

# CYCLING IN ONTARIO 2018

**THE RIDE**  
BICYCLE TOURING  
STYLES

**THE ADVENTURE**  
FAMILY TRAIL RIDING  
WEEKEND

**THE EVENTS**  
CHARITY RIDES &  
REGIONAL EVENTS

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



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- Many beautiful forest trails
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**“When cyclists are doing what they love, cycling, everyone tends to be friendly and in good spirits.”**

MARK ROBERTS, FAMILY TRAIL RIDING, PAGE 12

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**PETER ISTVAN,  
FITNESS TRAIL,  
PARRY SOUND**

Take your best shot and enter the 2018 Photo Contest at [ontariobybike.ca/photocontest](http://ontariobybike.ca/photocontest)

# EXPLORE ONTARIO BY BIKE



The future looks bright for bicycle touring in Northern Ontario!

We like to ride our bikes and chances are, since you picked up a copy of our annual Cycling in Ontario guide, you do too. There are so many occasions to use a bike, whether it is about getting from point A to B, riding for the fun of it, or pushing fitness levels; it really does seem, with recent research and significant infrastructure investments supporting the fact, that there are more people biking now in Ontario than ever before.

Hence, the reason for this publication. With so many great places to cycle, and as featured throughout the guide, we want to lure you away from your regular routes and rides, and inspire you to explore somewhere new. From the Great Lakes to the Greenbelt to the Great North, there are ample trail options for recreational riders, as detailed in the Ride Guide section (page 18), and family ride experience article (page 12). More experienced road cyclists may be interested in the top hill climbs (page 5) or setting training goals to be ready for a charity ride (page 16) or race this summer. And while we have met many enthusiasts over the years, connecting with Paul (page 10) was a real charge; his enthusiasm for mountain biking is inspiring.

Make sure to dig deeper, use our resources and connect with us to share your cycling adventures across the province. Much of what we do is to support over 1,300 businesses

certified as bicycle friendly in Ontario that are ready to welcome cyclists through their front door. So when planning your next ride, be sure to find out where to eat, visit and sleep, by making use of our online map and listings.

While we were a hearty bunch on three Ontario By Bike Rides in 2017, battling downpours, heatwaves and making the most of tailwinds, the stunning scenery and new friendships made overcoming any challenge possible and fun times a guarantee. We welcome you to join us on one of these weekend tours in 2018.

We are excited for the ride year to come, day tripping, longer bike adventures and tours, and hope you are too. We have redesigned this guide, all new for 2018, a format that we hope you will enjoy and find useful pedalling into the future.

Ride safe and enjoy exploring Ontario by bike.

Louisa Mursell  
Editor-in-Chief



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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

**ONLINE RESOURCES**

For cycling maps, trail information, ride itineraries, events and tour listings, plus over 1,300 certified bicycle friendly businesses and so much more, visit: [ontariobybike.ca](http://ontariobybike.ca)

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

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Read Cycling in Ontario 2018 or earlier editions online: [ontariobybike.ca/2018](http://ontariobybike.ca/2018) (Also available in French)



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## WHERE AM I?

HUNDREDS OF TRAILS RUN THROUGH  
MY RUGGED LANDSCAPE.

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&  
THE KAWARTHAS

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# Bike ON

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



Township of the North Shore

## TOP HILL CLIMB SEGMENTS IN ONTARIO

**Sydenham Alma to Lookout in Hamilton**  
1.2km at 8% average grade

**Scenic caves to the Parking Lot in Blue Mountains**  
2.3km at 9%

**Cormac to Opeongo Road in Foymount**  
2.4km at 8%

**Water Street North Climb in Lakefield**  
2.8km at 7%

**Mount Pleasant Road Climb in Caledon**  
2.8km at 6%

**Brimley from Bluffers Park in Toronto**  
1.3km at 6%

**Bell School Line Climb in Milton**  
1.5km at 7%

**Pretty River Parking Lot to Rob Roy in Nottawa**  
7.2km at 3%

**Effingham Long Climb in Pelham**  
1.9km at 5%

Visit [strava.com](https://www.strava.com) for more information.

### THE CHALLENGE

## IT'S JUST A GAME

Yes, we humans are a competitive bunch and while we retain a sense of positive community and comradery, it's in our nature to enjoy knowing where we stand in relation to others. These instincts are being nurtured through a gaming culture that is creeping into every aspect of our daily lives. Gamification is nothing new and is the integration of game mechanics into a product or process to motivate participation, engagement, and loyalty. While it's found its way into education, healthcare and even banking systems: it's the fitness world that

seems to have capitalized most on our propensity for one-upmanship.

In the cycling world, it's nowhere more evident than in Strava's 'Segments' feature.

For those not familiar, Strava is an online platform that uses mobile devices (phone, smart watch, GPS device, etc) to track your favorite recreational route or training ride, with lots of performance data to sift through. Strava Segments are user created and edited portions of road or trail where cyclists compete for time and are ranked on their performance. Segments can be

associated with climbs, descents, time trials and loops, and there are plenty to be found across Ontario.

Strava's Live Segments alert riders when approaching a segment, meaning it's time to dig deep, ride hard and compete for the best time. This is the game element. If a rider finishes a segment with the fastest time, they are crowned King of the Mountain (KOM) or Queen of the Mountain (QOM) for female riders.

Sound like fun? Go out and find a segment on your favourite route and see how you stack up. But remember, it's just a game. ➤➤



Twiss Road

THE GEAR

# THE E-BIKE CHALLENGE & SWEET REWARD

E-bikes make you look. Whether you notice as they whiz by you on your push pedals or you're an innocent bystander noting something just isn't right with the ease of speed and rider, a second glance may answer the question. What may appear to be a regular bike may indeed be sporting a chargeable battery pack, with pedal assist kicking the bike into an accelerated speed.

With e-bike sales sky rocketing, we decided to investigate further and take one out on a ride. Picking a destination known for its climbs and scenic routes, we headed to Escarpment Country, in Halton Region, not far west of Toronto.

FUN FACTS

**35**  
MILLION

e-bikes worldwide sales estimate for 2017

E-bikes are one of the fastest growing categories of bicycle sales

There are e-bikes of every type and brand

With it being a non-event day, we easily parked at the Velodrome in Milton, also using it as an opportunity to take a peak inside this world class facility, and use the public facilities.

Riding out with plans to zip about the 50km Veldrome Vista route, an odd couple we may have seemed, one on an e-bike and another riding a high end road bike. The challenge was on, but all for fun. Digging the flatter country farmland, with a backdrop of jagged and crumbling Escarpment cliff faces, we were soon running a series of rolling hills. Great pleasure was taken in pressing the 'turbo' mode and easily outpacing the Cervélo. With fall in full swing, the colours were a stunning mix of muted yellows and oranges, enjoyed all the more, without having to make the full effort needed to power up the hills and keep up with a faster rider.

At 30km a few deciding factors came into play. The weather appeared to be taking a turn, with threatening rain clouds circling. Also a phenomena new to me set in, range anxiety. Not wanting to be caught out with many extra kilometres to go and a flat battery, unsure of the full life expectancy

of battery and not fully trusting the handlebar computer's calculations, we made the call to re-route, easily finding an alternate loop option that saw the ride out.

What a super experience! There is no shame in riding an e-bike, it is 100% fun, and still requires a considerable amount of physical exertion. I imagine with more familiarity on e-bike of choice, range anxiety would not be an issue. For riders, families or friends of two speeds and different ride styles, this is a great way to be able to ride together again, and a win-win for all.

THE PLACE

## AT THE VELODROME

If you haven't had a chance to visit this relatively new sporting venue, make this the year. Whether you are planning to start a ride out from the Mattamy National Cycling Centre - Milton Velodrome, interested in a Try the Track certification course or are ready to ride don't pass up a chance to drop-in.

Returning in late fall 2018 for the second year in a row, the UCI Track Cycling World Cup is a spectacular weekend of racing. With over 250 competitors from 30 countries the calibre of athletes, including top Canadian riders, is a must see for any cyclist. The velodrome comes alive with a full schedule of fast paced, back-to-back races over two days, and crowds cheering for team pursuits, sprints, the Keirin and popular Madison-style races. [mattamynationalcyclingcentre.ca](http://mattamynationalcyclingcentre.ca), [twcmilton.com](http://twcmilton.com)



PHOTOGRAPHS BY (TOP LEFT) HOWARD CALVERT; THANKS TO GEARS BIKE SHOP FOR E-BIKE TRIAL; (BOTTOM RIGHT) CYCLING CANADA

THE RIDE

# GUIDED, SELF-GUIDED OR SELF- SUPPORTED TOURING?

There is lots to consider, but it really comes down to time, budget and preference. Some cyclists find pleasure in planning out all the details, while others can't be bothered and won't carry their own gear. When visiting a new destination by bike here are three ways to go and none are the right or wrong way.

## GUIDED TOURING

Guided tours are like all-inclusive trips by bike, including guide, accommodation, meals and support van (sometimes with a bike mechanic). Often other activities are also included like wine tastings, additional tours and hikes.

**PROS** A structured schedule and route maximizes time on two wheels. A knowledgeable guide can give insight into local culture and history, while reducing the chance of getting lost. A support van carries luggage and equipment and if a bike breaks down or you run out of steam, the van is never far off.

**CONS** The upfront cost of a guided tour may seem expensive to some, but when all things are factored in it may actually be a deal considering what is included. The structure can lead to less spontaneity and opportunities for detours and the pace of the tour may not work for everyone.

## SELF-GUIDED, SUPPORTED TOURING

With some meals and accommodation taken care of, and a support van on hand, this is a notch down from guided tours. You'll receive route maps of the route to guide your



Simcoe County



**Some cyclists find pleasure in planning out all the details, while others can't be bothered to carry their own gear.**

independent ride leaving you to ride from A to B on your own.

**PROS** There are the cost savings and the convenience of a pre-planned route, as well as the flexibility to explore on your own. Many like the great social aspect on group rides, while others prefer to ride solo. These tours blend adventure with some creature comforts. For tours on linear routes, transportation back to start is typically supplied as well.

**CONS** While most self-guided tours offer visitor information, but no guide, cyclists may want to >>>



Ontario By Bike Rides are self-guided, small group supported bike tours that showcase some of the best recreational cycling experiences in regions across Ontario.

Tours include: accommodations, lunches, breakfasts, snack and water stops, van support, group ride option and/or detailed maps, plus return transportation back to start which makes these rides, often following linear trails and routes, possible. Just bring your bike and ride!

Find 2018 tour dates and destinations, or legacy itineraries from past tours to allow you to ride these same routes as a self-supported cyclist online at [ontariobybikerides.ca](http://ontariobybikerides.ca)

**There's a lot of flexibility and with no schedule, plenty of spontaneous experiences to be had.**

be well armed with maps and do some additional research. There is typically set accommodations and meals, but remember, tour prices will determine whether it's a 5-star or 3-star tour.

### SELF-SUPPORTED TOURING

Researching maps and websites, planning daily distances and routes, packing gear, booking accommodations and sorting out transportation. Sound like fun? It is for some. Once two wheels hit the road or trail you're on your own.

**PROS** It can be a relatively inexpensive way to travel. There's a lot of flexibility and with no schedule, plenty of spontaneous experiences to be had. It's certainly an adventure and a great way to experience local culture. Meeting new people along the way seems synonymous with self-supported touring.

