

CYCLING IN ONTARIO 2026

THE WEEKENDER
ISLAND HOPPING IN
EASTERN ONTARIO

THE TOUR
REDISCOVERING
GEORGIAN BAY

THE ADVENTURE
ONTARIO'S BEST
CYCLING LOOPS

RIDE GUIDE
OVER 50 DAY TRIPS &
MULTI DAY ITINERARIES





WHICHEVER PATH YOU PEDAL

There are hilly ones. Swervy ones.
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Straight shoots. Thrilling commutes.
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“The cycling adventure tour and aspiring Geopark lured them back to Ontario to rediscover Georgian Bay, a special place and unique North American ecosystem with 1.7 billion years of Earth history on full display.”

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**VICTOR CABAUGH,
TOMMY THOMPSON
PARK, TORONTO**

Take your best shot and enter the 2026 Photo Contest at

ontariobybike.ca/photocontest

EXPLORE ONTARIO BY BIKE



Imagine our delight when we first caught wind of the increased desire and travel demand for vacations closer to home, not only in Ontario, but across Canada. It happened simultaneously at show weekends early last year, both the Toronto Outdoor Adventure Show and Montreal Salon du velo, where we annually have displays to share info on all the incredible cycling destinations in Ontario. Talking to thousands of show attendees, it is always fascinating and inspiring to hear about past cycling adventures, bikes, gear and gadgets (see page 6), and plans for upcoming vacations that include cycling – especially when they include Ontario.

While Ontario residents have long been the province's most frequent visitors by sheer numbers, travellers from across Canada and around the world are equally valued. All are welcome! Not only is Ontario's tourism industry renowned for its hospitality, but visitors can also expect a warm, friendly and characteristically polite Canadian welcome.

Ontario is a vast province, and with so much to see and do, travel choices made by visitors and residents alike can have a significant impact on our environment. Making a decision to include cycling when exploring Ontario can lower your carbon footprint. Not only is it a smart environmental choice, but it's also an ideal way to slow down, see and really experience the sights, scenery, welcoming communities and bicycle friendly businesses along the way (see page 9 and 12).

Whether cycling on a rail trail, single track, paved or gravel road, there are certainly so

many experiences to choose from. If cycling a looped route is your preference, there are endless options (see page 22). And while we may have a certain bias with our love for all things Ontario, take it from out-of-province visitors, who recently rediscovered Georgian Bay on bicycles, that there is certainly a great deal to see and celebrate by bike in Ontario (see page 16).

Having had the good fortune to enjoy many an Ontario cycling getaway – day trips and longer, over the past year from Easter to Halloween, and riding for transportation in between – each year my cycling memories amass. Riding or working at cycling events, joining club friends for remote or more local starts, coordinating and hosting Ontario By Bike Rides and marking milestones or holidays with family pedalling a variety of Ontario destinations, reinforces my love of Ontario and all the wonders that we can see close to home.

We hope you enjoy reading about all the adventures and cycling destination we have covered in this edition of Cycling in Ontario, and are inspired to make plans and get pedalling to explore more of our beautiful province on two wheels. With the invitation stamped on our license plates: Ontario – It's yours to discover...

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

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

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

Transportation Options

transportationoptions.org



ONLINE RESOURCES

For cycling maps, trail information, ride itineraries, events and tour listings, plus over 1,700 certified bicycle friendly businesses and so much more, visit: ontariobybike.ca

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Read Cycling in Ontario 2026 or earlier editions online: ontariobybike.ca/2026 (Also available in French)



DISCOVER

NORTHERN ONTARIO BY BIKE

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

Tourism Sault Ste. Marie - Nick Iwanyshan

ONTARIO
Yours to discover



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Martin Lortz - Algoma Country

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Tourism Thunder Bay - Palash Bakshi

Nick Iwanyshan

Destination Northern Ontario





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Discover turquoise bays, dramatic cliffs, peaceful fields and charming lighthouses as you ride. Whether you prefer shoreline trails, old rail routes or forest single track, the region offers unforgettable cycling all year long.



OUR BIG SECRET NIAGARA'S HEARTLAND OF HIDDEN GEMS



Visitors know Niagara for the wineries and wonder. But we know there's more — much more. Coast along waterfront paths, breeze into inviting small towns, and watch generations turn a simple bike ride into a memory worth returning to again and again.



NIAGARASOUTHCOAST.COM

Bike ON

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



THE CHALLENGE

CYCLING TO GOOD HEALTH: CARDIAC CYCLIST

Cycling offers a remarkable range of mental and physical health benefits. For Andrew Ross, known on YouTube as the Cardiac Cyclist, cycling became the low-impact activity that rebuilt his life after a cardiac arrest and running injuries.

Andrew grew up in England with a lifelong passion for running, eventually moving into ultramarathons. Ironically, it wasn't the long distances that caused problems, it was racing shorter events and chasing personal records. 'It was 300 metres from the finish line and I blacked out, fell flat on my face,' Andrews recalls of his cardiac arrest in 2013. After a remarkably

quick recovery, one year later, he challenged himself to run from Ottawa to Toronto, but the effort left him with permanent leg injuries.

He needed a new way to stay active and cycling ticked every box, with the exploratory element similar to long-distance running. As he regained

"When I go out on a trail, I immediately decompress. I realize I have this stupid grin on my face," says Andrew. "There's nothing specific about that part of the trail, but I'm just absolutely loving it."

fitness, he found he could ride comfortably for hours at a moderate heart rate, and with exercise and diet, he has been able to reduce his medications in consultation with his cardiologist.

Wanting to avoid traffic, Andrew gravitated toward rail trails. He loves the crunch of gravel, the quiet of farmland and forests, birdsong and the meditative rhythm of riding uninterrupted.

Inspired by other cyclists' videos, he began filming his rides with an old GoPro. His niece encouraged him to post the first video and an early viewer comment got him hooked. 'When I first heard that someone was inspired by my video that really motivated me to make more.'

Making videos has pushed Andrew to explore new trails around the province. Living near the 35km Caledon Trailway north of Toronto, this is a natural favourite with many great stops. He loves the 45km Uxbridge to Lindsay rail trail for its long stretches of quiet and nature, with easy connections to cottage country. The underrated 25km Thornton-Cookstown-Beeton Trail south of Barrie also tops his list, with a recommended ice cream stop at Lickity Split in Beeton. On the 132km Goderich to Guelph (G2G) Rail Trail, a popular cycle touring route from Southern Ontario to Lake Huron, Andrew raves about the baked goods at West Montrose Mennonite store, Lost Acre Variety. The 35km Haliburton Rail Trail stands out for its wilderness feel. He also enjoys the scenic rail trails between Brantford and Port Dover, on Lake Erie.

Andrew loves that Ontario has so many rural rail trails close to large urban centres, sharing 'You don't get that feeling in a car – being out in farmland, in the middle of forests and marshes – it gives you a unique view of the province.'

—
Watch Andrew's videos by searching *Cardiac Cyclist* on YouTube.



THE GEAR

ROAD, GRAVEL OR TRAIL: TIRES MATTER!

The right bike tires inspire confidence, maximize grip for control, braking and improve ride comfort. It's about matching tire size, width, tread design and inflation pressure to best suit your needs.

WHAT'S BEST FOR YOU?

Set your priorities – where in Ontario do you want to explore? Is traction and control, avoiding flats, saving energy, or all the above most important? Learn what size tires are on your bike now, and how much clearance you have available to fit replacement tires safely. If in doubt, ask your local bike store.

TIRE SIZE EXPLAINED

Standard adult bicycle tire sizes are: 700C for most road and gravel bikes, 26" for hybrid, commuter, fat bikes and older mountain bikes, and 27.5" (a.k.a. 650B) or 29" (wider tires but same diameter wheels as 700C) on newer mountain bikes and some

gravel bikes. Generally, road bikes use 23-32mm wide tires, hybrid and commuter bikes use 28-35mm, and gravel bikes use 35-50mm. Mountain bikes use 1.9"-2.8" wide tires depending on intended use, and fat bikes are 3.5" or wider for flotation on sand and snow.

General-use e-bikes have 24" or 26" diameter tires, folding e-bikes are 16"-20", and e-mountain bikes typically use the same sizes as those above.

Within every range, as tire width increases, traction and control do too. Larger air volume allows lower pressures, improving rider comfort and the tire's ability to absorb bumps. Read manufacturer's width suggestions for your specific usage.

BEST TREAD FOR THE TERRAIN?

Ontario's diverse cycling terrain has many asking this question. On good paved surfaces, a minimal tread pattern reduces pedalling effort. Smooth-centred tires work on fine stone trails and dirty pavement, but benefit from an aggressive edge tread to grip the loose stuff when turning. Small knobs across the full tread face optimize control on rough gravel. For sand and mud deeper directional knobs work best.

But universal tires work in most situations: road-styled with deeper grooving to provide traction on dirt; or dirt-oriented with a smooth centre strip to reduce rolling resistance and last longer.

TUBES VS TUBELESS TIRES

Tubeless bicycle tires use sealant and specially-designed rims rather than inner tubes to hold air. Their popularity is growing for bicycles and e-bikes because of their advantages in traction, comfort and puncture resistance. The sealants inside them can self-repair a nail or thorn puncture, and tubeless tires don't get pinch flats – when a wheel hits a rock or pothole and the tube compresses against the rim. Conversely, if a tubeless tire goes flat on a ride, roadside repair options are limited.

Step one in tire care is to check your pressures regularly, and definitely before longer exploratory rides. Very generally, road bikes run air pressures of 80-120 PSI, hybrids and e-bikes 50-70 PSI, gravel bikes 30-50 PSI, and mountain bikes around 30 PSI. Tubed-tire pinch flats can often be avoided by running pressures higher in the range. Self-sealing compounds can be installed in tubes too (see sidebar).

YES-YOU CAN FIX A FLAT

Understanding how to repair a flat reduces cycling stress. Watch a couple of YouTube videos, acquire the recommended tool, patch kit or spare tube, then practice at least once. E-bikes are heavier and more complex, so a little extra practice may be required. Even if you can't fix your own flat, carry a kit. Chances are, another cyclist will help. That's the way we roll.

DID YOU KNOW?



Rechargeable Electric Pumps
New, small and light-weight electric pumps easy to use.



Self-Sealing Tubes

Reduce road and trailside repairs by having sealant in your tubes.

► Purchase tubes with sealant already in them

► Use tubes with removable valve cores to add sealant



CAA Offers 'Bike Assist'
In Ontario, CAA will pick up members and their inoperable bicycle as part of their service. Check your policy.



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/cycling



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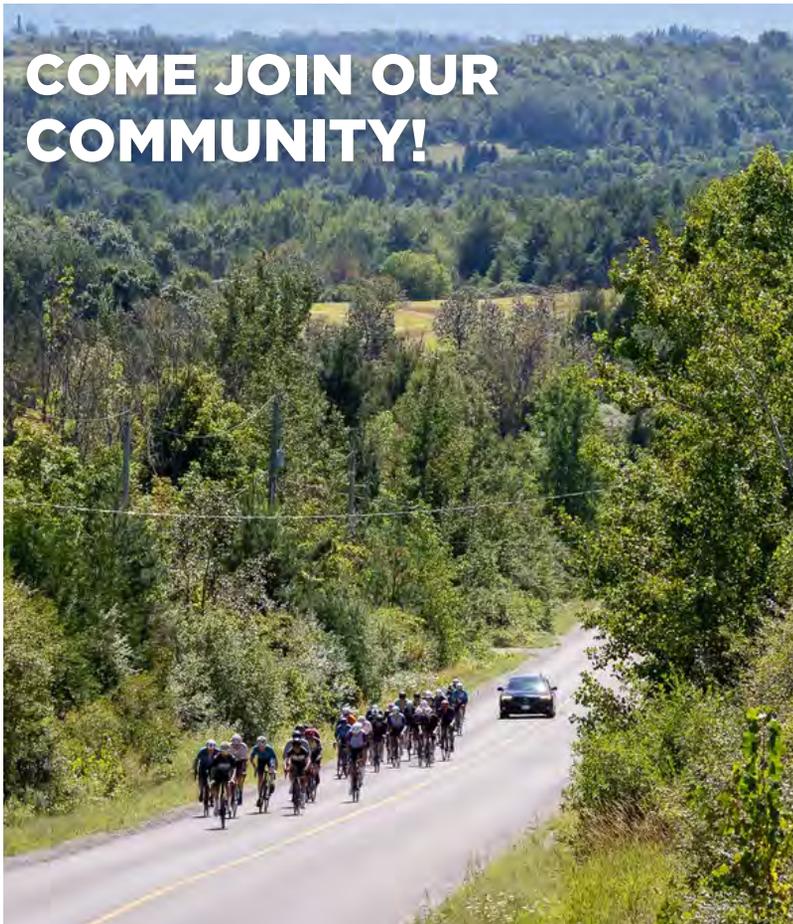
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THE PLACE

LONDON BICYCLE CAFE

The London Bicycle Cafe has quickly become one of Southwestern Ontario's most distinctive and inviting cycling spaces. Part cafe, part bike shop, part trail hub and community gathering space, the business is built around the idea that our cities are better when we ride bikes and connect with one another.

The London Bicycle Cafe opened in 2017, with a mission to bring Dutch-style everyday cycling to the city. The idea was to show that bikes can be simple, joyful transportation for people of all ages, not only a sport or weekend hobby. The cafe had a winning combination – great coffee and a welcoming space to learn about bikes, showcasing their curated selection of commuter, cargo and electric bikes.

As interest grew, so did the vision. The shop later moved to a new space by Ivey Park, giving them room to create a bright, modern cafe, spacious patio, a larger service area and a direct connection to the Thames Valley Parkway, London's flagship 45km riverfront pathway system. It also allowed them to expand their food options, with a mouth-watering breakfast to dinner Dutch-inspired



menu, with fun-to-say dishes like pannenkoeken (fruit-stuffed pancakes) and kibbeling (battered and fried cauliflower with garlic dip; a vegan twist on a Dutch classic).

'The cafe and bike shop belong together,' explains owner Andrew McClenaghan. 'The cafe slows the pace, encourages conversation and makes people feel welcome. Someone may come in for a service appointment and enjoy lunch, or stop by for coffee and decide to try a test ride. It creates a warm, approachable space where cycling feels natural and inviting.'

Andrew, who first came to the cafe as a customer during the pandemic, immediately connected with the mission behind it. 'I made

a small investment to support the shop during its expansion,' Andrew shared. 'And when the previous owner was ready to step back, I took on full ownership. I have always believed in active transportation and the power it has to shape strong, vibrant communities. Owning the London Bicycle Cafe felt like a natural extension of that work.'

The cafe has become a central gathering space in London, hosting repair workshops, urban cycling talks, film nights and supporting a wide range of community and cycling events throughout the year. On a typical day, you can see commuters sipping espresso, families out for a weekend ride, cafe regulars and tourists drawn to the space by word of mouth.

In London, the improvements over recent years for cycling culture and infrastructure are palpable, with a steady increase in safe, protected cycle tracks, and even a recently constructed Dutch-style protected intersection. The Thames Valley Parkway now tops many cyclists' lists as one of the best trails in the province. With no small role in shaping the city's cycling culture, the London Bicycle Cafe continues to advance their mission, inspiring connection through cycling, one pedal stroke and stroopwafel at a time.

londonbicyclecafe.com
& ontariobybike.ca/london



THE STOPS EXPLORE LONDON BY BIKE

Thames Valley Parkway
45km paved riverside trail

London Bicycle Tours
Guided excursions & rentals to explore the city

Market at Western Fair District
Ride on bike lanes to weekend food & vendor markets

Boler Mountain
20km of crosscountry mountain bike trails

Country Road Rides
Cycle to St. Marys, Ingersoll, St. Thomas & Strathroy



PHOTOGRAPHS BY (TOP) LONDON BICYCLE CAFE; (BOTTOM) LONDON BICYCLE TOURS



THE RIDE

$$30 + 20 = 4,075$$

Celebrating the Great Lakes Waterfront Trail & the Greenbelt Cycling Route

How does it add up? In a nutshell, the two charitable organizations behind two of Ontario's signature cycling routes recently celebrated big anniversaries. Covering some serious kilometres, these routes provide an incredible range of experiences and bring cyclists to so many quintessential destinations across the province.

