel and well appointed pub, rent a bike, kayak, SUP or take a boat tour from nearby Rideau Tours. Another easy trail access point is north of Kingston in Harrowsmith. From here ride west through flat agricultural lands known as the Napanee Plain, or east through dense forests, past rocky outcrops and plenty of lakes and swamps. [cataraquitrail.ca](http://cataraquitrail.ca)

## KINGSTON


 Known as Canada's first capital and home to a great number of heritage buildings, the city of Kingston certainly has its own charm. A vibrant and pedestrian friendly downtown area and the great trail system along the scenic waterfront of Lake Ontario are perfect for a two-wheeled city tour. Rent a bike for the day from **Ahoy Rentals** to explore the city on your own, or head out on a guided tour with **Kingston by Bike**, to visit cultural landmarks, parks and trails. Take a stroll along the waterfront

trail to the UNESCO World Heritage Site of Fort Henry and experience the military life of the 19th century. [visitkingston.ca/cycling](http://visitkingston.ca/cycling)



Situated on the eastern shores of Lake Ontario and at the mouth of the St. Lawrence River, Kingston also marks the gateway to the magnificent **1000 Islands** area. Use the city and its many bicycle friendly accommodations as the starting point for a multi day tour following the **Great Lakes Waterfront Trail** eastwards to Brockville. Enjoy a fast 30km ride from Kingston to Gananoque, stopping for a break, before continuing onto the 37km paved off-road trail along the 1000 Islands Parkway. Pause for panoramic lookouts and island views across the St. Lawrence River, ending the 80km day with a stay in Brockville for the night, before tackling the route back to Kingston. [waterfronttrail.org](http://waterfronttrail.org)

## STORMONT, DUNDAS AND GLENGARRY COUNTIES (SDG)

 Cycling with kids is a fun way to explore an area in an active and healthy way. Thanks to its ample trails, the United Counties of SDG is a great location for




**44.2167673 N, -76.5196668 W**

**KINGSTON**


The 8km pathway through parkland and downtown is a perfect way to see this waterfront city on two wheels. Extend your ride further east or west following the Waterfront Trail, take a ferry to Wolfe Island or hop on the nearby K&P Trail.




family-friendly excursions. There are two dedicated family rides with places to explore along the way. **To The Beach** is a 29km there and back ride from Cornwall westwards along the Waterfront Trail to the sandy Milles Roches Beach. A stop at the Lost Villages Museum showcases the life of early settlers in the area. For a shorter ride head east on the **Waterfront Wonders** 13km return ride, to Gray's Conservation Area for a picnic. Both rides can be made shorter or longer, starting from points along the way, or from the free parking lot in Lamoureux Park. [cyclesdgcornwall.ca](http://cyclesdgcornwall.ca)

 Find an impressive 680km of routes on the new **SDG-Cornwall Cycling Adventures Map**. Riders can choose from 19 different routes within the area, varying in length and difficulty, each showcasing different aspects of the region. From locally produced wine and cheese to historic heritage sites or natural landmarks, each ride has its own appeal and features. To sample a bit of everything, conquer the popular 73km **Max Loop** out of St. Andrew and enjoy quiet roads with many stops along the way. Make sure to log your ride on a GPS device to receive a unique badge for each finished ride. [whereontariobegan.ca/cycling](http://whereontariobegan.ca/cycling)

## CORNWALL

 For a shorter tour, the 27km **Cornwall Urban Loop** combines a number of paths and trails that are a great way to explore the city and its close surroundings. The Cornwall Civic Centre at Lamoureux Park marks the perfect starting point for this ride with close-by restaurants and shops in the downtown area. The ride alternates between beautiful stretches along the Waterfront Trail, a ride through Grey's Creek Conservation Area and urban cycle paths that offer plenty of variety. Following the waterfront, the route also passes by the impressive Saunders Hydro Dam and its informative visitor centre. [cornwalltourism.com/cycling](http://cornwalltourism.com/cycling)

