

CYCLING IN ONTARIO 2025

THE CHALLENGE
TORONTO
TO MONTREAL

THE ADVENTURE
WATERWAYS
& WHEELS

THE EVENTS
CHARITY RIDES
& REGIONAL EVENTS

RIDE GUIDE
OVER 50 DAY TRIPS
& MULTI DAY ITINERARIES



Ontario By Bike.ca®



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ALL Season**

680 KILOMETRES
OF ADVENTURE



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“Enthusiasts quickly grasped that the bicycle was the most wondrous vehicle ever devised by humanity and were curious to learn just how far they could travel on one on a weekend.”

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LAKE HURON
NEAR
SOUTHAMPTON
ON THE BT700**

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EXPLORE ONTARIO BY BIKE



Every year marks a multitude of milestones, whether you choose to celebrate them or not. They may be more of the personal kind, age and family related, professional, or be centred on health and recreation – which may or may not include travel and your bicycle.

At Ontario By Bike, we've quietly rolled past some big numbers in recent years. In 2024, it was our 10th year of hosting Ontario By Bike Rides, a total of 34 weekend tours to 21 destination across Ontario. The 2025 edition of this publication is the 13th annual. And in 2022 our not-for-profit organization, Transportation Options, celebrated 30 years – an astounding feat for any NGO, surviving the challenges of funding while continuing to offer programming relevant to the times. Penning the Discovering North Bay article (see page 14), gave me further thought for reflection, harkening back to the early days of our endeavour to grow cycle tourism in Ontario, working on the Bike Train, creating cycling getaways for all to enjoy and working with tourism businesses and destinations keen to welcome cyclists.

Many cyclists set personal goals for distances pedalled, either in one day or the year's total. A day's max distance is something to be proud of, topping a previous high, whether it is surpassing 20 or 50 or 100km – they are certainly all worthy of kudos. While the distances randonneurs ride may seem daunting, they do offer shorter options (see page 16). And no matter who you ride with, it is always a good idea to build up

distances, cycling fitness and comfort as the cycling season progresses.

Bucket list rides are a way to motivate oneself to the next level. A 600km multi-day ride between Toronto and Montreal is a great goal but not a distance to be taken lightly (see page 5). As we heard from seasoned club riders and participants in the annual Friends for Life event – building up endurance through training is encouraged if not mandatory, helping increase safety and definitely making a more enjoyable ride experience.

While we celebrate our personal and professional achievements, there are also individuals and organizations giving back to the community. For many of us, owning a bicycle is something we don't think twice about. But for farmworkers who come to our province each year, owning a bicycle means a lot, providing transportation and freedom (see page 10).

In the spirit of giving back I'd like to give a shoutout to all that help keep our small boat afloat. Our small staff team, Board of Directors, contractors, contributors, volunteers and especially our community of cyclists – you. Thanks for tuning in over the years – keep your pedals spinning, there's more to come...

Louisa Mursell
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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 1,680 certified bicycle friendly businesses and so much more, visit: ontariobybike.ca

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Bike ON

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



THE CHALLENGE

RIDING BETWEEN TORONTO AND MONTREAL

Anchored by two world-class cities, and with an array of historic communities, sites to wonder at and never-ending water views, the ride between Toronto and Montreal is certainly bucket list worthy. At around 600km it can also be a challenge to aspire to and complete, whether on a week or two relaxed tour, or a four or five day pedal-athon.

This mixed road and trail cycling route is simple and easy to follow, riding the Great Lakes Waterfront Trail in Ontario and La Route Verte #5 in Quebec, with mapping and directional signage readily available. While either direction is possible, a larger number of riders travel west to east with the hope of fewer headwinds. And the bonus of riding close to the shorelines of Lake Ontario, the St. Lawrence Seaway

and the Soulages Canal is that the route is fairly flat.

While you can ride with a loose plan, staying at roofed accommodations or camping, a bit of advance planning can go a long way, especially in the peak summer season when reservations are needed. With manageable distances between welcoming towns and cities plus beautiful natural scenery along the way, you are never far from civilization and all that you might need.