With 3,600km of signed route closely following the shorelines of Canada's four Great Lakes and the St. Lawrence River, the Great Lakes Waterfront Trail showcases the natural beauty of our major waterways. Discover beaches and marshlands, stunning and dramatic landscapes, villages and large urban centres from Southern Ontario to the north – all by bike.

Primarily paved, and on a mix of dedicated pathways, residential and secondary roads – using the safest routing possible – the iconic Waterfront Trail serves as the backbone of the province-wide cycling network. To get out and enjoy the Trail, detailed maps and ride ideas are available for either a short day trip roll to a multi-day long distance adventure.

Born out of a vision and need to reconnect people to the water, while protecting and conserving

the largest group of freshwater lakes on earth (21% of the world's surface freshwater), the idea for a trail arose from the 1995 Lake Ontario Greenway Strategy. Leading the charge, the Waterfront Regeneration Trust, working with a myriad of partners, has created this incredible legacy cycling route for all to enjoy. With much work and many trail expansions over the years, there are no plans to stop. As the Trail grows around Lake Superior, closes gaps south of Sudbury and strives to keep improving the existing network and wayfinding resources, there is a lot to celebrate after 30 years.

The Greenbelt Cycling Route stretches 475km, traversing the Oak Ridges Moraine, Niagara Escarpment and seven Greenbelt regions from Northumberland to Niagara. Mostly on roads, with very few unpaved and trail sections, this signed route through beautiful countryside celebrates Ontario's Greenbelt, one of the largest worldwide, with two million acres of protected farmland, forests, wetlands, rivers and lakes around the Greater Golden Horseshoe.

For over two decades, the Greenbelt Foundation has been stewarding projects to conserve and ensure the prosperity of this

area's vast interconnected natural, agricultural and economic systems. The Greenbelt Cycling Route was designed as a link from urban areas to connect people to the Greenbelt's rural communities and protected ecosystems, by bike. The Waterfront Regeneration Trust, along with Ontario By Bike developed the route, which opened in 2015, to commemorate the Foundation's 10th year.

There are many crossroads between the two trails and organizations. Within Lake Ontario's Watershed, the Great Lakes Waterfront Trail and Greenbelt Cycling Route are connected via 22 signed routes, covering over 1,400km and one giant loop. Thirteen easy-to-access Great Lakes to Greenbelt ride itineraries have signed connections to GO Transit stops, so alternate transportation can be used.

With so much to celebrate and countless kilometres to explore, be sure to get out and ride these two trails, join one of their annual events (Great Waterfront Trail Adventure or Farm Fresh Tours), pedal a part for an afternoon or enjoy a longer spin. It all adds up and equals endless possibilities! waterfronttrail.org & greenbelt.ca/explore



BY THE NUMBERS

The Great Lakes Waterfront Trail connects:

170

Communities + First Nations

520

Waterfront Parks

50+

Connecting Trails



23

National Historic Sites

3

Major wine regions

26

Regions with hundreds of bicycle friendly business



The Greenbelt Cycling Route connects:

1,100

Points of interest

900+

Directional signs

27

Municipalities

EXPLORE THE SCENIC TRAILS OF SARNIA-LAMBTON



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

Whether you want to leisurely pedal along the St. Clair River Trail and Lake Huron or challenge yourself by taking part in an international granfondo, a gravel trail race, or a coastal triathlon, Sarnia-Lambton offers a trail for every cyclist's interest and skill level.



BICYCLE FRIENDLY FARM STAYS

What if you could begin and end your day's ride at a beautiful rural oasis, next to some of the province's best riding? These four Ontario By Bike certified farm stay accommodations let you slow things down, connect to your surroundings, and turn a great ride into a truly memorable getaway.



HEART'S CONTENT ORGANIC FARMSTEAD

Heart's Content sits along the Hamilton to Brantford Rail Trail, part of the Trans Canada Trail, 13km east of Brantford. Visitors can enjoy a quiet retreat at this farm centred on conservation, herbal products and foraging, with lots of opportunities to get your hands dirty. Stay in campsites, a glamping hut, or private farmhouse suites, with secure bike storage and a repair station available.

The farm and surrounding terrain are fixtures of the Paris to Ancaster spring gravel race, and with trail connections from Hamilton and Brantford, north to Cambridge and south to Port Dover on Lake Erie, the farm is a convenient stop for a multi-day trail tour. Visit nearby Hamilton's waterfalls, Six Nations cultural sites and the Grand River. hcof.ca



HAUTE GOAT FARM

Haute Goat is a 200 acre hillside farm near Port Hope where guests can fully immerse themselves in farm life. Home to goats, alpacas and Icelandic horses, it offers unique stays in cozy 'yomes' (yurt-domes), an alpaca-shed bunkie or a farmhouse suite, plus farm experiences, on-site dining at the cafe, secure bike storage and outdoor wash areas.

Surrounded by the quiet roads and dramatic hills of Ontario's Greenbelt, and located just off the 475km Greenbelt Route, Haute Goat is an ideal base for road cycling. Riders can roll straight from the farm onto scenic routes or stay for a night while tackling the two-day, 194km Highland Hustle route, showcasing bakeries, farm markets, rewarding climbs and beautiful Lake Ontario waterfront riding. hautegoat.com



OTTAWA VALLEY FARM TO FORK

Farm to Fork practises regenerative agriculture on a heritage farmstead in Scotch Bush, near Renfrew, 130km west of Ottawa. Guests stay in a cozy three bedroom farmhouse, sample farm-fresh foods, and can enjoy hands-on experiences like feeding the farm's Highland cattle. Cyclists can access secure bike storage, repair tools, bike wash facilities, laundry and optional stocked meals.

The farm sits at the crossroads of Ottawa Valley routes like the multi-day Lumberjack Loop, on scenic gravel and paved roads while visiting microbreweries, a cidery, cafes, waterfalls, the Bonnechere Caves, with the first night at Farm to Fork. For day rides, their Brake and Basket bike stop offers free parking, water, shaded seating, washrooms and farm treats. ottawavalleyfarmtofork.ca



MISSING LINK ADVENTURE TOURS

Missing Link Adventure Tours and co-located Santosha Farm, sit just south of Burk's Falls, near Doe Lake, in the heart of the rugged Almaguin Highlands, north of Muskoka. Set on a former Finnish homestead, the modern all-season lodge sleeps up to 10 and offers a shared kitchen, fire pit, BBQ, bike storage and wash facilities, with optional farm-fresh meals.

With cycling central to their mission, Missing Link runs themed cycling retreats and camps that pair the area's scenic, low-traffic routes with seasonal meals from the farm. Offerings include gravel camps, women's-only retreats and a bikepacking weekend to Mikisew Provincial Park. Highlights of a stay include riding the Old Nipissing Road, on-site groomed fat biking trails in winter and trips to nearby beaches in summer. mlat.ca



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ISLAND HOPPING IN EASTERN LAKE ONTARIO

Ontario is known for its exceptional cycling along the Great Lakes, with the Lake Ontario and St. Lawrence River sections of the Great Lakes Waterfront Trail especially well loved and travelled. While incredible views can be had from the mainland, some of the most inspiring vantage points are from our province's many islands. Near Kingston where Lake Ontario meets the St. Lawrence River lie three unique islands: Amherst, Wolfe and Howe, each accessible by short ferry rides and offering flat, nearly traffic-free roads, glorious Lake Ontario waterfront riding and wide-open rural landscapes perfect for a weekend escape.

AMHERST ISLAND

Known as the 'Gem of Lake Ontario', Amherst Island is reached by a year-round ferry from Millhaven, 25km west of Kingston and 30km east of the Glenora Ferry to Prince Edward County. Unlike Wolfe and Howe Islands, Amherst is not considered part of the 1000 Islands as it sits fully in Lake Ontario. Its characteristic dry stone walls, sheep farms and mostly gravel roads also set Amherst apart,



Wolfe Island



giving it a unique old world feel.

After a 20 minute crossing, the ferry lands at the village of Stella with a small general store, a community-run restaurant and a charming local history museum perched above the water. Travelling clockwise around the island, Front Road leads east onto quiet gravel lanes lined with farms, bird houses (the island is also a bird watching hot spot) and views of the island's wind turbines. South Shore Road delivers some of the province's most dramatic lake vistas with broad sweeps of blue stretching toward neighbouring Wolfe Island. Sand Beach Wetlands Conservation Area offers a narrow but inviting stretch of beach for a mid-ride swim. Heading back north with a short detour off the main road, don't miss a stop at Topsy Farms, home to nearly 500 sheep, Highland cattle and a shop selling the farm's wool products. A full circuit of the island is just 33km, but its backroads and points of interest can easily fill a day. Overnight options include a lodge and several cottage rentals. The ferry costs two dollars if

Amherst, Wolfe, and Howe Islands offer a perfect weekend escape: low-traffic routes, quaint villages and rural landscapes, the charm of travelling by ferry and some of Lake Ontario's best views.

travelling by bike and limited parking is available at the dock for those arriving by car but wanting to leave their vehicle on the mainland.

WOLFE ISLAND

From Amherst, cycle 25km east along the Loyalist Parkway into Kingston and catch the free 20 minute ferry to Wolfe Island, landing at the village of Marysville, where most of the island's businesses are situated along the quaint main street – multiple restaurants, a bakery, an art gallery and two excellent bed and breakfast accommodations. Wolfe Island is the largest and most populated of the three islands with about 1,400 residents, and is an extremely popular day trip destination from Kingston.



Amherst Island

gravel roads beckons – the 18km Yellow loop follows the northwestern shoreline through a mix of fields and forests. The Wolfe Island Gravel Grinder, an event hosted for the first time in 2025, has a great 40km gravel loop available for self-guided navigation. Bike rentals are possible both on the island as well as in Kingston through Ahoy Rentals, which also offers e-bikes. Paid parking near the mainland terminal makes visiting the island car-free easy. Note that the ferry and island attractions can be very busy on warm weather weekends so consider an off-peak visit if possible.

HOWE ISLAND

The first of two ferries to Howe Island, the smallest of the three islands, is reached 17km east of Kingston along Highway 2, part of the Waterfront Trail. Both ferries, one on its west side and a cable ferry on the east, operate year-round and cost two dollars if travelling by bike, allowing point-to-point travel without backtracking.

Most roads on Howe are paved and side trips along Spithead Road and North Shore Road offer lovely water views. The main road, Howe Island Drive hugs the shoreline in several stretches, with a scenic viewpoint at Quinn’s Bay. While there are no defined cycling loops, the island is a quiet and rewarding detour from the Waterfront Trail between Kingston and Gananoque, avoiding about 12km of busier road riding. A satisfying circuit combines Howe Island, a stop in Gananoque and Maple Grove and Woodburn Roads, north of Highway 401, looping back to Pierson Park a few kilometres



Hotel Wolfe Island

north of the ferry terminal, which offers informal vehicle parking as there is no parking at the ferry terminal. Cyclists visiting for the day should bring all they need as the island has no shops.

PLAN A WEEKEND EXPLORING THE ISLANDS OF EASTERN LAKE ONTARIO

Amherst, Wolfe, and Howe Islands offer a perfect weekend escape: low-traffic routes, quaint villages and rural landscapes, the charm of travelling by ferry and some of Lake Ontario’s best views. Accommodations can be found on each island and in nearby Kingston, making it easy to build a multi-day cycling itinerary.

Plan your weekend ride at: ontariobybike.ca/southeasternontario

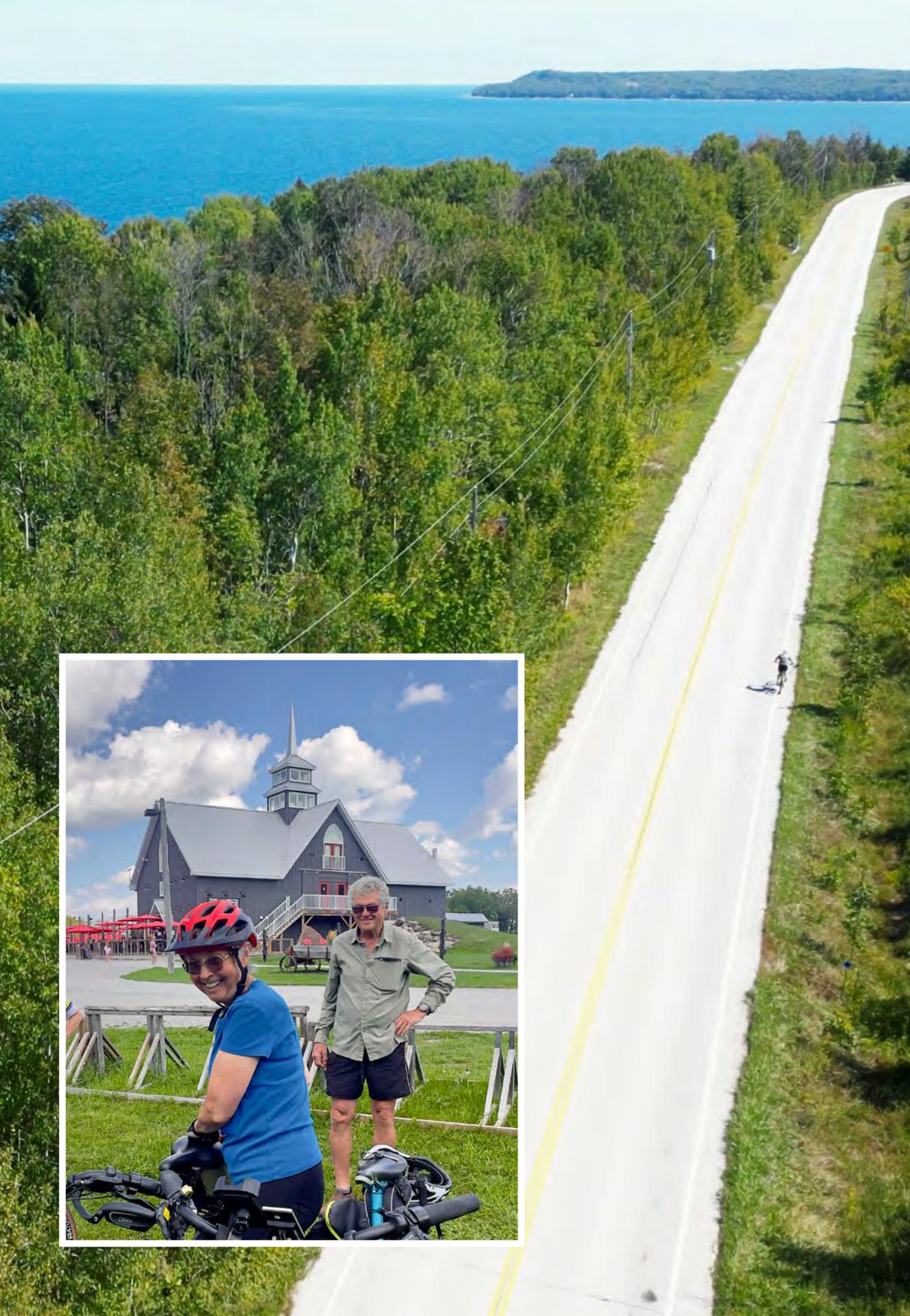
ARTICLE BY PETER MCMURTRY; PHOTOGRAPHS BY (LEFT & RIGHT) CARLOS GOUVEIA/WOLFE ISLAND COMMONS

About 30km in length and located at the mouth of the St. Lawrence, it is considered the largest of the 1000 Islands.