 There is definitely a certain pleasure in having a refreshing cold beverage after a long bike ride. With an abundance



of breweries in Ontario, there are many rides that revolve around this type of experience. The **Grand Tour de Breweries** in Cornwall takes cyclists on an 83km loop of scenic countryside riding including island hopping over the Long Sault Parkway. After following the beautiful stretch west along the St. Lawrence River, and a stop at the Lost Village Museum, head into the town of Ingleside for a pit stop and to check out Humble Beginnings Brewing before circling back, riding through the hinterland of SDG. Finish the ride at the bicycle friendly Rurban Brewery, in Cornwall. [cyclesdgcornwall.ca](http://cyclesdgcornwall.ca)




- Upper Thames Brewing Co, Woodstock
- 
- Four Fathers Brewing Co, Cambridge
- 
- Side Launch Brewing Co, Collingwood
- 
- Rurban Brewing, Cornwall
- 
- New Ontario Brewing Co, North Bay

## LANARK COUNTY


 Connecting two of the prettiest town centres in Lanark County, Carlton Place and Smith Falls, is an easy 30km trail section of the **Ottawa Valley Recreational Trail**. Relatively flat and easy to ride, with recent trail improvements, take the time to visit these heritage rich trail towns at either end. In Smith Falls, once an important railway junction, visit the Railway Museum of Eastern Ontario, and consider booking ahead to stay at overnight accommodations in an old caboose. Learn more about local history, the waterway and locks in town, a part of the larger Rideau Canal, at the interpretation and orientation visitor center. In Carlton Place, bike about town and marvel at the old buildings a mix of stone, log and Romanesque styles, many built in the 1800's and situated along the shores of Ontario's Mississippi River. [ottawavalleytrail.com](http://ottawavalleytrail.com)


## OTTAWA VALLEY

 What started a number of years back as a community

trail clean-up crew has morphed into BORCA (Beachburg Off-Road Cycling Association). Situated in the Whitewater Region, in close proximity to the Ottawa River, north of Arnprior and south of Pembroke, is a 45km network of purpose built **BORCA mountain biking trails**, well maintained by local cycling enthusiasts. Enjoy the peace and quiet on trails barring motorized activities, and straddling a collection of land with granted use from private owners, Renfrew County, Wilderness Tours and OWL Rafting. To ensure these trails are there for years to come, be sure to make a donation and buy a trail membership pass before riding. [borcatrails.com](http://borcatrails.com)

## OTTAWA & COUNTRYSIDE

 There is no better way to explore our nation's capital, than on two wheels. Combining **Bikes and Bites** on a tour led by Escape Bicycle Tours & Rentals, in partnership with C'est Bon Cooking, just sweetens the deal. Go local and discover new culinary delights on this three hour guided tour that includes sightseeing by bike following city trails and walking between neighbourhood tasting stops. Ideal for any type of outing and visit, it can also be booked and customized for a private anniversary or birthday celebration for someone special. [escapebicycletours.ca](http://escapebicycletours.ca)

 Explore the Ottawa River north of the city centre from the stunning naturalized settings of Fitzroy Provincial Park and Morris Island Conservation Area. This 45km **Park to Park River Ramble** ride will leave lots of time for hiking in forested woodlands, spotting wildlife, enjoying pristine shorelines, wetlands and causeway connected islands. Pack a picnic and consider an overnight camp out at the Provincial Park. Don't miss a stop in the town of Fitzroy Harbour and Penny's Fudge Factory for treats. Extend the day or go onwards to the next scenic river vantage point at MacLarens Landing and beach, or to the tiny Quyon Ferry where a 10 minute crossing of the Ottawa River connects Ontario and Quebec. [ottawa.ca/selfguidedbicycletours](http://ottawa.ca/selfguidedbicycletours)



# Ride the Rails



Cycle 365 km of rail trails through the stunning landscapes of eastern Ontario.  
[comewander.ca/rail-trails](http://comewander.ca/rail-trails)

Ontario's  
HIGHLANDS

ONTARIO  
*Yours to discover*



K&P Trailhead near Renfrew



K&P Trail, Sharbot Lake



Lunch at North Market Café, Almonte



## Find your path

With over 800 kilometres of cycling paths plus mountain and snowbike trails, Ottawa is a four-season cycling destination. Whether you choose to see national sites by bike or trek to a rural village or vineyard, you'll find your path in here.

