

# CYCLING IN ONTARIO 2023

**THE RIDE**  
**TOP WATERSIDE TRAILS**

**THE ADVENTURE**  
**GRAVEL ROADS & BIKE TOURING**

**THE EVENTS**  
**CHARITY RIDES & REGIONAL EVENTS**

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







# WHICHEVER PATH YOU PEDAL

There are hilly ones. Swervy ones.  
Paved & graded gravel ones.  
Straight shoots. Thrilling commutes.  
Rail trails & waterfront routes.

There are places to stay. Places to play.  
Beautiful sights & culinary delights.  
Makers' passion. Downtown action.  
Heritage & famed attractions.

They're all here.  
[visitkingston.ca](http://visitkingston.ca) →



**KINGSTON**



# Contents



**“The great thing about gravel riding is you experience it on your own level; everyone is different.”**

ONE BIKE, ALL RIDES - PAGE 22

## BIKE ON

- 5 **The Challenge**  
Quad Days & Training Rides
- 6 **The Gear**  
Trends Here to Stay
- 8 **The Place**  
Fixed Gear Brewing Co.
- 9 **The Bike**  
Ebike World
- 10 **The Ride**  
Waterside Trail Rides
- 12 **The Profile**  
Behind the Trail
- 14 **The Day Tripper**  
Taking Transit to Bike Rides

## FEATURES

- 18 **Bike Touring Adventures**  
Getting out & beyond  
BY FLORENCE SURALTA
- 22 **One Bike, All Rides**  
Gravel roads & trails  
BY LESLEY CASSIDY

## BACK PAGE

- 52 **The Last Spin**  
Riding Club Style

## RIDE GUIDE

Over 50 day and multi-day itineraries for recreational and experienced cyclists as well as mountain bikers and gravel riders

- 29 **Western Ontario**  
Windsor and Sarnia, Lake Huron to southern Georgian Bay, Oxford County and London
- 35 **Central Ontario**  
Greater Toronto and Hamilton Areas, Central Counties and north to Simcoe County
- 39 **Eastern Ontario**  
Lake Ontario and St. Lawrence River north to Kawarthas, Haliburton, east to Ottawa River and Ontario/Quebec border
- 47 **Northern Ontario**  
Manitoulin Island east to North Bay and Mattawa, Sudbury, Sault Ste. Marie, Kenora and Thunder Bay



**RICHARD OLDFIELD,  
FALL COLOURS  
ON THE CALEDON  
TRAILWAY**

Take your best shot and enter the 2023 Photo Contest at [ontariobybike.ca/photocontest](http://ontariobybike.ca/photocontest)



# EXPLORE ONTARIO BY BIKE



The freedom of heading out the door and jumping on a bike for a ride of any length is a joy. While it's fun to lean into that feeling and just go, it's wise to check off a few items beforehand. 'Be prepared.' The age-old Scout and Guide motto is a valid mantra for cyclists to live by.

First and foremost, for safety your bike should be in good working order before any ride. Second, prepare for and be aware of the conditions where you are riding; trails have obstacles, crossings and varied surfaces; when riding on designated bike lanes or roads you should be aware of your surroundings, traffic and more.

Beyond the basics, having a great ride also means carrying with you all that you may need for any eventuality. Whether that is carrying the goods in a bike bag, having them neatly strapped to your bike, in a pocket or the back of a cycling jersey, a little forethought can go a long way.

While I haven't yet graduated to a full bike packing set up, the range of bike bags and panniers I have can certainly carry all I need. The bag of choice depends on the outing. From an errand run to the shops, to delivering weighty bundles of this, our annual guide, to carrying first aid, repair tools and tubes, sunblock, rain gear, emergency water and snacks on Ontario By Bike Rides, I can certainly carry a load. I can also happily ignore the snickers from 'roadie'

friends when I show up for a ride with bags attached, knowing that I will be the one carrying the butter tarts home from our cafe stop or their discarded extra layers in a pinch.

What you take with you certainly depends on the type of ride and outing. 'Expect the unexpected' is an adage first-time bike touring adventurers Florence and Jessica (page 18) learned to pack for. Being prepared to tackle a variety of road conditions can be overcome on one bike suited to all types of riding (page 22). And an ebike might transport you and all you need more easily (page 9) as many are now finding and joining the ebike revolution.

Whether you are riding somewhere new, discovering a waterside trail in Ontario (page 10) or looking for a challenge and training for a big ride (page 5), while it is wise to be prepared, don't let this be an excuse to stay at home or leave the bike behind on a trip and miss your next great ride adventure, making discoveries, having fun and exploring Ontario by bike.

Get out there and ride!

Louisa Mursell  
Editor-in-Chief



**EDITOR-IN-CHIEF**  
Louisa Mursell

**MANAGING EDITOR**  
Peter McMurty

**CREATIVE DIRECTION**  
Katherine Ross

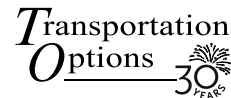
**TRANSLATION**  
Valérie Néron

**CONTRIBUTORS**  
Lesley Cassidy, Stephan Petar,  
John Swart, Florence & Jessica Suralta,  
trail champions, cycling clubs

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



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

**ONLINE RESOURCES**

For cycling maps, trail information ride itineraries, events and tour listings, plus over 1,620 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)

- [Facebook.com/ontariobybike](https://www.facebook.com/ontariobybike)
- [Twitter.com/ontariobybike](https://twitter.com/ontariobybike)
- [Instagram.com/ontario\\_by\\_bike](https://www.instagram.com/ontario_by_bike)

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

**CONTACT**

[info@ontariobybike.ca](mailto:info@ontariobybike.ca)  
1-866-701-2774

Read Cycling in Ontario 2023 or earlier editions online: [ontariobybike.ca/2023](http://ontariobybike.ca/2023) (Also available in French)





# Ultimate CYCLING ADVENTURE

in York Durham Headwaters

Explore lush trails, winding roads, abandoned railway lines and wooded pathways. Challenge yourself to discover new terrains as you make your way to the summit of a bluff, race along a pump track or slice through ice and snow. Share adventures with family and friends in one of our historic rural towns while indulging in farm fresh food and delicious craft beers.

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

Plan your visit at [yorkdurhamheadwaters.ca](http://yorkdurhamheadwaters.ca)



Wicked fun at Joyride 150!



Captivated by nature on  
Dagmar North Trails



Fast-biking winter wonderland  
at Albion Hills



# Where will you go?

With a network of over 800 km of cycling paths, Ottawa offers endless city and country cycling experiences for both casual and committed cyclists.

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



## INCREDIBLE CYCLING AWAITS

in  
*Simcoe County*





# Bike ON

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



THE CHALLENGE

## QUAD DAYS & TRAINING RIDES

Uplands, lowlands, farmlands, the Canadian Shield and the 725km long Niagara Escarpment all define Ontario's landscape. With more than 150 towns and places in Ontario with the word "hill" in the name, training opportunities are plentiful.

Where to start? Nestled north of Toronto, west and south of Algonquin Park, the Muskoka, Haliburton and Almaguin Highlands regions offer it all; triathlons for short and long courses, and events like Spin the Lake Bicycle Tour, the famous Hurtin' in Haliburton, and the Ghost Gravel Almaguin Ride, among others. It's a challenging playground for cyclists looking for that training edge.

Lake of Bays delivers hills, flats and quiet paved cottage roads, with the area featured on the Ironman 70.3 Huntsville bike route. With 1,306m of climbing and over 97km of riding starting from Hidden Valley, it's a quad day. To Dwight, Dorset and Baysville, along forest-lined roads, you'll need to push through a mix

of relentless and punchy rollers.

Riding north of Huntsville offers big rewards. A local triathlete shared that a trip to Sprucedale, Burk's Falls, or Katrine and a favourite segment – Emsdale to Kearney – has good pavement, little traffic and a couple of intense climbs, hitting 12 to 18% in spots. Most towns have a coffee shop or diner for a fast nutrition break.

Algonquin Park – it's not just for canoeists! With consistently paved wide shoulders, cycling gate-to-gate along Highway 60 bestows spectacular views of lakes and white pines, and the occasional moose. It's a must-do challenge, but busy during leaf season. With few stops, carry fuel for this 114km round trip.

You'll also find plenty of ride routes around Rousseau, Port Carling, Port Sandfield, Windermere, Parry Sound, Burk's Falls and Magnetawan, where your climbing for the day will be similar to some rides in the Alps. [bikecottagecountry.ca](http://bikecottagecountry.ca) & [discoveryroutes.ca](http://discoveryroutes.ca)

Just east of Muskoka, head to Haliburton Highlands for a slightly tamer ride that still demands energy. Having explored this area several times I keep returning to enjoy the rolling landscape, quiet roads and longer distances between towns. Start from Haliburton Village, Minden or West Guilford and return for apres bike coffee and other eats. Give Harburn Road a try, just north of Haliburton Village, it kicks with a few 8 to 12% pitches, and the Eagle Lake area can be tough. The 109km loop south through Tory Hill, Gooderham and Kinmount is a popular one for road cyclists. [cyclehaliburton.ca](http://cyclehaliburton.ca)

In short, Ontario's geography promises epic training opportunities. From Foymount Road in the Ottawa Valley with a maximum 15% grade to Clara's Climb (Clara Hughes) – Sydenham Hill in Dundas, where she cycled up and down the escarpment prepping for Olympic races – there are many areas around Ontario to find a challenging ride.

### TOUGH CLIMBS ACROSS ONTARIO

—  
**St. Andrews Road**  
Caledon

—  
**Appleby Line**  
Milton

—  
**Sydenham Hill**  
Dundas

—  
**Effingham Street**  
Pelham

—  
**Scenic Caves Road**  
Blue Mountain

—  
**Northumberland Heights Road**  
Grafton

—  
**County Road 21**  
Honeywood

—  
**Foymount Hill**  
Ottawa Valley

—  
**Britannia Road**  
Huntsville

—  
**Highway 552**  
Goulais River

—  
**Gros Cap Climb**  
Sault Ste Marie



# EARLY TRENDS THAT ARE HERE TO STAY

*Purchasing a new bike or upgrading components? Which recent gear trends will enhance your riding comfort, safety and enjoyment?*

## DROPPER SEAT POSTS

Dropper seat posts are height adjustable on-the-fly by a handlebar mounted lever and cable or electronic switch. Droppers have revolutionized mountain biking. A tall seat position improves climbing ability, while dropping the seat allows riders to quickly shift weight lower, rearward, right or left, for safer descending on steep and bumpy singletrack. Droppers are now appearing on gravel and road bikes – and they work.

**GRAVEL** When you're descending a gravel road or trail, alert for rocks and ripples, low and loose on the saddle is good. Droppers allows this with the flexibility to raise the seat instantly for your next climb.

**ROAD** Quick steering, steep fork angles, and compact frame design make drop-bar road bikes responsive yet sensitive to pavement, wind and rider inputs. Droppers that allow riders to lower their centre of gravity, redistribute their weight and move around easily as required, even a bit, can improve comfort, safety and speed. Italy's Milano-Sanremo pro road race was won on a dropper in 2022 – the first time in history.

**EVERYONE** Bike packers and touring riders are using droppers now to assist mounting and dismounting their heavily loaded bikes.

## ELECTRONIC WIRELESS SHIFTING

The benefits of electronic wireless shifting are endless. No more shift cables and derailleurs to adjust and maintain, fewer missed gears, less aching wrists and fingers (think arthritis or para athletes)



during long rides or tours. Actuate more than one gear per click, and position shifting buttons anywhere on your handlebars including in the drops. Latest models even decide optimum gearing for you, then change both front and rear derailleurs with one click.

New to cycling? How much easier would it be to learn shifting with one button for up and one for down? Electronic group sets are still expensive, but expect costs to decrease as more suppliers enter the market.

## REAR-FACING RADAR

You're coasting downhill through autumn leaves, lost in thought. Suddenly you're awake, potholes and rough road looming ahead. Did you just hear a vehicle approaching from behind? Not the easiest time to glance over your shoulder is it? Rearview bike radar is the answer. Small, lightweight, available with integrated tail light, radar senses approaching vehicles up to 150 metres away and alerts you via your handlebar-mounted GPS or smart phone. Blinking green, yellow and red lights indicate how far behind the vehicle

is, and how fast it's approaching. No handlebar-mounted GPS or phone yet? Some radar models connect to the phone in your pocket to vibrate or issue audible warnings, plus they'll brighten and flash your tail light to attract drivers' attention. Ebike compatible.

## WAIT – THERE'S MORE

- › Smart bike locks. A touch or voice command via phone app instantly locks your bike, simply approaching your bike will unlock it. Some models have alarms and tracking built in.
- › Aluminum is back. New alloys and hydroforming allow manufacturers to produce laterally stiff yet vertically compliant aluminum frames significantly cheaper than mid-grade carbon. Your choice – new aluminum bike with better components or carbon with lower spec components for the same price?
- › Thru axles are becoming standard equipment on more bikes. They're stronger, provide the rigidity required for better braking and handling, and are safer because they thread into a fork leg. No more U-shaped dropouts to cause concern.



## SMART, CONNECTED HEADLIGHTS AND TAIL LIGHTS

Maximum safety for everyone from commuters to randonneurs. Link and manage your lights' ideal brightness, distance focus and flash speed for all situations on-the-go from your handlebar-mounted phone. Suitable for ebikes.



## TUBELESS TIRES FOR ROAD BIKES

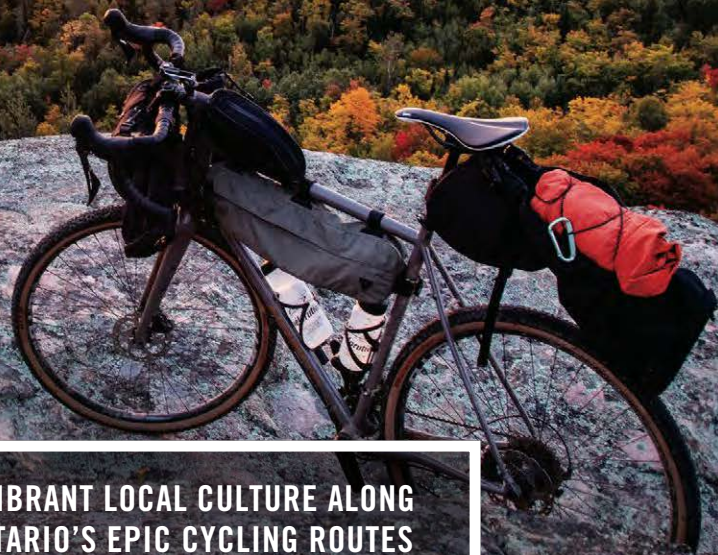
The advantages are real:

- Significantly better puncture protection
- 
- Lower tire pressures provide supple ride, better traction and control, and less rolling resistance
- 
- Versatility. More width and tread pattern options for 700C wheels
- 
- All major tire manufacturers now offer tubeless road tires



# DISCOVER

## NORTHERN ONTARIO BY BIKE



EXPERIENCE VIBRANT LOCAL CULTURE ALONG  
NORTHERN ONTARIO'S EPIC CYCLING ROUTES

ONTARIO  
*Yours to discover*



DISCOVER MORE > [northernontario.travel](https://northernontario.travel)







THE PLACE

## FIXED GEAR BREWING COMPANY, GUELPH

Within the first month of brewing Fixed Gear's taps ran dry! The demand was such that they quickly expanded to three locations in three years, making sure the beer supply in Guelph was always flowing. What might seem like an overnight success is anything but – more a slow build with lots of hard work and a deep passion for both craft beer and serving the local community.