TAKE YOUR PICK: RIDE SOLO, WITH A GROUP OR JOIN AN EVENT

Last summer, 10 riders from the Oshawa Cycling Club set off completing the ride in six days, averaging 90 to 120km daily. Being later in the season all had

time to get their kilometre count up, including two riders with e-bikes. Their favourite sections included the 1000 Islands Parkway, a 37km stretch of paved trail between Gananoque and Brockville, stopping to see the light show at the marvellous railway tunnel in Brockville. Another was their night staying in Prescott at Zens Inn, a new unique accommodation with 'pod' style rooms, plus dinner and a Shakespeare play overlooking the St. Lawrence River. As river views are a highlight, slowing down along the Long Sault Parkway, stopping at the Lost Villages, Saunders Hydro Dam and Chrysler's Farm helped make their trip all the more memorable.

In its 27th year the Friends for Life Bike Rally is an excellent ride option and organized event with its route set between Toronto and Montreal. This fun fundraising event raises money to support people living with HIV/AIDS. Over six days, 250 riders aged 17 to 75, plus support crew, quickly gel to form a caring cycling community that is welcomed by town mayors and cheering squads all the way along. Training starts in spring, with many options to get riders ready. A very social event, you'll be sure to make friends for life!

A last part of the challenge is returning to where you and your bike started from. If not on an organized event, having a personal support vehicle along for the drive or meeting you for a few days of post-ride celebrations and pickup at either end may be your best bet. Many are eagerly awaiting the return of VIA Rail's bike transportation, as their new fleet of trains will open for reservation bike spots, starting in spring 2025. Boxing your bike for air travel is also an option.

However you decide to get there and back, in whatever configuration and ride speed, this ride is not one to be missed – Toronto to Montreal on a bike!

Plan your ride: waterfronttrail.org & routeverte.com & bikerrally.org

The best advice is just do it because you can.



THE GEAR

THINK STRATEGICALLY TO INCREASE VISIBILITY

Science-based information, improved high-tech devices and materials, and old favourites combine to make bike touring in Ontario safer without spending a fortune.

Discovering Ontario by bike means different things to each of us: back roads and unique communities to explore, paved urban bikeways to pierce the essence of our large cities, and remote gravel trails on which to unwind and reflect. Touring can entail early morning starts and squeezing in a few extra kilometres at dusk. Enjoying Ontario's spectacular fall colours and early spring wildflowers means we sometimes ride in low-angle light. In each situation we can benefit from choosing the correct safety gear.

UNDERSTANDING WHAT WORKS BEST FOR YOU

It's no secret distracted driving is increasing. Being visible is hugely important, and we need to catch motorists' attention while cycling on roads. We have to understand there is a difference between simply being seen in addition to being consciously recognized as cyclists.

Studies have proven that by combining high-vis clothing, front and rear lights, and reflective elements, we give drivers three times more reaction time to see us, and pass safely.

Cognitive conspicuity helps drivers recognize us quickly as cyclists rather than road construction signs or other brightly coloured roadside objects. All humans are more highly attuned to biological motion patterns than static images. Wearing inexpensive moving reflectives like high-vis ankle bands, bright gloves, luminescent leg tights or socks, and bobbing neon-coloured helmets help drivers identify cyclists more than three times further away because they intuitively identify our pedalling and riding motions. Whether you prefer panniers, backpacks or bikepacking gear, use luminous covers for the same reason.

Flashing pedal or shoe lights increase early recognition by five times

compared to a static seatpost light.

Bright yellow and orange safety triangles, small and large, have screamed slow-moving vehicle to drivers for decades. Attach one to a safety belt when your tour takes you through a city or on busier-than-usual roads.

LUMINOSITY VERSUS REFLECTIVITY

There's a difference between luminosity and reflectivity. Luminosity, bright and loud, is always good in daylight. Dusk, dawn and dark clouds require reflective garments and accessories to bounce headlight beams and ambient light back to drivers. There are new materials like Proviz' Reflect 360 and others that work effectively in both situations. Other incredibly colourful daytime jerseys use florescent fabrics to create attention-grabbing reflective qualities even in bright sunlight.

Reflective materials also offer better long-distance recognition capabilities than older 'neon' jerseys. Designing tops with reflective patterns that can move with a cyclist's motion, rather than solid colours, adds to their effective visibility.

There are now ISO standards for safety apparel reflectivity and visibility to ensure what you purchase works. EN1150 is the label to look for on non-professional active wear garments including cycling and other sport apparel.