#MyOttawa

OTTAWA

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# NORTHERN ONTARIO

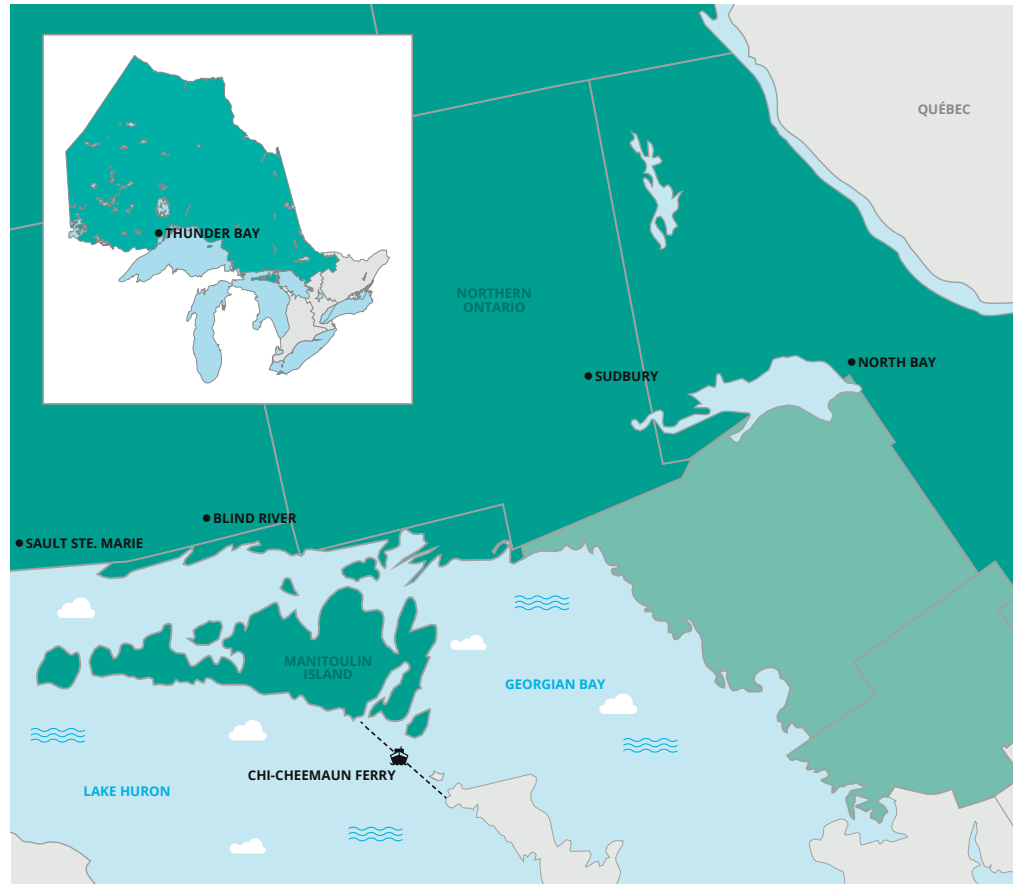
## THUNDER BAY

 As the metropolitan heart of north west Ontario, Thunder Bay is the perfect start point for a ride to explore the surrounding areas. Just a short drive west of the city lies one of the local clubs' favourite routes, the **Paipoonge Kam River Ride**. The 32km loop is a great add-on adventure after exploring the city and brings riders out to quieter country roads through farmland and bush with views over the Kam River. Park at the Duke Hunt Historical Museum and take some time to learn more about the local area. Work up an appetite and stop at the 17km mark at Stanley Tavern for one of their famed burgers. [bit.ly/paipoonge](http://bit.ly/paipoonge)

 Thunder Bay's **Trowbridge Forest** can undeniably be considered a mountain bike paradise thanks to its large and diverse trails system. Located on the north end of Thunder Bay, the multi-use recreation trail system consists of 21km of mountain bike optimized single track trail and 16km of Nordic double track that are well maintained by the local Blacksheep Mountain Bike Club. Shuniah Mines, found in the center of Trowbridge Forest contains 17km of purpose-built mountain bike single track that winds through the century-old silver mine grounds. Many of the trails are also groomed in the winter and are well suited for fat biking. [blacksheepmtb.com](http://blacksheepmtb.com)