The founder, Mike Oosterveld's family affiliation for cycling runs deep. The brewery's name says as much, referencing the type of bike with a single gear and no freewheel, popular on track race circuits and with urban riders. Mike's grandfather, who he affectionately remembers as Opa, ran a bike store in Holland before WWII. With the store closed during the war and all bikes repurposed for war efforts, his future path was unclear until tanks sporting Canadian flags rolled through, liberating his small Dutch hometown. Making the decision to immigrate to Canada, the family settled into farming near Rockwood, not far east

**“Three bicycle friendly locations sport a variety of cycling themes and cater to cyclist and non-cyclists alike.”**

of Guelph. While busy farming, there wasn't a lot of time for recreational cycling, but Mike attributes his love of cycling to his Opa who gave him his first bike at an early age.

Interested in the brewing industry since high school, early plans were laid by Mike in 2010, with the first location secured in 2016 and beer poured in 2018. Mike is proud to be able to serve the Guelph community from an area where there was little else happening, and that the brewery has been embraced by locals as well as cyclists.

The three bicycle friendly locations sport a variety of cycling themes and cater to cyclists and non-cyclists

alike. In an industrial setting on Alma Street, the original location has a tap room, bottle shop and eclectic patio that features a vintage airstream and seating in shipping containers. The Canteen, also in Guelph's Junction area, offers foods that pair well with the beers (oven fired pizzas, wings and surprisingly oysters!) Cyclists can bring their bikes onto the large patio or right inside, where the community, local artists and musicians all gather. The Elmira Road location is far larger, housing much of the brewing operations, yet still has a tap room and an interesting bike theme that is present throughout.

While Mike doesn't get a lot of free time to ride, he does commute to work by bike and when he can ride, enjoys mountain biking nearby at Arkell Springs or Albion Hills. He is also happy to have an upgraded version of his first mountain bike, an early iteration in 1984, a much heavier and harder ride, that he used on a two week bike trip with his eighth grade class to Manitoulin Island and back.

Many clubs and riders use Fixed Gear Brewing locations to start and end their rides, enjoying the good brews and foods after. The brewery happily sponsors local cycling initiatives and events, and is keen to see Guelph become more of a cycling destination. Looking ahead they strive to become better at what they are already doing and improve the experience, welcoming visitors from near and far to their brewery locations. [fixedgearbrewing.com](http://fixedgearbrewing.com)



### THE STOPS OTHER GREAT BICYCLE FRIENDLY BREWERIES

Banded Goose  
Brewing Co.  
Kingsville

Quayle's Brewery  
Coldwater

46 North  
Brewing Co.  
Sudbury

The Publican  
House Brewery  
Peterborough

Humble  
Beginnings  
Brewing Co.  
Ingleside

Mill Street  
Brew Pub  
Ottawa

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





THE BIKE

# EBIKES: RECHARGING THE BIKE WORLD

Perhaps you've tried a friend's, done a test ride at a store or rented an ebike in the past. If not already a full convert then you've likely realized what a lot of fun an ebike can be. Paired with the serious practical benefits, there are enough reasons to convert even the most ardent naysayer into an ebike rider.

To be clear, the ebikes we are referring to are of the pedal assist variety. Looking much like a regular bike, an ebike can far outperform one and completely change your ride experience. With a variety of escalating power levels, from economy, tour, sport, to turbo, the distances that can be travelled between charges range from 40km to 100km depending on the terrain and number of hills, speed, stops and starts, and weight of the bike and rider.

While what is termed 'range anxiety' can be very real on an unknown or new ebike, the quality of batteries in ebikes on the market today far surpasses that of the first generation. Most ebikes now have removable battery packs, making it easy to charge from a common wall outlet; plug in and charge from flat to full in two to seven hours.

Ebikes can be ridden on any surface type, road or trail, but the ride may be more comfortable and



**“Looking much like a regular bike, an ebike can far outperform one and completely change your ride experience.”**

suited to your needs depending on the bike type selected. Most common are hybrid or cruiser style ebikes, offering a step-through frame making it easier to get on and off. There are also an increasing number of higher-end ebikes designed for mountain bike trails and pedalling longer distance road routes. Cargo ebikes are particularly useful and being used to carry goods and families in many commercial and city landscapes.

Whether it's trying one out for the first time or making the full switch and adding one to the fleet, there are many valid reasons for

riding an ebike. Primarily their popularity is because they enable riders of any age to overcome limitations. Making the conversion means ebike riders can ride farther and faster with less effort. Riders young and older are being motivated by health, fitness and recreational reasons, commuting more easily and saving gas money.

Worldwide sales are estimated to balloon from 36 million units in 2015 to 100 million by 2035. In Europe ebikes are being perceived as the next mode of mobility and also a leisure product, with the market valued at over \$6 million USD in 2021 and expected to surpass \$13 million by 2030. In the US ebike sales jumped 240%, making ebikes sales larger than road bikes. While ebikes may appear to be slower on the rise in Ontario, a 2021 survey by Ontario By Bike found that 17% of households already had one or more ebikes, and 19% were considering purchasing an ebike in the future.

The facts are that ebikes can help generate more, longer and different types of bicycle trips, making both utilitarian trips easier and enhancing recreational opportunities, while serving as a healthier and cleaner way to travel. If there is any stigma left, ignore it and be sure to try one out this year.



## EBIKE TIPS & ETIQUETTE

- › Adhere to the same rules of the road and trails as other cyclists
- › Practise riding, and note an ebike may be heavier than what you are used to
- › Take care of your battery
- › If using a bike rack to travel check the manufacturers specifications
- › Be respectful to other riders





## THE RIDE

## TOP WATERSIDE TRAIL RIDES

*There is nothing like a leisurely off-road trail ride with interesting stops, views and vistas following a waterfront route. With plenty of options to choose from in Ontario, here are some of the top waterside trail rides, extra appealing to younger families and riders more comfortable in a car-free setting.*

### RIVERSIDE TRAIL & 1000 ISLANDS PARKWAY

Cyclists can enjoy the paved, uninterrupted stretch of off-road Riverside Trail for 18km from Cornwall to Long Sault Parkway following the St. Lawrence River, plus an extension west through the bird sanctuary to Upper Canada Village. Another St. Lawrence highlight is the 1000 Islands Parkway, a 37km trail running parallel to the waterfront and dotted with small and large islands from the outskirts of Gananoque to Brockville.

### OTTAWA RIVER & CANAL PATHWAYS

Part of the extensive Capital Pathway network, the off-road paved trails in Ottawa are some of the best in the province. You can ride for 31km

alongside the Ottawa River and access the city's numerous attractions along the way. The pathways along the Rideau Canal, a recognized UNESCO World Heritage Site, run both sides of the canal and also connect to the Rideau River Pathway. One of the most scenic waterfront stretches is the trail section at the base of Parliament Hill up to the first canal lock, part of the Trans Canada Trail.

### PICKERING TO OSHAWA WATERFRONT TRAIL

Nestled along the shoreline east of Toronto and through Pickering, Ajax, Whitby and Oshawa, you'll be amazed at the well-maintained trails, parks, bridges and beaches, plus the waterfront views across Lake Ontario as the trail winds its way

east-west. Easy to navigate following local signs and the bird, leaf and fish on Waterfront Trail signs. There are also a number of access points to park a vehicle or reach the trail by taking your bike on a GO Train.

### TAY SHORE TRAIL

From Midland to Waubauskene, ride this 29km trail that is fully paved and chock-full of waterfront inlets, marshes and viewpoints out on to the waters of south Georgian Bay. This idyllic trail has a leafy canopy resembling a tree tunnel, providing welcome shade and protection on hot sunny summer days.

### WINDSOR WATERFRONT TRAIL

While shorter in length, the views across the Detroit River and to the skyscrapers of the neighbouring big US city are breathtaking. There is something quite magical about this 5km stretch that is well adorned with parkland benches and amenities plus more than 31 unique large-scale art installations and sculptures. Equally as eye catching and an Instagram-worthy shot is the huge international Ambassador suspension bridge, soon to be eclipsed by the new bridge under construction, further south.



### ADDITIONAL TOP WATERSIDE TRAILS

**Georgian Trail**  
Collingwood to Meaford

**Kate Pace Way**  
North Bay

**Niagara River Recreation Trail**

**Rotary Greenway Trail**  
Lakefield to Peterborough

**Old Railway Bike Trail**  
Algonquin Park

Find trail info and maps for all top waterside trails rides at [ontariobybike.ca/great-places-to-cycle](http://ontariobybike.ca/great-places-to-cycle)





# TWO WHEELED ADVENTURES IN THE HEART OF ONTARIO

- Rugged mountain biking on the Niagara Escarpment
- Waterfront road routes along Lake Ontario and Grand River
- Historic, forest-lined rail trails
- Canada's only Olympic-sized velodrome

Kelso Conservation Area, Milton

For information on our on-road and off-road routes, trails, paths and loops visit [theheartofontario.com](http://theheartofontario.com)



**HAMILTON  
HALTON  
BRANT**  
FIND YOUR WAY TO  
THE HEART OF ONTARIO

**ONTARIO**  
*Yours to discover*



# BEHIND THE TRAIL

Ever wondered who is behind the scenes developing and improving the trails and cycling routes you enjoy? Developing a number of provincially-significant trails in Ontario, these trail champions deserve some recognition.



**MARLAINE KOEHLER,  
GREAT LAKES  
WATERFRONT TRAIL**

For over two decades Marlaine, Executive Director of the Waterfront Regeneration Trust, has helped communities revitalize their waterfronts by connecting them with the Great Lakes Waterfront Trail.

With origins on Lake Ontario, the Trail is now a breathtaking 3,600km signed, continuous route, using roads and trails between Sault Ste. Marie and Quebec, with excellent maps and resources available.

Marlaine and partners are currently finalizing the route along Lake Superior, expanding to Ontario's fourth Great Lake.

Marlaine is proud of the Trail's legacy with milestones including the route's northern expansion, creating and connecting the Greenbelt Route to the Trail, and launching the Great Waterfront Trail Adventure, an annual group cycling tour featuring a portion of the Trail each year. [waterfronttrail.org](http://waterfronttrail.org)

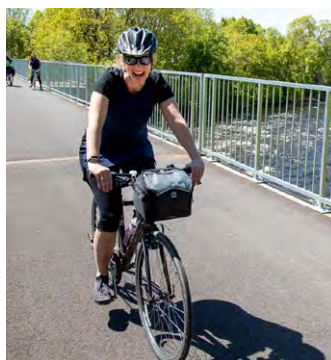


**BARRY DAVIDSON,  
MILLENNIUM TRAIL**

As volunteer Project Manager with the Rotary Club in Wellington, Barry has been instrumental in upgrades making Prince Edward County's Millennium Trail what it is today.

Thanks to Barry, the Rotary Club, the PEC Trail Committee and community members, what was a rough rail bed is now a smooth 46km recreational cycling trail. Over the past decade, they have raised funds and volunteered their time for trail resurfacing and brush clearing, installed trail kiosks, rest areas, washrooms and kilometre markings.

The generosity of community donors, the County and government grants made this possible, all of which are needed to carry the work forward. In 2022 Barry received two awards for his work. His favourite section is through the Hillier wetlands. [pectrails.ca](http://pectrails.ca)



**JENNIFER MCCOURT,  
VOYAGEUR  
CYCLING ROUTE**

Jennifer, Executive Director of Discovery Routes Trails Organization, has been leading development of the Voyageur Cycling Route, a 645km trail and road cycling route from Sudbury to Ottawa.

While the route idea originated in the community, Discovery Routes, a charitable trails organization, assumed a leadership role to close gaps and connect communities. They have advocated for infrastructure and signage improvements and led promotions, recently creating eight self-guided cycling experiences along the route.

Jennifer is proud that the work has connected communities, brought attention to cycling in the region and inspired people to explore nature. Jennifer's favourite part of the route is the 'Spirit of the Bay' Cycling Experience. [discoveryroutes.ca](http://discoveryroutes.ca)



**BRENDAN MATHESON,  
SIMCOE COUNTY  
LOOP TRAIL**

Brendan, Experience Development Coordinator with Tourism Simcoe County, led the completion of the Simcoe County Loop Trail, a 160km rail trail loop between Barrie, Orillia, and Midland.

Seeing the potential for the loop, in 2016 Brendan decided to cycle it. Inspired, his team got to work applying for funds matched by Simcoe County. Together with municipal and County partners, in 2017 the route was mapped, signed and ready to ride. Tourism Simcoe County continues to incentivize development and businesses along the trail, funding bike racks, repair stations and local trail improvements.

Brendan grew up racing bikes and loves riding the Loop. His favourite sections are the Midland-Penetang Link and the Copeland Bridges near Penetanguishene. [cyclesimcoe.ca](http://cyclesimcoe.ca)



WHERE CAN  
**WE**  
TAKE YOU?



Chrysler Canada Greenway

## *6 More Routes to Explore!*

Discover the **Windsor Essex Cycle Tourism Map** and plan a year-around two-wheeled adventure. Our map features 350km of unique trails with bike-friendly stops to visit along the way.



[visitwindsor.essex.com/bike](https://visitwindsor.essex.com/bike)



TOURISM  
**WINDSOR  
ESSEX**  
PELEE ISLAND



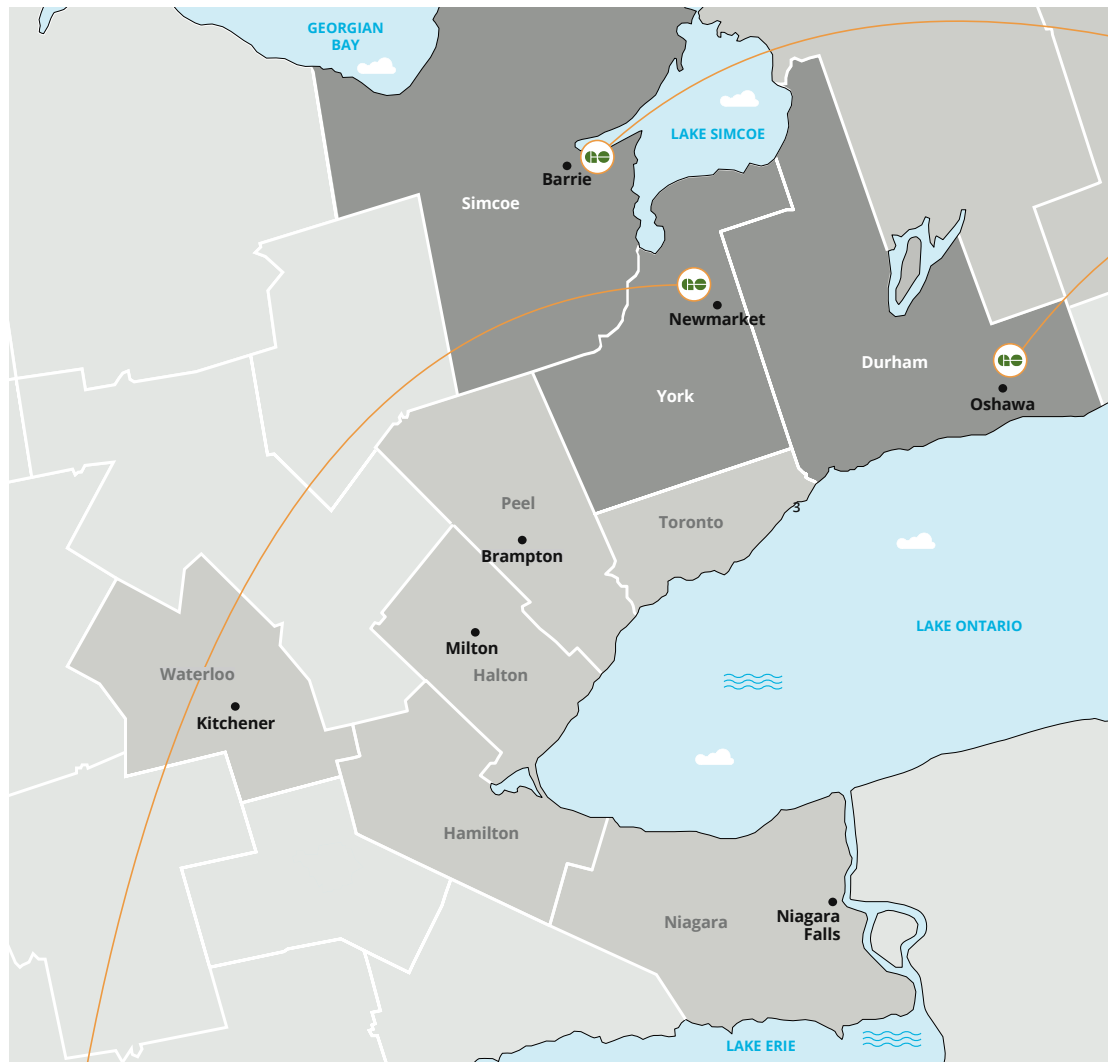
# TAKING TRANSIT TO HISTORIC, NATURE & BREW BIKE RIDES

*There is nothing like a day trip to another town to discover its network of trails, experience the local sights and sounds and to just go somewhere new.*

Venturing to new destinations can be a challenge for those who don't have a license, vehicle or bike rack. Not to mention, 2022 saw record-high gas prices, inflation and a car rental shortage. While some of these trends will continue to impact us, we can always lean on car-free alternatives like transit to take us, and our bikes, on adventures.