HIGH TECH & NEW TECH



Cycl Winglights

Night or day, constantly on or flashing, bar-end lights suitable for both flat and drop bars.



Trek Bellbeats

A digital bike bell and speaker with approach-warning sounds that range from friendly to urgent.



Eesens Shield Smart Tail Lights

Seat post mounted, auto activated by shoulder checks, use of brakes and helmet-mounted sensor.



Flasher Arm Bands

Gestures control flashing lights for turns and deceleration, plus app that provides intuitive navigation by vibrating.

DISCOVER

NORTHERN ONTARIO BY BIKE

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

Destination Ontario – photo by Colin Field

ONTARIO
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Rotary Champlain
Wendat Park,
Penetanguishene
Photo Submitted by Ian Wagg



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Gananoque

Cycle the 1000 Islands Parkway

Brockville

1000 Islands Helicopter Tours

1000 Islands Tower

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MAKKINK'S FLOWER FARM & BAKERY CAFE, TILLSONBURG

Makkink's Flower Farm & Bakery Cafe is the kind of place you'd be delighted to stumble upon on a leisurely rail trail or country road ride. From a small gate leading off of Oxford County's 17km stretch of the Trans Canada Trail, cyclists and walkers are greeted with the sight and scent of over forty-five varieties of beautiful flowering plants: peonies, dahlias, snapdragons, sunflowers and more.

Cyclists and cycling groups love stopping in at the cafe and farm store, enjoying homemade sandwiches and pastries with a coffee, tasting wine or local cheese and taking in the tranquil atmosphere on the farm.

The family owned and operated rural business is located 2km east of Tillsonburg in Oxford County, southwestern Ontario, an area known for its agricultural and dairy heritage, picturesque countryside and towns. Makkink's is a stop on the Oxford Cheese Trail, an agritourism route featuring locally-made cheeses that can be explored by bike.

What started as a personal project for co-owner Hilde Makkink has

blossomed into a thriving business with signature experiences like cut-your-own flowers, flower arranging workshops, farm picnics and a friends night out with a campfire.

Cycling and flowers were not something new to the Makkinks. Fifteen years ago they moved from the Netherlands, a cycling and flower growing mecca, after being inspired by friends who had already moved to Canada and bought a farm.

'A lot of farmers from Holland left for Canada as it is easier and less expensive to farm here,' Hilde shared.



THE STOPS OTHER UNIQUE PLACES IN OXFORD COUNTY

**Gunn's Hill
Artisan Cheese**
Local cheese
producer
offering tours

**Station Arts
Centre &
Tillsonburg
Farmers' Market**
Gallery, craft shop
& weekly market

**SkyWay Cafe
at Tillsonburg
Regional Airport**
All-day breakfast
& historic Harvard
aircrafts

**Coyle's Country
Store**
Locally-made
products & gifts

**Market By
The Falls**
Coffee, lunch &
local food items

'My husband is a tractor mechanic and there was less and less work for him there. It took me a couple of years to come around to the idea of moving here, but now I would say I love it even more than he does. Canada is so nice and the people are so nice; there is less stress here.'

When the family first arrived in Tillsonburg, Hilde travelled primarily by bike, like she did in the Netherlands. While she has since grown accustomed to more travel by car (she found the hills and cycling with traffic a challenge) she still enjoys riding, especially on the trail that goes past their farm. She is excited to see more and more cycling trails being built in Ontario.

The farm is on a number of signature Oxford County cycling routes, like the 91km Oxford County South paved road route travelling past many Cheese Trail stops, and near some incredible gravel routes like the 65km Heritage Ride. Check out Oxford County's cycling collections on their website and on Ride with GPS.

Makkink's Flower Farm and Bakery Cafe is open May 1 to Thanksgiving, Wednesday to Saturday. Larger cycling groups are welcome and recommended to call ahead if planning to stay for lunch. makkinks.com & rideoxford.ca





THE BIKE

BIKES FOR FARMWORKERS

A valued part of our communities, agricultural industry and province – every year over 20,000 seasonal foreign agricultural workers come to and make Ontario home. Most stay from March to November, travelling from Mexico, Central America and the Caribbean, leaving behind their families to work on farms here; planting, growing and harvesting the fresh fruit and vegetables that we eat, as well as export.