## SAULT STE MARIE

 Mountain bikers who are looking for a ride adventure that is far from average should put a trip to Sault Ste. Marie on their bucket list. The mountainous and rocky surroundings along Lake Superior allow for some epic trail shredding. Multiple trail networks such as the 25km **Hiawatha Highlands** or **Pancake Provincial Park** are home to fantastic technical sections, switchbacks and beautiful




lookout points over the untouched environment. For those who are looking for some expert advise for their trip, **Red Pine Tours** offers various tours around the area with local guides that know the trails inside and out and hidden spots for the ultimate adventure. [bit.ly/ssmmtb](http://bit.ly/ssmmtb)



Share your experience cycling Ontario with us using the #OntarioByBike and #BikeON

## BLIND RIVER


 Take a slow roll along the three multi-use unpaved **Boom Camp Trail** loops, an easy ride out from the town of Blind River. Enjoy the flat and easy 12km ride through this naturalized area jointly managed by Mississauga First Nation, Town of Blind River, and the Blind River Cross Country Ski Club. Stopping at numerous scenic lookouts, beach and water access points, each trail has interpretive signage to learn more about the area's timber industry, First Nations heritage, flora, fauna and the expansive Mississagi River Delta. Continue the ride following the longer **Lake Huron North Channel Cycling Route** that passes through town, and head east on the gravel trail to Algoma

Mills, making a stop at a local favourite, Wilson's Market Garden for fresh greens and baked goods. [bit.ly/blindrider](http://bit.ly/blindrider) & [bit.ly/boomcamptrails](http://bit.ly/boomcamptrails)

## MANITOULIN ISLAND

When visiting Manitoulin Island be sure to include a tour of the alvars, either self-guided or on one of the six cycling and all-inclusive **Alvar Tours** planned for 2021.

Alvars are a unique geological formation that, while rare around the world, can be viewed and marvelled at close up on a number of rides around Manitoulin Island. Easy to spot, they are large bedrock pavement like plains of soft flat limestone bisected randomly with cracks and fractures. Eking out an existence, sparse vegetation and a delicate ecosystem takes root in these spaces and creates a striking visual scene.

 On the 35km round **Mindemoya Lake Loop** enjoy a pleasant road ride on wide paved shoulders before veering off through



# DISCOVER BIKEPACKING

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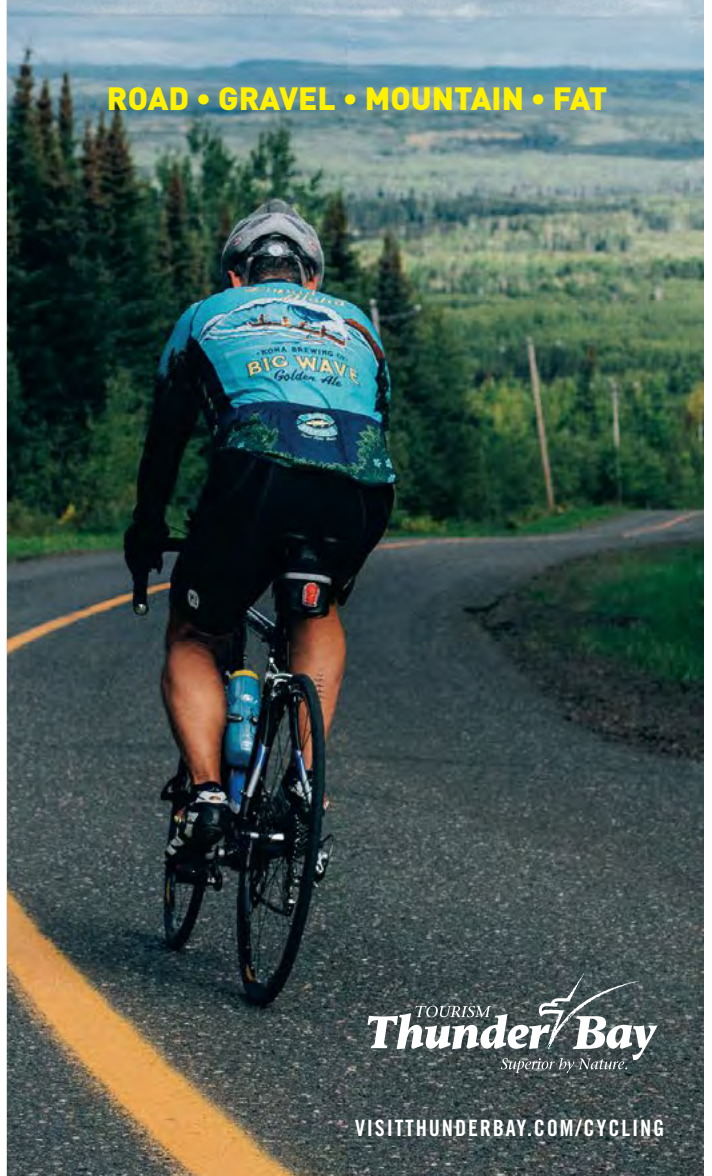
Discover more at [northernontario.travel](http://northernontario.travel)