Four signed cycling routes span the island on a mix of paved and well-groomed gravel roads. Across the island, riders can expect quiet rural lanes passing open farmland, extensive wind farms and scenic waterfront stretches. Big Sandy Bay Beach is a popular destination 11km from Marysville on the southwestern shore, reached via the paved and gravel Blue and Green routes. This provincially significant nature area has a wide sandy beach, dunes and wetlands and is an exceptional spot for birding. Remember to bring cash for the entrance fee and that there are no refreshments or services available on site.

For roadies looking for a longer challenge, the 58km paved out-and-back Red Route meanders mostly inland through open countryside with beautiful lake views at the island’s eastern tip. Off of the island’s main roadways, a network of smooth





Rediscovering

Georgian

Bay

Pete and Linda Kershaw
explore their old
stomping grounds on
a cycling tour around
south Georgian Bay

'If

this had only been there then...' the high school sweethearts reminisced that their dating life would have been made far easier. Now retired after living their adult lives in Alberta, this past summer Pete and Linda Kershaw marvelled at the rail trail connecting their hometowns of

Meaford and Thornbury and made countless new discoveries returning to Ontario for a seven day cycling adventure tour, cycling 390km around south Georgian Bay.

Starting on the shores of Lake Huron near Port Elgin, exploring the Bruce Peninsula, then cycling to Owen Sound and on to Collingwood and Orillia, they had a chance to revisit many old haunts and see lots of places in a new context. The tour route was created by a group of dedicated and impassioned volunteers to showcase Georgian Bay, as part of the application to have the area designated by UNESCO as the Georgian Bay Geopark.

The tour and the aspiring Geopark lured the Kershaws back to Ontario to rediscover Georgian Bay, a special place and unique North American ecosystem with 1.7 billion years of Earth history on full display. The complex biological, geological and cultural heritage paired with spectacular landscapes, wild escarpments, endless water and mixed hardwood forests make the area ripe for adventure. With so much to discover, Pete and Linda set off with eight fellow cyclists, keen to experience it all and take a trip back in what the Geopark terms 'deep time'.

As they rode north from Port Elgin to Southampton, the group was pleasantly surprised by the extensive waterfront bike trails, and marvelled at the sights, as sandy shallows and beaches alternated with wildlife-rich, marshy inlets. Linda,

an author and naturalist with 20 books to her name, especially enjoyed the biologically diverse unique peat forming fens and wetlands along the Lake Huron coast. From the boardwalk through the fen north of Oliphant, she observed lots of carnivorous pitcher plants and a rich variety of seasonal flora, including colourful goldenrods and gentians.

Traversing the Bruce Peninsula led to more discoveries, as the landscape transformed from rugged beachfront and remote rocky scrub to flat fertile farmlands, and finally the dramatic limestone cliffs and turquoise waters for which the area is renowned. 'It was really an eye-opener to start on Lake Huron in the hardwood forest, with sandy beaches where people could stand half a kilometre out knee-deep in the water and then go up the Peninsula and over to the Georgian Bay side, where there's a completely different forest, with the bedrock exposed on sizeable cliffs,' was how Pete described it.

Off-bike adventures in the area included a hike along the Bruce Trail guided by an Indigenous leader. Much was learned, providing biological and cultural references for the lands that reached back far beyond the recent history of European settlers. A visit to Tobermory and kayaking over the shipwrecks in Big Tub Harbour brought the scale of time closer to present day.

Memories were triggered from revisiting their hometowns and by returning to nearby Wiarton, Sauble (now

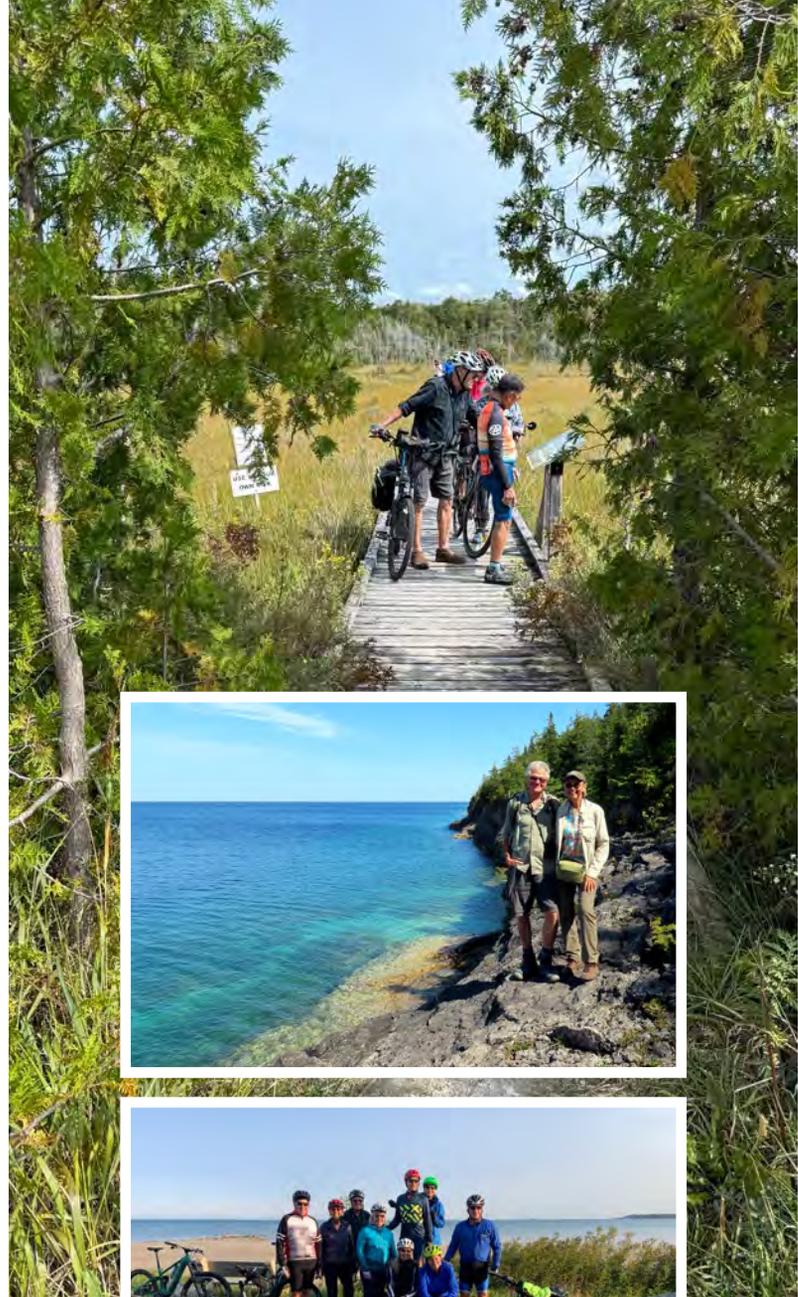
From the Irish Mountain Lookout, they could gaze out across the sweeping horizon of the Bay, framed by the backdrop of the Niagara Escarpment.

Saugeen) Beach, Owen Sound and Collingwood. Many places they had not seen in 50 years. Some of the waterfront areas where they had played as kids, alongside coal sidings and other industrial sites, were now beautiful parks, many with multi-use trails along the shoreline. Following the Great Lakes Waterfront Trail, they were impressed that there was a way to link so many little quiet trails and roads so that they didn't have to cycle on busy highways. The affluence of the area amazed them both, as did the number of cottages, homes and newly constructed or modernized infrastructure.

Both remember when the 32km Georgian Trail from Meaford to Collingwood was an active train line. Linda and her sister took the last passenger train from Thornbury to Collingwood to see their grandmother. Excited to be without adult supervision, she clearly remembers the curtains on the train windows and the plush, upholstered seats that glorified train travel of days gone by. Pete remembers pulling his brother's toboggan along the tracks, well before the rails were torn out to make way for the now well-used bike trail.

Biking for a variety of practical reasons started at a young age. 'When we were kids, everybody had a bike, that was how we got around town,' shared Linda. Pete remembers many a summer day riding to the beach and returning home with blue lips from the cold waters of Georgian Bay, only to repeat it all again the next day. While the water temperatures have not changed (Georgian Bay is well known for its frosty waters year-round), Pete did note the increase in the water's clarity, likely attributable to the arrival of Zebra Mussels, an invasive species that is now common in the Great Lakes. Another change noted was the marked difference in the way in which apples were now being grown. Instead of big, bushy, apple-laden trees at harvest time, they saw new espalier style orchards with apples on low, horizontal branches supported by wires.

Added tour highlights and unexpected delights included a hilly section just west of Penetanguishene, where the rolling, paved trail passed over 11 bridges crossing Copeland Creek. The trail through this scenic greenspace is interspersed with a series of bridges and small quick elevation changes that make the ride feel like a fun roller coaster. Another top sight for the Kershaws was the breath-taking



view from the Irish Mountain Lookout, on the gravel road between Owen Sound and Meaford. From this point, they could gaze out across the sweeping horizon of the Bay, framed by the backdrop of the Niagara Escarpment.

The last day of the tour included a special boat ride and hiking tour to beautiful Beausoleil Island, a National Historic Site in the Georgian Bay Islands National Park. Named Bimadinaagogi by the Anishinaabeg, the island is a site of Indigenous significance whose rich cultural landscape spans thousands of years. Known for its rugged granite shorelines and windswept pines, the island with its unique biology and stunning Canadian Shield scenery was admired on the 2.5km hike around Fairy Lake, enhanced by the Parks Canada App which featured audio stories from Anishinaabeg knowledge holders.

With deep personal ties to the area and fitting professional backgrounds, it is little wonder that a cycling and outdoor adventure through the Georgian Bay Geopark held strong appeal. Both Pete and Linda spent many years working in

PHOTOGRAPHS BY (PREVIOUS PAGE) JEFF MACINNIS/WINTHINKING.ORG; (TOP ABOVE) ROBERT WONG/GEORGIAN BAY GEOPARK



so much to explore



In the City of Windsor, nature is everywhere.

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the wilderness areas of the Yukon and Northwest Territories. As a University of Alberta professor, Pete taught ecology and geomorphology (the evolution of landforms) and spent every summer doing fieldwork in the north. After many years of backpacking, they changed to bicycles when they added two small children and associated gear to the list of supplies that needed to be carried through the mountains.

Pete and Linda are among the original bikepacking adventurers. For over 30 years they worked alongside the Canol Road in the NWT, a 372km long abandoned road from a WWII era pipeline project that cut through the Mackenzie Mountains. Taking advantage of the many remaining sections of roadbed they got to know the area thoroughly using bikes to get around. Wanting to encourage others to discover this spectacular area by bike they have since published *A Guide to the Canol Heritage Trail* for



Linda with sisters and friends ———>
Pete with brothers ———>



UNESCO Explained

The United Nations Educational, Scientific and Cultural Organization, UNESCO, is a global agency dedicated to strengthening our shared humanity through the promotion of education, science, culture, and communication. As well as developing tools and engaging governments to tackle the biggest challenges of our time, UNESCO also creates lists and designations that form a unique global network, to help protect cultural heritage, promote peace and inspire positive change.

These include:

World Heritage Sites

1,248

in 170 countries.

Established to identify and safeguard our world's most significant natural and cultural heritage. World Heritage Sites in Ontario are the Rideau Canal from Ottawa to Kingston and Pimachiowin Aki, a site that also stretches into Manitoba.

Biosphere Reserves

784

in 136 countries.

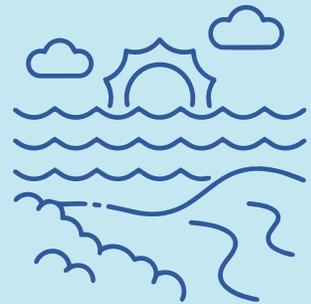
Areas of importance for their unique biodiversity and commitment of their communities to sustainable development. Biosphere Reserves in Ontario are the Georgian Bay, Niagara Escarpment, Long Point and Frontenac Arch Biospheres.

Global Geoparks

229

in 50 countries.

Exceptional sites that showcase our planet's geological history, linking natural and cultural heritage with the intent to conserve and promote public awareness. In Ontario, two areas are working towards this accreditation: Niagara Aspiring Geopark and Georgian Bay Aspiring Geopark.



bikepackers and other adventurers to reference. As their family grew and their sons took to bikes of their own, the family enjoyed less remote bikepacking trips, including an 800km trip through the Rockies from Jasper to Waterton and an island-hopping tour through the Gulf Islands of British Columbia.

Nowadays, Pete and Linda's bikepacking style has morphed into a love and appreciation of e-bikes, riding more easily between destinations and comfy accommodations. At home, just outside of Edmonton, they live in a rural area in the UNESCO Beaver Hills Biosphere Reserve. With plenty of quiet roads and gentle rolling hills, they often ride locally with their 'bike gang' composed of friends who pretty much exclusively ride e-bikes. As they attest 'e-bikes are a great equalizer for headwinds and hills.' Having bought their first e-bikes over six years ago, Linda shared that Pete 'didn't think he would like them, he kind of poo-pooed e-bikes, until he tried one.' But times change, and Pete confirmed he is a true convert. 'Now I understand it can be about the journey, not just the destination.'

In summing up the south Georgian Bay experience and cycling adventure tour, both Pete and Linda agreed that what they saw and experienced was 'pretty incredible diversity over such a short period, and all accessible by bicycle. E-bikes, yes, but still, bikes.' ■

For more info on the tour route and aspiring Georgian Bay Geopark visit: georgianbaygeopark.com

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FULL CIRCLE ADVENTURES:

Ontario's Best Cycling Loops



BY LESLEY CASSIDY

Out-and-back or a loop? When planning a two-wheel adventure, you have a choice. Both are appealing for different reasons.

While there is no empirical evidence, and it is really a matter of personal preference, logistics and choice of ride destination – there is a common love for cycling a looped route. With all new views around every turn, the scenery is never the same, building a sense of exploration and excitement into the ride. Plus a loop certainly makes for a convenient start and finish location. On the other side, out-and-back routes have some appeal too. As one friend mentioned, ‘An out-and-back is predictable, I know exactly where I’m going.’ Another said, ‘You know where you will turn around, and you see things you missed on the way out.’

Whatever your reason, if you are looking to ride some looped routes, we have compiled a collection of diverse must-ride road and gravel loops in Ontario. With all the maps available online (see QR code at end of article), discover weekend getaways, afternoon loops and more for all.



VACATION WORTHY TWO-WHEEL ADVENTURES

Sometimes, you just need to get away. If you enjoy a beach vibe, both Niagara's South Coast and Manitoulin Island deliver.

The 140km Greater Niagara Circle Route, a flat loop with 90% off-road, paved trails, can begin at any point, with Niagara Falls or St. Catharines offering GO Transit connections. Pedal on and connect to the Welland Canal, Niagara River, Friendship and Waterfront Trails.

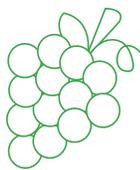
'We've cycled the loop 11 times. It's fairly well signed, there're picnic tables along the route and our favourite way to ride is counterclockwise,' explained John, a cyclist who lives in the region, who usually cycles it with a friend over two days. 'We swam a little bit in Lake Erie, but generally we go in the fall; it's very beautiful with the leaves.'

Highlights along the 30km Lake Erie stretch include holiday beach zones like Crystal Beach, Sherkston and Nickel Beach in Port Colbourne, along with bicycle friendly stops at the Smokin' Buddha Restaurant located in the old train station, and the Crystal Ball or Chandelier cafes at Crystal Beach.

Another worthy bike getaway is Manitoulin Island. A loop to start, and one of 14 mapped, try the Providence Bay Two Beach 74km loop, which winds along quiet paved roads, past farms, cedar groves and lakes, beginning in Providence Beach. Along the way explore Mindemoya's shops and lakeside beach. Looping back, pedal the rolling but never too hilly route and stay in Providence Bay at the On The Bay B&B or other bicycle friendly accommodations scattered around the island.

Steeped in history, the following two loops in Eastern Ontario spoil riders.