Living in a different country and culture, often experiencing language barriers, presents challenges. Being employed in rural farm areas and working long days, it can also be difficult for workers to get around. With the help of a number of programs, all run through faith-based organizations and reliant on volunteers, donated bicycles make life easier and have become a primary mode of transportation for many. Farmworkers are using bikes to get into and out of town, pick up groceries and necessities, visit friends and enjoy recreation time when not working.

Providing bikes and this essential service, gives farmworkers the respect, dignity and autonomy they deserve in the farming communities that they often return to year after year. With the bike donations received (there are some caveats as to what types of bikes are needed and their condition) volunteers repair and refurbish them, so upon arrival each spring workers can easily access this form of transportation and the freedom that puts smiles on the faces of many.

Bikes are made available for a nominal cost (ranging from \$5-\$25-\$35 per bike), with some locations refunding the amount at the end of season and upon return. Bike repairs are either free or largely subsidized, with parts coming from supporting local bike shops at cost or below. Helmets, lights, reflective clothing and accessories are provided. Safety messaging and instruction are made a priority and often offered in multiple languages.

In addition to bikes, a variety of other services are available to assist

As the primary mode of transportation, bicycles put smiles on the face of many.

migrant farmworkers. There are two large programs in Niagara, a region that welcomes over 4,000 workers annually. The bike program out of Alban's Anglican Church in Beamsville started in 2015 and now distributes 800 bikes a year. Father Antonio, who is in charge of the program is an impassioned caregiver, and reaches up to 1,500 workers annually with their support services offered in Spanish. Another, situated in Niagara-on-the-Lake, affiliated with Gateway Community Church, has the largest bicycle repair shop in Niagara, and exclusively repairs and refurbishes donated bikes to farmworkers, relying on 15 community volunteers to run the centre. Covering the largest area and working with many supporting organizations, the Huron Farmworkers Ministry is operated by the Diocese of Huron, and based in London. They service Simcoe in Norfolk County, home to 6,000 seasonal workers, all the way to the Windsor area, including Leamington where the largest number of workers are employed, many year-round in greenhouses.

Without donations, along with the kindness and enthusiasm of volunteers and faith-based organizations, the success of these bike programs and other support services would not be possible, enriching the lives of Ontario's seasonal farmworkers.

Find out more and how you can help at:
migrantfarmworkers.ca
 & gatewaynotl.com & hfwm.org



PHOTOGRAPHS BY MIGRANT FARMWORKERS OF NIAGARA PROJECT

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Covent Garden Market & Canada Life Place



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london.ca/cycling

E-BIKE RIDERS

Electric pedal-assist bikes can help you explore more of Ontario by bike like these riders who have already discovered the joys and benefits of this technology. If you're inspired, try out an e-bike at your local bike shop or one of the many e-bike rental locations across the province.



JIM & MARY FROM COURTICE

E-BIKE Trek Verve, Riese & Müller, step-thru models

WHY E-BIKE E-bikes are really fun and have allowed us to ride into our 70s and 80s. As we have aged, hills seemed to get steeper and head winds stronger. Switching to e-bikes several years ago has kept us active and healthy. We can continue our passion of bike riding and exploring Ontario and can do those trips from 20 years ago.

E-ADVENTURES A favourite ride is starting at the Pastry Peddler cafe in Millbrook and following a route to the Trans Canada Trail leading into Peterborough for lunch, then returning back to Millbrook. The views from the hills are breathtaking and e-bikes make it so much easier.



ANNA & FAMILY FROM GUELPH

E-BIKE RadRunner & RadWagon

WHY E-BIKE We got a family e-bike after having our second child and it was a game changer! I often felt isolated in those early years – it's hard to get around with kids and my changing body couldn't handle a weighted down bike. Strapping screaming kids into car seats felt like a miserable alternative. An e-bike made navigating our city with young children more accessible – the ease of a car with the joy of a bike!

E-ADVENTURES Our favourite adventures are close to home – going to pick up groceries at the farmers' market, biking to school, library trips and swimming at Guelph Lake. Now I only drive our car a handful of times throughout the year.