If located in the Greater Toronto Hamilton area (GTHA) or 'Golden Horseshoe' cyclists can use GO Transit to explore regions like York, Niagara, Kitchener-Waterloo, Durham and more. Many stations are even located in close proximity to trails.

Through the pandemic, GO Transit experimented with service changes such as increasing frequency and



adding weekend trains and bicycle coaches on lines, in addition to the already established Toronto to Niagara Falls bike train route. Plus, it grew its fleet of buses that can carry up to two bikes per vehicle.

Transit connects cyclists not only to new places, but different experiences. Whether a foodie, history/architecture lover or someone who wants to be immersed in nature, Ontario has a lot to discover and transportation shouldn't be an obstacle! It's easy to explore nearby destinations and experiences with your bike, accessible by a quick tap on and off with a reloadable PRESTO payment card or ticket bought online or at the station.

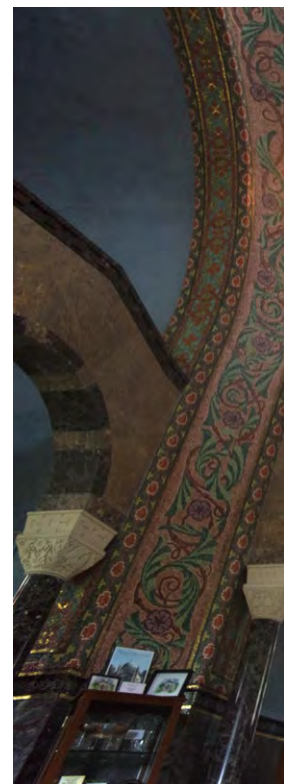
## 1 HISTORIC RIDE (YORK REGION)

History admirers should exit at Aurora, Newmarket or East Gwillimbury GO stations to start their journey. Each community is connected by the 20km Nokiidaa Trail, which leads riders to historic destinations.

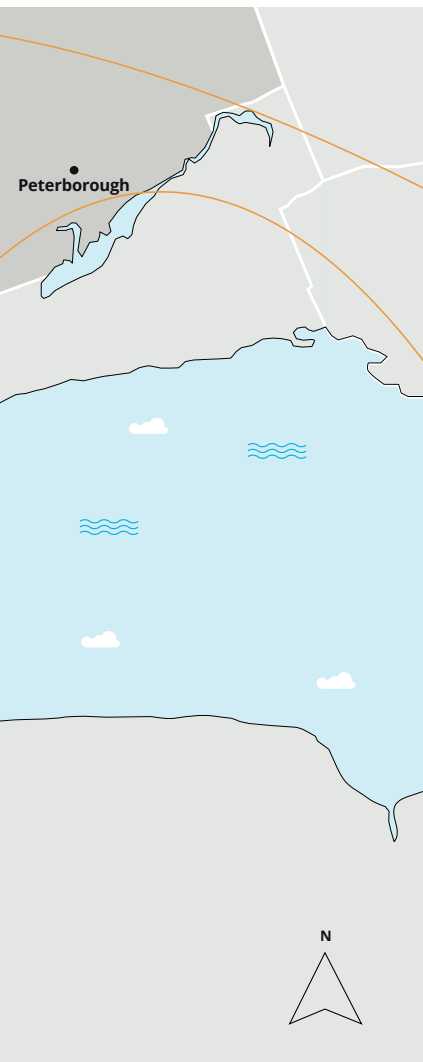
**INDIGENOUS STORIES** Nokiidaa is an Ojibwe term for 'walking together,' and its trail has Indigenous art throughout. You'll pass First Nation artist Donald Chrétien's canoe-shaped planter with a marten, crane, bear and deer travelling in it, called 'Inaawanidiwag' (They Travel Together). On the trail's Tom Taylor portion you will see Chrétien's collaboration with Jim Menken on 10 totems. The totems are trail markers inspired by the environment and the artists' Ojibwe ancestors.

## ARCHITECTURE ADMIRATION

Newmarket's historic Main Street is lined with impressive heritage buildings. Grab a pint at Old Flame Brewing Co., situated in an old fire hall filled with antiques paying homage to the structure's past. Shop for records, vintage items and more at the Neon Flamingo Emporium & Cafe, located in a yellow Second Empire style building that was once a bank and municipal office. Or take







ARTICLE BY STEPHAN PETAR; PHOTOGRAPHS BY (LEFT) LORNE BRIDGMAN, (RIGHT) DESTINATION ONTARIO

a photo at Newmarket's Historic Post Office, built in 1915, with a picturesque clock tower and set to open as The Postmark Hotel in 2023.

**MARVEL AT A NATIONAL HISTORIC SITE**

Detour off the Nokiidaa Trail towards the former village of Sharon to see a masterpiece in wood construction. The Sharon Temple is a square shaped structure built almost 200 years ago by an Upper Canada Quaker sect known as the Children of Peace. It opened as a museum in 1918 and was designated a National Historic Site in 1990.

**2 NATURE RIDE (DURHAM REGION)**

While Oshawa is famously known for the General Motors (GM) Assembly Plant, it has some stunning natural beauty and biodiversity. Start at Durham College Oshawa GO station and connect to the waterfront trail to experience marshes, reserves and provincial parks, which showcase a dynamic ecosystem featuring hundreds of plant species as well as birds and other wildlife.

**GET LOST IN NATURE** Before getting lost in the scenic landscape, make a pit stop at the Lakeview Park pier. Walk to the very end to gaze out on Lake Ontario and watch cargo ships



**GO TRAIN TRAVEL TIPS**

Look for green bike stickers by each door to know which train car to use

Lock your bicycle if you leave it unattended

Don't go during rush hour, bikes are prohibited

Remember to tap on and off with your Presto Card

navigate into the Port of Oshawa.

Then cycle to Second Marsh, a 137 hectare wetland deemed provincially significant. It's the largest remaining urban wetland in the GTA with six different habitats to support a variety of species. Its neighbour is the McLaughlin Bay Wildlife Reserve, created by GM and named after its founder. Combined, both locations have hundreds of plants, trees and shrubs as well as other animals.

**BEACHING OR BIRDWATCHING?**

For birdwatchers, Bowmanville's Darlington Provincial Park is the destination. To relax and cool off, cycle to its sandy beach described as a 'hidden gem' by locals and tourists. Plus, on a clear day there is a stunning view of the Toronto skyline.

**3 BREWS & BIKES RIDE (SIMCOE COUNTY)**

With additional service to Allandale Waterfront GO station, cyclists can experience Barrie and the region by biking around Lake Simcoe or heading to Orillia via the Lake County Oro-Medonte Rail Trail. It's also a great spot to grab a brew – whether a coffee or beer.

**COFFEE STOPS** To make the most of your Barrie day trip, take the first train leaving Union Station before 9:00 a.m on weekends. Given how early it is, you may need a pick-me-up when you get off. If you're looking for a coffee and food combo try Salty Blonde Bagel or head to coffee barbershop The Wired Owl Coffee Company for a brew, pastry and some cool decor.

**BREWERY STOPS** If you're looking for some radical beers and creative ales, stop by Flying Monkeys Craft Brewery. For something more traditional, take the scenic route along residential streets to Beertown Public House or if you make it to Orillia, via the rail trail, recharge with a bite and a pint at Couchiching Craft Brewing Co.

A bike adventure and day trip is easy and hassle free to journey out on and just a short transit ride away. No vehicle is needed within the GTHA.

To plan a car-free bike getaway visit: [gotransit.com](http://gotransit.com) & [biketrain.ca](http://biketrain.ca)



**GO BUS TRAVEL TIPS**

Be sure to remove loose items from your bike (locks, baskets, bags)

Ask the driver for help if you're unsure how to secure your bike







# DISCOVER WHY KAWARTHAS NORTHUMBERLAND IS YOUR NEXT BIKING DESTINATION

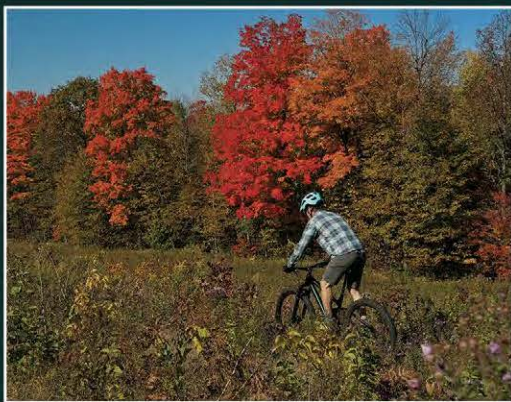
[kawarthasnorthumberland.ca](http://kawarthasnorthumberland.ca)



*Gravel Routes*



*Rail Trails*



*Mountain Biking*



*Winter Fat Biking*





**Bike Touring Adventures**

# **GETTING OUT & BEYOND**

**By Florence Suralta**



O

ur first ever bike tour in 2021 was a huge success despite the challenges. We hadn't done any touring before but were excited by the unknown and going to new places with our bikes. Being a year-round cyclist, I ride daily to stay healthy and it's my main mode of transportation to and from work. My wife also likes cycling and while still staying in her comfort zone, has developed great stamina

and enthusiasm for a sport that we now enjoy together as a couple, changing us forever.

I grew up as a very active person, playing a variety of sports in the countryside near the coastal town of Palompon, Leyte, Philippines. It was there that I learned to ride a bike at an early age, before any other sport, mainly to have fun with friends. I soon got hooked. When we emigrated in the '90s, landing in Toronto, I soon bought my first bike in Canada, an old touring bike that I used for commuting at a time when city riding was a lot less safe. When we had a young family we had the occasional family bike ride together, but I rode less and went back to my early passion playing basketball. Ten years later, after a physical injury and doctor's advice to seek a lower impact sport, I was back to cycling.

We started connecting with more friends, relatives and the cycling community in the Toronto area as social media became more popular. My wife's interest in cycling grew as we became members of a Filipino cycling group called Pinoy Pedal Pushers. We started doing a lot more riding, especially mountain biking with the group, which is now my wife's favourite type of ride. We often ride our road bikes out to country roads with less traffic. If we are going westbound, Kleinberg is a favourite destination. On the way there are nice rolling hills and in town lots of cafes to choose from for refuelling, making it a perfect stopover for us and many other cyclists. Riding east we always end up near Uxbridge often in Goodwood at a bakery well known to cyclists, Annina's. A few times we have ridden all the way to Niagara Falls and taken the train back to Toronto.

When the pandemic started we stopped going out on group rides, just to be safe. The bond between my wife and I grew stronger as we started riding more together. At first we limited ourselves to shorter distances and day trips, but it wasn't long before our distances grew, and as we had already been riding for a while we started planning longer trips.

Our first bike tour was to southwest Ontario. As we had never been on any organized bike tours before, it was a little daunting so I spent a long time planning and searching out the best ride route. We started out riding through areas where we had ridden before, getting from Toronto to Brantford. On day two, we left our quiet campsite in a heavy downpour and lightning, having to take shelter and wait for the storm to pass. Continuing on towards London, many of the roads and trails were flooded, and the route I selected had too many unexpected steep hills, which my wife managed to climb at her own pace. Despite the challenges, our second day of riding was exciting because it was our very first time in the area. With the sun coming out we enjoyed the farmland scenery, small villages and towns along the way.

Our third day touring to Grand Bend from London was another interesting ride as it started out cold and the headwinds grew, turning a four hour ride into seven hours. When we reached Grand Bend we were ready for a rest, yet



↑  
On the road  
in southwest  
Ontario, an 850km  
adventure

had a hard time finding accommodations in this famous tourist destination. Luckily one hotel had a late cancellation and with the overnight temperatures dipping to 12C we were glad to be out of our tent. The next day with over 100km to ride, the wind was in our favour and the roads were flat with many scenic views. We stopped in Bayfield and Goderich and were happy to find another hotel room for our overnight stop in Kincardine as more rain was on the horizon.

A break in the early morning rain unveiled beautiful views of meadows between the small towns of Port Elgin and Southampton. Yet at Sauble Beach, and with another thunder storm looming, we were again unable to find a campsite or hotel, so decided to persevere to Owen Sound. We enjoyed an interesting ride the next day with amazing





**At first we limited ourselves to shorter distances and day trips, but it wasn't long before our distances grew, and we started planning longer trips.**

scenery from Inglis Falls and a pretty route of rolling hills to Meaford. There we joined the Georgian Trail, riding into Collingwood for our lunch break. It ended up being our longest ride day, as we continued on through Wasaga Beach and camped overnight at Awenda Provincial Park. The next day, riding on trails through Penetanguishene, Midland and the village of Coldwater, we made it as far as Orillia. Our last day of the looped tour had us following the well-used Oro-Medonte Rail Trail to Barrie, sideroads to Bradford and through the Holland Marsh, and finally the rolling hills of Jane Street to home in Toronto. We had learned so much and overcome many challenges, but had taken our time, and enjoyed the scenery and whole ride experience, all 850km of it!

Undeterred, this past summer we planned what would be our longest ride yet. Again, there were many unforeseen challenges, and changes had to be made along the way. We did our longest ride day ever, from our start in Quebec to Ottawa, over 160km. In Ottawa we followed the river pathway, a very scenic route, and then rode northwards to Arnprior. We picked up the Ottawa Valley Recreational Trail to Carleton Place, and then found our way to the beautiful campground at Sharbot Lake Provincial Park and then rode onward to Tweed. I fixed some mechanical issues on my wife's bike in Campbellford, making for a shorter day before our last push home following the Trans Canada Trail from Hastings to Peterborough and Lindsay. Back in familiar territory we followed a route we knew well back to Toronto.

### RIDE TIPS

- Be visible, use high vis clothing
- 
- Use bright lights for day and night
- 
- Be predictable
- 
- Do not over pack
- 
- Be prepared for adverse weather
- 
- Book accommodations ahead of time
- 
- Carry plenty of water and energy bars
- 
- Take your time and enjoy the views
- 
- Expect the unexpected

We continue to enjoy our weekend rides in between these longer adventures, and closer to home. We've found mountain bike trails in the Greater Toronto Area, from time to time we do gravel riding in spring and fall and also enjoy fat biking on nearby trails in the winter. I have learned to fix our own bikes which has proven handy as between the two of us we have 12 bikes in storage, taking up more than their share of space in our two bedroom apartment.