**CONS** While initial costs can be minimal, paying for unforeseen bike repairs, transportation and hotels quickly add up. If you're not up for it, carrying gear on your bike can be a pain. You may miss 'must-see' attractions or get lost, and while this sounds like fun for some, others don't associate it with a 'trip of a lifetime.'

—  
*Find dozens of guided and self-guided bike tours across Ontario at [ontariobybike.ca/tours](http://ontariobybike.ca/tours)*

*To plan a self-supported tour and find certified bicycle friendly businesses along the way visit: [ontariobybike.ca/great-places-to-cycle](http://ontariobybike.ca/great-places-to-cycle)*



Watch for this sign! It'll let you know that you're on a portion of the 2,660km trail



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

Goderich



### THE ROUTE

# THE GROWING GREAT LAKES WATERFRONT TRAIL

Explore Ontario, the Great Lakes and St. Lawrence River riding the Waterfront Trail. For multi-day tours, day-trip itineraries and information on the Great Waterfront Trail Adventure, a week-long cycling event, visit: [waterfronttrail.org](http://waterfronttrail.org)

### TRAIL STATS

- › 2,660km total length of cycling route, expected to be signed and completed by summer 2018
- › 740km new extension to route from Huron County to Espanola, including Manitoulin Island; Tobermory to Collingwood and final sections of the Lake Huron North Channel expansion.
- › 902 directional signs installed to mark the new extensions on local roads and trails.

### GREAT WATERFRONT TRAIL ADVENTURE FACTS

- › 81,000km total combined distance rode by all participants on the

six day 2017 Adventure (that's over twice the circumference of the Earth!)

- › July 29 to August 3 – Save the date and register early for the 2018 ride and classic route in eastern Ontario.

### RIDE ITINERARIES AND TRAILS TO GO

- › 15 day-trip or multi-day ride itineraries, many featuring the Great Lakes Waterfront Trail, and also the Greenbelt Route, all available as part of Canada's sesquicentennial celebrations, a Celebrate by Bike - Ontario150 legacy. [ontariobybike.ca/150](http://ontariobybike.ca/150)
- › 789km is length of 'Nail the Trail' itinerary, suggested 9-day ride from Niagara to Quebec
- › 12 Trail to GO routes featuring shorter suggested trails rides and signed connections from GO Train stations across the Greater Toronto Hamilton Area. [waterfronttrail.org/trailtogo](http://waterfronttrail.org/trailtogo)

It's a  
good  
day to  
ride



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Parks of the  
St. Lawrence

# PAUL MEIKLEJOHN

Meet Paul, an avid mountain biker, former pro racer and infectious enthusiast who wants to inspire more folks to hit the trails.

**Cycling has been a big part of your life, how did you get started?** I caught the bug when I was 12 years old, having just watched an episode of That's Incredible featuring kids on BMX bikes. I was captivated and begged my dad to buy me one. It wasn't long after a local BMX track opened in Port Dover and I began to race. It turned into a family affair, with my brother also competing and us all travelling to events in the U.S. and Canada. I won the Provincial Championships at 14. In high school, I took a break and didn't ride for years. Returning home to Norfolk County after university, friends invited me out to ride the trails at Turkey Point. I was instantly hooked and bought a mountain bike the next week. It took me back to being a kid again on my BMX, it was magical. The following year I took up racing, once again.

**As a former mountain bike competitor, can you tell us a little more about training, race days and your accomplishments?** Most of the racing I did was against the clock, not

**"It took me back to being a kid again on my BMX, it was magical."**

head to head. I quickly learned that being fast in the corners was the skill I needed to win. Practising that at Turkey Point was ideal, as there weren't a lot of rocks and hills to train on. Most race days I limited myself to 3 warm-up runs, while others did more. In 2001, I switched from cross-country to downhill and won every Ontario Cup race, provincials and overall title in 2002. In 2003, I turned pro and placed third overall in the Provincial series. I rode pro for 4 years. Later in my age category, I won 5 provincials and 2 national races and placed second in the National Championships, continuing to race until 2014.

**How has your participation in the sport changed over time?** Having fun has always been my driving force. From racing to now, wanting to stay involved and get more people out on bikes having fun too. I am happy introducing people to the sport through my business, Elevation Mountain Bike Camps and Coaching. We offer clinics, tours and full gear rental, on the Turkey Point trails. Recreational mountain biking is growing in popularity with women, and I often have groups of ladies out on the trails, loving every minute of it.

**Living in south western Ontario, what are some of your top local rides and trails?** The Turkey Point trails, maintained by the Turkey Point Mountain Bike Club are where I ride the most and are close to home. My favourite trails are Jimmy's Joker and High Mile, but I may be a little biased because I helped build them!

**Hitting the trail a little further from home, what are some of your favourite ride destinations in Ontario?** Three Stages, south of Collingwood, and the trails in Dundas Valley are top contenders. Both have elevation that requires climbing skills, plus rocks and roots; features not as common at Turkey Point, known more for its fast and flowy trails.

**After a day on the trails, do you have any post-ride rituals and treats?** Because where I mostly ride is sandy, taking a wire brush to the top and bottom of the chain followed by lube is a smart move at the end of the day. Followed by beer! ■

—  
For more information on Turkey Point Trails visit: [tpmbc.com](http://tpmbc.com)



Turkey Point

PHOTOGRAPH BY DESTINATION ONTARIO

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REGION





Mark and his son Kurtis on the Doube's Bridge Trans Canada Trail, Kawartha Lakes.



# **FAMILY- FRIENDLY BIKE TOUR ALONG THE TRANS CANADA TRAIL**

**TRAIL RIDING AND WEEKEND  
AWAY IN THE KAWARTHAS**

**BY MARK ROBERTS**

# M

y family—Me, wife Debbie, son, Kurtis— love cycling. For Kurtis, it started with one of those ride-along tandem hookups which he enjoyed for a few years before he became too

heavy to tow along. We could go out many an afternoon, close to home in Toronto, up the Don Valley Trail or in Tommy Thompson Park and along the Leslie Street Spit with Kurtis sitting safely and comfortably just behind me. He could help and pedal along if he wanted to – or not – mostly not.

Once Kurtis was on his own bike, we gradually increased the time and distance of our family rides – some of them were pretty long - and he got stronger and more capable year by year. We undertook our first multi-day cycling trip when he was 10. He seemed up for it. We found that cycling long distances with our son was facilitated by frequent stops and snacks. It's also good to have some kind of “prize” waiting either at the end of the ride or at your furthest point – be that ice cream or a hotdog or something that will keep a kid motivated.

## ORGANIZED RIDES

We organized our first multi-day family ride but being as busy as we are, quickly realized that there may be an easier way to do it. Debbie always scouted for other options, and she eventually stumbled on the Ontario By Bike website, a nifty organization that arranges group rides focused on exploring the scenic regions of Ontario along its many recreation trails. We first joined one of these rides in the fall of 2015 and came back for more in 2016 and 2017.

Everything is planned and booked. You just show up with your bikes and bags. Your overnight luggage is put on a truck and taken to the hotel. You don't have to carry everything while you cycle so you can have your creature comforts in the evening – your shaver, your blow dryer, tablet computer and clean clothes. How sweet is that? The truck shadows the group and help is a phone call away if you have a problem. At designated rest stops, the support truck is waiting with fruit, sweets and drinks. We have also enjoyed the social interaction which extends beyond the cycling trails. There are breaks and lunches and also an evening social where everyone meets for dinner and drinks.

## KAWARTHAS TRANS CANADA TRAIL RIDE

Our most recent 2017 tour with Ontario By Bike featured a string of connected rail trails that stretch 100km between Uxbridge and Lakefield. Unusual with a ride in late September, there was a heatwave, with temperatures in the low 30's. Scenery at this time of year is spectacular as the fall colours are getting underway. Much of the route was along the Kawarthas Trans Canada Trail. There were forested areas, open farmer's fields, small towns and old wooden bridges crossing narrow lakes and rivers – continuous eye candy.

The first day was relatively short – about 45km – and most of it along a very flat and very straight path with lovely farms in all directions. Kurtis, now 14, was on his first extensive ride on his new, fully adult sized Giant bicycle. He took off like the wind, riding among the fastest in



**There were forested areas, open farmer's fields, small towns and old wooden bridges crossing narrow lakes and rivers – continuous eye candy.**

our group and sometimes way out in front of everyone. He can be a little competitive.

The first day's ride ended in Lindsay, where the Trans Canada Trail skirts the southern end of town. Upon arrival, we headed straight over to Kawartha Dairy at Russell Street and Victoria Avenue. This is a guilt-free treat when you have been riding all day. With it still fairly early in the afternoon, and post ice cream, all Kurtis wanted to do was get into our hotel, the Lindsay Days Inn

& Suites, and go swimming. We spent almost two hours in the pool, floating around on pool noodles and chatting with other cyclists from our group. Later in the evening, we all met for a nice dinner at the Olympia Restaurant, sitting at one big extended table reserved for our group. There was plenty of comradery and conversation about other cycling trips and experiences. When cyclists are doing what they love, cycling, everyone tends to be friendly and in good spirits.

The next day we rode to Lakefield, about 15km beyond Peterborough. This leg of the trip featured a morning break stop at local trail stewards, Marnie and Steve's farm. Marnie makes muffins - excuse the alliteration -really well and freshly baked a batch for our group. We all scarfed down said muffins along with cold drinks under the farm's big shady trees. It had been hot that morning and it was an ideal place for a break.

Much of the morning route took us through forested areas and included a few wooden bridges that spanned rivers or narrow lakes. Commanding views are always a good reason to stop and take a short break and a few pictures. Doube's Trestle Bridge was another matter. The bridge is strictly for cyclists and pedestrians, and crosses a large ravine offering the most impressive view of the entire tour.

Rolling into Peterborough, lunch was at the Silver Bean Café. It was good to chill in the shade on the patio overlooking the Otonabee River. We shared a table with Ed, an 86 year-old man and the oldest participant in our group. We thought this was pretty exceptional. Debbie and I are both hoping to be in that kind of shape when we're in our 80's. It so happens that Kurtis was the youngest of the

### THE TIPS BIKING WITH KIDS

Be flexible and ready to change your ride plan

Check bikes and all equipment before departing, ride safe

Pack extra snacks and drinks

Have a ride prize at end, ice cream is a favourite with riders young and old

Stick to trails or low traffic volume roads, choosing route according to ability

Find a swimming spot along the way

group at 14 – a 72 year difference. It seemed only fitting that we struck up a friendship over lunch.

The final leg of the weekend-long ride took us through the Trent University Campus and also past one final spectacle of interest: The Peterborough Lift Lock. As an engineer, these kinds of things get me very excited. When you think of the ingenuity involved in constructing a dual alternating lock system that can lift or lower a boat over 60ft and uses only gravity and no external power – and all of this before the start of the 20<sup>th</sup> century - you have to tip your hat.

Finally arriving in Lakefield, after a hot 16km along the Rotary Greenway Trail, it was late afternoon and all feeling pretty spent, everyone flopped in the shade of the little park outside the library. There was a grocery store across the street and Hamblin's Ice Cream shop in the other direction so we refueled ourselves. At the appointed time we boarded the bus that Ontario By Bike had arranged to take us all back to our cars in Uxbridge, where we started, ending another great weekend and family trail ride. ■

Sign up for this family friendly, 2-day self-guided tour in July 2018: [ontariobybike.ca/ridejuly2018](http://ontariobybike.ca/ridejuly2018)

Additional Tourism & Trail Information: [explorekawarthalakes.com](http://explorekawarthalakes.com), [thekawarthas.ca](http://thekawarthas.ca), [kawarthasnorthumberland.ca](http://kawarthasnorthumberland.ca), [ktct.ca](http://ktct.ca)

For more information on bike routes and bicycle friendly places to eat, visit and sleep: [ontariobybike.ca/kawarthas-northumberland](http://ontariobybike.ca/kawarthas-northumberland)

**Explore York Region by Bike**

York Region is a great place to enjoy cycling and explore local sights of interest.