Starting in Napanee, the 121km Cataraqui Kingston Cruiser easily connects onto the Cataraqui Trail, which once served as the main rail line between Ottawa and Toronto. It's a quiet, forested gravel path bisecting the K&P Rail Trail, which travels south into Kingston underneath Highway 401. Overnight in Kingston, then follow the bike lanes westwards to Bath before ending in Napanee. If needing refreshment and nourishment along the way visit Schell's



Market, Bergeron Estate Winery and Cider Company or MacKinnon Brothers Brewing Company.

Called the Mississippi and Ottawa River Experience (MORE), the 180km CycleMORE loop is a mix of stone-crushed gravel rail trails (the Ottawa Valley Recreation Trail and the Ottawa-Carleton Trailway), rural roads and bicycle paths leading into downtown Ottawa. Pass by two ancient waterways, stop at Keepers Coffee in Pakenham and snap a picture of the 1903 five-span stone bridge. In Ottawa, meander along paved paths beside the Ottawa River and stop at bicycle friendly cafes or brewpubs downtown before tucking in for the night.

Venture to Ontario's southwest to pedal the 190km Essex Windsor Loop. With lush farmland, a bird migration route and farm-to-table gems, pedal 70% on mainly quiet roads and a mix of paved and hard-packed flat trails. Park in Comber, wander up to Belle River for a stop at Cafe Amor, then on to Windsor. Follow the Detroit River through the city, and try the bike lanes on the new international bridge crossing into the U.S. Follow the trails for 67km and choose from a handful of bicycle friendly wineries close to the Chrysler Greenway Trail to sample some local wines and stop for some foodie treats in the Kingsville area. Book your last night in Leamington and visit Point Pelee National Park – a bird migration route with a stunning observation tower and so much more to explore.

Turning north, discover more Ontario lakes on the Simcoe County Loop Trail, a 160km route that connects rail trails and bike paths between Lake Simcoe and Georgian Bay. Start in either Barrie (accessible by GO Transit) or Orillia, then head north to Midland or Penetanguishene for a night near the water in a B&B or hotel or camp nearby.

'I loved that the Simcoe Loop was entirely on a bike path, I felt safe,' explained Beth from Eastern Ontario, and a rider always up for an adventure. 'I would say don't over-think it. Take your credit card and a change of clothes, and you're good to go.'

GRAVEL GOODNESS

Immerse yourself in the wilds of Ontario, with nearly traffic-free gravel roads and small towns. Both Haliburton and Hastings counties have cycling itineraries ranging from a mild mix of gravel to extra spicy.

With a beer named after this loop, the 69km Blairhampton Ramble has a little bit of everything – gravel, hills, pavement and fuel. The route starts in Haliburton Village, meanders north around Maple Lake, then heads south towards Minden. Poke around Haliburton, stop at Rails End Gallery located near the Community Bike Hub in a caboose, and stay at the Bonnie View Inn or Pinestone Resort – perfect places to lounge post-ride overlooking a lake. There are also 25 more gravel loops in Haliburton Highlands to try.

Hastings County has a number of looped routes ranging from 15km to spicier 110km+ options. Cycle the Lollygagging in Lonsdale 26km loop – it's a mixed surface route that spins around the Salmon River, launching from Kingsford Conservation Area. With plenty of photo ops of the limestone landscape, all the blooming lilacs will brighten an adventure in late spring.

If you are a cyclist who prefers their gravel on the mild side, the 47km Four Village Tour rambles around Burnt River, Coboconk, Kinmount and Norland. This loop is 38% gravel, with mild elevation changes and a stretch along the

Victoria Rail Trail. Over 100 years old, don't miss a post-ride nibble at the Riverside Inn in nearby Norland, as it serves the best fish and chips.

PEDALLIN' THE PAVEMENT

Roadies are spoiled for choice with these outstanding paved road loop options. Cheese and wine are a theme for these two loops: the 55km Big Island Loop and the 97km or 32km Oxford Cheese Trail.

A local favourite in Prince Edward County, the Big Island Loop, launches from Bloomfield, heads north then roams along 8km of the Bay of Quinte shoreline on almost traffic-free roads, lined with lilacs in spring. Visit the Waring House, perfect for post-ride wine tastings, and stay overnight to pedal one of the many other loops to choose from in The County.

Wheels of cheese is the theme as you pedal a loop through Ingersoll, Tillsonburg and Woodstock, breaking the 97km loop into a two-day adventure. Pack your pannier and visit Gunn's Hill Artisan Cheese, Makkink's Flower Farm and Bakery Cafe and stay overnight at The Mill Inn, an 1878 grist mill in Tillsonburg.

The Muskoka's 74km Lake of the Bays Loop circumnavigates the Lake, offering a mix of mild to challenging terrain and several incredible vistas. Park in Dwight and plan for food stops in Baysville and Dorset. Be sure to check out the Bike Shop in nearby Huntsville for more local route ideas.

Durham and Norfolk counties deliver the farm experience. Divided into leisure, intermediate, and advanced routes, Durham has more than 10 looped ride suggestions just northeast of Toronto. The 55km all-road Experience Uxbridge Loop begins and ends in Uxbridge and while it may seem short for some roadies, it packs a punch in elevation. Stop in nearby Goodwood and Aninna's Bakeshop along the way, or consider visiting the Urban Pantry, a farm-to-table experience, or the Second Wedge Brewing Company post-ride.

Nestled along Lake Erie, Norfolk County is known for its lush-green extended growing season and its paved roads. The Silver Spokes Cycling Club has developed numerous routes through the area, and recommends their 104km loop as a lovely farmland century ride. Take in the sights of lavender, vegetable and fruit fields. In Port Rowan, along the Lake Erie waterfront with its lighthouse and boat houses, spend the night at the Rowan Nights B&B, or visit Front Road Cellars, a family-run winery and farm for tastings, light snacks on the patio, or indulge in their freshly-picked blueberries.

THE UNEXPECTED, QUIRKY AND FUN!

These loops are for the curious, ready to adventure to destinations across the province.

In Eastern Ontario, the 100km paved Monarch of the Mountains two-loop route starts in Eganville and includes a climb to a former radar station from the Cold War. Rumour has it that Al Capone had a hideaway in nearby Quadeville. You will also cycle on the quad-busting Letterkenny Road – not to be confused with the town of TV show fame, although signs do go missing regularly. Back in Eganville, refuel at Fifth Chute Cafe with sourdough and coffee.

The Carp and Country Debunker 46km loop is a treat with ice cream, restaurants and a brewery, with a few



There is a common love for looped cycling routes.



hills. Be sure to take the time to tour the Diefenbunker, a four-story underground cavern full of curiosities, built during the Cold War.

West of Algonquin Park, the 48km Screaming Heads Loop starts in Burk's Falls at the Welcome Centre Barista and Bakery. The loop through this rugged area will pass the surreal outdoor art installation featuring over 100 giant cast-concrete screaming head statues. After this unexpected art stop, be sure to sample butter tarts at the Cornball Store along this 80% paved loop.

To take a tour around the southernmost inhabited island in Canada head to Pelee Island – accessible by ferry from Leamington and the Great Lakes Waterfront Trail. Two-wheel the 31km level paved and hard-packed gravel



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SUPER CHALLENGE LOOPS

These two loops are isolated and not your average Southern Ontario bikepacking routes. The 260km Hastings-Haliburton 50/50 loop and the 450km Central Ontario Trail Loop (COLT) will both test your mettle. Starting in Bancroft, the 50/50 loop promises butter tarts, burritos and places to stay, whether camping or indoors, with a mix of pavement, hilly gravel and rail trails. Whereas the COLT links rail trails, the Ganaraska Forest, country roads and a few gnarly ATV and snowmobile trails.

‘We really wanted to do a local ride. And this one (COLT) put you in the backwoods of the most beautiful countryside,’ shared Laurel, an avid cyclist from Ottawa. ‘It’s not bananas hilly. And it’s easy to restock because you do hit lots of little towns.’

At 640km long, the supersized Tri-Lake Great Lakes Waterfront Trail route connects Lakes Ontario, Huron and Erie. This loop includes part of the Greenbelt Route, the Goderich to Guelph Rail Trail, and you are rarely more than 30km away from a town at any time.

And lastly, with names like Farmer’s Folly and Bruce on the Loose, there are those and far more loops that are sure to inspire a bikepacking trip of any type on the Bikepacking Ontario website. ■

Discover what’s around the next turn and enjoy two-wheeling these loops this year! Find maps and all info on these looped routes at: ontariobybike.ca/loops



loop on a rental bike from the Pelee Shop. Stop for lunch at the Pelee Island Winery or Stonehill Estates for a farm tour.

Apples and ice cream? These next two loops promise treats. The 28km and oh so sweet Apple Capital Route starts in Tyrone Mills, northeast of Oshawa. ‘Tyrone is anchored by an old mill and it’s a real destination spot for cyclists,’ explained Jim who frequently rides in the area. ‘It’s one of a kind, and inside it is like an 1800s ancient store.’

Prefer a longer loop in the region? Ride the almost 200km Highland Hustle, perfect for a multi-day adventure rolling by Lake Ontario, up the Oak Ridges Moraine, through the Greenbelt and past hundreds of apple orchards.



PHOTOGRAPHY BY MARTIN LORTZ/DESTINATION ONTARIO

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FROM GRAVEL TO GRANDEUR

Discover the hidden gems of Hastings County by bike, where gravel trails and winding roads lead you through scenic countryside and welcoming communities.



Visit: hastings.bike

Photo: boq.bike

Ride Guide

SHOWCASING SOME OF THE BEST RIDES IN ONTARIO / MAPS AND MORE AT [ONTARIOBYBIKE.CA/GREAT-PLACES-TO-CYCLE](https://ontariobybike.ca/great-places-to-cycle)

WESTERN ONTARIO

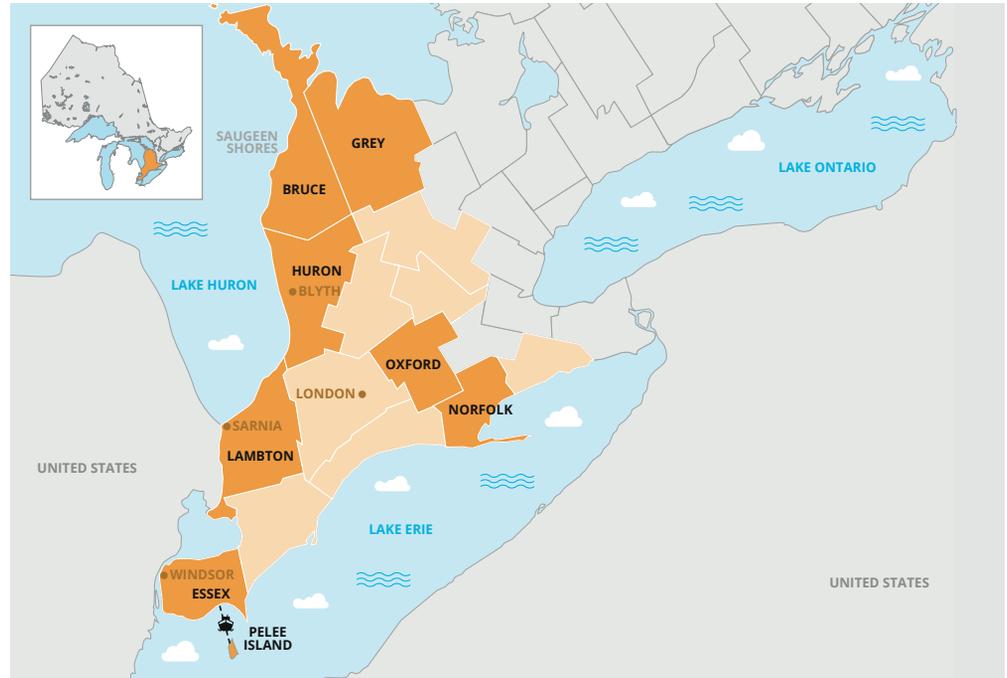
WINDSOR

Over 10 years in the making, 2026 is the year to visit Windsor, not only to see but also to ride a bicycle across the new **Gordie Howe International Bridge** linking Ontario to Detroit, Michigan. Pack a passport to cycle the first dedicated bike lane on a bridge between Canada and the U.S., a 2.5km ride across. Getting to and from the bridge, cyclists can enjoy new multi-use pathways and bike lanes built to connect riders to the cities on either side. Access the bridge from downtown Windsor via Sandwich Town or from the upgraded trails in nearby Malden Park. cyclewindsor.ca & gordiehoweinternationalbridge.com

Along with a new print cycle tourism map showing trails and routes through Windsor and into surrounding Essex County, there are additional routes and information online. Find and make use of digital maps to lead the way on the 28km **City & Communities Cycling Tour**. From Malden Park, enjoy a ride along the Riverfront Trail before visiting the city's top neighbourhoods for shops, restaurants, cafes, patios and breweries: Walkerville, Ottawa Street, Drouillard Road and Little Italy. With so much to see and do, allot some extra hours for this city tour. visitwindsor.essex.com/bike

ESSEX COUNTY

Those up for a trail ride will enjoy the **Chrysler Greenway** that bisects Essex County and is a great backbone for many off-trail explorations. If visiting vineyards and winery estates is of interest, the



RIDE STYLE GUIDE

Look for the symbols below to select a suitable ride.



Trail Rider
Off-road paved & unpaved trails



Recreational Cyclist
Intermediate roads & trails



Experienced Cyclist
Advanced roads



Mountain Biker
Single track & fat biking



Gravel Adventurer
Gravel roads & bikepacking

stretch from Essex to Harrow and onwards to Kingsville passes several wineries adjacent to the trail and an even larger number within a few kilometres. For the 41km Wine Trail loop that mixes trail and road, add stops at vineyards along Lake Erie's north shore, including award winning best bicycle friendly businesses, North 42 Degrees Winery and Serenity Lavender Farm. visitwindsor.essex.com/bike

PELEE ISLAND & LEAMINGTON

If you are using Leamington as your base or jumping off point for adventuring to Pelee Island, take the time to enjoy the newly upgraded beach front, ferry dock and marina. Before the ferry departs, visit the Waterfront Market Plaza and ride the beach boardwalk trail. After the 1.5 hour crossing to the island, stretch your legs on the **30km island circuit** or to the nearest beach, visit island studios and eateries, all before heading back to the mainland. No need for a car on the island, as it is easy to get around on two wheels. ontarioferries.com/pelee

SARNIA & LAMBTON COUNTY

The **BIG Slow Roll** is a free, 10km community bike ride during Sarnia BIG Bike Week in June. Open to all ages and abilities, it celebrates relaxed, social riding, promoting cycling culture and connection. Hosted by the Bluewater Cycling Organization, which also runs the popular Bluewater International Granfondo, the ride follows Sarnia's Bluewater Trail Network on a scenic route under the Blue Water Bridge, through beautiful Canatara Park (a Blue Flag beach) and back downtown, with live music to follow. ourbco.ca/slow-roll

In 2025, Ontario By Bike hosted our **Sarnia Lambton Loop** weekend tour, exploring the quiet and flat backroads of Lambton County, Sarnia's city paths and incredible waterfront in the area. Petrolia's Oil Museum impressed riders, detailing North America's first oil discovery, as did the 35km St. Clair River Trail. The 2025 version of our route travels counterclockwise, making



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CORUNNA

Cruise the 35km St. Clair River Trail, following trails and paved shoulders along this scenic river south of Sarnia. Visit small towns, waterfront parks and view impressive Great Lakes vessels.

the most of directional riverside infrastructure. For those looking for more cycling routes, the Cycling Guide is now available in the region, an app giving safe cycling directions and recommended rides. ontariobybike.ca/augustride2025

LONDON

 Take a leisurely ride to discover secret laneways and hidden bridges, learn local history and stop in neighbourhoods and coffee shops with a local guide on a **London Bicycle Tour**. Choose from three tours, each lasting approximately three hours and covering 10km. Explore London's Old North, Wortley