I am not sure yet where our adventures will take us this year. We have learned much, become closer as a couple and continue to enjoy the excitement and unknowns of bike touring. ■



# EXPLORE THE SCENIC ST. CLAIR RIVER TRAIL



Looking for premium waterfront cycling with plenty of tasty diversions along the way?  
**You've come to the right coast!**

Whether you want to pedal along the St. Clair River Trail and Lake Huron or challenge yourself by taking part in the Bluewater International Granfondo, Ontario's Blue Coast offers a trail for every cyclist's interest and skill level.

**Find your next adventure at [ontbluecoast.com](http://ontbluecoast.com)**



**#MYRIVERTRAIL**  
**STCLAIRRIVERTRAIL.COM**





Picture yourself on Ontario's 130,000km of unpaved roads

# ONE BIKE, ALL RIDES

By Lesley Cassidy





**AS** a child, I owned one all-around bicycle. It was granny smith apple green, with a banana-shaped seat and a kickstand, and I rode it everywhere – dirt, trails, sidewalks, streets, my parent's front lawn. Fast forward, and somehow the number of wheels in my garage expanded. It started with a road bike to participate in a few triathlons and tours, then a mountain bike to escape the steamy asphalt, followed by a second-hand commuter bike. Now, my only ride is my gravel ride. Because, like my green bicycle, it's stable and comfortable, and I am thrilled I can pedal almost anywhere.

Ontario has more than 130,000km of unpaved roads – so where do you want to groad? Yes, groadies. Groadies are roadies who love dirt. And mountain bikers who love gravel too. Many other labels exist, including gravel grinders, multi-terrain, all-road or all-terrain cyclists, etc. However you define your ride, cyclists have pedalled over every surface imaginable for years.

Over the past decade, gravel riding has carved out its niche with specific bicycle designs, products and events. Adrian Grant, who created the website [ridegravel.ca](http://ridegravel.ca) four years ago to share gravel routes in eastern Ontario (and now Ontario wide), explained that the 'great thing about gravel riding is you experience it on your own level; everyone is different.' One person's stone-dust covered rail trail is perfect for a Saturday ride; for others jumping off the bike to push it up an epic hill over a rock garden is their jam. Others prefer a 50/50 split of pavement and gravel to give their weary legs a smooth break. The allure of few vehicles, charming towns with coffee and patios, and a slower pace to chat with your friends (no watts or Strava KOMs required) has grown the love of this sport immensely.

So make some plans to hit the groad! Check out this mix of terrain and routes that will give you a taste of Ontario's unpaved fun. It's just the tip of the gravel iceberg!

### **NOT JUST BEACHES AND A BAY**

Georgian Bay's geography promises hills; after all, it's home to the northern end of the Niagara Escarpment. With more than a dozen major beaches, jump in the water to cool down after these tours.

Climbing your thing? According to Jody Wilson, an avid local road and gravel rider, Kimberley is the number one riding destination to get your groadie quads on. Up and down the Niagara Escarpment, it's a 77km grind from Fischer Fields near Collingwood and through a stunning region peppered with downhill ski centres, lookouts and four-corner towns. The Kimberley Loop serves up one of the epic climbs in the area on 2nd Line's switchbacks. It passes north of the Pretty River Valley Provincial Park along 6th Side Road, follows Osprey Blue Mountain Townline, Concession 12B, climbs Campbell's Hill, and descends on Lower Valley Road. Over 60% of the route features no pavement. For much-needed fuel, fill your belly at the Kimberley General Store with soup, sandwiches,





# Share your passion for the **outdoors**

Grab your bike and catch the early morning 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)

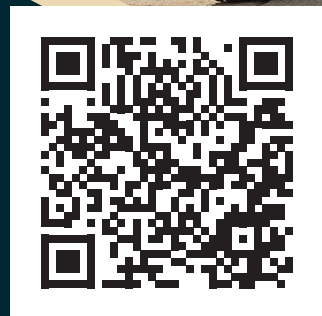


Photo: Trail Hub, Uxbridge



sourdough and baked treats inhaled on the patio. Heading back to Collingwood, the route passes north of the Duncan Escarpment Provincial Park on side roads. There are plenty of options for a coffee break on whatever route you choose to ride in this area. 'It seems this area has a community every 10km', Wilson shared. 'Nothing is better than the first warm spring ride and the first day at the coffee shop; you can't beat that feeling here.'

Buttery smooth rail trail with a canopy of leafy trees? Just ride the Georgian Trail. It's a hard-packed flat rail trail 34km long between Collingwood and Meaford. If you prefer a shorter distance, stop in Thornbury at the 21km mark for a chill 42km round-trip cruise. Park at Harbourview Park in Collingwood and pedal northwest to Thornbury, soaking up the shade and views along the trail. Sample scones, cookies and lunch at the Thornbury Bakery Cafe, fill up on pizza at the Bruce Wine Bar & Bodega (or try the grab-and-go lunch) or quench your thirst at the Thornbury Craft Cider and Brew House.

### GO EAST!

Eastern Ontario provides a mix of flat gravel cycling options such as the Clarence Rockland Classic route east of Ottawa, many farm and more rural roads around Ottawa plus the Ottawa Valley Recreational Trail. In the Highlands of Lanark and Renfrew County, expect a leg day.

Gravel curious? The 50km Eganville Gravel Grinder shares a perfect split of asphalt and gravel. One of my favourite rides as I live nearby, it's now the gravel option for the Tour de Bonnechere, an event running for over 10 years. With enough elevation to give the legs a punchy workout and almost traffic-free country roads, it alternates with stretches of welcoming smooth surfaces for a break. Park at Legion Field and head west toward Sand Road on this lollipop-shaped route. The route ambles up Corrigan Road, the unpaved highlight of the ride. It twists and rolls with one major descent before Cormac Road. Power yourself around Silver Lake before looping back to your vehicle. After the ride, visit the Bonnechere Caves for an extraordinary tour underground and a chance to run your fingers over the embedded millions-of-years-old fossils.

California Dreamin'? No palm trees or surfers here. Like geese, cyclists from eastern Ontario flock to this mecca in spring. Check out [ridegravel.ca](http://ridegravel.ca), which lists two routes called Going Back to Cali, one 71km in distance, the other 56km long. Both routes start in the town of Clayton in Lanark Highlands and offer a mix of concrete and gravel. Rosetta Road heads southwest, leading your two wheels towards Darling Road. A few long climbs and then the California roller coaster begins. You may meet the occasional ATV or a birdwatcher; it's a middle-of-nowhere kind of place. End your day in Almonte, where numerous Hallmark Christmas movies are filmed each summer. Need a tube and a rest? Visit the Almonte Bicycle Works and stay at the historic Almonte Riverside Inn on the Mississippi River. Coffee and chocolate your thing? Visit Equator Coffee Roasters, Hummingbird Chocolate Factory, or book a tour with the Good Food Tour company to savour the hidden culinary delights in town.

### LAKE ONTARIO'S NORTH SHORE

A popular area for road riding, Northumberland and Durham provide endless choices for the gravel rider. It's a secret that's been well kept.



**Gravel and dirt connect us with play and adventure, just like our first bicycles did as kids.**

Half gravel and half asphalt? Jennifer Poole, an avid road and gravel cyclist from the Northumberland area, pedals this route regularly. 'You don't have to yell – car back – very often,' she shared. 'These roads are little gems.' Begin this 80km adventure known as the Roseneath Ramble at Beagle Club Road trailhead. Route north on Cowling Road, meander along Rice Lake and sample several concession roads pointing northeast. Cycle eastward along Sandy Flats Road, and for a pick-me-up, detour to Warkworth at Jeannine's Backtalk Cafe, Our Lucky Stars Cafe and Roastery or the Village Pantry. Spin up Ferguson Road to sample lunch at Villa Conti Oak Heights Estate Winery. Jewel Road, a ribbon



of gravel fun, is a canopy of brilliant colours in autumn. Looping back along Bowmanston Road, Poole explained, this tour has many exciting features, including a donkey sanctuary, breathtaking views and a massive solar installation.

Love doughnuts? Pedal the Northumberland Rail Trail (part of the Trans Canada Trail) between Hastings and Campbellford. Park at Lock 18 in Hastings, head 20km east towards Campbellford, crossing numerous wooden rail bridges and a tunnel, and experience the cattails, birds and traffic-free pathway. It's mainly hard-packed dirt but may be bumpy and rocky in places. In Campbellford, drop by Dooher's Bakery to sample the 17 flavours of doughnuts, cruise along the Trent River to Lock 11 and 12, stretch your legs and gaze at the boats floating by. Looking to overnight? Stay at the Emilyville Inn, located beside the spectacular Ranney Gorge Suspension Bridge.

Prefer a quad-crushing day? Look no further than the Durham Destroyer. There are several versions, the shortest at 102km. Launching from Port Perry, Nexus Coffee will kickstart your day. The 85% gravel route heads out on Scugog Line 8 with a few climbs to Marsh Hill Road. The route roams through Durham Regional Forest to Uxbridge, where you can fuel your legs at Tin Caffe Coffee Shop with soup, sandwiches, or perhaps a double espresso. Follow the



## GRAVEL BIKE FEATURES

Disc brakes



Drop handlebars



Wider tires



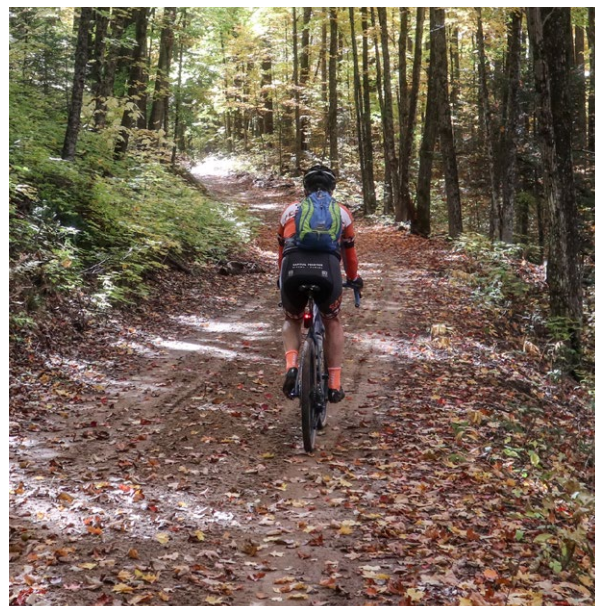
Higher clearance



Comfortable geometry



Increased stability



Beaver River Wetlands Trail, an abandoned rail line providing relief with flat terrain for 27km. Cannington is your last water break, and the rises begin outside town. After this enchilada, take a well-deserved rest at the Old Flame Brewing Company or stay the night at Willow Pond B&B.

## ONTARIO'S LEFT COAST

With more than 100km of sandy shoreline and countless farmer's markets, Huron County is 'relax' redefined.

Short jaunt? Try the G.A.R.T. – the Goderich to Auburn Rail Trail. It's 11km long from Highway 21 north, but when added to the Tiger Dunlop Trail, it's just over 13km. It's a gentle way to sample the mighty Goderich to Guelph Rail Trail (G2G) without riding 142km (including detours) one way. Spin past ponds, Sharpe's Creek and over the 230 metre high Menesetung Bridge. Hard packed, this trail will leave you wondering if you could ride the entire G2G someday. Bicycle rental? Or repair? There are two bike stores in Goderich and a new location in Blyth.

Farm Tour? Park in downtown Goderich and power your bike east starting off on the famous G2G. Navigate this 55km Farm Loop of barns, farmhouses and fields of shimmering crops turning north on Westmount Line. Follow Glen's Hill Road and soak up the serene views, veering south on Prosperity or any concession heading back, landing on the G2G through Sharpe's Creek Wildlife Preserve. With over 70% of this route unpaved, appreciate the long stretches with few vehicles. Tired? Check out Rock House B&B or Samuel's Boutique Hotel for a comfy sleep.

Gravel and dirt connect us with play and adventure, just like our first bicycles did as kids. Adrian Grant of [ridegravel.ca](http://ridegravel.ca) summed it up this way, 'Have fun, explore and enjoy the cross between road and mountain biking that gravel gives; it has the road distances and the chill vibe of mountain biking. Brought together, it makes for a great experience'. ■

To find out more about these gravel routes [ontariobybike.ca/groadie2023](http://ontariobybike.ca/groadie2023)







# Your next great ride awaits...

13 Great Lakes & Greenbelt self-guided, signed loops — support your local communities and businesses.



Maps and itineraries:  
**WaterfrontTrail.org**



Possibility grows here.



# Explore London by bike!

Take a ride with family or friends

Discover farmers' markets, unique businesses, culinary delights, exciting destinations and breathtaking multi-use paths stretching across London.



Old East Village & The Market at Western Fair District



Covent Garden Market & Budweiser Gardens



Thames Valley Parkway



Dundas Place & Downtown London



Home to Springbank Park, Storybook Gardens & more than 490 parks, green spaces & sports fields



London CANADA

Explore 350 km of pathways, bike lanes and cycle tracks.

[london.ca/cycling](https://london.ca/cycling)



# 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

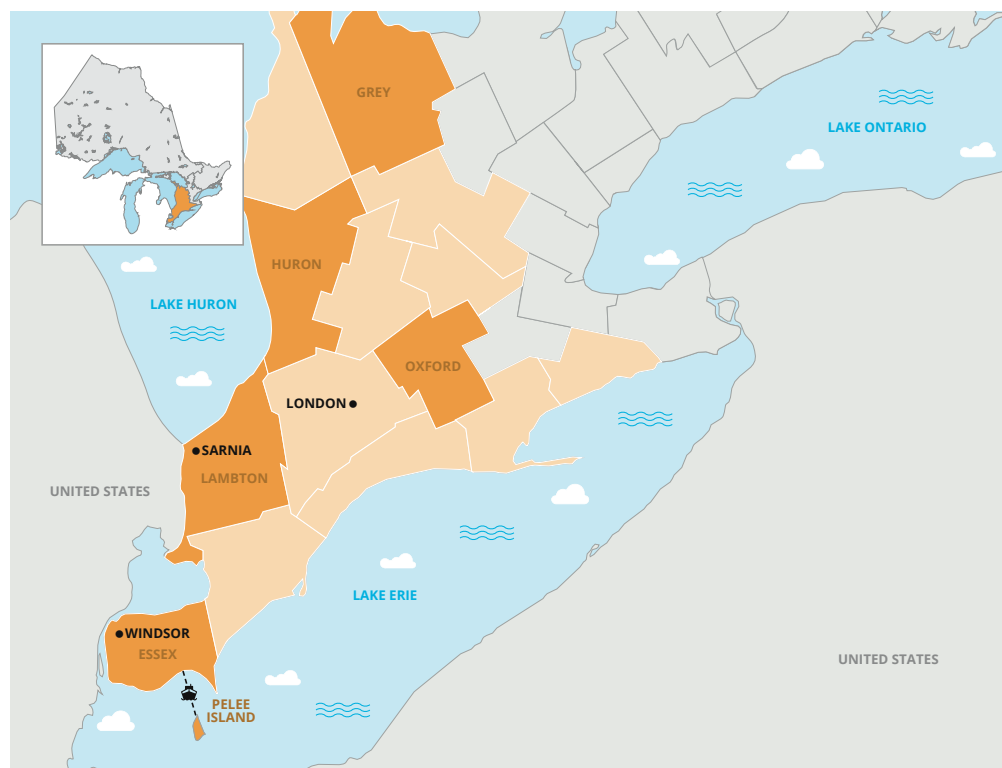
### WINDSOR

 Not to be missed when visiting Windsor is the **Herb Gray Parkway Trail**. This 17km off-road paved trail has been newly built to incredibly high standards and with features seen on few trails across the province. Through and over a series of 11 tunnels and bridges the trail has many themed interpretive signs, sharing information about the region's cultural heritage and the surrounding natural areas, including the Tallgrass Prairie. Truly a 'Parkway in a Prairie' you barely know you are riding parallel to one of the busiest cross-border highways and just minutes away from downtown Windsor and the Detroit River. [hgparkway.com](http://hgparkway.com)