There are many on and off-road cycling routes from Lake Simcoe to the City of Toronto, providing a network of bicycle lanes, paths and trails to encourage recreational cycling.



To explore York Region's cycling routes, download the York Region Cycling Tour map at [york.ca/cycling](http://york.ca/cycling) or the new York Region Trail Guide at [york.ca/trails](http://york.ca/trails)



# A GOOD CAUSE



BY BONNIE MUNDAY



## CHARITY RIDES ARE A FUN WAY TO EXPLORE ONTARIO AND DO SOME GOOD TOO

**T**here are so many good reasons why it's a great idea to do a ride for a charitable cause. For me, setting a goal of doing my first one several years back was the perfect excuse to improve my performance on my road bike. Since then I've done a handful more and have never regretted it. Here's a little primer.

### PICK YOUR RIDE

Honestly, I find that it often comes down to the date of the ride - summer weekends can be so busy that the date simply has to work for my schedule. Obviously, some people choose their ride based on what charity it's supporting; perhaps there's one that's close to your heart or raises funds for an



illness that has affected a family member or friend.

My first charity ride was 100km with Ride for Karen. It takes place mainly in rural - and sometimes very hilly - York Region. It's organized by two brothers whose mother, Karen, died of breast cancer. Since both are keen cyclists they decided to organize a charity ride in her name, and it has grown in popularity since then, raising more than \$2 million to allow kids with cancer to go to camp. It's really tough to argue with that as a cause.

Some people pick their ride based on the minimum funds required to participate. Others make their choice based on a particular distance that they want to do; many rides offer a variety of distances anywhere from 10km that you can do with your kids all the way up to 200km. Others choose their ride because of the differing landscapes and destinations they get to explore by bike.

### SEE BEAUTIFUL ONTARIO

There is such a variety of terrain across the province, whether northern, central, southern or eastern Ontario. For a 160km "century ride" (100 miles) I did with a few friends - not an organized charity ride, but one where we each made a donation to the Right To Play charity as our self-imposed "entry fee" - we chose the Welland/Niagara area since it's so flat. We figured 160km would be tough enough without lots of hills!

And I was wowed by the beauty of riding alongside the Niagara River, past the shores of Lake Erie, along the

PHOTOGRAPHS BY STEPHEN MORLEY/RIDE FOR KAREN; CALUM TSANG/TOUR FOR KIDS



ride, I make sure to work my way up to ever-increasing distances. It's the only way to build muscles and speed, and to minimize aches and pains while you're in the saddle. After all, when you log lots of kilometres, you figure out what body parts are getting strained. On my first summer of more serious road cycling, four years ago now, I had neck aches while training, so I brought my bike into the bike shop to check whether the fit was as good as it could be. They ended up needing to adjust my handlebars, which were a bit too much of a reach for me.

The most obvious reward, behind achieving a goal you've set, is that you have done something for someone in need. You do have to put effort into raising funds - something that's surprisingly fun, and gets you even more engaged with your chosen cause - and on the big day, when you look around you and see everyone excited to get cycling, it's a great feeling when the organizers announce how much money everyone has worked together to raise.

In fact, I couldn't imagine doing these long-distance cycling events without the added incentive that it helps someone else besides myself. It just doesn't seem right to feel so great physically when you train for and finish these challenges and not share the good feeling with others - all for a worthy cause. ■

To find out more about these rides visit:  
[rideforkaren.com](http://rideforkaren.com) & [tourforkids.com](http://tourforkids.com)

For 2018 cycling event listings including charity rides visit: [ontariobybike.ca/events](http://ontariobybike.ca/events)

Welland Canal towards Niagara-on-the-Lake and wine country, and back to Niagara Falls.

What better way to see this beautiful province than from the seat of a bike? I'd visited the Waterloo region many times in the past - by car - but only when I did a two-day ride called Tour for Kids did I get the real feel of Waterloo. Tour for Kids takes place in a different location each year, and, like Ride for Karen, it raises money for kids with cancer to go to summer camp.

When I did this ride I chose to cycle 100km a day on both Saturday and Sunday. Day one was cycling all around the Mennonite farm countryside, with beautiful rolling hills, keeping the cycling interesting and fun. It's a well-supported ride, with lots of marshals en route, plus snack and bathroom-break areas. Dinner was a fun meal with hundreds of other cyclists under a big tent, and most people stayed overnight in comfy rooms at the University of Waterloo student residence. On Day two we rode from Waterloo on a lovely meandering route down to Oakville, where the ride ended in celebration.

### REAP THE REWARDS

There's nothing like setting a deadline to get ready for something - and knowing that you'll be challenged to ride a long distance on a particular date is as good as it gets. You really must train for something like that, and that creates focus and leads to better fitness and performance.

A couple of months ahead of each long-distance charity



Above: Post ride fun, Ride for Karen

Bottom right: Rural country roads, Tour for Kids

Top right: Enjoying the ride, Ride for Karen



# Discover Elgin County

Experience Elgin's natural beauty on scenic forest trails or let warm breezes guide you along on-road cycle lanes that meander along Lake Erie's stunning north shore.

[elgintourist.com/cycling](http://elgintourist.com/cycling)



We have plenty  
of reasons why you'll  
love this place.

### Point Pelee National Park - Leamington

We're making significant infrastructure updates as we celebrate Point Pelee's 100th birthday in 2018.

### Our Region is Full of Trails

Explore the Chrysler Greenway, Herb Grey Parkway, Ganatchio Trail, Riverfront, Malden Park, and more!

### Pelee Island

Celebrate the 150th Anniversary of Pelee Island. Come aboard our new ferry and discover our many island trails including the Great Lakes Waterfront Trail.

Reason # **12** POINT PELEE NATIONAL PARK



Reason # **39** MILES OF TRAILS

Reason # **31** PELEE ISLAND



# 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

### WINDSOR ESSEX PEELE ISLAND

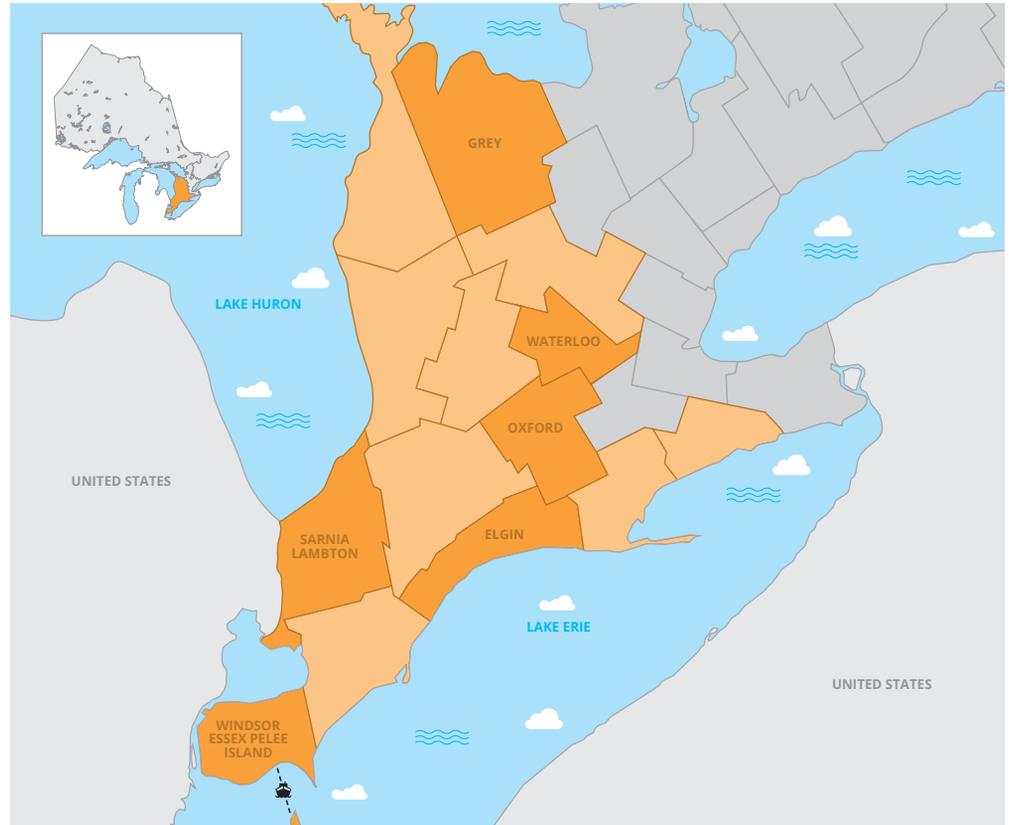
 Consider spending a few days exploring the north shore of Lake Erie in Essex County. The **Centennial Trail** is a 15km return trip in Point Pelee National Park along a gravel trail through dryland forest, savannah and to beaches. Ride an additional 6km along a forested paved road to the tip of Point Pelee. More experienced cyclists can ride from Leamington's waterfront to the park, making for a quick, but refreshing 30km out and back ride. With ferry services from Leamington and Kingsville to Pelee Island, extend the trip to Canada's southernmost point and enjoy a 28km looped route along the Great Lakes Waterfront Trail on the island.

[pc.gc.ca/en/pn-np/on/pelee](http://pc.gc.ca/en/pn-np/on/pelee),  
[ontarioferries.com](http://ontarioferries.com)

 With over 400km of the **Great Lakes Waterfront Trail** along the shores of Windsor, Essex County and Pelee Island, there are countless day trip and multi-day itineraries to be planned in Canada's southernmost region. From downtown Windsor, ride east along the riverfront and follow the signed Waterfront Trail on a mix of paved paths and roads to the lakefront community of Belle River. Soak in sun on the beach at Lakeview Park before grabbing lunch in town. A 60km return trip leaves ample time to visit a local restaurant, or experience one of the many craft breweries and distilleries in the city. [waterfronttrail.org](http://waterfronttrail.org),  
[visitwindsor-essex.com](http://visitwindsor-essex.com)

### SARNIA LAMBTON COUNTY

 Follow the blue waters of St. Clair River and Lake Huron



### RIDE STYLE GUIDE

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



Recreational Cyclist



Experienced Cyclist



Mountain Biker

on the aptly named **Blue Waters Trails**. In addition to waterfront trails in the city of Sarnia, the 16km **Howard Watson Nature Trail** heads into and through more rural landscapes as it curves towards the Lake Huron shoreline, intersecting with the cross provincial Great Lakes Waterfront Trail in several parks with picnic spots along the way. Campers heading to Pinery Provincial Park, just south of Grand Bend, should make time to rent a bike and make a circuit of parkland on the pleasant 14km park trail before or after hitting the famous white sandy beaches. [ontbluecoast.com/cycling](http://ontbluecoast.com/cycling)

 **The Bluewater International Granfondo** is putting Sarnia and the county of Lambton on the map for road cycling, drawing a crowd of racers from the U.S., crossing the bridged border in Sarnia or on ferry crossings further south, as well as a

healthy Canadian contingent. Training rides abound, with plenty of routing options on straight line roads and several hills to practise for the timed sections of ride, with the number dependent on length of course, which range from 50 to 100 to 150km. [bigf.ca](http://bigf.ca)

### ELGIN COUNTY

 There are several new north-south routes in Elgin County that will get cyclists from town to beach in no time. The newly paved **Whistlestop Trail**, runs 12.5km south from St. Thomas, following the historic rail trail to Port Stanley and links this once famous 'Railway City' to the bustling port and popular beach community. Be sure to stop at the Village Square Coffee House in Port Stanley, always a popular stop with local and visiting cyclists. [railwaycitytourism.com/whistlestop-trail](http://railwaycitytourism.com/whistlestop-trail)

# A RIDE WITH A VIEW

## 1000 ISLANDS PARKWAY TRAIL

See the majestic 1000 Islands on this picturesque cycling path on the 1000 Islands Parkway. The 37 km paved route skirts the shoreline's coves and bays of the St. Lawrence River and will take you through small port hamlets and the welcoming town of Gananoque.