Village in the south or a branch of the Thames River. All rides start from the London Bicycle Cafe located downtown, and make the most of the path system that stretches over 45km along the river and links to 350km of additional city pathways, bike lanes and cycle tracks. londonbicycletours.ca

 Head to **Fanshawe Conservation Area** for a 20km loop around Fanshawe Lake in the northeast end of London. Enjoy views of the water and this sizeable man-made lake with a reservoir and dam to protect the city from flooding on the Thames River. The trail is best suited to

mountain bikes and also shared with hikers, has many wooded sections, narrow single track and has some technical features. Passes are required and are available at the gatehouse. An overnight campsite at Fanshawe includes trail access and makes for a budget friendly base to explore more of London. fanshaweconservationarea.ca

NORFOLK COUNTY

 Norfolk County's scenic forested trails connect this beautiful area on Lake Erie to many Southern Ontario cities – Brantford, Cambridge, Hamilton. The **Lynn Valley Trail** winds along woods, wetlands, open grassland and agricultural land between the bustling beach town of Port Dover and the town of Simcoe, with visits to the craft brewery and arts centre worthwhile. Continuing north on trails to Waterford, discover the town's unique former rail-side shops by the river, then cycle over the Black Bridge and north to Brantford. norfolkcounty.ca/trails

 Norfolk County, known as 'Ontario's Garden,' is a road cyclist's paradise, with an extensive network of quiet, paved rural roads. The 100km paved **Big Creek Circle Cycling Route** showcases picturesque towns and natural sights, connecting Port Rowan and Delhi, and with short side trips available to Turkey Point and Long Point, peninsulas and parks with outstanding beaches and wildlife. Near Turkey Point, stop at Burning Kiln Winery, and plan an outing with Long Point Eco Adventures, a resort and tour company that offers, among many things, mountain biking experiences and rentals. norfolkcounty.ca/trails

OXFORD COUNTY

 While the Oxford County Cheese Trail has existed for many years, now you can cycle it on two road loops following the **Oxford County Cheese Trail By Bike** routes, visiting artisanal cheese makers, farm markets and shops serving local dairy products. The 33km Woodstock-Ingersoll loop offers a shorter intro to the trail, (compared to the longer 100km loop), with a pleasant countryside pedal



THE EVENTS WESTERN ONTARIO

May
Tour de Kincardine

June
BIG Slow Roll Sarnia

Forest City Cycling Challenge
London

August
Great Waterfront Trail Adventure

Gran Fondo Lake Huron
Southampton

Bluewater International Granfondo
Sarnia

Great Lakes Ride

Dunnville Grand Tour

September
Essex Region Bike Tour

October
Bruce Peninsula Gravel Gran Fondo

More at ontariobybike.ca/events

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!

york.ca/LakeToLake



Lake to Lake Route in the Town of East Gwillimbury

TOUR OXFORD

EMBRACE OUR RURAL ROUTES

TourismOxford.ca



Cheese Trail Relax



14 road routes
(8 gravel routes)
2 mountain biking destinations

All just 90 minutes from Toronto (west on Hwy 401)

42.972501 N,
-81.253072 W

WORTLEY
VILLAGE,
LONDON,
ONTARIO

Take a London Bicycle Tour to explore the city's heritage districts, urban history and hidden laneways with interesting architectural details on neighbourhood homes.



passing farms between Woodstock and Ingersoll. Sample local cheese at shops in downtown Woodstock and in Ingersoll, explore five Cheese Trail stops, like the Cheese & Agricultural Museum. bit.ly/oxfordcheesetrail

 Oxford County is well known for its extensive network of gravel roads and curated cycling routes that take full advantage of its largely rural setting. The 74km **Woodstock, Hickson Trail, Wolverton Gravel Route** begins in Woodstock at Roth Park, then follows the narrow dirt path of the Hickson Trail, and connects to gravel roads rolling up and over river crossings, past wetlands and rich farmlands. Soak in more bucolic rural roads, looping back down to Woodstock via a delightful trail alongside the Thames River. Make a stop at Thames River Melons, a family-owned farm market. rideoxford.ca

HURON COUNTY

 Make Blyth your inland vacation destination to explore

more of the area and the nearby shores of Lake Huron. Well located on the **Goderich to Guelph Rail Trail (G2G)**, just a 17km ride to Balls Bridge over the Maitland River or 36km to Goderich, there is also plenty to do right in town. Check out the summer season at the long running Blyth Festival Theatre company, take an art workshop at a local studio, and visit the large modern barn structure and outdoor beer garden at Cowbell Brewing Company. Stay at the Blyth Trailway Cabins to enjoy this luxury four season retreat located directly on the G2G. blythnow.ca

GREY COUNTY

 Cyclists have taken note of the surface improvements on the 77km **Grey County Rail Trail**, with the majority of the trail from Dundalk northwest to Owen Sound on Georgian Bay now a smooth stone dust. A two-day itinerary is to start in Markdale and ride 50km north to Owen Sound, returning the following day.



20X
cheaper
than a car

—
2X
as many bicycles
in the world
than cars

—
15
bikes can fit in
the same area of
a parked car

—
2.5X
more bikes are
manufactured
annually
worldwide

Make sure to stop at the convenience store in Holland Centre and Mudhouse Brewery in Owen Sound. There are some excellent bike friendly accommodation options in both Markdale and Owen Sound. ontariobybike.ca/grey

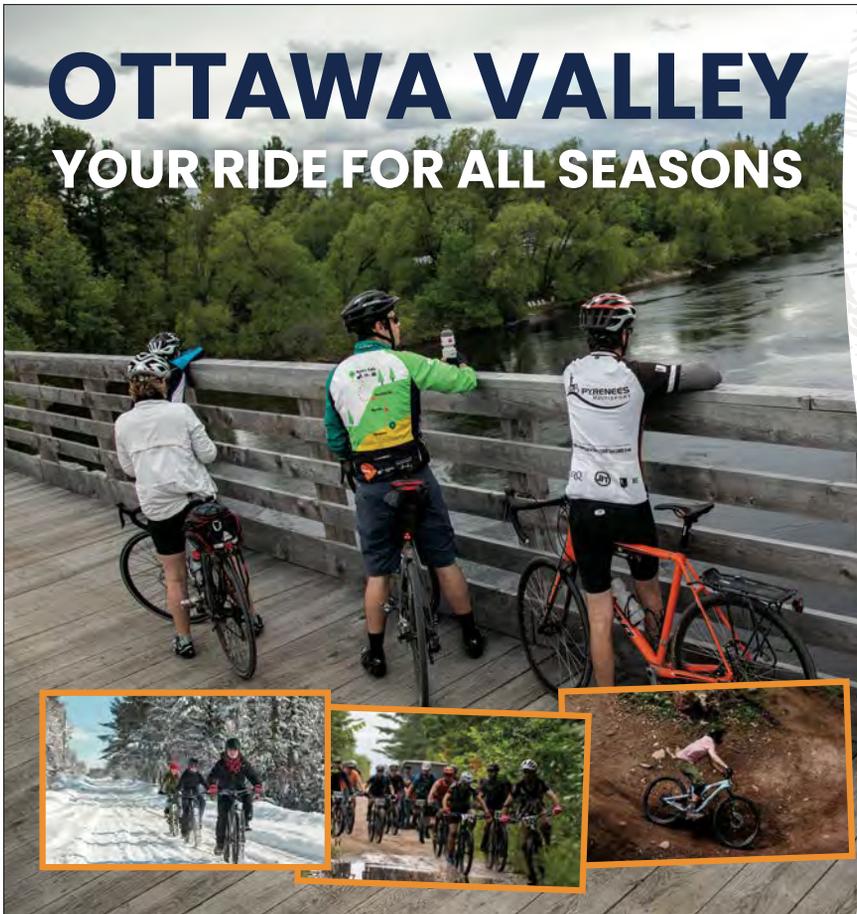
BRUCE COUNTY

 Head to Saugeen Shores for a three-day tour following the **Huron Coast Explorer**, a ride itinerary tried, tested and enjoyed on a past Ontario By Bike Ride weekend. Day one featured a rural loop from lively Kincardine with a stop at the historic Point Clark Lighthouse. Day two followed the stunning 5km North Shore Trail from Port Elgin, winding around bays and cottages with views to Chantry Island, continuing through Southampton to Saugeen Beach. The final day explored Bruce County's rolling countryside enroute to Paisley, a former mill town on the Saugeen River. Find our easy-to-replicate self-guided itinerary online. ontariobybike.ca/septride2024

Incredible
Cycling
awaits in
**SIMCOE
COUNTY**



OTTAWA VALLEY
YOUR RIDE FOR ALL SEASONS



ottawavalley.travel



ovcata.ca

Upcoming Ride Dates

Tour de Beavertails: Sun. July 5

Tour de Whitewater: Sat. July 18

Tour de Bonnechere: Sun. Aug. 30

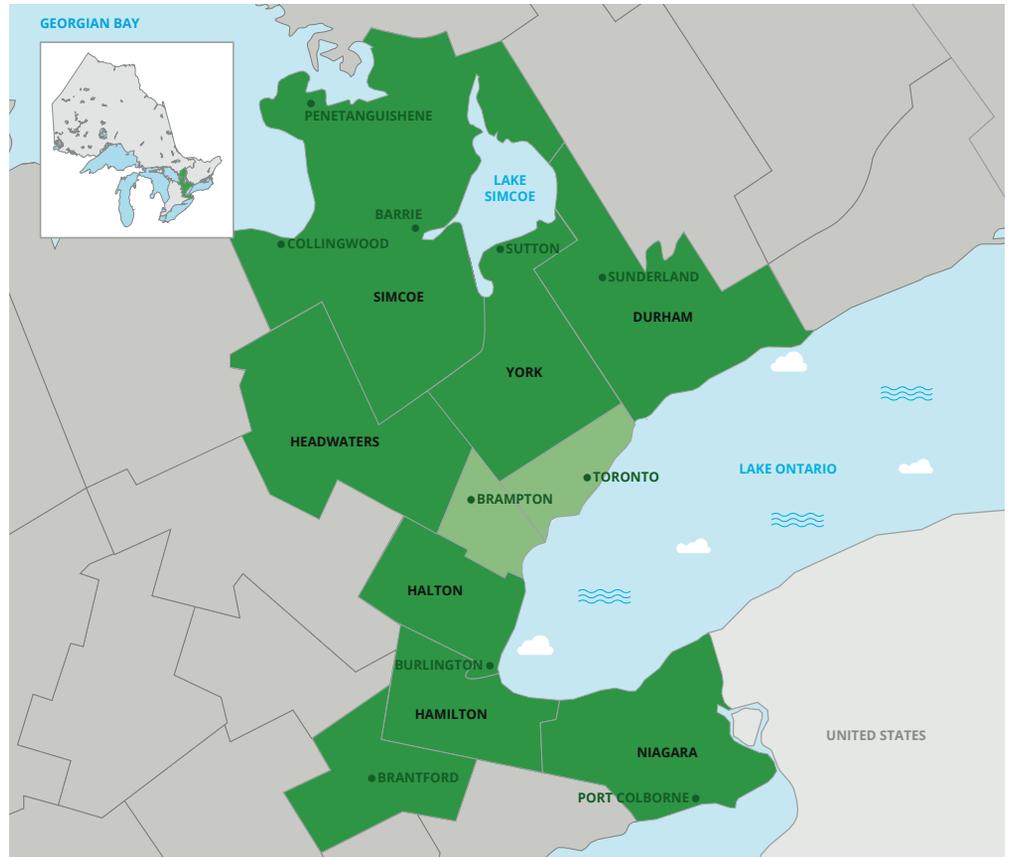
Tour de Poutine: Sat. Sept. 19

CENTRAL ONTARIO

NIAGARA SOUTH

Take a break from the Falls and explore **Niagara's South Coast**, a charming stretch from Fort Erie to Port Colborne, Welland and Pelham, known for quiet cycling trails and beautiful Lake Erie beaches. Ride the Niagara River Recreation Trail south to Fort Erie, and then follow the paved Friendship Trail west through forests to Ridgeway and Crystal Beach, lively and historic vacation spots. From Port Colborne, the Welland Canal Trail reveals the region's industrial heritage as it leads north toward Welland and St. Catharines on the Greater Niagara Circle Loop. niagarasouthcoast.com/cycling

The **Town of Pelham**, a sheltered, fertile agricultural area in the centre of the Niagara Peninsula, has become a quiet star of cycling in this region known for its world-class routes and attractions. The Cycling Pelham map highlights four road and trail loops all under 20km, showcasing the area's dramatic scenery on a mix of smooth, paved, rolling and winding rural roads, with one rail trail loop. The **Big Move Cancer Ride** is an annual fundraiser exploring Pelham's scenic roads, with all proceeds going towards the purchase of cancer care equipment. pelham.ca/cycling



THE STOPS 5 MUST VISIT BICYCLE FRIENDLY WINERIES

North 42 Degrees Estate Winery
Essex County

Burning Kiln Winery
Norfolk County

Henry of Pelham Family Estate Winery
Niagara Region

Coffin Ridge Boutique Winery
Grey County

Karlo Estates Winery
Prince Edward County

Find more at ontariobybike.ca/wineries

Short Hills Provincial Park is the largest park in the region and known for its distinctive glacial hills and valleys on the Niagara Escarpment. The park has 18km and five trails designated for mountain biking, ranging from beginner to advanced. The blue to black diamond-rated 6km Swayze Falls Trail leads to a seasonal waterfall and through a mix of deciduous forest and open meadows. As a non-operating park, there are no amenities, but no fee to enter or park, making it a great base for exploring the scenic rural roads of Pelham. friendsofshorthillspark.ca

HAMILTON & BRANTFORD

One of the most delightful rail trail rides in Southern Ontario has to be the **Hamilton to Brantford Rail Trail**. This well-maintained stone dust trail can easily be started from any number of locations where it intersects the lush forested Dundas Valley, or from the picturesque Trail Centre situated in a replica Victorian-era train station. A 40km ride from end to end, the section through Brant County is flat and passes peaceful farmlands. The last few trail kilometres are on top of dikes

running into Brantford's city centre, where there are plenty of choices to refuel before a return journey. bit.ly/h2brailtrail

BURLINGTON & HALTON HILLS

There are a series of eight looped road routes in Halton Region best suited for more experienced cyclists, updated and included on the new Halton cycling map. Paired with digital maps and navigational cues, it would be hard to get lost on the aptly named **Heatmap 100** route. Clocking in at just over a metric century, it is a smooth ride from the north end of Oakville and Burlington through pristine countryside and horse country. Stop for treats and hydration at the Kilbride Country Store or make a short detour into Georgetown or to The Fix Coffee Shop inside the Milton velodrome. bit.ly/haltoncycling

BRAMPTON

There are a huge number of urban trails in Brampton that connect parks and sports fields,



PHOTOGRAPH BY BRILLIANTVEVE.CA

LONDON, ONTARIO'S CYCLING SECRETS



45 KM



RIDE THE RIVER

Let the Thames lead the way! Chase the river through the city on the Thames Valley Parkway's network of scenic paths.

21 KM



ADVENTURE AWAITS

Tackle Boler Mountain's rugged slopes or loop through Fanshawe Conservation Area's sunny meadows and shaded forests.

3 UNIQUE CYCLING TOURS



PEDAL THROUGH HISTORY

Cruise through London's most charming neighbourhoods, uncovering hidden pathways, rich stories and local flavours with London Bicycle Tours.

2025 BEST BIKE BUSINESS IN ONTARIO'S SOUTHWEST



BIKES & BITES

What do you get when you cross a bicycle shop with a cafe? London Bicycle Cafe sells top-notch wheels and puts a delicious spin on Dutch food.



Get the gears turning and plan your ride! →



discover. explore. cycle.