 In a region not known for its hills you'll find in **Malden Park** looped single track and purpose-built flow trails with enough berms and rough spots to have a great afternoon out. A few city streets away, riders can cross over into the Black Oak Heritage Park to continue the ride through the forests and prairie savanna on trails that also lead to the bicycle friendly Ojibway Nature Centre. It's worth heading to the Sandwich Town Brewery in this nearby heritage neighbourhood for time on its oversized patio. Sample the uniquely flavoured menu featuring its namesake staples done with a twist, a sandwich. [cyclewindsor.ca](http://cyclewindsor.ca)

### ESSEX COUNTY

 **Leamington** is the ideal base to explore the most southerly part of the province and Canada. An easy road ride out to Point Pelee



### RIDE STYLE GUIDE

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

 Recreational Cyclist

 Experienced Cyclist

 Mountain Biker

National Park connects to the quiet park road and 10km to the tip. Marvel at the waters rushing over the peninsula point at this special spot, witness migratory birds and monarch butterflies and be sure to stop at the Visitor Centre to learn more. For another ride option take the town trail and road north to the Trans Canada Trail which is in good condition as far as Staples. This pleasant 15km ride each way weaves past gigantic greenhouses, where fresh produce is grown year round. [visitwindsor.essex.com/cycling](http://visitwindsor.essex.com/cycling)


 County Road 50 is a popular roadway for touring cyclists eager to see the sights of the area and is a part of the **Great Lakes Waterfront Trail**. Enjoy the ride with many fruit farms, wineries and water views along the way, plus an increasing number of sections with extended paved shoulders. Set the GPS for a route from Kingsville to Colchester, and onwards to Amherstburg, looping back using

inland roads for a speedy return on flat straightaways that bisect endless farm fields and tranquil greenery. [cwats.ca](http://cwats.ca)

### PELEE ISLAND

 A 90 minute ferry crossing from Leamington or Kingsville (or two hours from Sandusky, Ohio) will transport you to Pelee Island, a world away and worthy getaway. Save the hassle and expense of reserving a space for your vehicle as a bike is all you need to explore this 12km long by 6km wide southerly island. With rentals also available and near the ferry docks, circumnavigate the island on a 30km **coastal bike route**, with options to stop at beaches, lighthouses, small museums and artists' studios. Enjoy some local fish tacos on a patio, bakery treats and ice creams. Stay at small B&B's, cottage rentals or camp, but be sure to book in advance as all are in high demand come summer season. [pelee.org/tourism](http://pelee.org/tourism)





It's a good  
day to ride!

visitgrey.ca



C O U N T Y   W I D E   A C T I V E   T R A N S P O R T A T I O N   S Y S T E M

# CYCLE SOUTH

Cycle 400 kilometres of flat terrain in Canada's deep south. Roll past **stunning waterfronts**, lush woodlands, savannahs, **vineyards, orchards** and **historic sites** that connect seven vibrant communities – each with its own southern charm.




VISIT US ONLINE AT  
**CWATS.CA**





## SARNIA & LAMBTON COUNTY

 Stretching 35km from Corunna, just south of Sarnia, and onto Port Lambton, the **St. Clair River Trail** mixes on-road paved shoulder riding with a number of off-road paved trails. It connects small towns and villages, waterfront parks, historical sites, and a multitude of waterfront picnic areas along the stunning blue waterway. Take in the natural beauty of the area and enjoy unparalleled views of the river and Great Lakes vessels sailing up and down one of the busiest commercial waterways in the world. Part of the Great Lakes Waterfront Trail, extend your ride northward on the route to downtown Sarnia for refreshments at Refined Fool Brewing Company. [stclairrivertrail.com](http://stclairrivertrail.com)

 With a variety of routes and distances for everyone from family and beginner cyclists to endurance roadsters, the **Bluewater International Granfondo** is a renowned cycling event. Ride along the stunning Lake Huron shores and into the countryside of Lambton County, with routes beginning and ending northeast of Sarnia in Blackwell. The Granfondo offers a nice mix of relaxed and athletic riding, where riders can go easy, enjoy the great company and scenery at the event or pedal hard on the timed sections. Stay for the weekend and enjoy the 10km Slow Roll, a large inclusive group bike ride looping around Sarnia with live bands playing along the way. [bigf.ca](http://bigf.ca)

## HURON COUNTY

 Don't let the various local trail names confuse you, just hop on the Tiger Dunlop Trail, **Goderich to Auburn link**, for an easy 12km ride, the start of the longer 132km Goderich to Guelph Rail Trail. From the lake and beach, cross the historic wood railway Menesetung Bridge and Maitland River, for views afar, and ride along the crest of the river valley through tranquil forests as far as you like, or to Auburn, where the G2G trail detours onto the road. Take the time to enjoy a gourmet lunch at the Beach Street Station, another meticulously restored Goderich railway landmark, on the large waterfront patio. [g2grailtrail.com](http://g2grailtrail.com)



### THE EVENTS WESTERN ONTARIO

**June**  
Forest City  
Cycling Challenge  
London

Sea Otter Canada  
Blue Mountain

**July**  
BT700  
St. Jacobs

MS Bike  
Grand Bend to  
London

Le Tour de  
Norfolk  
Delhi

**August**  
Bluewater  
International  
Gran Fondo  
Sarnia

Gran Fondo  
Lake Huron  
Southampton

Tour di Via Italia  
Windsor

3 Port Tour  
Aylmer

Dunville  
Grand Tour  
Dunville

**September**  
Essex Region  
Conservation  
Bike Tour  
Kingsville


Dairy Capital  
Stampede (MTB)  
Woodstock

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



Explore the Lake Huron waterfront and beach communities following the **Great Lakes Waterfront Trail**, 141km from Grand Bend to Lucknow. On a variety of roads, including some peaceful country lanes, this well-signed route passes through Bayfield and its quaint high street full of cafes, pubs and artisan shops, and don't miss the farmstead hop-growing River Road brewery nearby. Continuing north of Goderich, from the inland road route take a detour west to Point Farms Provincial Park or Port Albert, where bluffs and beaches meet the bluest of waters at many of the beach access points along the pretty sandy shoreline. [waterfronttrail.org](http://waterfronttrail.org)

## LONDON

 London is known as the 'Forest City' for a reason, and exploring the city by bike is the perfect way to discover all of its leafy nature. Ride the 43km **Thames Valley Parkway** paved multi-use pathway in three different directions from downtown. Exploring the scenic parklands along the river, you'll soon forget you're in the centre of one of Canada's largest cities. Head north on the Parkway to Kilally Meadows and enjoy woodlands, marshes and meadows. Return downtown and ride east along Dundas Street on protected bike lanes to Old East Village, where you will find hip cafes, restaurants and breweries, plus the historic



**42.997868 N, -82.421976 W**  
**SARNIA, LAMBTON COUNTY**

Follow the trail and cycle under the stunning twin-span Blue Water Bridge with views across the St. Clair River to Port Huron, Michigan and Lake Huron.





# MS BIKE

## WHICH CHALLENGE WILL YOU CHOOSE?

**The Countryside Ride** – 150km through the farms of Southwestern Ontario

**The Riverside Ride** – 100km through the quaint towns along the Rideau River

GO THE DISTANCE.  
MAKE A DIFFERENCE



Register now at  
[msbike.ca/ontariobybike](http://msbike.ca/ontariobybike)

NATIONAL MEDIA PARTNER



OFFICIAL APPAREL PARTNER



NATIONAL SPONSOR



# EMBRACE OUR RURAL ROUTES.

Visit [RideOxford.ca](http://RideOxford.ca) for:

- 14 road routes
- 8 Gravel Routes!
- 2 mountain biking destinations
- Guided bike & paddling excursions
- Trans Canada Trail
- Round your trip out with the cheese trail, epic eats and cultural stays.

All just 90 minutes from Toronto (on Hwy 401)

[www.Rideoxford.ca](http://www.Rideoxford.ca) • 1-866-801-7368 x3355  
tourism@oxfordcounty.ca



43.258456 N,  
-80.536036 W

OXFORD  
COUNTY


Explore the countryside and gravel roads lined with trees and big skies above farm fields, on one of the nine mapped routes or on a guided gravel getaway with Gravelocity.




multi-level Market at Western Fair District. [bit.ly/cyclinglondon](http://bit.ly/cyclinglondon)

 The route between Grand Bend and London is one of Ontario's iconic road cycling experiences most easily enjoyed on the 150km **MS Bike** two-day fundraising ride. The route passes through the gorgeous open farmland and small communities of Middlesex County and overnights in London with fun-filled celebrations. If you have the chance, extend your stay in London and explore more fantastic road riding in the area, using city trails and bike lanes to explore more of the urban area and to get to the nearby surrounding countryside. [msbike.ca](http://msbike.ca)


## OXFORD COUNTY

 The 17km **Oxford County Rail Trail** east of Tillsonburg, the only portion of the Trans Canada Trail that runs through Oxford County, is a great leisure or family trail ride experience with views of scenic rural back roads, rolling hills, farmland and woodlots. With a flat and smooth stone dust surface, the trail is an easy ride with midpoint highlight being the bridge and views over Big Otter Creek. Extending the ride onwards follow quiet rural roads 5km north to Otterville to explore a

number of interesting historical sites, including the Otterville Mill and Otterville African Methodist Episcopal Church and Cemetery, one of the few preserved Black pioneer burial grounds in Ontario. [rideoxford.ca](http://rideoxford.ca)

 Blessed by scenic and quiet gravel roads with endless farms and rolling greenspace, Oxford County has four gravel cycling routes that tour the rural settings. Beginning just south of Woodstock, the 67km **Billy Goats Duff** route features long, gently rolling county lines, farm lanes and long-reaching farm fields interspersed with tree-lined roads. Have lunch at the bicycle friendly Skyway Cafe at the Tillsonburg Airport, or stop on the return journey for locally made cheese at Gunn's Hill Artisan Cheese. For a shorter roll, the 32km Gravel King route explores some of the best gravel roads in northwest Oxford County with lush countryside and forests and dips into the riverside hamlet of Wolverton. [rideoxford.ca](http://rideoxford.ca)

## GREY COUNTY

 With stops along and branching off the Georgian Trail rail trail, follow the **Apple Pie Trail** tourism route and delve into the local bounty

of apple country, visiting orchards and breweries, tasting seasonal sweet and savoury foods, making gallery and historical stops exploring South Georgian Bay. The trail offers a scenic and varied shoreline riding experience between Collingwood and Meaford, with views of the Blue Mountains, great beach access points and plenty of sights along the way. Extend your ride distance using Georgian Trail E-Bike Rentals offering online booking and contactless pickup locations in Collingwood and Thornbury. [applepietrail.ca](http://applepietrail.ca)

 Beginning and ending in Owen Sound, the 85km **Island View Drive** route lives up to its name, with spectacular views of Georgian Bay and the three islands of Hay, White Cloud, and Griffith from Big Bay. Riders should bring their climbing legs with the route mounting the Niagara Escarpment along Grey Road 17 providing rewarding views back to Owen Sound and the bay below. At the 33km mark, if your bike has wider tires follow the gravel track 1km off route, and tack on a short hike to see the fascinating Bruce's Caves. Stop a while for a swim and obligatory ice cream at Big Bay General Store, midway for refreshments on the ride back. [bit.ly/greycountymap](http://bit.ly/greycountymap)



Looking for something a little less challenging? 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. Just bring your bike and ride!

Find 2023 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 [ontariobybike.ca/rides](http://ontariobybike.ca/rides)



Sometimes the best thing about cycling is knowing what waits for you when you're done.

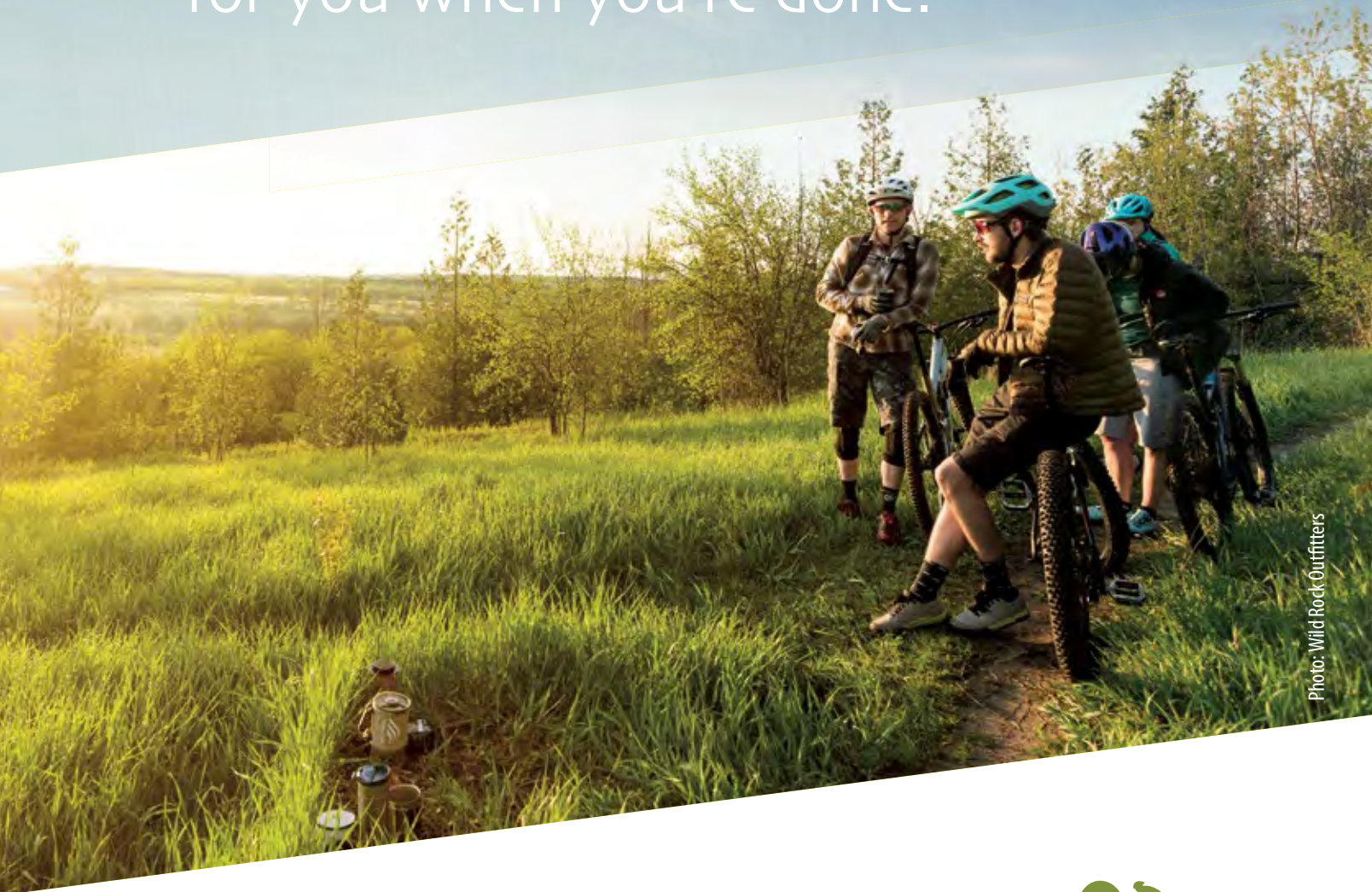


Photo: Wild Rock Outfitters

“Peterborough and the Kawartha is a cyclist’s playground — for both road and mountain bike riders — about an hour and a half drive from Toronto. The region is perfect for a break from the daily bustle and a great destination for a longer cycling get away.”