Kayaking



Helicopter Tours



Live Theatre



Sightseeing Cruises



# PLAN YOUR RIDE!

[1000ISLANDSTOURISM.COM](http://1000ISLANDSTOURISM.COM)



 When making Alymer or Port Bruce a kick-off spot for a countryside spin, be sure to incorporate the **Highwheel Way** route on any ride. Newly installed signs guide the way along Imperial Road and are a nod to a historic local who raced high wheels (also known as penny-farthings) back in the day. To loop back around, follow the Lake Erie shoreline and Great Lakes Waterfront Trail signs across the county. Parts of these routes are incorporated in the St Thomas and Four Ports Tour, a 184km looped ride and ideal multi-day touring itinerary, or for the more avid roadie, a great day out. [elgintourist.com/cycling](http://elgintourist.com/cycling)

## GREY COUNTY

 A pleasant ride out from Owen Sound, exploring the east side of the bay, is a 21km loop along a mix of trail and quiet waterside roads with plenty of scenic stops and parkland to enjoy the views or a tasty packed picnic lunch. Rent a bike from Bikeface in town, or ride with your own, parking at one of the municipal lots in the town centre. Circle back near Leith and stop in at the small cemetery to visit Group of Seven painter, Tom Thomson's memorial site. For those with some extra energy adding on 14km to Coffin Ridge Winery, or returning by vehicle is well worth the effort for the reward of panoramic views and tastings of cider and wine. [tomthomsontrail.com](http://tomthomsontrail.com)

 There are several routes fanning out and up on top of the Escarpment that are used in annual road riding and race events, as well as year-round training. Starting out from Blue Mountain Village, after powering it up the Escarpment on Scenic Caves or Pretty River Road there are a number of quieter side roads running east-west. With a loop around Lake Eugenia through Kimberly and Beaver Valley, knocking off over 100km in a few hours will leave more time for a post-ride recap with friends or further touring and visiting in the area. [visitgrey.ca/play](http://visitgrey.ca/play)



## THE EVENTS WESTERN ONTARIO

**April**  
Steaming  
Nostril,  
Waterloo

**June**  
Tour de Grand,  
Cambridge

**August**  
Bluewater  
International  
Granfondo,  
Sarnia

**Medics for  
Mental Health,**  
Woodstock

**Three Port  
Cycling Tour,**  
Alymer

**September**  
Fall Harvest  
Ride, Essex  
County

**Tour di Via  
Italia,** Windsor

**October**  
Growling  
Beaver Brevet,  
Collingwood

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



**44.357747° N, -80.6061051° W**  
**BEAVER VALLEY, GREY COUNTY**

While well known for its road routes and mountain biking trails, find your way onto some of the quieter country gravel roads in Grey County for stunning scenery and some challenging hill climbs, including this one in Beaver Valley.

## OXFORD COUNTY

 The 34km **Norwich Otterville** looped route is a real gem and worthy country cruiser. Start or end in either town, and push off into the surrounding agricultural lands, passing plenty of pretty barns and farms, and likely very few vehicles. Near Otterville ride past several tree farms each with an enormous variety of saplings filling out neat rows, ending at the road edge. Consider a cool down with feet in the river, or if you packed a swim suit, a swim in the summer pool. [rideoxford.ca](http://rideoxford.ca)

 Riding out from either Ingersoll or Woodstock, a 90km touring loop that covers a large part of Oxford County north is perfect for road enthusiasts who want to build and maintain speed. With some long straightaways, on relatively flat and quiet rural paved roads, average speeds can skyrocket. For a good half way stop, dip into Tavistock at the top end if refreshments are needed. If gravel road riding is your thing, there are a few that criss-cross the county and make for a good ride, on the right bike. [rideoxford.ca](http://rideoxford.ca)

## WATERLOO REGION

 Take the family on a 10km one-way urban cycling

adventure along paved and unpaved paths through Kitchener and Waterloo this year. From Victoria Park in Kitchener, connect north along the **Iron Horse Trail**, a converted rail bed aptly named for its heritage. At the south end of Waterloo Park in Uptown Waterloo, connect with the **Laurel Trail** and follow the signage to Laurel Creek Conservation Area. Enjoy a day outside picnicking, swimming and even canoeing with rentals available. If you canoe a pick-me-up on the return, stop at the Berlin Bicycle Café in Belmont Village, right off the trail. [bikewr.com](http://bikewr.com)

 Get adventurous in Waterloo Region with challenging, but rewarding gravel road riding that connects some of the smaller communities outside of Kitchener-Waterloo. Local cyclists and members of the Waterloo Cycling Club have published four gravel road routes ranging from 60 to 70km in length. What makes these routes fun is the varying terrain and surfaces, incorporating rail trails, some paved road connections and, of course, plenty of gravel to grind. More of a traditional road rider? Select one of 13 road routes mapped and detailed in Woolwich Township. [waterloocyclingclub.ca](http://waterloocyclingclub.ca), [bit.ly/woolwichcycling](http://bit.ly/woolwichcycling)

DISCOVER A

# CYCLING SCENE

THAT WILL REALLY  
SPIN YOUR WHEELS IN  
HAMILTON HALTON BRANT

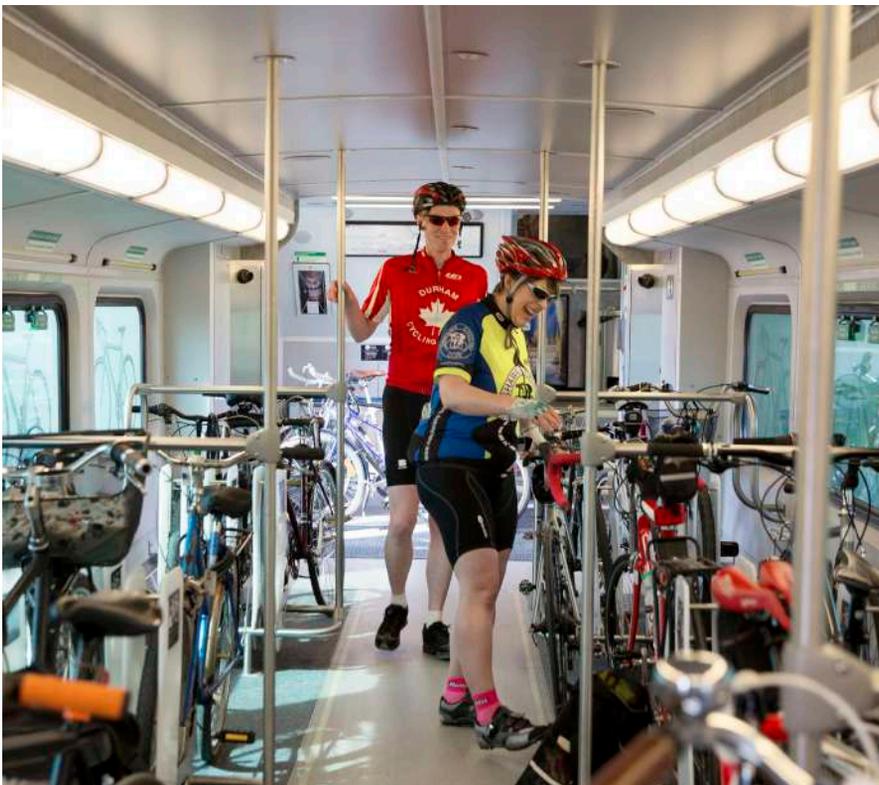
- A diverse range of well-marked trails, paths, loops and routes
- Beautiful scenery including the Niagara Escarpment, the Grand River and Lake Ontario

For cycling itineraries  
and special offers visit  
[ourtruenature.ca](http://ourtruenature.ca)

ONTARIO  
*Yours to Discover*

HAMILTON | HALTON | BRANT

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UNEXPECTED



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this summer.

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runs June 22nd to  
September 3rd, with bike  
coaches on each train.

 METROLINX

Plan your cycling getaway at [gotransit.com](http://gotransit.com)



# CENTRAL ONTARIO

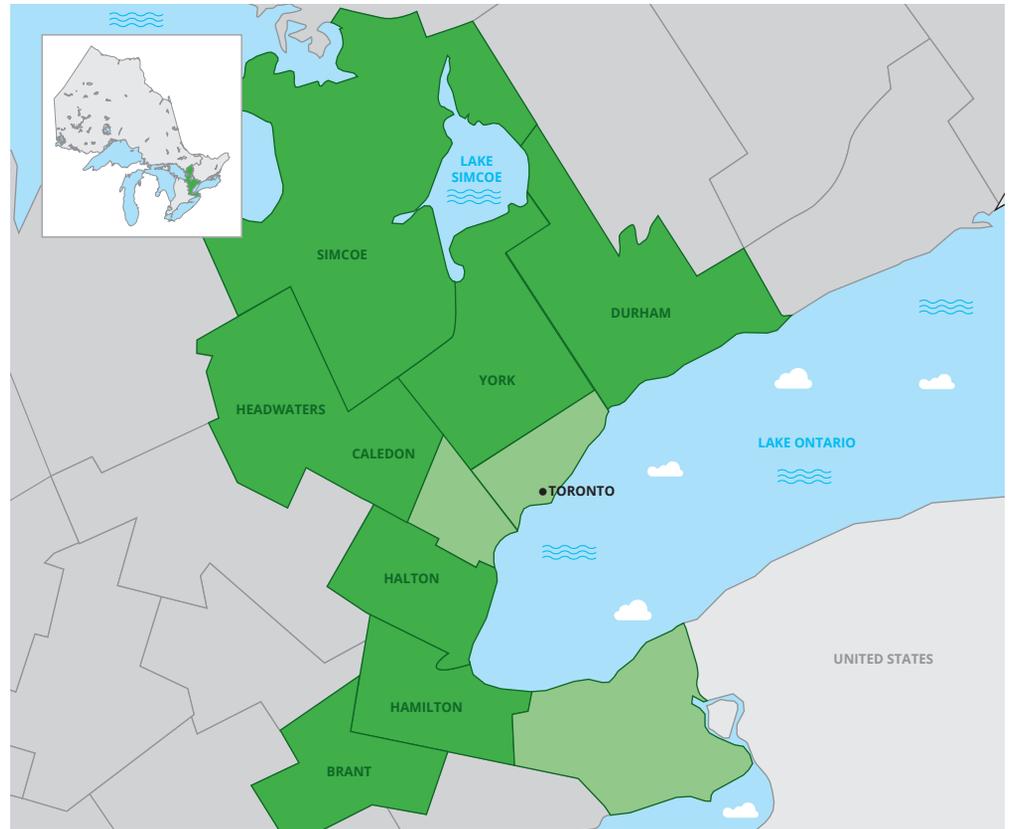
## COUNTY OF BRANT

 The conversion of old rail beds to trails has left Brantford and the county of Brant with a number of well-maintained rail trails criss-crossing the region. Connecting from the north, the **Cambridge to Paris Rail Trail** is 19km of crushed stone hugging the Grand River. From here, head east along the 18km from Paris to Brantford with a mix of crushed stone trails, road and paved paths. Continue east for 38km on the **Hamilton-Brantford Rail Trail** into Dundas, or south for 25km on the paved trail to Waterford. A further 25km crushed stone rail trail continues south to Port Dover in Norfolk County. [bit.ly/brantmap](http://bit.ly/brantmap)