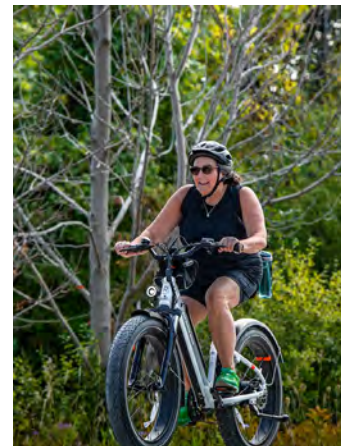


CAMERON FROM NORTH BAY

E-BIKE Giant Reign E+ 1 e-MTB

WHY E-BIKE Some days I don't have the energy to get a full ride in, but when I hop on the e-bike I get that assist, especially for the climbs. We have been getting lots of mountain bike tourism in North Bay and I've had the opportunity to provide tours for visitors. On the e-bike I can do two to three tours a day without being exhausted.

E-ADVENTURES I love the mountain bike trails in North Bay for the variety. You are able to ride 60km of single track over a weekend and not run out of trails. Each network we have provides different terrain from flow, elevation, and the Canadian Shield to some incredible scenic lookouts.



TARA FROM INNISFIL

E-BIKE Specialized Turbo Vado

WHY E-BIKE E-biking has allowed me to get active again and reduced the barrier to riding longer distances, especially on organized tours. I borrowed my friend's e-bike for a couple Ontario By Bike Rides and recently I sold my second 'fun' car and bought my own e-bike.

E-ADVENTURES Through Ontario By Bike Rides, I've been able to step outside my comfort zone and meet people, and I don't have to think about the ride logistics. I loved the 1000 Islands St. Lawrence River Ride from Gananoque to Cornwall – riding along the water and seeing all of the towns and history. I also do snowmobile touring in the winter and I get that same feeling and experience on my e-bike.

Ultimate

CYCLING ADVENTURE

Gear up for year-round cycling in **York Durham Headwaters!** Grab your mountain bike for challenging forest trails. Fat bike through snowy conservation areas, soaking in stunning scenery. Explore rural roads on designated cycle loops, uncovering artisanal experiences and hidden gems. Refuel with local foods, then cap off your day with award-winning craft beer, cider or wine.

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Slice through snow at Albion Hills

DISCOVERING NORTH BAY – LAKE NIPISSING AND BEYOND

I have a blossoming love affair with North Bay and area, one that has grown over the past 16 years, and since my first visit. It all began in 2009 when we commandeered a train to take an assorted group of cyclists north from Toronto; a special 'Bike Train' service our organization tested with Ontario Northland. As I was just an occasional helper at that time, my duties were blissfully light. I remember my first ride in the city, as our group wound our way along the **Kinsmen Trail** following the Chippewa Creek, not quite believing we were in an urban centre and four hours north of Toronto. At Lee Park, we posed under the quintessential 'Gateway to the North' arches, unbelievable first erected in 1928 and still standing proud. We had arrived!

From our downtown hotel we voraciously explored the city on foot and bike, gravitating to Lake Nipissing, crossing parklands, train tracks and the beach to gaze at the vast expanse of water, the third largest lake in Ontario. A sunset cruise on the open decks of the Chief Commanda II transported us across the shallow lake and into the



Kate Pace Trailway

stunning waters and narrow, rocky treelined shores of the Upper French River. We then spent the next few days touring the area closer to the city where I first experienced the wonders of the **Kate Pace Trailway**, a delightful 12km off-road and paved path cutting south through forests and bisecting marshlands. I quickly discovered near Callander Bay a favourite offshoot that would beckon me each visit, the Cranberry Trail