PENETANGUISHENE

Rotary Champlain
Wendat Park,
Penetanguishene
Photo Submitted by Ian Wagg



discover more at www.penetanguishene.ca

community centres and playgrounds, green and nature spaces, criss-crossing the large urban city. Plot a route out and back following the **Etobicoke or Fletcher Creek Trail, Chinguacousy or Don Doan Trail**. Consult the City's cycling map to plan a tour connecting trails with off-road multi-use bike paths, of which there are ample. To celebrate join the free Bike the Creek event held annually in June, attracting over 2,200 cyclists, with three different route distances. brampton.ca/cycling & trca.ca/bike-the-creek

 Starting from downtown Brampton or the train station if arriving with a bike using the GO Train, this two-day 122km ride itinerary was a hit with Ontario By Bike riders last year. The route through Brampton followed trails that connected to quiet roads with wide paved shoulders north into the heart of Caledon. We made the most of the **Caledon Trailway**, exploring east and west as well as the Greenbelt Route with some must-see stops along the way including Coywolf Coffee and Caledon Hills bike shop in Inglewood, Cheltenham Badlands and General Store, Spirit Tree Cidery, Terra Cotta, and Glen Williams. ontariobybike.ca/septride2025

SIMCOE COUNTY

 The **Barrie Collingwood Railway Trail** has grown – now spanning 23km from Collingwood to Stayner, with a new extension reaching as far as Angus. Known as the Train Trail, the new trail runs south from Stayner on a 9km multi-use, non-motorized, wide, flat, crushed stone base extension. Enjoy a gentle cruise any distance you choose and be sure to go as far as New Lowell for a coffee and more at the bicycle friendly Creemore Coffee Company, a hidden gem with tasty baked treats, fresh sandwiches and coffee roasted on site. trails.simcoe.ca

 The Simcoe County Mountain Bike Club, one of the largest clubs in Ontario, stewards a 150km trail network through **six forest tracts** across Simcoe County. The main trail areas are in the Amos Tract, Strachan Tract and Copeland Forest, all just northeast of Barrie. Access



THE EVENTS CENTRAL ONTARIO

March
Toronto
Bicycle Show

April
Paris to Ancaster

May
Ride for the 'Ridge
Durham Region

June
Bike for
Brain Health
Toronto

Bike the Creek
Brampton

Eyeride
Vaughan to
Collingwood

August
Friends for Life
Bike Rally
Toronto to
Montreal

**Bike the
Benchlands**
Niagara

**Georgian Bay
Cycle for Hope**
Penetanguishene

September
Farm Fresh Tours
Greenbelt

**Niagara's Big Move
Cancer Ride**

**NewRoads
LakeRide**
Newmarket

Tour de Dundas
Hamilton

**Share the Road
Gran Fondo**
Milton

October
The Growing
Beaver
Collingwood

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



43.136605 N, -80.272209 W
GRAND RIVER TRAILS, BRANTFORD

Pedal Brantford's beautiful trails on both sides of the Grand River, with easy off-road connections to Hamilton, Paris, Cambridge and Port Dover.

trails from parking lots (a number with mechanical tool stations), along Bass Lake Sideroad East and at the Horseshoe Nordic Centre. Groomed winter fat biking trails can be found in Simcoe County Forest and nearby at Horseshoe Resort and Hardwood Ski and Bike, the latter two also offering rentals. cyclesimcoe.ca/mountain-biking

PENETANGUISHENE

 Explore the town trails to learn about the history of this area, from the original Indigenous inhabitants to early European explorers. Penetanguishene, an Algonquin name meaning place of the white rolling sands, refers to the beaches and sandy shores of the area. Situated on a large bay, this picturesque inlet off Georgian Bay is rich in maritime history. Much can be learned on an easy pedal through the beautifully redesigned **Champlain Huron-Wendat Rotary Park, the Copeland Creek and Discovery Harbour trails**. Find lots of park and picnic amenities or stroll into town to get a bite to eat on Main Street. bit.ly/penetangtrails

 Starting from town, the 39km **Penetanguishene Loop** is an ideal ride to see a sampling of the best sights and scenery the area has to offer. A nice warm-up, the few hundred metres of climbing out of town soon flatten out as the narrow paved roadways wind their way through lush and shaded forest and into Awenda Provincial Park. Carve time out to explore the beach areas, or bike around a variety of park trails before continuing on. Complete the circuit back to what the locals call Penetang, following the headlands of the west peninsula and Champlain Road. cyclesimcoe.ca/hgb-map

YORK REGION

 The little-known **Sutton-Zephyr Rail Trail** stretches 11km from Sutton, near Lake Simcoe's south shore, to the Zephyr Tract, part of the York Region Forest. It's an incredibly quiet route with few users and several scenic river crossings. The crushed stone surface isn't regularly maintained, so conditions can be rough at times, but the ride is absolutely worth it



Bike the Creek

June 13, 2026

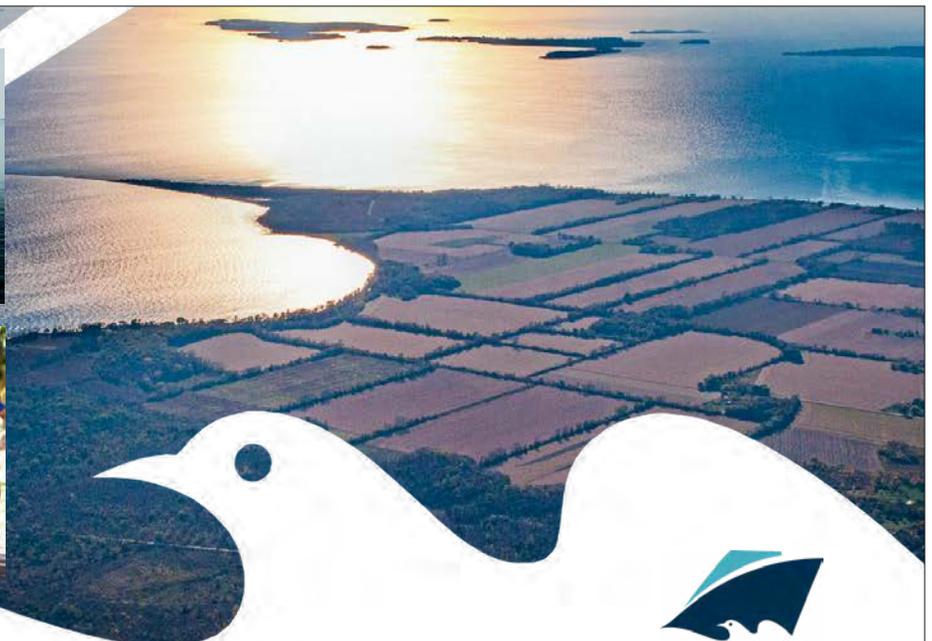
12th annual cycling event

Bridging communities, one pedal at a time through Peel Region's urban roads and trails.



For more information and to register visit trca.ca/bike-the-creek

In collaboration with:



HEAD TO CANADA'S MOST SOUTHERN BIKE TRAIL

Get a jump on your biking season and reconnect with nature. Beautiful trails. Wine country. With over eight months of biking, you'll find your haven on Pelee Island. Starting April 1, 2026, take the ferry to Pelee Island, Lake Erie's largest island. Walk-ons and bikes are welcomed.



ontarioferries.com | 1.800.661.2220

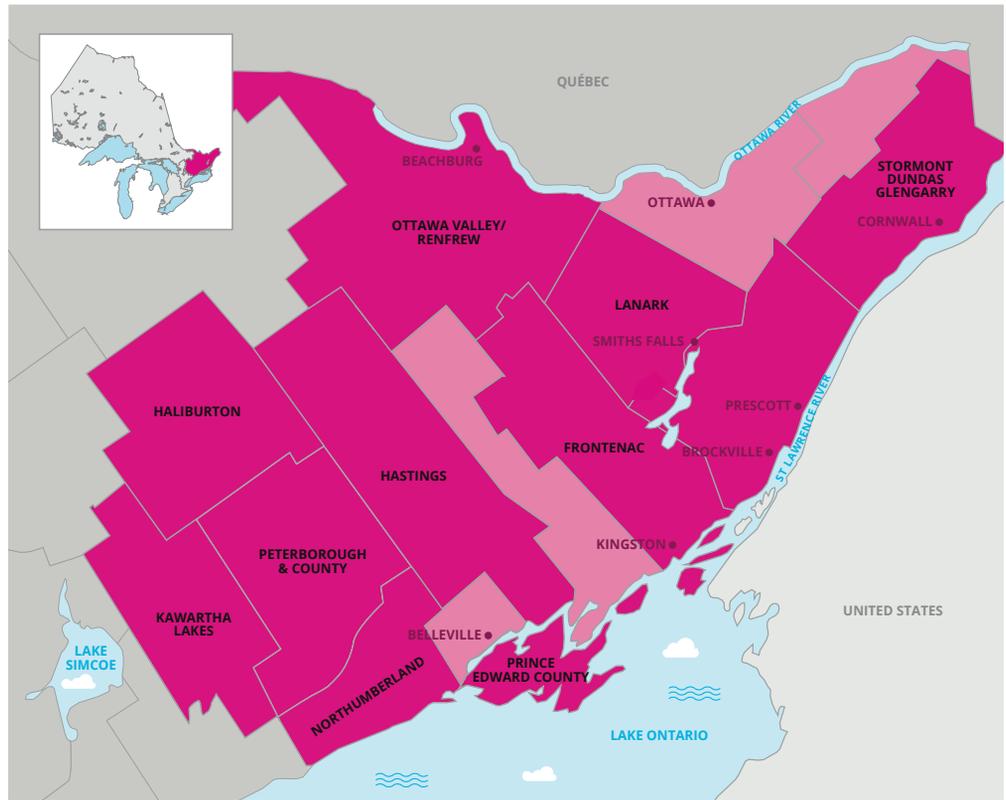
for those looking for a new and quiet trail. Downtown Sutton and Jackson's Point are both close for post-ride refreshments, ice creams and patios, as is Sibbald Point Provincial Park and De La Salle Beach for a dip into Lake Simcoe. york.ca/trails

 At 121km, York Region's **Lake to Lake Route** is a growing north-south cycling corridor linking Lake Simcoe and Lake Ontario. A majority of the route is complete and rideable on a mix of multi-use paths, bike lanes on some busier suburban roads and signed connections, with a few remaining gaps still under development. Enjoy the new seasonal multi-use path installed on Lake Drive alongside Lake Simcoe in Georgina. View the York Region Cycling Map for up to date routing. york.ca/cycling

DURHAM REGION

 There is an incredible network of rural gravel roads to be explored across Durham Region, an area east of Toronto stretching from Oshawa and Lake Ontario, north to Lake Simcoe and the town of Beaverton. Near the northern end is the quaint town of Sunderland, a historic agricultural community perched on a hill in Ontario's Greenbelt. The 38km **Trans Canada Gravel Loop** starts and ends in town, rolling along a 13km stretch of the Beaver River Wetland Trail (with connections to Uxbridge and Lindsay), before looping back to town on some punchy and scenic gravel roads. bit.ly/cycledurham

 The **Durham Regional Forest** is one of the GTA's best mountain biking experiences with a 240km network of trails and a mix of scenic, forested loops, low-key double track, technical single track and flowing terrain. Located with direct trailside access to the forest is the Trail Hub – a large and growing facility that offers on-site mountain bike and e-MTB rentals, a farm-to-table restaurant, outdoor food and beverage truck, hiking trails and even a full disc golf course. durhammountainbiking.ca



EASTERN ONTARIO

NORTHUMBERLAND COUNTY

 One of the many great parts of the **Trent River Truckin'** route through northeastern Northumberland County is that the two loops that make a figure eight conveniently cross in Campbellford. While the full route, with signs to help guide the way, starts in the artisan village of Warkworth, it's possible to shorten it by 37km and just ride the 25km north loop and still see all seven of the 45 Trent-Severn Waterway lock stations included. Enjoy suspension bridges, studio visits, a chocolate factory, bakeries and breweries – no matter which version of the 62km route is chosen. bit.ly/trentriver

KAWARTHALAKES

 Giving you lots of time to train, the **Kawartha Lakes Classic** is an event hosted by the local Kawartha Cycling Club each August.

Offering six different routes from a classic to a metric century road ride, gravel course, half century, plus a road or trail 20km distance, this fundraiser is now in its 23rd year. With all routes starting at alternate times just west of Lindsay, it would be easy to make the most of a weekend in Kawartha Lakes either testing out the routes in advance, on event weekend or post-event staying at the new Best Western Plus set to open this year. kawarthaclassic.com

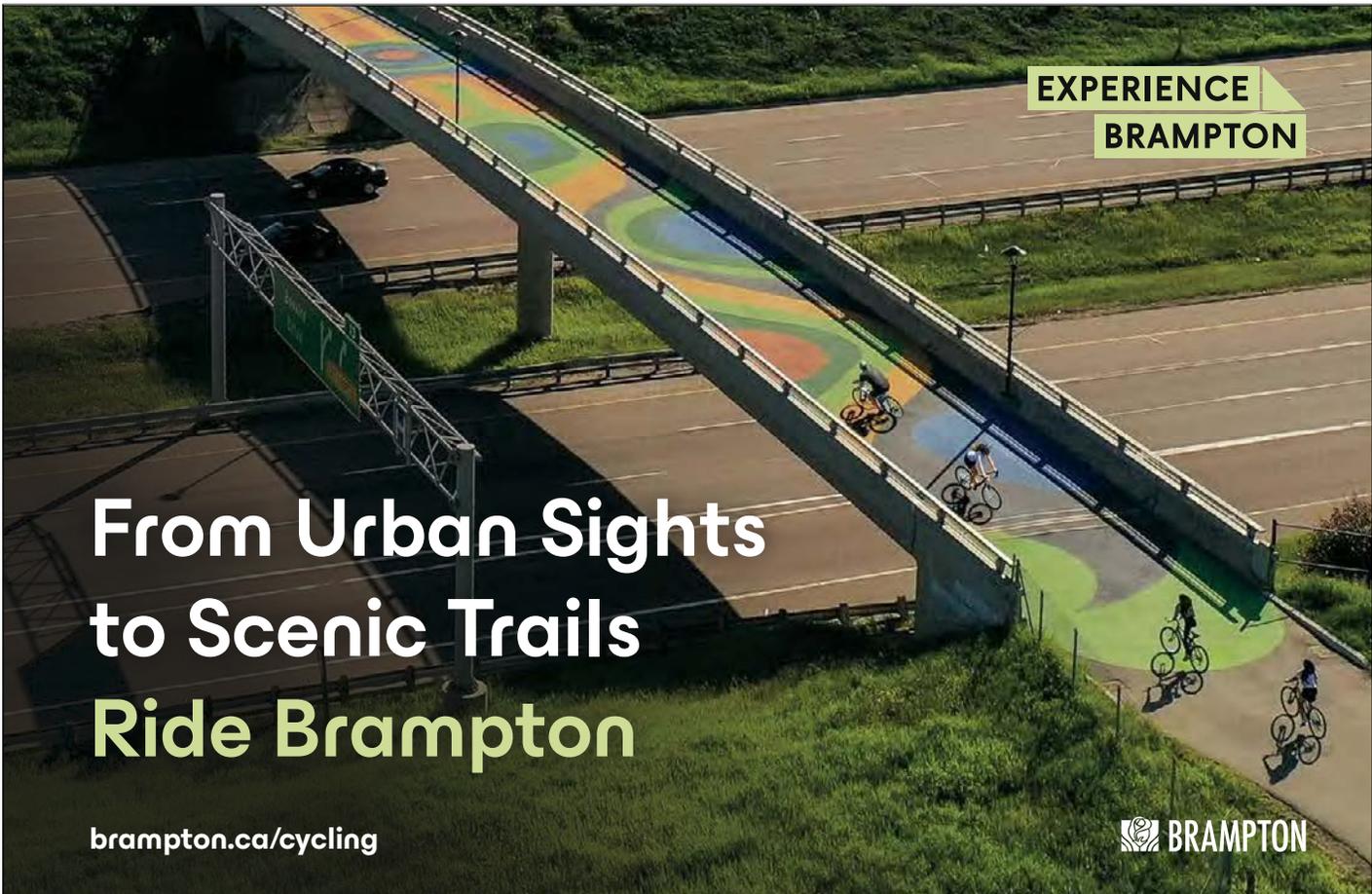
PETERBOROUGH & COUNTY

 For the best of both city and country riding the **Locks, Rivers & Discovery Ride** in Peterborough & the Kawarthas is your best bet for a half-day outing. Cross lock stations and pass the Canadian Canoe Museum in Beavermead Park, then take the Rotary Greenway trail to River Road and Lakefield. Add the 20km ride around the Otonabee River, with a worthy halfway break at Youngs Point and Lock 27. Across the waterway from the lock and Parks Canada site find Steamers Cafe, a waterside patio at the tap and grill, plus a charming cottage goods store. bit.ly/locksriverride

 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



EXPERIENCE
BRAMPTON

From Urban Sights to Scenic Trails Ride Brampton

brampton.ca/cycling



THE GREAT WATERFRONT TRAIL ADVENTURE
AUG 10-14, 2026
CANADA'S EPIC SOUTH-SUPPORTED, SOCIAL, UNFORGETTABLE

Ride the Trail Connecting the Great Lakes

For years, cyclists have chased horizons along the Great Lakes Waterfront Trail — 3,600 km linking 155 communities, wild shorelines, and stories shaped by wind and waves.