 Explore the northern stretches of the county by pairing up the **Paris – Ayr and Paris Environs** routes for a total of 51km. Start out from the municipal parking lot in Paris on Willow Street. Head north to Glen Morris, continuing west past conservation areas and lakes. Stop in Ayr for supplies and a stroll on the boardwalk. Roll through agricultural lands and back into Paris, enjoying a post-ride patio in town, many with views of the Grand River. Pick up the Outdoor Adventure Map, with 8 suggested road routes of the area. [bit.ly/brantcycling](http://bit.ly/brantcycling)

## HAMILTON

 Rediscover the wonderful waterfront of Hamilton. Start at Hamilton GO Station, following Trail to GO signage to Hamilton Harbour and the **Great Lakes Waterfront Trail**. Head east on multi-use trails to the HMCS Haida National Historic Site circling back and looping through Bayfront Park for a 7km route. Call it a day or continue along an off-road paved path along Burlington Bay. A short bridge crossing and quiet road leads



### THE STOPS **5 MUST VISIT BICYCLE FRIENDLY BREWERIES**

**Refined Fool**  
 Brewing Co.,  
 Lambton County

**Side Launch**  
 Brewing Co.,  
 Simcoe County

**The Second Wedge**  
 Brewing Co.,  
 Durham Region

**Cartwright Springs**  
 Brewery,  
 Ottawa Valley

**Manitoulin**  
 Brewing Co.,  
 Manitoulin Island

Find more at  
[ontariobybike.ca/breweries](http://ontariobybike.ca/breweries)

to the Royal Botanical Gardens. Ride back to Hamilton GO for a 25km round trip or continue another 16km along bike paths and bike lanes to Appleby GO Station. [waterfronttrail.org](http://waterfronttrail.org)

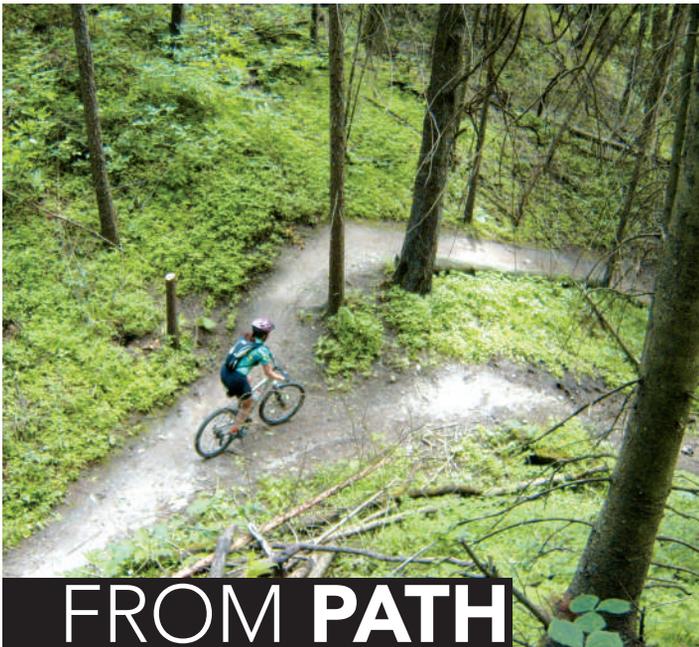
 The 23km **Escarpment Expedition** is a perfect day trip for recreational riders looking to explore two smaller communities in Hamilton. From Ancaster, connect to the crushed stone **Hamilton-Brantford Rail Trail** through the Dundas Valley Conservation Area. Stop in downtown Dundas before pedaling on via the boulevard trail alongside Cootes Drive. Heading south, join the crushed stone **Chedoke Rail Trail** for a beautiful ride through woodlands and past waterfalls etched out of shale and sandstone. Veer off the trail and the Niagara Escarpment into Ancaster, capping off a day out with inviting patios and ice cream parlours in the village. [greenbelt.ca/explore](http://greenbelt.ca/explore)

## HALTON REGION

 There are a number of road routes that can easily be linked together or rode as a whole, starting

north of Oakville from the GO Transit commuter parking lot at Trafalgar Road and Hwy 407. Expand the 40km **Tour de Trafalgar** route by powering further west to connect to the additional 36km **Escarpment View** route and well known ride roads in the area. Don't be surprised to see numerous groups of cyclists in packs of two, four or many more; the area along with the Velodrome is a real draw for road cyclists. [halton.ca/cycling](http://halton.ca/cycling)

 Recommended for experienced mountain bikers only, get ready to take it to the next level at **Agreement Forest**. Best known for its natural rocky features, serious climbs and sudden drops, riders will likely fizzle out before covering all of the terrain. Maintained by volunteers, the Halton Agreement Forest Trail Association has some good trail etiquette information online. Access trails from Guelph Line, opposite the Mohawk Racetrack. Also nearby and connected are the mountain bike trails and facilities of Hilton Falls, where a paid trail pass is required. [hafta.ca](http://hafta.ca)



# FROM PATH TO PAVEMENT



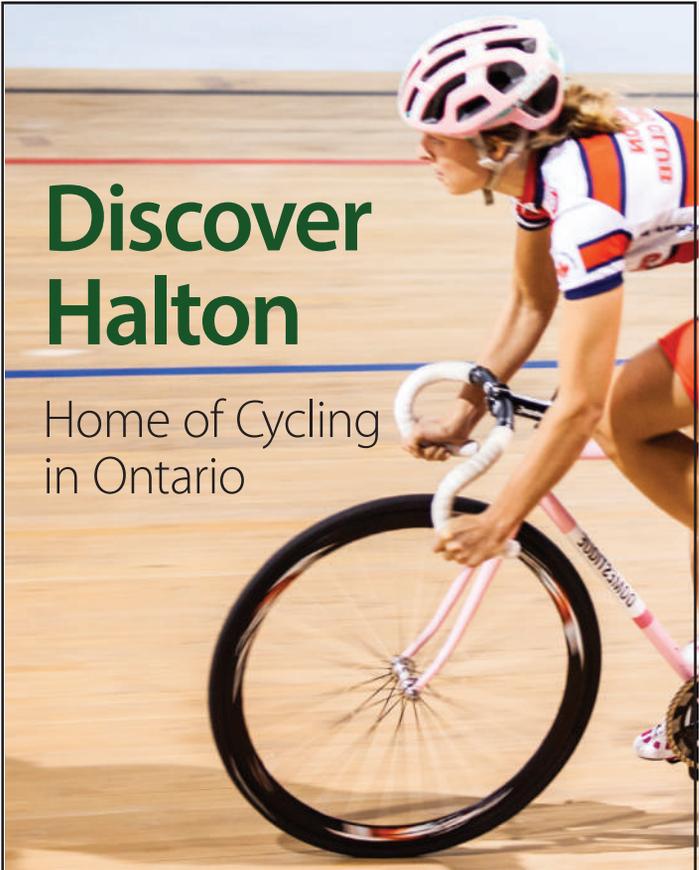
Where preservation meets innovation, and rolling hills meet Grand River views, **Waterloo Region** is worth the ride!

Visit [ExploreWaterlooRegion.com](https://www.explorewaterlooregion.com) for trip ideas, where to stay, maps, and more.



#ExploreWR

## EXPLORE Waterloo Region



# Discover Halton

## Home of Cycling in Ontario

Halton Region is uniquely situated to offer an exceptional experience for cyclists of all skills and ages. Whether biking along the waterfront in Oakville and Burlington or riding the rural routes in Milton and Halton Hills, there's something for everyone who wants to get outside and stay active.



Try mountain biking in two Conservation Halton Parks, test out the new 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 see why we are the home of cycling in Ontario.

**To learn more about cycling in Halton, visit [halton.ca/cycling](https://halton.ca/cycling) or dial 311.**



[halton.ca](https://halton.ca) ☎ 311

## CALEDON

 Stretching 37km, the **Caledon Trailway**, a crushed stone rail trail and part of the larger 475km Greenbelt Route, offers a flat ride amongst the hilly Oak Ridges Moraine. This trail is perfect for families and recreational cyclists looking for a beautiful ride experience and day out in nature. Park at Palgrave Park and head west, skirting Albion Hills Conservation Area. Turn back at any point, or continue on to the 25km mark and turn right off the trail at Boston Mills Road for a visit to Spirit Tree Estate Cidery. Enjoy a countryside patio with views of Toronto's skyline off in the distance. Ride on to Terra Cotta or head back making for a 50km round-trip. [bit.ly/caledontrails](http://bit.ly/caledontrails)

 Spread across 1,200 acres of forests and wetlands, **Albion Hills Conservation Area** is a spectacular, year-round mountain bike destination one hour north of Toronto. Home to over 50km of double track and more technical single track, make a weekend of it with full-service camping, showers and a bike wash station onsite. No bike? No worries! Fat Bike rentals are available for half and full days. With 25km of winter fat biking trails, there's no excuse for the winter blues. [trca.ca/parks/albion-hills](http://trca.ca/parks/albion-hills)

## YORK REGION

 Get ready to be wowed on this perfect afternoon out pairing a relaxing 12km trail ride with a visit to historic Main Street, Newmarket. Unload the bikes at the free parking lot at Riverwalk Commons on Doug Duncan Drive, or consider a GO Train to Newmarket Station. Following the **Nokiidaa Trail** and East Holland River northward, cruise through parkland and wooded glades until breaking out onto the stunning new boardwalk and bridge that spans the wide and wild wetlands near Concession 2. Continue onwards a few more kilometers before rounding back to the pretty town centre for some retail therapy and your choice of riverside patio, butter tarts, Mexican and more. [york.ca/trails](http://york.ca/trails)

 Many club rides head out early on the weekend from downtown or east end Toronto



### THE EVENTS CENTRAL ONTARIO

**April**  
Hell and Heck  
of the North,  
Newmarket

**Paris to  
Ancaster  
Bike Race,**  
Paris

**May**  
Creemore  
Springs  
Turás Mór,  
Creemore

**June**  
Ajax TrailFest,  
Ajax

**Zareinu  
Moveathon 20,**  
Richmond Hill

**Ride Don't Hide,**  
multiple start  
locations

**The Ride to  
Conquer Cancer,**  
Toronto-Niagara

**July**  
Max's Big Climb,  
Dundas

**August**  
Ride4UnitedWay,  
Oshawa

**September**  
Barrie 2  
Baycrest,  
Barrie

**Epic Tour Halton,**  
Milton

**Great Albion  
Enduro (MTB),**  
Palgrave

**Greg's Ride,**  
Hamilton

**Brant  
Waterways -  
Hike, Run, Ride,**  
Brantford

**Tour de  
Headwaters,**  
Caledon

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



**44.0074711° N,  
-78.740988° W**  
**TYRONE MILLS,  
DURHAM REGION**

A certified bicycle friendly attraction, Tyrone Mills is a traditional water-powered mill, built in 1846. It serves as a historical attraction with scenic views, local products and warm atmosphere. Located along the 475km signed Greenbelt Route.