ALGOMA COUNTRY



# WHERE THE CLIMB IS WORTH THE GIANT REWARDS

ROAD • GRAVEL • MOUNTAIN • FAT



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*Superior by Nature.*

[VISITTHUNDERBAY.COM/CYCLING](http://VISITTHUNDERBAY.COM/CYCLING)



48.4881502 N,  
-89.1872836 W  
THUNDER BAY

A mountain bike mecca, the 21km of single and double track trails in Trowbridge Forest are also groomed and suited to fat biking in the winter.



### THE TOURS NORTHERN ONTARIO

Explore with a small group tours/self-guided/rentals

Red Pine Tours,  
Sault Ste. Marie

Alvar Treasure Rides,  
Manitoulin Island

Humdinger Bicycle Tours,  
Georgian Bay

More at [ontariobybike.ca/tours](http://ontariobybike.ca/tours)

M'Chigeeng First Nations Reserve and pretty farm country. On the west side of the lake, cruise along quiet cottage laneways with a number of sandy beach and picnic stops on the way. Near the end of the ride, flanking either side of Monument Road, you can't miss the alvars.



The longer and more remote ride out to **Meldrum Bay** passes another great alvar viewing stop, Misery Bay Provincial Nature Reserve. About 12km west of Evansville, follow a signposted gravel road 2km to get to the hiking trails crossing the alvars to the water's edge. Read more about this ride and a Manitoulin cycling getaway on page 10. [manitoulincycling.com](http://manitoulincycling.com)

### SUDBURY



When it comes to investing in new cycling infrastructure, the city of Sudbury is dedicated to constantly improving its trails and roadways. Organizations such as the Rainbow Routes Association are committed to enhancing cycling as a healthy alternative to explore the area. The **Rainbow Routes Trails Network** consists of 10 different trails and multiple bike lanes perfectly suited for the non-motorized city dweller and visitor. Whether it's a visit to the famous Big Nickel or a ride around beautiful Ramsey Lake, cyclists will find access to many great sights. The network also incorporates a part of the large Trans Canada Trail that traverses the city. [rainbowroutes.com/trail-network](http://rainbowroutes.com/trail-network)

### NORTH BAY



There are many great cycling routes around the southern shores of Lake Nipissing that showcase the beautiful landscapes of northern Ontario. One of those routes is the 58km **Powassan Cycling Circle**, a mixed ride of paved and gravel roads through hilly farmlands and forests. A quick detour towards Callander passes a spectacular lookout point over Lake Nipissing, well worth the few additional kilometres. The route is one of the many great rides that can be found on the new Discovery Routes Adventure Trails Map and also shares a part of the longer **Voyager Cycling Route** that connects Sudbury to Mattawa (380km). [discoveryroutes.ca/powassan-circle](http://discoveryroutes.ca/powassan-circle)

PHOTOGRAPH BY MICHAEL MCKENZIE

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**ONTARIO BY BIKE 2021 RIDES**  
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*Just Bring Your Bike and Ride!*