— Canadian Cycling Magazine

**Your next cycling adventure awaits you in Peterborough & the Kawarthas.**



**Peterborough**  
&  
**THE KAWARTHAS**

This is Living

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



# CENTRAL ONTARIO

## BRANTFORD & BRANT COUNTY

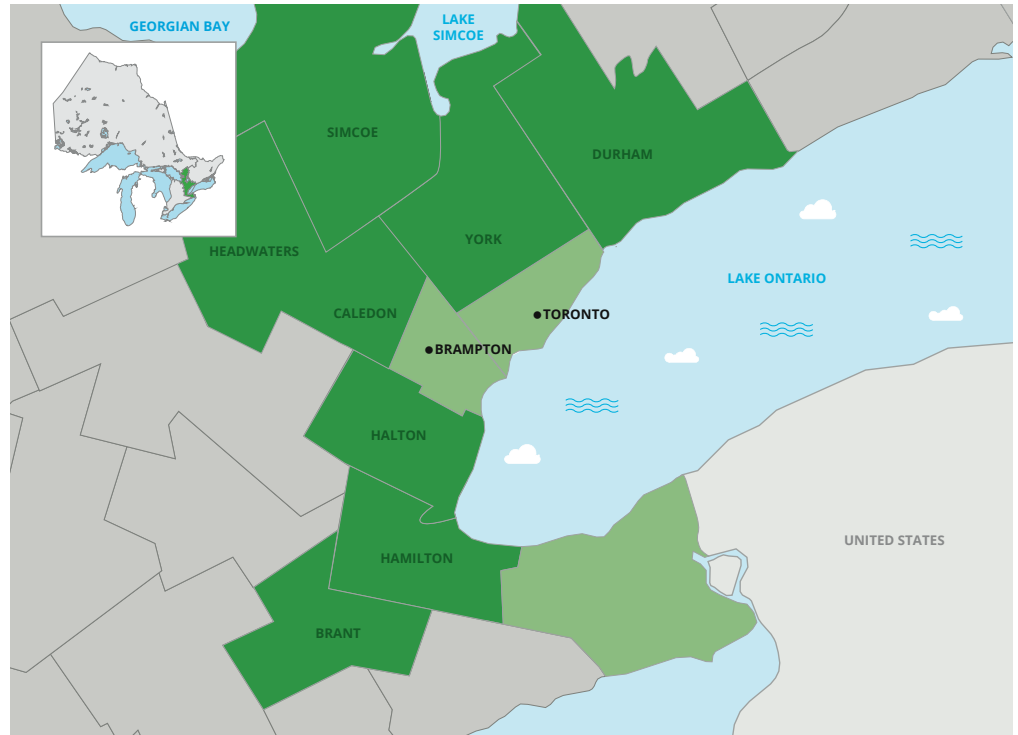
You'll soon be hearing more about the **Grand River Loop** route as it is launched in 2023. Under 60km, this circuit includes both paved and unpaved road and trail segments on either side of the Grand from Brantford south and north to Paris. You'll be amazed at all the discoveries along the way, including bridges, parklands and heritage sights all centred around and celebrating this important Grand watershed. [bit.ly/grandriverloop](http://bit.ly/grandriverloop)

## HAMILTON & BURLINGTON

Nestled under the gigantic Skyway Bridge that crosses the Hamilton Harbour is a long sandbar, beach and bike trail that is 10km in length and part of the Great Lakes Waterfront Trail. With lots of park facilities including washrooms, playgrounds and parking, **Hamilton Beach** is the spot for a perfect chill beach day or easy family ride adventure. You can also take your pick of watercraft from a range of beach and boat rentals. When done at the beach, shake the sand off and follow the trail towards the eye-catching pier and into **downtown Burlington**, a hub of bicycle friendly cafes, patios, galleries, museums and accommodations. [bit.ly/hamburwater](http://bit.ly/hamburwater)

## BRAMPTON

Take a ride on the **Etobicoke Creek Trail**, where cyclists can enjoy the tranquil continuous trail for 34km, following the creek through parks, urban forests and wildflower fields. New interregional trail connections have been completed between Mississauga and Brampton, making it perfect for longer excursions between the Waterfront Trail on Lake Ontario, through Brampton



### THE STOPS BICYCLE FRIENDLY MUSEUMS

**Black Mecca Museum**  
Chatham

**Ingersoll Cheese & Agricultural Museum**  
Ingersoll

**The Sharon Temple National Historic Site & Museum**  
Sharon

**Mississippi Valley Textile Museum**  
Almonte

**Callander Bay Heritage Museum & Alex Dufresne Gallery**  
Callander

and onward to Caledon and the **Greenbelt Route**. The trail is now one of numerous official Great Lakes to Greenbelt connecting routes. A great way to explore the trail is on the annual Bike the Creek event on June 10, a free family-friendly cycling event. [brampton.ca/cycling](http://brampton.ca/cycling)

## CALEDON

The **Caledon Trailway** follows the path of an old rail line built in 1877 to move goods between Hamilton and Barrie. Today the 35km stone dust rail trail is a tranquil multi-use natural corridor. Cyclists can ride through rolling hills and fields, woodlots, wetlands and cross a number of river valleys and smaller creeks, starting from its southernmost point in Terra Cotta to Palgrave in the northeast. The trail is also a part of the Greenbelt Route, a 475km cross-provincial signed cycling route that follows Ontario's Greenbelt from Niagara all the way to Northumberland County. [visitcaledon.ca/pages/trails](http://visitcaledon.ca/pages/trails)

The **Grange Sideroad Loop**, courtesy of Lynx and Hare Cycles in Alton, is a great intro to gravel riding in Caledon. Starting and ending in Alton, this loop has

it all – scenery, panoramic views across the GTA, rewarding climbs up the Niagara Escarpment and great refreshment stops. Make sure to stick to the route and cross underneath Highway 10 via a pedestrian/bike tunnel off Escarpment Side Road, and stop for a coffee, lunch or ice cream in Inglewood and post-ride bites in Alton. Stay for the weekend at Alabaster Acres, glamping near Caledon Village and explore some more gravel backroads the following day. [bit.ly/caledongravel](http://bit.ly/caledongravel)

## DUFFERIN COUNTY

Nestled beside the Escarpment and a glacial moraine, **Mansfield Outdoor Centre** offers trail cycling all year round. Given its unique sandy soil, the Centre can operate early and late in the shoulder seasons with no damage to its trails, offering mountain biking throughout spring, summer and fall, and fat biking on groomed trails in the winter, with fat bike rentals on site. With a growing number of multi-use trails and features on the property, the Centre also connects with direct access to the larger Dufferin Forest and its network of trails. The Centre offers affordable camping and cabin rentals, showers, river swimming



## Scenic trails for every speed

Climb rugged forest paths, relax on winding roads, or ride the rail trails that connect picturesque small towns. Ontario's Highlands has over 500km of trails to discover at any pace.



*Come wander.*



ONTARIO  
*Yours to discover*

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

[manitoulincycling.com](http://manitoulincycling.com)

# Manitoulin Island

the tour guide at your fingertips

**MODEM**

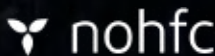
**E-BIKE SHARE**

all inclusive

**CYCLE TOURS**

2 day fully supported

**Passage Ride**



An Agency of  
the Government  
of Ontario




Federal Economic Development  
Agency for Northern Ontario


Agence fédérale de développement  
économique pour le Nord de l'Ontario




and also makes a great base for exploring the huge network of scenic gravel roads in the area, with routes mapped by locals on Trailforks. [mansfieldoutdoorcentre.ca](http://mansfieldoutdoorcentre.ca)

## SIMCOE COUNTY

 Ride one of the great off-road cycling routes in Ontario, the **Simcoe County Loop Trail**. Almost entirely on rail trails the 160km connects Barrie, Orillia, and Midland and reaches three beautiful lakes – Simcoe, Couchiching and Georgian Bay. You can start and end your adventure anywhere on the loop, however there are many overnight parking options in Barrie, plus GO Train accessibility if you want to do the trip car free. Tag @cyclesimcoe in a social media post during your adventure, follow up with route completion confirmation and receive a free Simcoe County Loop t-shirt. New this spring are 16 bike hubs along the route, each including a bike rack, repair station and bench. [cyclesimcoe.ca/simcoe-county-loop](http://cyclesimcoe.ca/simcoe-county-loop)

 **Horseshoe Resort** near Barrie has everything you'll need for an epic off-road bike vacation. In the warmer months ride their downhill bike park, with trails and features for all levels of riders, including ladders, boxes and bridges, all accessed by their high-speed chair lift. Or if you're looking for less vertical, ride the cross-country mountain biking trails in connecting Copeland Forest, and explore nature at a more leisurely pace. Mountain bike lessons and rentals are available for both downhill and cross-country riding. In the winter, explore the picturesque snowy forest on groomed fat biking trails, with rentals available. [horseshoeresort.com/biking](http://horseshoeresort.com/biking)


## YORK REGION

 There are over 150km of trails in 22 of the forest tracts, parcels of greenspace and lands, that comprise the **York Regional Forest**. Just north of Musselman Lake and Stouffville find several parking areas off McCowan Road to access eight different tracts and a variety of



Grand River

trails with natural surfaces through dense forests. While not technically challenging, these multi-use trails are well marked by trailhead signs, free to use and open year round. Extend the ride on a part of longer cross-regional trails that cut through the forests, on either the Oak Ridges Moraine Trail, or nearby roads a part of the Greenbelt Route. [york.ca/forests](http://york.ca/forests)

 There are a number of **north-south roads through York Region** that are popular rides for longer distances and more



### THE EVENTS CENTRAL ONTARIO

April

Paris to Ancaster  
Bike Race

UCI Track  
Nations Cup  
Milton

May

Creemore Springs  
Turas Mor  
Creemore

June

Bike for  
Brain Health  
Toronto

Bike the Creek  
Brampton

Mental Health  
in Motion  
Newmarket

24 Hours  
Summer Solstice  
Caledon

July

Velocity  
Caledon

August

Cycle For Hope  
Penetanguishen

September

Fall Epic 8 Hour  
Oro-Medonte

Epic Tour  
Milton

Ride for  
United Way  
Port Perry

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



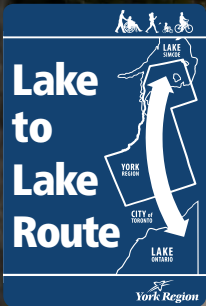
44.007709 N, -78.722921 W  
INGLEWOOD

Explore rolling hills and enjoy expansive views in Caledon between the villages of Inglewood, Caledon East, Terra Cotta and Belfountain.



# 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



**Algonquin Park • Almaguin  
Loring-Restoule  
Parry Sound • Muskoka  
South Algonquin**

TOUR

TRAIN

TREK


Plan your ride at [www.bikecottagecountry.ca](http://www.bikecottagecountry.ca)

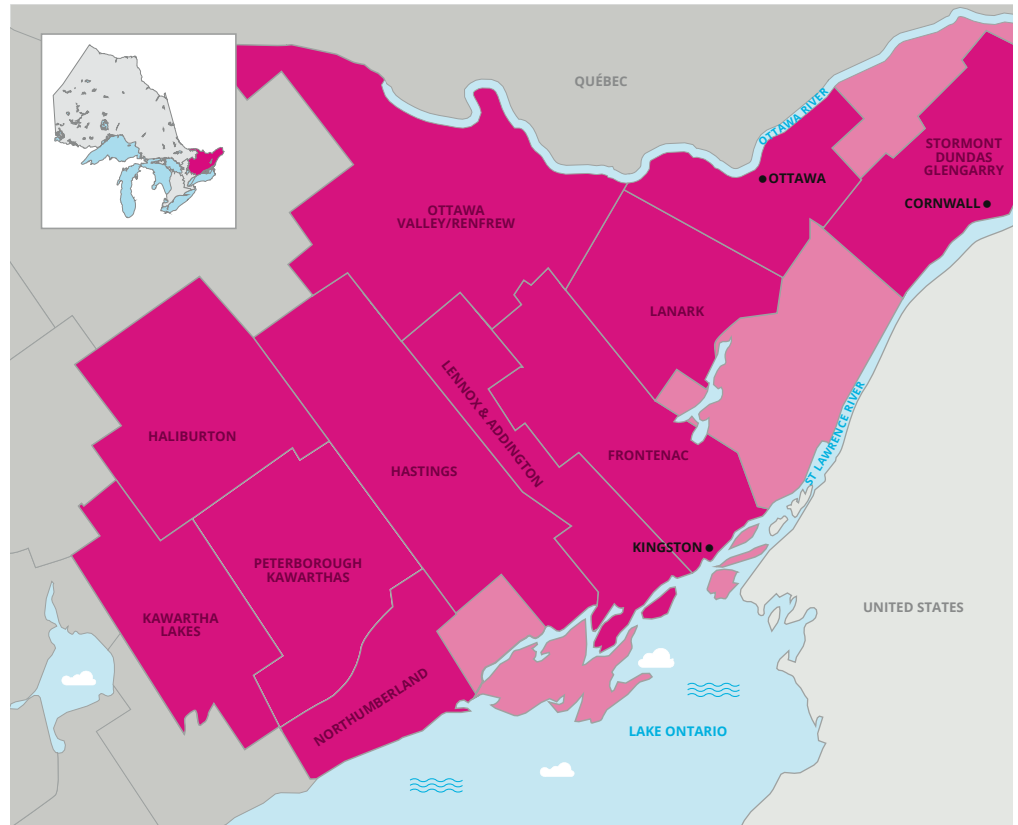


experienced road cyclists. In the east and north, Major MacKenzie Drive, Woodbine, Warden, Kennedy and McCowan Road all have paved shoulders to Stouffville Road. Woodbine Avenue, although busier, continues paved shoulders from Aurora Road to Lake Simcoe. Kennedy and McCowan both require an easy detour as the road breaks for a few kilometres, interrupted by greenspace. To the west, it is not until Kleinburg that paved shoulders run north on Islington Ave, and further east on Jane Street, however Weston Road and other north-south routes to Schomberg are used frequently. [york.ca/cycling](http://york.ca/cycling)

## DURHAM REGION

 The town of **Uxbridge** is proud to call itself the Trail Capital of Canada. Hard hit by a 2022 tornado, armies of volunteers and trail lovers quickly cleared the trails for the residents and visitors who enjoy mountain biking in Durham Forest, trail riding on the Trans Canada Trail and exploring the area on cycle touring routes. Support the local businesses that were impacted by this destructive storm and be sure to stop in town pre or post-ride for a coffee or sandwich. Second Wedge, a well loved and award-winning bicycle friendly brewery, is expecting to be rebuilt and open again summer 2023. [discoveruxbridge.ca/trails](http://discoveruxbridge.ca/trails) & [bit.ly/cyclingindurham](http://bit.ly/cyclingindurham)

 From the tip of **Lake Scugog and Port Perry** there are a number of road routes through quiet scenic countryside. West of town the Scugog/Uxbridge Loop runs north-south on two of the prettiest stretches of road, Marsh Hill and Ashburn Roads. Taking Raglan Road eastward enjoy paved bike lanes in the busier parts, and quiet countryside beyond Simcoe Road, a part of the **Greenbelt Route**. Old Scugog Road between the tiny hamlets of Enniskillen and Blackstock has a few worthwhile rollers that summit with incredible views. Heading back to Port Perry, Highway 7 up to and over the Causeway has generous paved shoulders perfect to get back to town. [greenbelt.ca/exploremap](http://greenbelt.ca/exploremap)



# EASTERN ONTARIO



Craving some more ride ideas or overnight tour itineraries to follow?