targeting Lake Simcoe as a half way mark, hitting 100 miles return. Preferred routing to Jackson's Point follows Warden or McCowan Roads, or further east of Rouge Park picking up the York Durham Line. Bringing it back to a metric century ride, park and ride from the Davis Road carpool lot near the top of Hwy 404, on a loop that takes in some quieter country roads and still skirts the shores of Lake Simcoe, with several small town stop spots. [york.ca/cycling](http://york.ca/cycling)

## DURHAM REGION

 Get up close and personal with Lake Ontario along the 84km section of waterfront riding in Durham. With a mix of trails, paved paths and limited road riding; this stretch of the 2,660km **Great Lakes Waterfront Trail** has plenty to offer families and recreational cyclists. Ride south from Whitby GO Station to Port Whitby before heading west along a fun and picturesque 22km stretch of the Great Lakes Waterfront Trail. Primarily off-road, ride through conservation areas, past harbours, gardens and the southern tip of Rouge National Urban Park, ending at Rouge Hill GO Station. Take the GO Train back to Whitby. [waterfronttrail.org/trailtogo](http://waterfronttrail.org/trailtogo)

 Take in some of the best (and hilly) cycling the Greenbelt and Oak Ridges Moraine has to offer. The **Uxbridge Loop**, a 65km road route, was a new addition and one of 14 routes featured on the updated Durham Cycle Tours Map in 2017. Kick off from the parking lot on Albert Street in downtown Uxbridge. Entirely on paved roads, this loop

quickly gets cyclists into the countryside with a healthy mix of forests and farms. Stop in the hamlets of Zephyr or Udora for water or supplies before finishing in Uxbridge with boutique shops and great selection of patios. [bit.ly/durhamcycling](http://bit.ly/durhamcycling)

## SIMCOE COUNTY

 A top road ride in Simcoe County is the **Badjeros Loop**. This 85km route starts out of Fishers Fields Park in Collingwood and is a worthy leg stretch having a total 700m elevation gain. With a suggested ride direction of clockwise, the challenge eases off at the mid-way point once on top of the Escarpment plateau. Enjoy a 20km ride with Georgian Bay views before a 15km roll down to town. Consider the village of Creemore as an alternate start point to enjoy post-ride eats at local cafes and beer tasting at Creemore Springs Brewery. [cyclesimcoe.ca](http://cyclesimcoe.ca)

 There are a growing number of mountain bike trails and a cluster of three trailheads to pick from in Oro-Medonte, just north of Barrie and west of Orillia. Parking at Bass Lake Sideroad and Oro Line 7, hop onto 70km of fast and flowy trails well-tended by the Simcoe County MTB Club. Winter fat biking is also an option with 20km of groomed snow trails. Located less than 10km from Copeland Forest/Horseshoe Valley and Hardwood Ski and Bike, stay awhile and experience an epic multi-day mountain bike adventure in the area. [smbc.ca](http://smbc.ca)

# STRETCH YOUR BOUNDARIES

JUST EAST OF TORONTO

Ranney Gorge  
Suspension Bridge

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[NorthumberlandTourism.com/cycle](http://NorthumberlandTourism.com/cycle) • 1-866-401-EAST (3278)

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With a pleasant mix of rural and urban landscapes and scenic vistas, get on your bike and experience Quinte West's 500km<sup>2</sup> of Natural Attractions! Visit geologically significant sites; follow along the world famous Trent-Severn Waterway; challenge yourself on our rolling hills. A variety of accommodation types, an excellent array of dining options and plenty of special events and attractions await you to round out your stay.



*Bring your Bike and Discover*

A Natural Attraction  
[quintewesttourism.ca](http://quintewesttourism.ca)

# EASTERN ONTARIO

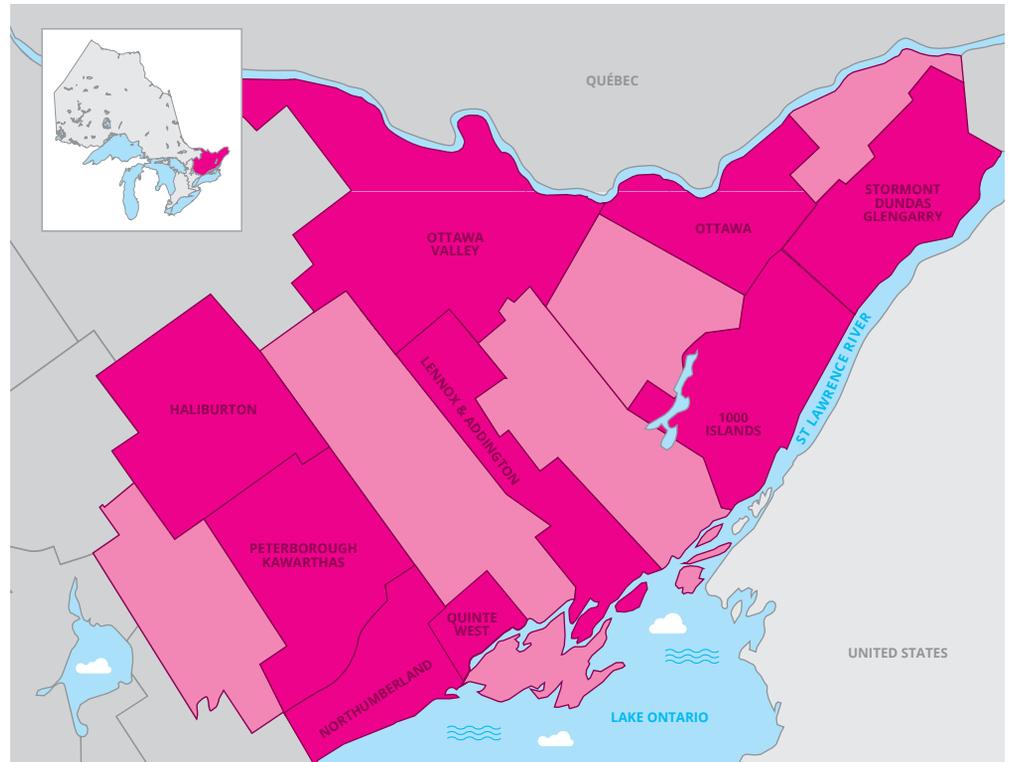
## NORTHUMBERLAND COUNTY

 Just east of Toronto, set off from the public parking lot at Marina Beach Park in Port Hope and see why the signed **Glorious Ganaraska** road route is a perfect introduction to the stunning riding in Northumberland County. At only 30km, this route is perfect for those comfortable riding on roads with little traffic and looking for new places to explore by bike. Follow the Great Lakes Waterfront Trail west out of Port Hope. Head north of Hwy 401 past farms and conservation lands before riding south back into charming Port Hope. Explore the other four signed road routes in Northumberland County featured on the Cycling Adventures Map. [northumberlandtourism.com/cycling](http://northumberlandtourism.com/cycling)

 Find a true backcountry mountain bike experience, riding over 100km of trails in **Ganaraska Forest**. Signed trails feature shorter distances with plenty of options for beginners, while the 60km Dirty Enduro EPIC Trail is one of only three of its kind in Canada having received this designation from IMBA. This well-kept trail network demands more than a day of riding and with camping close by, spend the weekend on technically and physically challenging single track. [ganaraskaforestcentre.ca/maps](http://ganaraskaforestcentre.ca/maps)

## PETERBOROUGH & THE KAWARTHAS

 At 66km return, a ride along the **Lang-Hastings Trans Canada Trail** from Peterborough to Hastings is perfect for recreational cyclists. Park at Beavermead Park, and ride southeast on this crushed stone rail trail that delivers on rural riding. Cross the swing bridge into Hastings where there are plenty of options for lunch or pick up supplies for a picnic overlooking the historic Trent-Severn Waterway before riding back to Peterborough.



### THE STOPS 5 MUST VISIT BICYCLE FRIENDLY CAFES

 Balzac's Coffee Roasters, Waterloo Region

— Alton Mills Café & Art Gallery, Caledon

— Grackle Coffee Company, York Region

— The Purple House Café, Gananoque

— Bakery By the Bridge, Almaguin Highlands

Find more at [ontariobybike.ca/cafes](http://ontariobybike.ca/cafes)

Looking for something shorter? Ride out to Lang Pioneer Village Museum, stopping in Keene, a 35km return trip. These trail segments connect to the Kawarthas Trans Canada Trail and 15 communities along a continuous 120km route. [tct.kawarthasnorthumberland.ca](http://tct.kawarthasnorthumberland.ca), [bit.ly/KawarthaTrails](http://bit.ly/KawarthaTrails)

 With three signed looped routes totalling 300km of paved road riding connecting welcoming communities, waterways and views for days, road riding in Peterborough & the Kawarthas is synonymous with good times. Set off on **Hills, Views and Pastries** (80km route) where turn by turn the roads reveal stunning views across Rice Lake and south to Lake Ontario. Stop in Baillieboro and Millbrook for butter tarts or other supplies, before pedalling through the hilly Oak Ridges Moraine. Starting and ending at downtown Peterborough, means a post-ride patio and local craft beer is a must. [thekawarthas.ca/cycling](http://thekawarthas.ca/cycling)

## QUINTE WEST

 Fan out into Quinte West riding north out of Trenton following the historic Trent Severn

Waterway on a route north to Frankford taking in both sides of the Trent River and passing the first six of 36 locks. Road riders have many other options on paved routes crossing over at Carrying Place and on into Prince Edward County, using Trenton as a handy base for a number of county rides. [quintewesttourism.ca](http://quintewesttourism.ca)

 For those on a mountain or cross bike, explore the 17km **Lower Trent Trail**, which breaks off Stockdale Road just north of Hwy 401 and continues north towards Bancroft on an elusive long distance bike packing route coined the C.O.L.T. The lower trail could also be a good warm up for hitting the rough and ready 20km of what is primarily single track at Batawa Ski Hill. [friendsofthetrail.ca](http://friendsofthetrail.ca), [quintemtbt.com](http://quintemtbt.com)

## LENNOX AND ADDINGTON

 Put the annual **Discover L&A Ride** on your bucket list for early fall rides. The one-day event loops about the same area, but is an organized ride with turns signed and a variety of evenly spaced rest stops. Start and finish at MacKinnon Brothers Brewing Company, just north of Bath, south of Napanee;



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Loving-Restoule  
Parry Sound • Muskoka*

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TRAIN

TREK



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- ★ 600km of paved roadway
- ★ Extended shoulders



Enjoy the ride in Lennox & Addington County!  
[www.CountyTrails.com](http://www.CountyTrails.com)

join folks out for a relaxing fall meander, learn more about the local heritage, enjoy tasty treats and entertainment along the way. [countytrails.com](http://countytrails.com)

 There is plenty to slow down and stop for on the 71km **Shoreline Route** that can be started from Napanee, Adolphustown, Bath or any place in between. Generous paved shoulders abut the Loyalist Parkway, following 11km of the Lake Ontario Waterfront Trail, before heading away from the water into endlessly quiet agricultural farmlands. Come prepared to sample some local fare, and plan to stop at Thirty-Three Vines, MacKinnon Brothers Brewing Company and Bergeron Estate Winery, the later serving up wood fired pizza, Italian style. [countytrails.com](http://countytrails.com)

## 1000 ISLANDS

Gananoque is an ideal destination and base for a multi-day recreational 'hub and spoke' cycling holiday along the St. Lawrence River and in the 1000 Islands. Rent bikes in town or bring your own, with plenty of cycling options and a range of accommodations, places to eat and things to do like scuba diving, kayaking and boat tours of the 1000 Islands.