- JUNE
- Niagara Circle Route South
- JULY
- Sarnia Lambton Loop
- AUGUST
- 1000 Islands River Ride
- SEPTEMBER
- Catarqui Kingston Cruiser

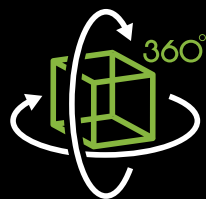
[ONTARIOBYBIKE.CA/RIDES](http://ONTARIOBYBIKE.CA/RIDES)





# CALEDON

A cyclist's utopia, minutes from Toronto



Take a ride through Caledon via our 360° VR cycling video at [visitcaledon.ca](http://visitcaledon.ca).



[visitcaledon.ca](http://visitcaledon.ca)





For more information on club rides and to find a club near you visit: [ontariobybike.ca/clubs](http://ontariobybike.ca/clubs)



#### THE LAST SPIN

# RIDING CLUB STYLE

Several cycling clubs share some of their favourite local area rides and top destinations for club tours

## 1. CALEDON CYCLING CLUB

Located at Hwy 89 and Hwy 10, east of Shelburne in Dufferin County, the parking lot of Super Burger makes a great start location for three of our regular road rides. Little traffic, excellent food for the after-ride recovery and great climbs with spectacular views along River Road keep us coming back. On a Sunday, you will often find us on a 100km ride from Inglewood through the magnificent Cheltenham Badlands with a smooth drop down to the historic General Store, on the way to Terra Cotta. Heading back, we like to stop at the top of Mount Pleasant, to enjoy the amazing views. [caledoncyclingclub.com](http://caledoncyclingclub.com)

## 2. NEWMARKET EAGLES CYCLING CLUB

At The Newmarket Eagles Cycling Club we welcome road cyclists of various abilities and interests, and offer all kinds of different levels of group rides. Our club hosts women only rides (the eGals), time trials, hill climbs and club races. For more experienced riders we also host a challenging 161km century ride to Little Britain or a 200km ride around Lake Simcoe. The latter is a club tradition - many club members will spend all season training for the Simcoe ride! Most of our scheduled rides and routes for the season can be found on our website. [newmarketeagles.com](http://newmarketeagles.com)

## 3. BLACKSHEEP MOUNTAIN BIKE CLUB

Local riders have come to realize that mountain biking in Thunder Bay is no longer restricted to three seasons, as some of the best riding north of Lake Superior takes place in the winter. The recreation trails of Trowbridge Forest sport over 21km of machine groomed single track that's perfect for fat biking. If you are just starting out, the lower trails near the Current River offer a perfect place to learn while checking out the views of Trowbridge Falls. For seasoned riders the fast and flowy heart of the system offers a fun and challenging winter riding experience. [blacksheepmtb.com](http://blacksheepmtb.com)

## 4. CORNWALL CYCLE CLUB

A favourite among club members is our 55km Cheese'n Crackers ride. Park at Gray's Creek in Cornwall, and ride east on the designated bike lane through the small towns of Glen Walter, Summerstown and Lancaster. Lovely river views, excellent restaurants (Sheep's Head, Blue Anchor, Lancaster Pizza) and quaint markets (Marlin Orchards, Henderson's, Glengarry Fine Cheese) are worthy stops. A yearly highlight for the CCC is the Rideau Lakes Tour. It is steeped in tradition as many members band together to ride 200km along the scenic Rideau Canal and lake area from Ottawa to Kingston. [cornwallcycleclub.com](http://cornwallcycleclub.com)



IT'S TIME TO  
*Escape*

Escape the everyday with a ride along the Cornwall Waterfront Trail with over 40 km of traffic free, paved trail offering a variety of sights and stops along the way. Take advantage of the Cycle and Stay package for only \$139/night and discover even more rides like the Urban Loop and the Tour de Brew.

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[www.CornwallTourism.com](http://www.CornwallTourism.com)



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×  
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# Discover BRANTFORD



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Explore Brantford's 70km of trails nestled along the Grand River. While you're here, discover award-winning gardens, museums, galleries and heritage sites, and unique shops and restaurants.

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