Check out our itineraries page to find day trip ideas and self-guided multi-day tours, with digital route files, suggested stops and additional resources included.

[ontariobybike.ca/itineraries](http://ontariobybike.ca/itineraries)


## NORTHUMBERLAND COUNTY

 Starting in Grafton the 99km **Presqu'île Promise** route gives you a sample of Northumberland's beautiful waterfront riding, big rolling hills and unique natural and artistic attractions. The route takes you along the Great Lakes Waterfront Trail through scenic towns and to Presqu'île Provincial Park, where you can admire the restored lighthouse, marsh boardwalk and long sandy beaches. Turning north to Brighton, stop in town for lunch overlooking the bay before you head north and then west, bringing you to the scenic Shelter Valley Road. Enjoy the scenery as you roll gently back into Grafton. Stop for some interesting shops and delicious treats in the charming towns of Colborne, Brighton or Grafton, and stay at a bicycle friendly bed & breakfast in the area. [northumberlandtourism.com/cycling](http://northumberlandtourism.com/cycling)

## KAWARTHA LAKES

 Explore the 54km **Kawartha Trans Canada Trail** passing through the scenic farm lands and natural vistas of the Kawartha Lakes region. The trail offers a mostly smooth, stone dust surface with modest changes in elevation, plus benches, bike racks and picnic shelters along the way. Riders will discover woodlands, farmlands, wetlands and some incredible scenic vantage points like Doube's Trestle Bridge, a historic railway bridge overlooking an expansive creek valley, just east of Omemee. Located right next to the trail in Lindsay, bicycle friendly Days Inn & Suites is a great base for exploring the area. Riders can pedal the Trans Canada Trail east and west from Lindsay, or ride the Victoria Rail Trail north to Fenelon Falls. [bit.ly/kawarthalakes](http://bit.ly/kawarthalakes)

## PETERBOROUGH & THE KAWARTHAS

 Leaving Peterborough on bike paths and cycling lanes, the **Lakes, Rivers and Cafes** 45km loop gets riders into the quiet countryside surprisingly quickly and explores the bounty of lakes and rivers that make this region a cycling paradise.



Discovery Routes  
There's no end to our trails

# ESCAPE THE USUAL



VÉLOROUTE  
**VOYAGEUR**  
CYCLING ROUTE



Old Nipissing Ghost Road

[discoveryroutes.ca/escape](http://discoveryroutes.ca/escape)

#DiscoveryRoutes



Supported by:



nohfc




TBAY  
ON

DEEPLY  
CONNECTED TO  
ADVENTURE


Visit  
**THUNDER BAY**  
.COM



Savour the lakeside community of Bridgenorth, bustling Lakefield, and River Road that snakes along the Otonabee River on the way back into town. This route truly gives riders a great sample of the varied and beautiful scenery cycling in the Peterborough area. Stay for the weekend at the bicycle friendly Holiday Inn and stop in for a meal at the Ashburnham Ale House, or for a coffee, ice cream or lunch at the Silver Bean Cafe. [thekawarthas.ca/cycling](http://thekawarthas.ca/cycling)

 Ride the **Hills, Views and Pastries** route for 80km of challenging but rewarding climbs with some of the best views in Peterborough County, paired with great coffee and pastry shops for a recharge. From Peterborough, head south to Bailieboro and take in the spectacular views of Rice Lake from County Road 2. From Bailieboro, ride through rolling hills and views to Millbrook, and stop for a delicious snack at bicycle themed cafe Pastry Peddler. Ride up the infamous Prison Hill heading out of Millbrook and on to more glorious views as the route continues through Ida Hill and back to Peterborough. [thekawarthas.ca/cycling](http://thekawarthas.ca/cycling)

### HALIBURTON HIGHLANDS & HASTINGS COUNTY

 Gravel and adventure cycling are taking the cycling world by storm, and for good reason – there is very little traffic to

**44.688118 N,  
-77.209003 W**  
**FLINTON**

The Lennox & Addington Forest Trails have over 10km of logging roads and single track trails incorporated into the rugged beauty of the area's tall pines and Canadian Shield.



**44.341937 N, -78.745886 W**  
**LINDSAY**


Stay at certified bicycle friendly trail side accommodations, Days Inn & Suites in Lindsay when riding the Kawarthas Trans Canada Trail.

distract you from the spectacular scenery, and you get to explore the secret nooks and crannies of a destination. From short, flat, family friendly bakery rides, to brag-worthy bike packing routes, find what you are looking for in Haliburton. For a longer adventure, plan ahead, take a GPS and navigate the 730km **Hasty Highlander**, a route that's 80% on unpaved gravel roads and rugged trails and hits all the

highlights of Central Ontario. [bt700.ca/hasty-highlander](http://bt700.ca/hasty-highlander) & [bit.ly/myhhgravelroutes](http://bit.ly/myhhgravelroutes)

### LENNOX & ADDINGTON

 The seventh edition of the **Discover L&A Ride** is set for Saturday, September 9, 2023. One of Southeastern Ontario's great road rides, hundreds of cyclists of all skill levels enjoy the 56km route, with gorgeous views of Lake Ontario along the Loyalist Parkway, part of the Great Lakes Waterfront Trail, plus authentic rural eastern Ontario landscapes as the ride veers north into the surrounding countryside. Rest stops include fascinating historic sites, beautiful parks, live music and award-winning wineries for a day of cycling you won't soon forget. The ride begins and ends at MacKinnon Brothers Brewing Company just north of Bath. [discoverride.ca](http://discoverride.ca)

 Located in beautiful Eastern Ontario, the **L&A County Trails** include 12 well-marked and easily accessible looped routes on 600km of paved roadway, with rides for all levels of cyclists, and a range of distances from 24km to 102km. Many of the routes have wide, paved



### THE EVENTS EASTERN ONTARIO

**May**  
Lilac Ride  
Picton

CN Cycle  
for CHEO  
Ottawa

**June**  
Rideau Lakes  
Cycle Tour  
Ottawa to  
Kingston

**July**  
Reggie Ramble  
Warkworth

**August**  
Great Waterfront  
Trail Adventure  
Trenton to  
Cornwall

Kawartha  
Lakes Classic  
Cycling Tour  
Lindsay

MS Bike  
Ottawa-Brockville

Tour de Poutine  
Ottawa Valley

**September**  
1000 Islands  
Gran Fondo  
Kingston

Tour de  
Bonnechere  
Eganville

Discover  
L&A Ride  
Bath

Hurtin' in  
Haliburton  
Dysart et al

**October**  
Hastings  
Highlands  
Hilly Hundred  
Bancroft

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



# Offline. Off-road. Off the Clock.



*Visit*  
CALEDON

Your next adventure begins  
at [visitcaledon.ca/bike](https://visitcaledon.ca/bike)

VISITCALEDON.CA



VISITCALEDON



shoulders, making for a comfortable and safe ride. As you travel, you'll experience all the natural beauty, unique early Canadian history and rural charm that L&A has to offer. Coming this year are a series of gravel road itineraries curated by local cyclists that will showcase some of the amazing backroads and charming towns, villages and hamlets in the area. [naturallyla.ca/cycling](http://naturallyla.ca/cycling)

## FRONTENAC COUNTY

Perhaps one of the prettiest stretches of the 103km long **Cataraqui Trail** is a 20km sampling and easy rail trail ride from Harrowsmith to Yarker and return. A peaceful pedal along arid highlands with a mix of deciduous forest, cultivated trees, white cedars and scrappy juniper bushes is interspersed by rockcuts and large outcroppings of glacially exposed Canadian Shield. Linger on the old rail bridge trail crossing in Yarker for views over Napanee River and to Yarker Falls. [cataraquitrail.ca](http://cataraquitrail.ca)

## KINGSTON

Kingston is a delight to explore by bike. Marvel at the beautiful architecture and stop at the many historical sites including Fort Henry and the Marine Museum of the Great Lakes. Visit numerous art galleries adding the Tett Centre and bicycle themed Martello Alley to the list. With **waterfront pathways** galore, you could easily spend a weekend and just scratch the surface of this beautiful city. Got an unexpected mechanical or flat while you're out? Find handy new bike repair stations throughout the city along with additional bike parking locations in 2023. Time to refuel? Sample some grub from ten food truck locations, or local beverages from eight different breweries, and a cidery to boot. [visitkingston.ca/cycling](http://visitkingston.ca/cycling)

Take the free 20 minute ferry to **Wolfe Island** for an easy day trip from the city. On island time, stock up on beach supplies or grab some lunch by the ferry dock

in Marysville before carrying on west and southward past quaint homes, open countryside and wind turbines. A full loop of the island is 33km, with many options to branch off to extend the distance. Stop at Big Sandy Bay Beach, one of the great beaches of Lake Ontario and a significant dune and wetland zone. After a swim carry on to complete your circuit of the island, stopping for a coffee at bicycle friendly Haymakers Coffee Co., then returning to Kingston by ferry. [visitkingston.ca/wolfe-island-routes](http://visitkingston.ca/wolfe-island-routes)

## STORMONT, DUNDAS & GLENGARRY COUNTIES (SDG)

Try out a 29km easy lollypop-shaped looped route named **Ride the Ridge**. This ride is a good starter for getting used to riding on paved roads as it requires limited navigation and passes through quiet countryside and flat farmlands. Cyclists are invited to park and ride out from Smokie Ridge Vineyards and visit the impressive family-owned



PHOTOGRAPH BY MARTIN LORTZ

**45.337278 N,  
-76.287752 W**  
**PAKENHAM**

Enjoy scenic river views and stops alongside the Mississippi River, a tributary of the Ottawa River, riding the roads through Lanark County or on the Ottawa Valley Recreational Trail.



# CYCLE

## Ontario's West Coast

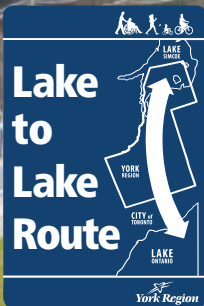
Experience beautiful, rural scenery and diverse landscapes on a cycling adventure through Huron County!

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



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






winery that has cultivated over 10,000 vines of northern varieties in an area you may not expect to find grapes growing. [whereontariobegan.ca/cycling](http://whereontariobegan.ca/cycling)

 Ride to the max on the 73km **Max Loop** and one of the most popular road routes in the area, making some surprising discoveries along the way. Just a short way north of Cornwall, begin the ride in St. Andrews West. Start hungry and fill up along the way at a '50s diner in Moose Creek or at the Kilted Canuck Pub in Maxville. If you time it right, biking to the largest Highland Games outside of Scotland, a 70 year old Glengarry festival at the beginning of each August, is the best way to beat the crowds and join in for traditional music, dance and sporting events. [whereontariobegan.ca/cycling](http://whereontariobegan.ca/cycling)


## CORNWALL

 You'll easily find everything you need in downtown Cornwall, handy for riding the waterfront and off-road bike trails, including two full-service bike stores. Take a day to explore the river and all points west **To the Beach** on a 18km ride each way. Cut the ride in half with alternate starts from the Sanders Hydro Dam Visitor Centre or even Guindon Park. Cool down

on the longest sandy beach in the St. Lawrence River, Milles Roches, and enjoy the views across to the Long Sault Parkway and parkland that connects 11 islands. [cornwalltourism.com/cycling](http://cornwalltourism.com/cycling)

A whole other day is needed to explore the city centre, Lamoureux Park, museum and marina, plus to ride east following the Great Lakes Waterfront Trail on the family friendly **Waterfront Wonders** 13km out-and-back route. Follow the separated off-road paved bike path that runs parallel to and alongside the water's edge. Pack a picnic and plan a stop to explore the nature trails, waterfront and parkland at Gray's Creek Conservation Area and turn-around point. [cornwalltourism.com/cycling](http://cornwalltourism.com/cycling)

## LANARK & RENFREW COUNTIES

 For a **bike packing adventure** and 320km wild ride in Eastern Ontario, three days or more is needed for this route that starts and ends on the K&P Trail. Riding south from Sharbot Lake as far as Harrowsmith, switch to the Catarauqui Trail for a 125km day one ride that ends in Smiths Falls. Day two is a smoother ride north on the Ottawa Valley Recreational



**45.009543 N, -74.761504 W**  
CORNWALL

Explore the St. Lawrence River following the Riverside Trail, 40km of paved off-road paths and park roads from Cornwall to Upper Canada Village in Morrisburg.



Ottawa

Trail, through Almonte and Renfrew as it connects back to the K&P leading to a second overnight spot in Calabogie. Tired legs will be happier with a shorter 100km distance but challenged by trail conditions and detours to close the loop and end an epic three days of riding. [bit.ly/bpsharbotcalabogie](http://bit.ly/bpsharbotcalabogie)



There are over 1,620 locations certified by Ontario By Bike



**35%**  
Accommodations



**25%**  
Attractions (including wineries and breweries)



**19%**  
Cafes & Restaurants

Plan your next ride to stop at bicycle friendly places to eat, visit and sleep [ontariobybike.ca](http://ontariobybike.ca)

## OTTAWA

 Put Ottawa on your list for 2023 ride destinations as there are plenty of new trail features and recent upgrades to the **800km+ of multi-use pathways**. Now open for non-motorized users only, the former rail beds on the Chief William Commanda Bridge have a new timber deck making for an easy crossing of the Ottawa River and connection between trails on both sides, Ottawa and Gatineau. Cyclists will also find the most scenic lookout to Parliament Hill reopened and renamed Kiweki Point, plus Westboro Beach improvements, making this an ideal last stop on the NCC Weekend Bikedays and road closures. [ottawatourism.ca/cycling](http://ottawatourism.ca/cycling)

 The 50km **Munster Meander** is a doable route southwest of the city on paved and unpaved country roads and the Ottawa Carlton Trailway. There's lots to stop and see along the way including the Goulbourn Museum and well-loved bike friendly patio at Equator Coffee in Stittsville (formerly Quitters), all before the 15km mark, or authentic English style Ashton Brew Pub, on the banks of Jock River at 30km. After a short gravel stretch and speedy run on Dwyer Hill, near the end of this loop make Jabulani Vineyard and Winery a last stop before returning to Munster village. [ottawa.ca/selfguidedbicycletours](http://ottawa.ca/selfguidedbicycletours)



# *so much to explore*


In the City of Windsor, nature is everywhere. Escape and experience the beauty of over 200 parks, 170+ km of multi-use trails, including 6 km along the waterfront, the Malden Park mountain bike trails, the 42.5 km Windsor Loop, and over 2,400 acres of greenspace.