 Ride east out on the **1000 Island Parkway Recreational Bike Path**, a 37km paved path between Gananoque and the outskirts of Brockville. Enjoy views across the St. Lawrence River and lots of spots to stop on a 19km one-way ride to the village of Rockport. Enjoy a riverside patio lunch or embark on a 1000 Islands boat cruise before heading back to Gananoque. [stlawrenceparks.com](http://stlawrenceparks.com), [waterfronttrail.org](http://waterfronttrail.org)

 Enjoy a picturesque 37km looped island ride in the heart of the St. Lawrence River. Pack a picnic and pedal west out of Gananoque along paved shoulders for 16km to the Howe Island Ferry dock. A 5-minute ferry ride (free for cyclists) crosses the Bateau Channel to the western end of Howe Island. Ride east on Howe Island Road along quiet roads with a

horizon filled with river views, agricultural lands and forested stretches. With no services on the island, be sure to bring supplies. [bit.ly/howeislandride](http://bit.ly/howeislandride)

## STORMONT, DUNDAS AND GLENGARRY

 Families love spending time cycling and exploring the St. Lawrence Seaway along the **Great Lakes Waterfront Trail** between Morrisburg and Cornwall. Ride out from Crysler Park Marina on park roads and off-road trails, visiting historical sites and the many bicycle friendly attractions within the Parks of the St. Lawrence including Upper Canada Village and the Upper Canada Bird Sanctuary and Visitor Centre. A 15km one-way trip takes riders to the campgrounds and beaches along the Long Sault Parkway to overnight, picnic or a cool off swim before riding back. [waterfronttrail.org](http://waterfronttrail.org), [stlawrenceparks.com](http://stlawrenceparks.com)

 Experienced cyclists will find countless kilometres of well-paved, quiet rural roads to discover eastern Ontario. An ideal route is the 100km **Long Sault Loop**. This metric century, starting in Long Sault, offers a mix of paved

shoulders and quiet roads amongst seemingly endless countryside. There are no services along this route until 89km, so carry the necessary water and supplies. Saving the best for last, ride the final 10km along the Long Sault Parkway, where a stunning roadway with paved shoulders skips across 11 islands in the St. Lawrence Seaway. Pick up the Ride South Eastern Map, featuring an additional 10 road routes across Stormont, Dundas and Glengarry Counties. [sdgcounties.ca/tourismmaps](http://sdgcounties.ca/tourismmaps)

## HALIBURTON HIGHLANDS

 Spin out of Haliburton town, rolling into and through forest-lined roads that wind their way through lake-filled cottage country on what are some of the best known roads for road cyclists in the area. Use the 50km **Harburn Road - Eagle Lake loop** as a warm-up and if the going is good, add on another 23km loop into West Guildford or pedal onward into Minden and back. The patio with lake views and tasty home cooked treats at Baked and Battered in Haliburton is a good place to refuel before or after this ride. [cyclehaliburton.ca](http://cyclehaliburton.ca)

 Over 300km of trails await mountain biking enthusiasts



### THE EVENTS EASTERN ONTARIO

**May**  
7 Days in May,  
Around Lake  
Ontario

**CN Cycle  
for CHEO,  
Ottawa**

**July**  
Great Waterfront  
Trail Adventure,  
Ajax-Quebec  
Border

**Tour de  
Whitewater,  
Ottawa Valley**

**PwC MS Bike,  
various start  
locations  
(July - September)**

**August**  
The Shimano  
Gran Fondo,  
Peterborough

**September**  
Dirty Enduro,  
Ganaraska  
Forest

**Thousand Island  
Gran Fondo,  
Kingston/  
Gananoque**

**Discover  
L&A Ride,  
Napanee**

**Hastings  
Highlands Hilly  
Hundred,  
Bancroft**

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



**44.994616° N,  
-74.927385° W**  
**LONG SAULT  
PARKWAY**

Part of the Great Lakes Waterfront Trail, the Long Sault Parkway is a 10km stretch of park land road with paved shoulders connecting a string of 11 islands in the St. Lawrence River.

# OUR PATHS CROSS MANY LANDMARKS



With over 600 kilometres of paved recreational pathways winding past national landmarks and scenic natural settings, a dedicated cross-town cycling lane, plus challenging routes and mountain bike trails in nearby Gatineau Park, Canada's Capital is an unparalleled cycling destination. Bring your bike or rent one here and get it in gear! Visit our site for the Ottawa-Gatineau Cycling Map, videos, and more information.



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[WWW.OTTAWATOURISM.CA/CYCLING](http://WWW.OTTAWATOURISM.CA/CYCLING)



## THE STOPS 5 MUST VISIT BICYCLE FRIENDLY WINERIES

Cooper's Hawk  
Vineyards,  
Essex County

—  
Coffin Ridge  
Winery,  
Grey County

—  
Puddicombe  
Estate Winery,  
Hamilton

—  
Fielding Estate  
Winery,  
Niagara Region

—  
Bergeron  
Estate Winery,  
Lennox &  
Addington

Find more at  
[ontariobybike.ca/  
wineries](http://ontariobybike.ca/wineries)

in **Haliburton Highlands**. Situated in close proximity to each other, there is more than a weekend's worth of trail riding in Haliburton Forest, Glebe Park and at Sir Sam's. Downhill riders or those looking for an easy ride up, should head to Sir Sam's Ski and Bike, with lift access on summer weekends and handy bike rentals on-site.  
[sirsams.com](http://sirsams.com)

Across Ontario's Highlands, there are a number of other ride options and routes for road cyclists. Exploring Lanark County on bike, with a number of routes out from the historic mill town of Almonte is a sure bet. So too are routes from Perth into the Rideau Lakes area and beyond.

## OTTAWA VALLEY & RENFREW COUNTY

 With a new cycling map now available, featuring 16 road cycling routes (10 on the Ontario side and six on the Quebec side), Ottawa Valley, not far north of the city, is a ride destination that will keep you coming back for more. A good starting point is Beachburg and the 81km **Whitewater Rush loop** through quiet and flat farmlands to get the wheels spinning. Save some energy to add on a paddling adventure on the river or take it easy post-ride and enjoy a local brew served from the unique farmhouse setting at Whitewater Brewing Company's Fletcher Road location.  
[ottawavalley.travel](http://ottawavalley.travel)

 Find 30km of well-loved and volunteer-maintained single track at **Forest Lea**, located just 5km west of Hwy 17 at the end of Forest Lea Road. Situated between Pembroke and Petawawa, the impressive stacked loop system of colour coded trails are well signed and boast technical and challenging features including rocky and rooty rolling terrain, high speed turns, tight lines, bridges and steep drops.  
[forestleatrails.blogspot.ca](http://forestleatrails.blogspot.ca)

## OTTAWA

 Plan a trip to Ottawa coinciding with **Sunday Bikedays**. From the end of May to the beginning of September, cyclists take over 3 major

thoroughfares across the city, closed to motor vehicles from 9am to 1pm. With plenty of bike rental options and bike share both readily available, explore Canada's Capital region on over 250km of multi-use trails in the city, and hundreds more as the **Capital Pathway Network** extends into Quebec and the Gatineau. [ncc-ccn.gc.ca/cycling](http://ncc-ccn.gc.ca/cycling)

 A well-travelled route by road cyclists starts from Kanata North and follows the tree lined twists and curves of Old Carp Road away from the more urban area to a far more rural setting just a few kilometers apart. Add the 11km each direction to warm up or cool down on to the 46km **Carp and Country Debunker Loop** to experience one of the top rides in Ottawa. Save some time for coffee and connecting with other cyclists at Alice's Café or a tour of the fascinating Cold War era Diefenbunker to round out the day. Looking for more? There are now a total of 16 self-guided bike routes with easy to navigate maps available online. [ottawa.ca/cycling](http://ottawa.ca/cycling)



**45.429774° N, -75.7055186° W**  
**OTTAWA RIVER, OTTAWA**

The nation's capital features some of the most picturesque urban cycling in the province with hundreds of kilometres of multi-use paths throughout the city and beyond. Top day rides for visiting recreational cyclists may include those skirting the Ottawa and Rideau River, as well as the historic Rideau Canal.

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# NORTHERN ONTARIO

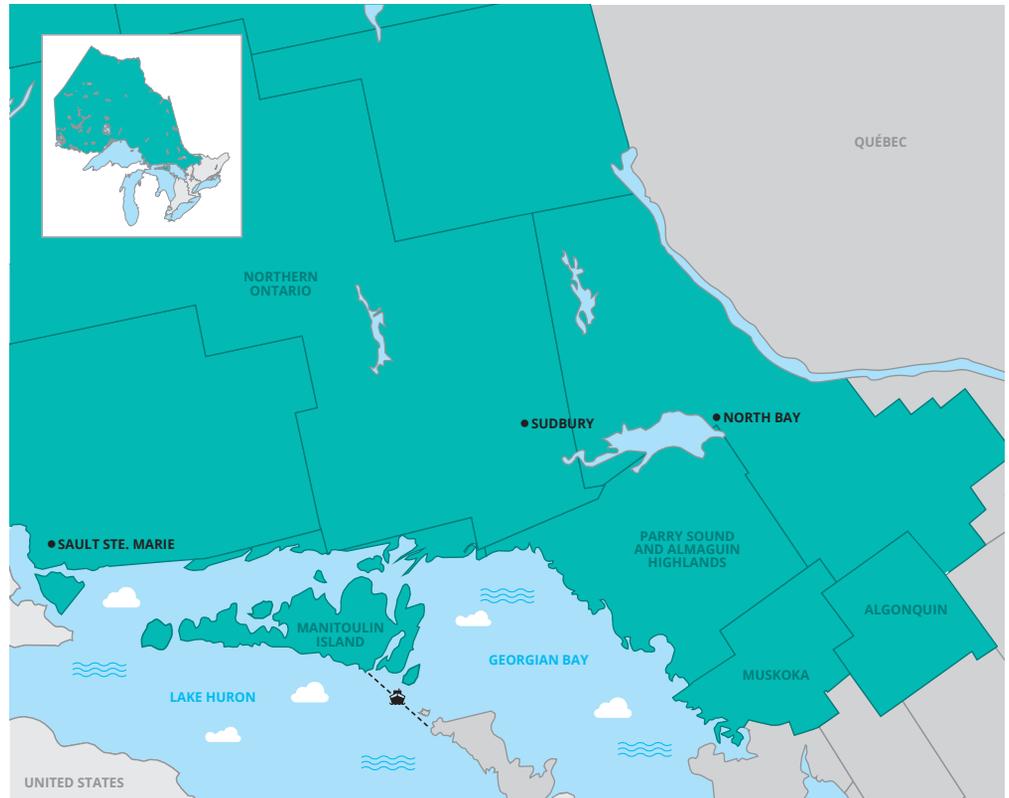
## NORTHERN ONTARIO

 The best way to get a real feel of Sudbury, and its proximity to the great outdoors, is to hop on a bike and take a spin around **Ramsey Lake**. A 22km loop of trails and paved roads has many reasons to get off your bike. Starting out from Bell Park stop at Science North, swim at a blue flag beach, visit the art gallery and explore the 35km trail system of **Lake Laurentian Conservation Area**. Mountain bikers may want to push deeper into the trail system, as the area is a real draw for the more experienced rider. [bit.ly/ridesudbury](http://bit.ly/ridesudbury)