Adventure begins at... WaterfrontTrail.org

 **Great Lakes Waterfront Trail** | **PROTECT CONNECT CYCLE**

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



43.954116 N, -77.352023 W
PRINCE EDWARD COUNTY

The 46km Millennium Trail connects The County's signature attractions, passing bustling towns, wineries and breweries, beautiful nature and rural scenery.

HALIBURTON HIGHLANDS

 With countless gravel roads and gnarly trails it's easy to find an adventure ride in Haliburton Highlands. In **Haliburton Forest** piece together a 27km circuit using East, Dutton and North roads, similar to that used in past gravel relay event, perhaps aptly named, Hurtin' in Haliburton. Further east, hit the 20km **Prospect Trail** to ride a circuit between Wilberforce and Harcourt following scenic sideroads and the IB&O Rail Trail. Expect rough and challenging conditions on both and reap the rewards of beautiful lake vistas and gravel roads that flow. ontariobybike.ca/haliburtonhighlands

 If you are looking for some **road routes** with sizeable elevation gains on which to train, there are a handful in the Highlands that fit the bill or better yet can be combined. Two routes start from Tory Hill – the first, a 104km route on paved roads with lots of wide paved shoulder sections, and over 1,000 metres in elevation gain. For an imperial century ride, add another 51km and 600 metre climb for a huge day out, or spread over two. All road routes can be navigated for free using Ride with GPS maps, which also show



a useful array of points of interest. myhaliburtonhighlands.com/biking

HASTINGS COUNTY

 The town of Stirling, only 23km north of Belleville and Lake Ontario, is one of Hastings County's hidden gems and boasts Victorian architecture, a covered bridge, public gardens, the Stirling Festival Theatre and an enticing network of backroads to explore nearby. With two route versions, the 66km **Lay of the Land** explores the rolling, mostly unpaved rural roads in a circuit around Stirling, rewarding riders with a scenic section along the Trent River and a loop around Oak Lake. Top it off with a sandwich or bakery treat from Farm Girl Cafe in town. ontariobybike.ca/hastingscaferides

 In the heart of northern Hastings County head to the cottage country village of Coe Hill, a quaint small community near the shores of Wallaston Lake. Explore the area's rugged landscape on the 50km **Ormsby Acres** loop and expect some punchy climbs and scenic views of both Wallaston and Steenburg Lakes. Make a weekend or week of it and get

a cottage rental. Time your ride for breakfast or lunch at The Monarch and The Milkweed, cafe and inn in Coe Hill. hastings.bike

PRINCE EDWARD COUNTY

 Prince Edward County is known for incredible trails, beautiful rural road cycling, over 40 wineries and historic towns brimming with restaurants, activities and culture. The 46km stone dust **Millennium Trail** forms a backbone for cycling across The County, passing a mix of wetlands, forests and rural areas plus the hot-spot towns of Wellington, Bloomfield and Picton, with Wellington being a good point to access bike rentals and visit a large collection of wineries. Newly installed trail hubs along the way each have a shelter, washroom, bike repair stand and limited free parking. pectrails.ca

 The 55km paved **Southside Route** heads south of Picton and is an ideal road ride for windy days or busy weekends, when the county's main towns and winery roads can feel crowded. Roll into Milford to visit PECish Baking Co., one of the county's best bakeries, then take a quick gravel detour to Slake Brewery and its stunning patio overlooking the Cherry Valley. Returning to Picton, stop at Base31, a former WWII air training base reborn as a cultural hub. View route on the Bloomfield Bicycle Co. map, link from Routes, Tips and Trails. visitthecounty.com/cycling

FRONTENAC COUNTY

 The 90km stretch of the 180km long **K&P Trail** north of Kingston and further northward as far as Wilbur can be best experienced by including these four must-stop spots: Back Forty Artisan Cheese & Bistro, for cheese and pizzas on their patio in Mississippi Station; Kick & Push Brewing Co., with their cozy cedar-log taproom in Sharbot Lake; Cardinal Cafe in Sharbot Lake, housed in a beautifully restored church; and Food Less Travelled in Verona, a farm store and cafe all about keeping it local. Pedal the K&P and experience the true taste of Frontenac County. bit.ly/tasteofkp



nohfc
An Agency of the Government of Ontario

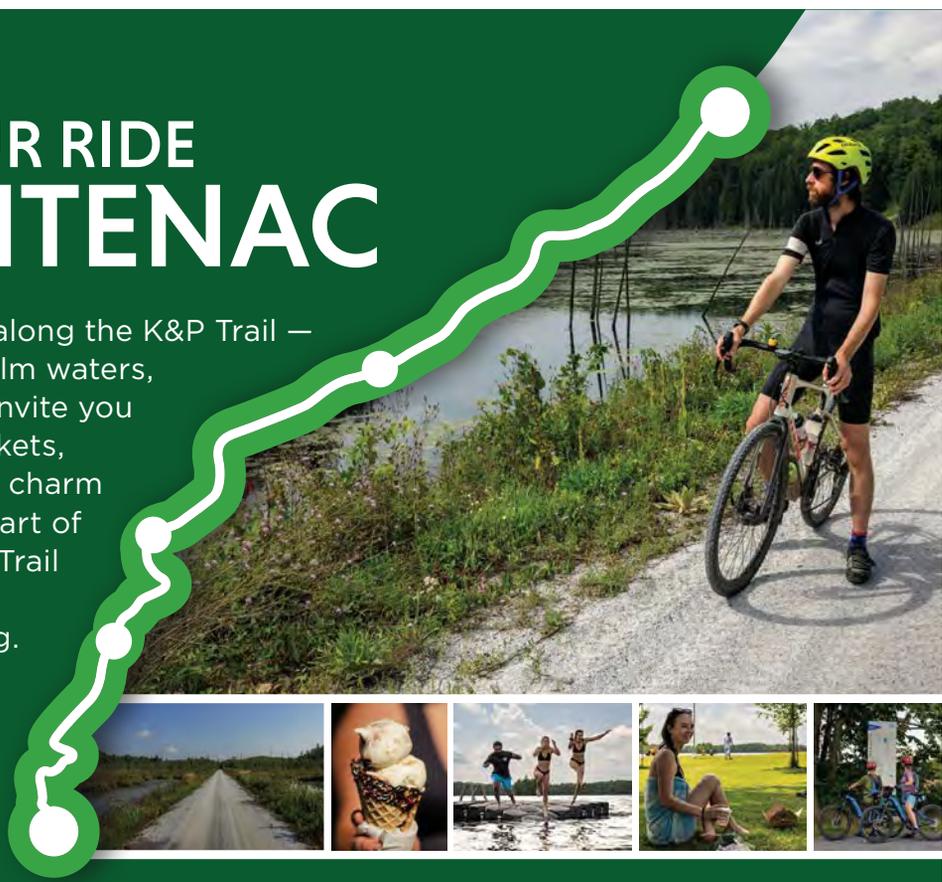
Drop - in • Ride • Repeat
manitoulincycling.com

Canada
Produce by Government of Ontario / Produced by the Ontario Government / Produces by the Government of Ontario / Produces by the Ontario Government



FIND YOUR RIDE IN FRONTENAC

Pedal at your own pace along the K&P Trail — where forested paths, calm waters, and welcoming villages invite you to explore. Discover markets, lookout points, and local charm around every bend. As part of the Eastern Ontario Rail Trail Loop, it's a ride that's as relaxing as it is rewarding.



SCAN FOR DETAILS



kptrail.ca



 For a 34km paved road route with a range of topography and a few steep hills, start in the village of Sydenham and bike around **Desert Lake**. Ride through varied scenery of agricultural lands, views across lakes and the Canadian Shield, and take a break half way for a swim or snack at Desert Lake Family Resort. Also look out for the Holleford Meteorite Crater, over 2km in diameter and estimated to be 550 million years old. Although now just visible as a surface depression, there is a road side plaque to mark this ancient geological site. frontenacmaps.ca/sfcycling

KINGSTON

 Just across the river from downtown Kingston, ride the roads surrounding **Fort Henry** and the Royal Military College. Spend a few hours on a ride that links all the historic sites in the area – Cathcart Tower, the Triumphal Arch, Vimy Ridge Oak and Fort Frederick, plus take time to go inside Fort Henry, a National Historic Site originally built to protect the entrance to the Rideau Canal. Enjoy sweeping views across to Kingston and Wolfe Island. Both Ahoy Rentals and i-Cycle rent e-bikes to make exploring the area a breeze. visitkingston.ca/cycling

 Start your ride from **Portsmouth Village** on the west side of Kingston, close to the scenic marina, lake views, historic Old Town Hall and Kingston Penitentiary. From there you can bike to nearby Lake Ontario Park, a large waterfront park with paved paths, picnic areas and public art. Every fall the **Limestone Century Bicycle Tour**, a non-competitive event with 50 to 161km paved road rides starts in the Village. It rolls on exploring the gorgeous waterfront riding following the Loyalist Parkway and roads north into the Canadian Shield and countryside. bit.ly/limestoneetour

BROCKVILLE

 Near Brockville, the **1000 Islands Parkway Trail** is not to be missed. While the 10km between Brockville west to the trail are on busy Highway 2 with limited paved shoulders, there are many parking areas along the trail where a ride can



THE EVENTS EASTERN ONTARIO

May

Melrose Gravel
Tour
Belleville

Canadian
Tandem Rally
Kawartha Lakes

June

Trail Jam
Prince Edward
County

Rideau Lakes
Cycling Tour
Ottawa to Kingston

July

Tour de
Whitewater
Ottawa Valley

August

Kawartha
Lakes Classic

Tour de
Bonnechere
Eganville

1000 Islands
Triathlon
Brockville

September

Prince Edward
County Gran
Fondo

HunTer Fondo
Peterborough

Naturally L&A
Discover Ride
Adolphustown

Limestone
Century Bicycle
Tour
Kingston

Wolfe Island
Gravel Grinder

More at
ontariobybike.ca/
events



Beachburg, Ottawa Valley

be started. The Butternut Bay parking area is a good bet, so too is Brown's Bay Beach, which features a beautiful groomed sandy beach and recently upgraded facilities. The 20km between Butternut Bay and Rockport offer the best island and river views on the trail, with must-visit stops at Mallorytown Landing and Rockport. bit.ly/1000Islandsride

 Explore **Brockville by bike**, ride its stately main street and marvel at the many grand Victorian houses downtown and around the city's neighbourhoods. Walk your bike through the mesmerizing Brockville Railway Tunnel, built in 1860 to connect trains to the port, now featuring a light and sound show through this half kilometre passageway. Soak in the waterfront, watching St. Lawrence Seaway ships passing, before rolling on the 7km Brock Trail north, following Buell Creek to the Mac Johnson Wildlife Area. brockvilletourism.com/outdoor

PRESCOTT

 The Town of Prescott is emerging as a **bike friendly hub** on the St. Lawrence River in Southeastern Ontario, rich with layered history. Cyclists are welcomed downtown in the RiverWalk District, an Ontario By Bike certified business area, with secure parking, repair stations and bike friendly businesses. Stop at the Prescott Museum & Visitor Centre for maps and water, then ride to **Fort Wellington**, one of Canada's best-preserved War of 1812 forts.

Just kilometres away, detour to the Battle of the Windmill site nearby. bit.ly/bikeprescott

 Prescott is located at a key point on the St. Lawrence River section of the cross-provincial **Great Lakes Waterfront Trail**, which is on-road for this stretch between Brockville to Morrisburg. Many cyclists travelling between Toronto and Montreal will find themselves pleasantly surprised by a stop in town – whether to the Prescott Pop-Ups vendors by the water, or a cafe or pub patio. Immerse yourself in this vibrant river and fort town, ride near or far and stay overnight at the Quality Inn & Suites, Prescott's new hotel. prescott.ca/explore

STORMONT, DUNDAS & GLENGARRY COUNTIES (SDG)

 Combine two great outdoor activities in SDG for a fun Ontario getaway, **camping and cycling**. Book a site at any of the seven Parks of the St. Lawrence campgrounds west of Cornwall. Pull up the RV to a site in Crysler Park, near Upper Canada Village and the scenic lookout at Crysler's Farm National Historic Site, or at one of the three camp areas along the Long Sault Parkway. Or pitch a tent at Riverside Cedar, Upper Canada Migratory Bird Sanctuary or Milles Roches, at the end of the parkway – and get ready to ride park trails and roads through nature extraordinary. stlawrenceparks.com/camping



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 The **Summertown Trails** are a destination for winter fat biking as well as summer mountain biking. Located just east of Cornwall, in Glengarry, these trails are lovingly maintained and groomed by locals. In total, during the summer months, there are approximately 20km of bikeable trails that people of all ages and abilities can enjoy, 10km of which are easy double track. Come winter, the 10km of expertly groomed fat bike trails are well used with 10 bikes available to rent by the hour on weekends and holidays. summertowntrails.com

CORNWALL

 The waterfront and **Riverside Trail** make Cornwall well worth the visit. Linger along the trails that follow old canals left behind from past hydro projects to new ones. Learn all about modern-day power generation at Saunders Hydro Dam Visitor Centre. After a ride, stop by the Cornwall Civic Complex which welcomes cyclists to use its facilities and offers a convenient park-and-ride location right by the water.

With downtown just across the road, check out the local bike stores and breweries, and try some healthy eats at Carrots n' Dates Restaurant and Bakeshop. cornwalltourism.com/cycling

 Often sought after, bicycle transportation in Eastern Ontario just got a whole lot better between two top ride destinations: Cornwall and Morrisburg. With the opening of **See-Way More**, a regional tourism shuttle service based in Cornwall, it is now possible to enjoy the 48km ride west from the city following the Great Lakes Waterfront Trail at a more leisurely pace, filling the day with so many of the stops along the way. Offered as an on-demand midweek group shuttle and with room for up to five cyclists, this is a great option to discover the best of Cornwall and areas nearby. seewaymore.ca

LANARK COUNTY

 **Smiths Falls** is a confluence point of both land and water trails. Lovingly referred to as the

Heart of the Rideau, it is the midpoint of the Rideau Canal and where recreational boaters travelling the waterway stop to enjoy the pretty town and its amenities. For cyclists, the canal-side parks and paths downtown are an easy 6km pedal from where the Ottawa Valley Recreational Trail ends just north of town and a delightful 31km pedal from Carleton Place. With the Cataraqi Trail terminus also in Smiths Falls, a short road ride connects these two giant Eastern Ontario rail trails. smithsfalls.ca

 Get immersed in the beautiful backroad scenery of Lanark County on the 93km **Maberly to McDonalds Corners Cycling Route**. Fully paved, the 330 metres in elevation is light for the area. Start and end in Perth, with lots of parking beside the Crystal Palace, located in the town centre behind all the shops and cafes. Pedal past limestone heritage farmhouses and through the greenery of Canadian Shield forests. For a shorter 63km skip McDonalds Corners and take Bennet Road.