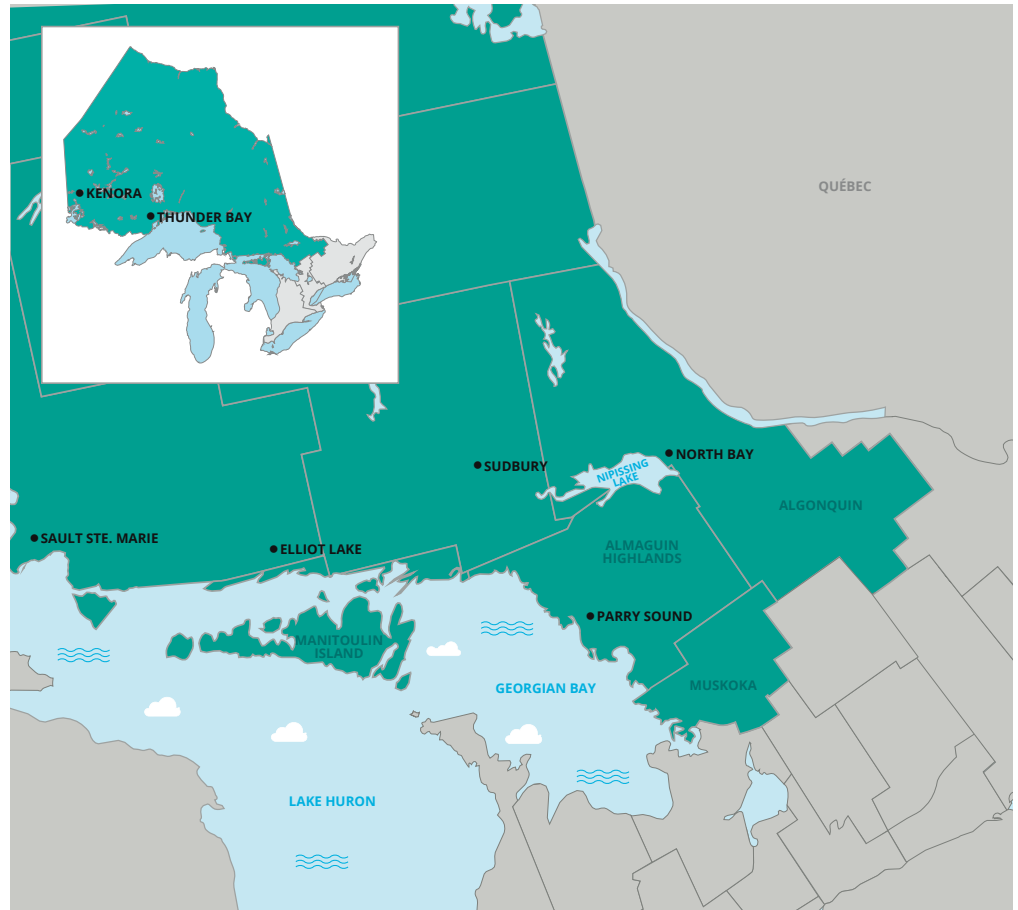
# NORTHERN ONTARIO


## KENORA

 **Lake of the Woods** is the sixth largest freshwater lake in Ontario and knows no boundaries as it dips into the US and Manitoba. While the sheer size 2,414km<sup>2</sup>, over 14,500 islands and 104,600km of shoreline make it largely inaccessible by land, learn more about this special place and enjoy the lakefront views from the Discovery Centre in Kenora. The Centre is a great place to begin one of Kenora's six city and lake recreational routes (ranging from 15km to 36km), making it easy to start exploring the area on a small scale, by bike. [bit.ly/kenoracycle](http://bit.ly/kenoracycle)

## THUNDER BAY

 With an ever-expanding mountain biking trail network through **Trowbridge Forest**, the local Blacksheep Mountain Bike Club, along with many partners, has set its sights on an ambitious and achievable goal of building another 21km of trails. Already at 36km of purpose built single and double track, experience climbs and descents and wind through century old silver mining grounds that take advantage of the unique topography of tailing piles, rock features and small ridgelines. All of the trails are easily accessible from the parking lot at Kinsmen Park and not far from downtown Thunder Bay. [blacksheepmtb.com](http://blacksheepmtb.com)



 From the outskirts of Thunder Bay and the sprawling campus of Lakehead University, you'll make a quick exit from city surroundings and soon get to riding on roads with few vehicles following the 57km **To the Moose and Back** route. Half way, stop at the Metropolitan Moose cafe set in a pretty log cabin in the town of Kakabeka Falls. Worthy of a visit, the Falls are the second highest in Ontario, after Niagara. Ride into the provincial park to explore the gorge area, nature trails and step out onto the viewing platforms. The 11km gravel stretch on this route can easily be avoided by taking the paved road out and back. [bit.ly/mooseandback](http://bit.ly/mooseandback)




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

Nations. The tour takes riders on mostly remote back-country roads along the shorelines of rivers and the Great Lake, traversing through the Canadian Shield and Boreal Forest. Hit some of the unique local sights like the 'Big Loonie' in Echo Bay and stop at bicycle friendly marinas and tasty local restaurants along the way. This route is rugged, relaxing, challenging, rewarding and so much more. Easy to plan day-by-day itineraries and digital route files are available online. [bit.ly/northchannelcycle](http://bit.ly/northchannelcycle)

## ELLIOT LAKE

 The **Deer Touring Trail**, created as a driving route, is also a fantastic, rugged 120km road cycling loop with many breathtaking views. Use Elliot Lake as your base, heading north to Mississagi Provincial Park on Highway 108, before heading southwest to Little White River, Iron Bridge and then east along Highway 17 through Blind River and Spragge and back north to Elliot Lake. The route makes an excellent extension

## SAULT STE. MARIE TO SUDBURY

 Inaugurated in 2019 as part of the Great Lakes Waterfront Trail, ride the 460km **Lake Huron North Channel** cycle touring route from Sault Ste. Marie to Sudbury and explore the rugged and beautiful Northern Ontario landscape, visiting 26 communities and four First



PHOTOGRAPH BY MAJA MIELONEN



**Great Lakes Waterfront Trail**  
*A legacy project led by the Waterfront Regeneration Trust and waterfront communities to renew our relationship to the Great Lakes and St. Lawrence River.*

# 4,600 Reasons to Ride!

3600 kms connecting 155 communities and hundreds of parks, forests, wetlands, heritage sites, beaches, breweries and bakeries.

**THE GREAT WATERFRONT TRAIL ADVENTURE**  
 AUG 8-14, 2023  
 QUINTE WEST TO QUEBEC BORDER

Maps and itineraries  
**WaterfrontTrail.org**

**Discover L&A ride**  
 HISTORY | SCENERY | MUSIC | BREW


Raise your hand if you want to ride!  
**www.DiscoverRide.ca**      **SEPTEMBER 9, 2023**



of the Lake Huron North Channel cycle touring route and riders should be sure to follow Waterfront Trail signs along the Highway 17 corridor for the safest route. The route can be done either clockwise or counter-clockwise and offers stunning views of the Algoma highlands, great hiking stops and many camping or lodging options. [bit.ly/deertrailroute](https://bit.ly/deertrailroute)


## MANITOULIN ISLAND

Plan your trip and ride on Manitoulin, the largest freshwater island in the world, using MODEM, the new **Manitoulin Outdoor Digital Experience Museum app**, providing a handy guide at your fingertips. Rent an ebike to enjoy the 14 cycling itineraries around the island. Roll past some of the 108 inland lakes, reading or listening to the points of interest with MODEM, available in English or French. Dip into a lake, smell the fresh cut hay and perfumes of the big lilac bushes and cedars. Discover rich marine, settler and Indigenous history, eat whitefish caught in Lake Huron, and drink local brews in Little Current and Gore Bay.

 If you are wondering where to start, just off the ferry in South Baymouth, hop on the 45km South Bay Country Loop for a gentle warm up. Ride on a mix of paved and gravel roads past the Fish Cultural Station and century old general store in Tehkummah, before circling back to the parks and views across Lake Huron at the harbour. All-inclusive cycling tours are available throughout the summer. Or sign up early for the Passage Ride, the two-day fully supported event held annually in early June. [manitoulincycling.com](https://manitoulincycling.com)

## NORTH EAST & ALMAGUIN

The **Voyageur Cycling Route** extends over 645km connecting communities across Northeastern Ontario and the Ottawa Valley. Explore the route on seven self-guided cycling experiences, starting with two included below. [discoveryroutes.ca/voyageur-cycling-route](https://discoveryroutes.ca/voyageur-cycling-route)

 **Spirit of the Bay** is a 30km to 84km self-guided bike tour through North Bay and from Callander along paved paths, forests and quiet roads. This relaxed ride



### THE EVENTS NORTHERN ONTARIO

**June**

Passage Ride  
Manitoulin Island

**August**

Ghost Gravel  
Almaguin

Highlands  
Northern Pass  
Gravenhurst

Road Provincial  
Championships  
North Bay

**September**  
Shuniah 40

Miner Race (MTB)  
Thunder Bay

Alvar Cycle  
Tour Adventure  
Manitoulin Island

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



**48.476476 N, -89.190809 W**  
**THUNDER BAY**

There are so many choices of excellent winter fat biking trails in Thunder Bay with options close to town in Centennial Park or nearby at Trowbridge Forest.

immerses cyclists in a mosaic of creative spaces reflecting the community's cultural identity. Cycle through a secret garden, roll alongside Lake Nipissing, enjoy performing arts and meet makers at local art studios. Extend the ride day exploring picturesque cottage country along the lake's south shore and stop for a post-ride meal returning via Callander.



**The Old Nipissing Ghost Road Experience** is a gravel and bike packing route in remote wilderness areas of Almaguin, west of Algonquin Park and east of Georgian Bay, that can be as short

as 77km, or longer up to 260km. Be prepared for an adventure ride along remote roads that echo with the ghostly whispers of early settlers of forgotten ghost towns. From small hamlets to remote backcountry, this rugged bike packing route offers a mix of terrain that allows serious gravel riders to encounter ever-changing and challenging conditions. Experience part of the route on the annual 150km Ghost Gravel event along Old Nipissing Road.

## MUSKOKA & PARRY SOUND



The website Bike Cottage Country offers riders a





**46.314367 N,  
-83.619429 W**  
**BRUCE MINES  
TO BLIND RIVER**

Discover the landscape that inspired the Group of Seven while riding the Lake Huron North Channel cycle touring route, part of the Great Lakes Waterfront Trail.

PHOTOGRAPHY BY MARTIN LORTZ

wonderful range of road cycling routes featuring expansive vistas, rolling hills, shimmering lakes and rivers. A shorter recreational ride and local favourite navigates through **Torrance Barrens**, the world's first permanently protected Dark Sky Reserve. Featuring a landscape with large areas of exposed bedrock and peat wetlands, the ride on perfectly smooth Southwood Road gives an incredible ambiance and surreal feeling as you snake your way through low lying vegetation

growing through gaps in the wide plate of exposed rock. Begin and end your ride at bicycle friendly Clear Lake Brewing company in Torrance for this out-and-back 18km journey. [bikecottagecountry.ca/torrance-barrens](http://bikecottagecountry.ca/torrance-barrens)



What was once just the **Hidden Valley** ski area, has been transformed into a four-season trail destination. Together with the community and Huntsville MTB Association, they have created a

new collection of single track trails, obstacles and banked turns through the forests and up to viewpoints over the valley on top of the mountain. Take a few days to explore other nearby trails including Georgian Nordic near Parry Sound for mountain biking in the summer and fat biking in the winter. Or try local outfitter Liv Outside in Bracebridge for all-season bike rentals and guided adventures. [huntsvillemountainbike.ca](http://huntsvillemountainbike.ca) & [gnoac.com](http://gnoac.com)

**Bike the Creek** June 10, 2023

9th annual cycling event through Peel Region's urban roads and trails

[trca.ca/bike-the-creek](http://trca.ca/bike-the-creek)

**EXPLORE** **ONTARIO BY BIKE** **2023 RIDES**

**WEEKEND TOURS**

*Just Bring Your Bike and Ride!*

- MAY**  
Oxford Rural Road Ride
- JUNE**  
Toronto Trails & Ravines Ride
- AUGUST**  
North Bay & Lakes Tour
- SEPTEMBER**  
Georgian Bay Collingwood Explorer

IN PARTNERSHIP WITH **ONTARIOBYBIKE.CA/RIDES**



# 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 ¼ 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.



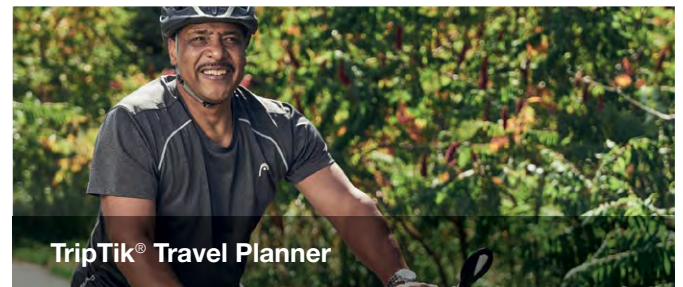
## Tips for sharing the road safely:

- **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.



Roadside Assistance for your bicycle is included with CAA Membership:

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



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)





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. CYCLE KINGSVILLE/ BANDED GOOSE CYCLING CLUB

Many of the dozen wineries within 20km to 30km of Kingsville can be reached by rail trail, paved roads or both, adding in some gravel roads. On summer weekends, Muscedere Vineyards makes unique woodfired pizzas, making this a great destination for group rides. A longer ride can head east of Kingsville, passing through Point Pelee National Park, stopping for local fish 'n' chips in Wheatley, then exploring the flat paved and gravel roads along Lake Erie's north shore. Cured Craft Brewing in Leamington or The Bank Social Pub in Cottam are favourite refueling spots, but of course, the Banded Goose Brewing Taproom in Kingsville is hard to beat. [cyclekingsville.ca](http://cyclekingsville.ca) & [gbbikeclub.com](http://gbbikeclub.com)

## 2. CREDIT VALLEY CYCLING CLUB

There are a lot of interesting, scenic and challenging routes the club rides, including many through the Halton Hills and Caledon Hills areas, with distances ranging from 35km to 100km. A favourite local area ride is one that takes the club to Springridge Farm for a rest stop. Heading out of west Mississauga there are several interesting ways to reach that destination on a range of distances from 40km to 70km. The last kilometre to the mid-ride farm break requires a series of rolling climbs, but every journey there is special to experience the beauty, peaceful atmosphere and magnificent view from the stop, charmingly nestled under the Niagara Escarpment. Their baked treats are worth the ride to Milton. [creditvalleycyclingclub.com](http://creditvalleycyclingclub.com)

## 3. WILD BETTYS MOUNTAIN BIKE CLUB

The Wild Bettys are a women's mountain biking club for all ages and all abilities. With three club chapters, they ride in three locations each week between May and September with members able to join and ride at any location. On Tuesdays the club rides the single track in Toronto's Don Valley Crothers Woods, including favourite trails Roller Flowster and Motown. On Wednesdays the club rides in the Dufferin County Forest and Mono Tract with Mossy Hills and Central Park as favourite trails at each. On Thursdays the club rides at various areas in Halton region. They offer further-afield destination rides on a few weekends throughout three seasons, as well as skills clinics for members. [wildbettys.com](http://wildbettys.com)

## 4. PETERBOROUGH CYCLING CLUB

A club favourite is the 80km Shimano Cottage Country ride. Rolling out through the quiet farmland and rivers of Douro, enjoy a thrilling descent into Warsaw. Pass the Caves Conservation Area on the Indian River, then pedal along tree-lined Birchview Road overlooking majestic Clear Lake. Skirting Young's Point and Lakefield, the return to Peterborough is on the smooth tarmac of scenic River Road hugging the Otonabee River. This and many other club rides start and end at Silver Bean Cafe. This is also the route of the club's annual John Hunter Memorial Fondo. Out of town, the club organizes an annual century ride in Prince Edward County, enjoying lunch at a County vineyard. [peterboroughcyclingclub.com](http://peterboroughcyclingclub.com)



# 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.**

**680** KILOMETRES OF ADVENTURE



  SDGTourism



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



# IT'S TIME TO GET ROLLING

Escape the everyday with a ride along the Cornwall Riverside Trail, with over 40 km of traffic-free, paved trail offering a variety of sights and attractions along the way. Your next cycling adventure awaits in Cornwall.



**CORNWALL**  
TOURISM ✦ TOURISME  
[www.CornwallTourism.com](http://www.CornwallTourism.com)