 An excellent 97km looped road route east of Sault Ste. Marie starts near Echo Bay, with Ojibway Park, Garden River First Nation being the perfect staging area. Follow the **Great Lakes Waterfront Trail** and newly signed route for a portion of the Lake Huron North Channel expansion along quiet Government Road. Take in the lush farmland and rolling hills before a half way dip into Bruce Mines. Heading north out of town, loop back to Echo Bay on Hwy 638 and a challenging set of elevation changes mitigated by the pristine natural setting. [bit.ly/rideechobay](http://bit.ly/rideechobay)

## MANITOULIN ISLAND

Getting there is easy! Drive in or out from the north through Espanola or experience the famous M.S. Chi-Cheemaun Ferry service running May to October between Tobermory and South Baymouth. With views across Georgian Bay, a full service cafeteria, art gallery and local craft beers on tap, the journey is certainly part of the destination! Tune up your bike before you explore the island using the bike repair station at the ferry terminal in South Baymouth. [ontarioferries.com](http://ontarioferries.com)



### THE EVENTS NORTHERN ONTARIO


  
**May**  
 Spin the Lakes,  
 Huntsville

**June**  
 Manitoulin  
 Passage Ride,  
 Manitoulin  
 Island

**July**  
 Pedaling for  
 Parkinson's,  
 Parry Sound

**August**  
 Crank the Shield  
 (MTB), Sault Ste.  
 Marie

Northern Pass,  
 Gravenhurst

**September**  
 Sun-Stars 8 Hour  
 MTB Race Relay,  
 Parry Sound

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

 Spend a night in Gore Bay, the island's capital, waking to take on the roads and 51km **Gore Bay-Lake Wolsey Circuit**. Ride south from Gore Bay and let the island's countryside pass at your own pace. Take in the stunning water views along the causeway between Campbell Bay and Lake Wolsey, before circling the lake, riding back into Gore Bay. Looking for more? Order the Manitoulin Island & LaCloche Mountains Cycling Routes & Road Map featuring 15 routes and plenty of inspiration to explore the world's largest freshwater island by bike. [manitoulinicycling.com](http://manitoulinicycling.com)

 Starting and ending in Mindemoya, the **Manitou Loop** is a 126km, suggested two-day itinerary around Lake Manitou featuring cultural sites, waterfalls, beaches and welcoming communities all served up with local island hospitality on a network of paved roads. The scenery doesn't stop along this route, with particularly stunning views on day two, looking over the North Channel towards LaCloche Mountains on the mainland. If self-supported bicycle touring isn't your thing, sign up for the Manitoulin Passage Ride, a

two-day fully supported tour or the longer five-day Alvar Treasure Ride! [ontariobybike.ca/150-itineraries-manitoulin](http://ontariobybike.ca/150-itineraries-manitoulin) & [manitoulinicycling.com](http://manitoulinicycling.com)

## PARRY SOUND & ALMAGUIN HIGHLANDS

 Pack the panniers and experience firsthand why Almaguin Highlands and Parry Sound are top notch destinations for road cycling and bicycle touring. Entirely along paved roads, some with paved shoulders, the 164km **Burk's Falls to Parry Sound Century Ride** is a perfect two-day touring route. Spend a night in Parry Sound visiting the Bobby Orr Hall of Fame and a stroll downtown. The route back can be hilly at times, but is a beautiful ride through great Canadian wilderness. Stop at Orrville Bakery for a morning recharge and in Sprucedale for supplies before the final stretch into Burk's Falls. [burksfalls.net/cycling-routes](http://burksfalls.net/cycling-routes)

## MUSKOKA & ALGONQUIN PROVINCIAL PARK

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**SEPTEMBER**  
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**Greenbelt Route**  
**Great Lakes Waterfront Trail**  
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ride to the shores of Lake Muskoka. **Kirby's Beach** is a 15km return-trip along paved roads suitable for those comfortable riding on roads and perfect for a day of pedal and play. Head west out of the park along Beaumont Drive, hugging the southern shore of the Muskoka River with beautiful river views the whole way. Stop into Kirby's Beach for a picnic or swim in the lake. Stretch it out for another 2km to the marina and ice cream by the lake.  
[bikecottagecountry.ca](http://bikecottagecountry.ca)

PHOTOGRAPH BY VOYAGEUR CYCLING ROUTE, ST.-CHARLES

 Experienced road cyclists will love **Muskoka Lakes Cycling Route #2**, a 93km loop from Bala, the Cranberry Capital of Canada, around Lake Rosseau. This paved road route offers plenty of lakeside riding through the heart of Muskoka cottage country, a landscape world famous for its rugged beauty. Circle the hamlet of Rosseau as a halfway spot before riding back towards Bala. While curvy and hilly throughout, the ride south is ideal to pick up and maintain good speeds with open roads and lower traffic volume. Enjoy a glass of local craft



**46.2756693°N,  
-80.4330028°W**  
**ST.-CHARLES,  
SUDBURY DISTRICT**

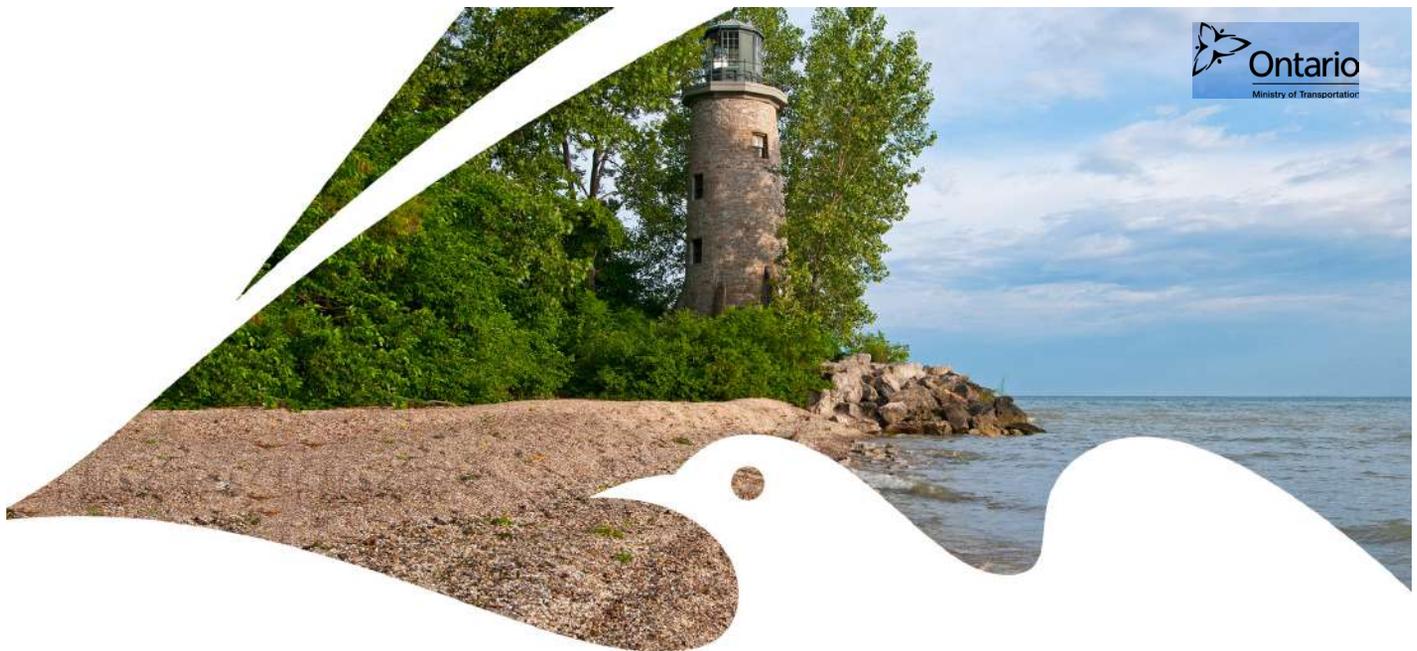
Following the path of the early French explorers along four heritage waterways, the Voyageur Cycling Route is a uniquely Northern Ontario experience. West of North Bay, the cycling route is ready to ride with newly erected signage along 100-km following Lake Nipissing's west arm.

beer, or a meal to refuel on any one of the patios in Bala.  
[discovermuskoka.ca/cycling](http://discovermuskoka.ca/cycling)



A short drive from the creature comforts of Huntsville, the **Minnising Mountain Bike Trail**, located in Algonquin Provincial Park, offers an epic 25km of gnarly trails

filled with rocks, roots and plenty of steep rugged sections. The Minnising Mountain Bike Trail is built for experienced mountain bikers. Pick up a Day-Use Permit or consider spending a few days exploring these trails with camping, lodging and even bike rentals all close by.  
[algonquinpark.on.ca](http://algonquinpark.on.ca) ■



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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. KANATA NEPEAN BICYCLE CLUB

Pinhey's Point, west of Ottawa and nestled on the banks of the Ottawa River is a 58km ride round trip from Kanata. The route takes us on quiet country roads, including Carp Road; through the beautiful village of Carp and along Thomas A. Dolan Parkway. Scenic views, historic buildings, stone ruins and rolling green hills come together to create one of the most spectacular places in Ottawa to relax with a picnic lunch.

Visiting Kingston, we often do long weekends of hub and spoke rides. Highlights include taking the ferry to Wolfe and Howe Islands, and riding out beyond Gananoque on the 1000 Islands Parkway. [knbc.ca](http://knbc.ca)

## 2. OSHAWA CYCLING CLUB

We ride 70km to the Orono Bakery most Wednesdays of the cycling season. There are many ways to get there. The Bakery has plenty of benches out front, a washroom and lots of yummy treats. The staff welcome us and know most of our riders by name.

In May, we have our annual Lilac Ride in Prince Edward County, usually starting from the Bloomfield bike shop. We stop at Black River Cheese and nearby where the lilacs are thick and fragrant. We split the ride into 55, 75 or 100km routes. [oshawacyclingclub.com](http://oshawacyclingclub.com)

## 3. OWEN SOUND CYCLING CLUB

Once a month during the cycling season we do a "Breakfast Ride" to an area eatery. One of our favourites is the ride to Country Cousins in Tara. The ride is about 25 km each way, though the return is more leisurely after filling up on blueberry pancakes or bacon and eggs.

One of our club's top tours outside our area is to take the M.S. Chi Cheemaun ferry over to Manitoulin Island. Once past Highway 6, back roads see very little vehicle traffic. We have ridden from Gore Bay to Meldrum Bay and back with just a lone pick-up passing and waving us on. [owensoundcycling.ca](http://owensoundcycling.ca)

## 4. WOODSTOCK CYCLING CLUB

Our mountain bikers like to ride on the 25km club maintained trail network known as The Pines. The day often starts from Roth Park on the south shore of the Pittcock Reservoir, with a ride of 4km to the trail head. Trails "354" and Deer Run are some of the best, fast and flowing with lots of berms. After, we ride back to town and visit the Upper Thames Brewing Company.

When touring outside of the county we usually head out using Oxford County back roads riding to Stratford for coffee. For the mountain bike crew it's a trip to the Turkey Point trails. [woodstockcyclingclub.ca](http://woodstockcyclingclub.ca)

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