ENDLESS GRAVEL
THE VOYAGEUR 200

NORTH BAY
ONTARIO • CANADA

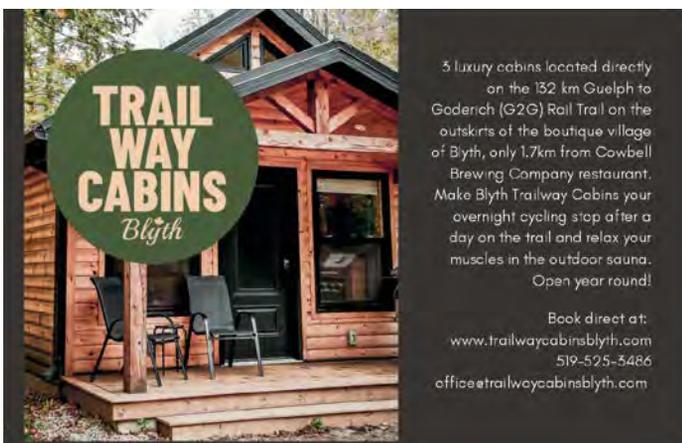
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PHOTO: CLAUDE GAGNON/STYLING: THE VOYAGEUR 200 MEDIA/STYLING



OWL RAFTING

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Blyth

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JUNE
Cataraqi Kingston Wolfe Cruiser

AUGUST
Simcoe County Loop Trail

SEPTEMBER
Guelph Wellington Routes & Rivers

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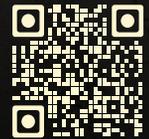
ONTARIOBYBIKE.CA/RIDES



Prescott Surprises

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Nestled on the shores of the St. Lawrence River, let Prescott's unique mix of small-town charm & urban amenities surprise you on your next Waterfront Trail adventure.



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THE BEST
GRAVEL &
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BIKING
DESTINATION



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myhaliburtonhighlands.com



Find our
routes with
Ride with GPS



With a new print cycling map in 2026, there are lots of routes to choose from. lanarkcounty.ca/cycling

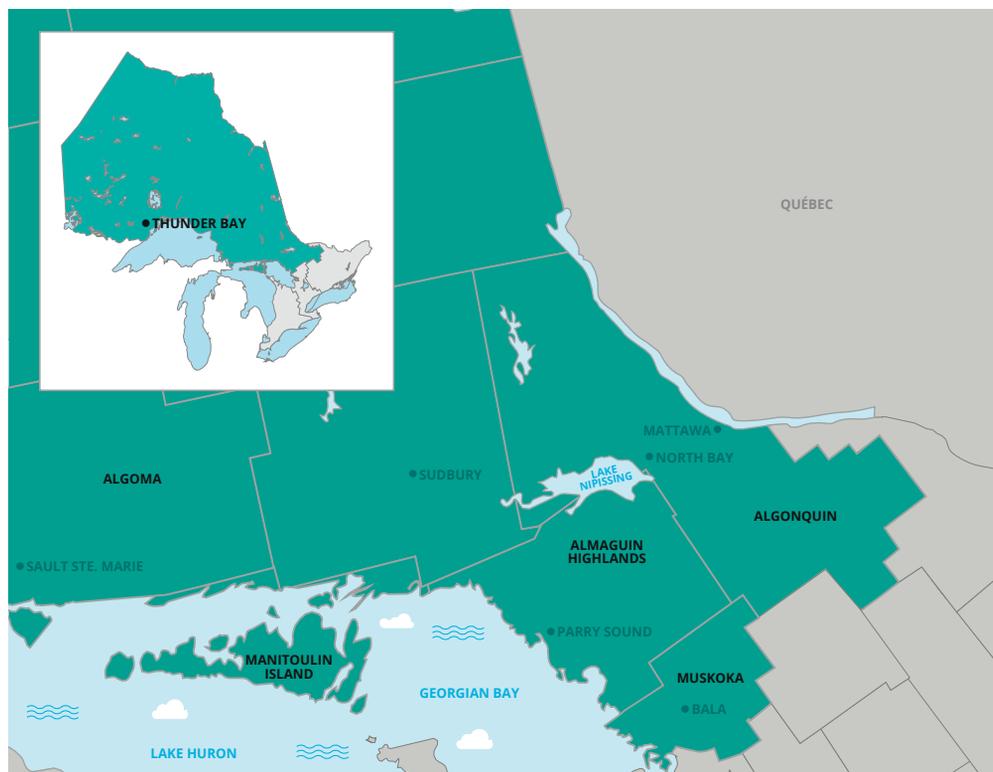
RENFREW COUNTY & OTTAWA VALLEY

 The Ottawa Valley is crisscrossed with trails that invite long, scenic rides through forests, farmland, and riverside towns. The Ottawa Valley Recreational Trail (OVRT) is a 296km multi-use trail, with a groomed stone dust surface for 190km between Smiths Falls and Deep River. Explore the Renfrew County section, known as the **Algonquin Trail**. Start your ride in Arnprior and cycle the 30km stretch to Renfrew. The trail along this stretch closely follows the Ottawa River with ample beaches, waterfalls and river views to enjoy. ottawavalleytrail.com

 The 74km **Ancestry & Farm Tour** is a rolling mixed terrain ride through some of the original settlement roads of the Ottawa Valley west of Renfrew. Cycle single lane, tree-covered gravel roads and soak in the rugged farms and forests, stone fences and the Instagram-worthy abandoned mill at the ghost town of Balaclava. Nearby Renfrew offers refreshments and great coffee, and Ottawa Valley Farm to Fork provides free day parking, a rest stop with water and overnight accommodations. ottawavalley.travel/cycling

WHITewater REGION

 Near Beachburg and located along the Ottawa River, 130km west of downtown Ottawa, is Whitewater Region. Known as Canada's whitewater capital, the area is an outdoor adventure playground for rafting, kayaking and mountain biking. The Beachburg Off Road Cycling Association (BORCA) maintains seven district trail systems, from family friendly trails to intermediate and advanced technical cross-country terrain. Near the **OWL Rafting resort**, BORCA maintains about 7km of advanced trails that lead to lookouts over the Ottawa River, making it easy to raft and mountain bike all in the same day! owlrafting.com



NORTHERN ONTARIO

THUNDER BAY

 Just 12km west of downtown Thunder Bay, **Fort William Historical Park** is one of the north's top attractions, highlighting 19th century fort life in one of the continent's largest living history museums. From the fort and campground, ride to nearby Kakabeka Falls, Ontario's second largest waterfall. View the impressive falls and gorge from bridges and boardwalks, all within the provincial park. To get to the falls from Fort William, ride 25km each way on paved roads, head west, then north on Vibert Road to cross Highway 17 before making a left on Pole Line Road, leading to the falls. The fort has ample bike and vehicle parking making it easy to connect to Thunder Bay's solid cycling network. fwhp.ca

 The opportunities for trail and **mountain biking in Thunder Bay** are boundless. The 22km of mountain biking at

Trowbridge Forest is gaining renown, after hosting many national cross-country championships. Another bucket list ride (plus hike) is to the base of Sleeping Giant, with the 7km double track trail shortening the hike to the jaw-dropping summit substantially, with bike racks located at the start of the hiking-only portion. After the ride head downtown to check out the hip restaurants along historic Red River Road and also on the nearby waterfront. bit.ly/tbaybike

SAULT STE. MARIE

 Sault Ste. Marie has become one of Northern Ontario's most road trip worthy mountain bike destinations, now with nearly 50km of cross-country trails and new additions cut every year at the main hub, **Hiawatha Highlands**. There are trails from family friendly to expert, technical old-school cross-country, to black diamond enduro runs, with flow features and jumps. For road tripping families, a skills building trail was built in 2025 with beginner friendly wooden boardwalks and small drops. Many of the trails have beautiful lookouts and picnic spots, overlooking the highlands. saulttourism.com/mountainbike



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

45.243051 W,
-79.679470 N
LAKE ROSSEAU

One of the big three Muskoka lakes, ride through quintessential cottage country and around the second largest and deepest lake, stopping in Port Carling, Windermere and the village of Rosseau on the northern tip.



MANITOULIN ISLAND

 The annual **Manitoulin Island Passage Ride** event is changing up its start locations as well as routes for 2026. Spread over the two-day event weekend, there are three different route distances daily. Day one will be centred around Gore Bay with the longer 123km route taking riders to Barrie Island and around Lake Wolsey with lunch for all at the Split Rail Brewery. Day two will start from Providence Bay and route around Lake Mindemoya. Be sure to sign up early as this popular event sells out in advance. If you miss registration these island ride routes and others, plus tour packages, can be found online. manitoulincycling.com

 The new **North Channel Bike Park** set to open in 2026, will have the first and only purpose-built mountain bike trails on Manitoulin Island. Located on the site of a former ski hill, just 14km west of Little Current, the trails take advantage of the same escarpment ridge as the famed Cup and Saucer hiking trails nearby. The park will feature flow trails, a single track climbing trail and pump track, with a focus in early years on family-friendly riding, as the trail network grows. This new bike park will further elevate the island as a must visit cycling destination in Ontario. manitoulincycling.com/bike-park

NORTH BAY & LAKE NIPISSING

 Bring the bikes and favourite ride friends to North Bay to enjoy the **North Bay & Lakes Tour**, an easy to replicate three-day Ontario By Bike Ride self-guided itinerary. Discover the Near North – tour lakes, bays and heritage waterways, follow the Voyageur Cycling Route, visit small towns and villages, and ride the city trails making delightful discoveries along the way. Making North Bay the base, find a variety of accommodations ranging from chain hotels to small B&Bs, plus the Residence & Conference Centre at Canadore College in summer months. ontariobybike.ca/augustride2023

MATTAWA

 Nestled on 485 acres of wilderness near Mattawa on the Ottawa River, **Nature's Harmony Ecolodge** offers a peaceful off-grid escape in Ontario's extension of the Laurentian Mountains. The lodge has a cozy collection of log cabins, domes and yurts and a private 25km trail network. If not an overnight guest, get a trail pass to mountain bike trails that weave through forested ridgelines, along waterways and to tranquil viewpoints. The resort is also a perfect base for exploring sections of the **Voyageur Cycling Route** in this incredibly scenic corner of Ontario's north. naturesharmony.ca & discoveryroutes.ca/voyageur

MUSKOKA & PARRY SOUND

 Situated at the mid-point of eastern Georgian Bay and 30,000 Islands, **Parry Sound** is the ideal jumping off spot for a range of outdoor discoveries. Bike the town waterfront on the 6km Fitness Trail, a well-maintained local favourite. Connect to the Rose Point Trail for a further 6km nature experience spotting native plants, birds, mammal species, reptiles and amphibians enroute to Oastler Lake Provincial Park. The trail continuing further, is only for experienced, well prepared mountain bike riders, and is part of the Park to Park Trail. For the town trails, bikes, including e-bikes, can be rented from Parry Sound Bikes. parrysound.ca/explore-play/trails

 The **Bala-Lake Rosseau Loop** is a classic Muskoka road ride through iconic cottage country and past sparkling blue lakes. This 93km route starts and ends in Bala, Ontario's cranberry capital, and has a fair bit of elevation. To save some energy for other activities and exploration, change that up to a Port Carling start for a 65km version. Circumnavigate Lake Rosseau with hydration stops in Rosseau as well as Windermere, where a detour a few kilometres off route will lead to Windermere House, a bicycle friendly resort with an excellent pub patio overlooking the lake. bikecottagecountry.ca/tour



THE EVENTS NORTHERN ONTARIO

May

Greystone Gravel
Grinder
Huntsville

June

Walden MTB
Extravaganza
Sudbury

Manitoulin
Passage Ride
Manitoulin Island

July

Salty Marie
Trails Fest
Sault Ste. Marie

August

Ride North
Bracebridge

Voyageur 200
North Bay

XTRERA
Sleeping Giant
Thunder Bay

September

Wilderness
Traverse
Algonquin
Highlands

Shuniah Forty
Miner
Thunder Bay

Alvar Cycle Tour
Manitoulin Island

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

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

BIKEPACKING THE GREAT LAKES

This past summer, Sue McIver and her husband cycled across Canada, from British Columbia to Ontario. Sue's story details the final leg of their journey, a nearly 1,300km ride from Sault Ste. Marie to their home in Kingston.



Wiarion

'Makes you proud to be an Ontarian. And makes you want to get out there and ride!'

'Hey, you guys want a slice of pizza?' My husband and I were at the border on our bikes in Sault Ste. Marie. The offer was from a guy in a convertible next to us. After cycling 100km that day, we were happy to accept. So, we quickly devoured a slice, wiping the last bits off our faces as we approached border security. The agent just laughed and waved us through. It was good to be back in Ontario!

LAKE HURON NORTH CHANNEL & SAULT STE. MARIE TO MANITOULIN ISLAND

We'd been cycling across Canada for 50 days and were arriving in Ontario from the U.S.'s southern shore of Lake Superior. We would now follow the Great Lakes Waterfront Trail with signs to guide us along quiet backroads, gravel paths and highways with bike friendly shoulders.

We discovered the wonders of Northern Ontario along the Lake Huron North Channel, pedalling through Bruce Mines, Blind River and Espanola. We enjoyed lovely picnic stops and fondly remember a visit to the Little Rapids General Store. The warmth and kindness of the shop owner exemplified what we loved about our journey – meeting everyday Canadians who love their communities and want to make their corner of the world a better place. The trail eventually guided us through beautiful Manitoulin Island. The Chi-Cheemaun ferry escorted us to Tobermory and the Bruce Peninsula.

BRUCE PENINSULA, LAKE HURON & THE G2G RAIL TRAIL

From Tobermory we discovered more scenic side roads for a quick visit with Wiarion Willie. Then we went southwest to Saugeen Beach and Southampton where observing the luxurious 'cottages' kept us entertained – especially since our home was a tent!

A day spent travelling the farm roads in Huron County led us to the Goderich to Guelph (G2G) Trail – a beautiful crushed gravel rail trail. Family connections brought us to Kitchener-Waterloo where we were pleasantly surprised by the bike infrastructure.

TORONTO TO KINGSTON

We finished our last few days of this epic journey through densely populated Southern Ontario, again following the Waterfront Trail. Although it was an adjustment to be surrounded by so many people, biking (not driving) across Toronto brought us a certain pious joy.

Finding our way to the Millennium Trail in Prince Edward County meant that we were almost home. One more night camping at Sandbanks Provincial Park; one more ferry at Glenora and a final, familiar ride on the Waterfront Trail into Kingston, our home and final destination.

Riding from Sault Ste. Marie to Kingston opened our eyes to more of the stunning beauty of our province and the ever-improving bike infrastructure. Makes you proud to be an Ontarian. And makes you want to get out there and ride!

See Sue's route map, read more Travellers' Tales and share your own tale at ontariobybike.ca/travellerstales



Experience Norfolk



ExperienceNorfolk.ca



Gear up to explore Norfolk County's unforgettable trails

With historic trails connecting charming towns, century-old bridges offering panoramic views, and bike-friendly wineries, breweries and restaurants for refreshment stops, Norfolk promises pedal-powered memories that last a lifetime.



Scan to Plan Your Ride!
Discover trail maps, route connections, and insider tips for cycling some of Ontario's very best bike trails.



Bike the Bridge



TOURISM
WINDSOR
ESSEX
PELEE ISLAND

Plan a trip to Bike the Bridge in Windsor Essex and use the free multi-use path on the Gordie Howe International Bridge to connect you to the trails between Windsor and Detroit.

Head to [visitwindsor.essex.com/bike](https://www.visitwindsor.essex.com/bike) for our Cycle Tourism Map to plan your next two wheeled adventure.