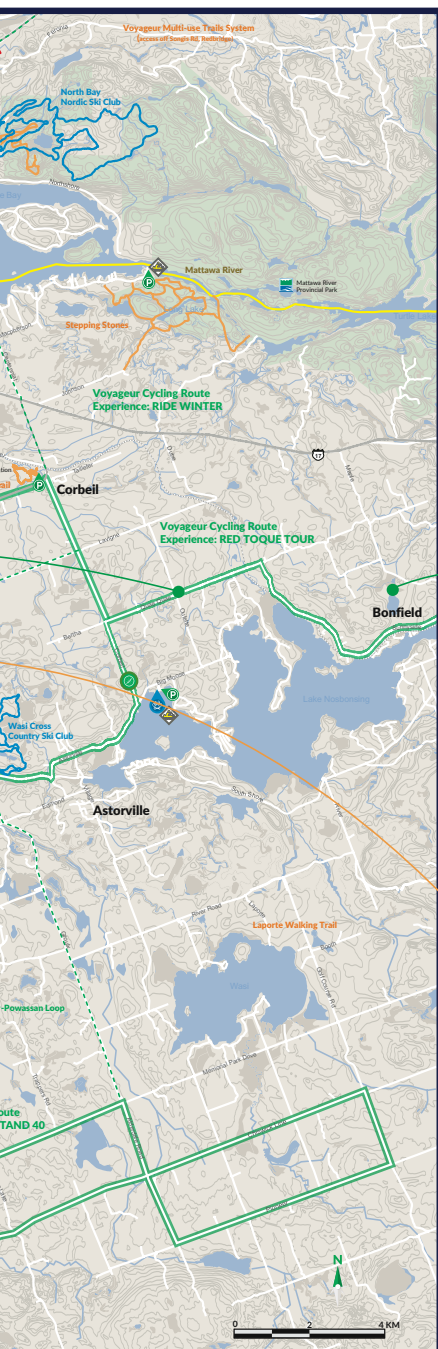
Returning again in 2015, and using North Bay as a base, I went further afield. In Samuel de Champlain park I discovered the Mattawa River, walking on dirt paths to the varied river settings from calm to rushing rapids. Marvelling at this ancient route used by First Nations and voyageurs for eons, I learned about the canoes paddled for travel and trading, connecting the Ottawa River to the Great Lakes, Montreal to Lake Superior. Further intrigued, we headed to the namesake and source, Mattawa, a small town nestled along the mighty Ottawa River. We visited the fantastical Duval art gallery and took pictures besides the six metre high Big Joe Mufferaw carving, a legendary local logger, with a backdrop made all the more scenic with views across the wide river to the rolling tree-clad hills on the Quebec side.

Next time around in 2019, I added further discoveries to my North Bay passport completing work assessing the then developing Voyageur Cycling Route, all 650km of it! Starting in West Nipissing, the lure of the pleasantly quiet roads and stunning water views, bridges and small boat hubs in West Arm, Lavigne and Minnehaha Bay in Sturgeon Falls, quickly drew me in. And now with Vivele Nord!, a 178km looped cycling route with detailed online itinerary and maps, it would be easy to immerse oneself deeply in this setting and see it all on two wheels. Conveniently, this route has a number of trailhead signs to assist with navigation and four bike repair stations along the way. Spinning on, and with North Bay as my base, I also journeyed eastwards along the **Voyageur Cycling Route**, making a worthy and scenic stop at the serene yet powerful Eau Claire Conservation Area and Gorge near Calvin. Taking a gander at the north road access to Algonquin Park further piqued my



interest for a return camping and paddling adventure to see more from this less-used entry point to Ontario's most famous provincial park.

Fast forward to 2023 – it appears I wasn't the only one with amorous feelings for this northern city. The North Bay & Lakes Tour, a three day and two-night Ontario By Bike Ride was an early season sell out. On one of our ride days, the 70km route we took headed east on Lake Nipissing Road with wide, freshly paved shoulders and sparse traffic. Past forest-backed swamplands, with a few short climbs we enjoyed



ARTICLE BY LOUISA MURSELL; PHOTOGRAPHS BY DESTINATION ONTARIO



Lake Nipissing Lookout

a swim stop at Big Moose Beach. We then rode onwards to **Bonfield** for a lunch picnic beside rapids flowing over northern rocks in Kaibuskong Park. Joining the few in the group opting for the adventure gravel route return, and overriding our local friends' warnings, we tiptoed and carried our bikes around water logged sections of Palangio Road for what became one of the most memorable parts to the weekend.

Amazingly, the timing of our 2023 tour coincided by chance with the annual North Bay Block Party. After a hearty Indian meal in a lakeside garden setting, we set off to join the festival crowds that lined the streets enjoying local foods and brews, topped off by the magical melodies of headliner Bahamas. Redemption for late night revelry was found the next day after riding up to the Lake Nipissing Lookout, just south of **Callander**, for picturesque panoramic views of bays, inlets and islands below. Rolling on, wide-shouldered roads shepherded us to and from cottage country land on a 50km route, looping back at pretty Links Beach, on the southern shores of Lake Nipissing, rounding out the weekend ride.

With rave reviews from Ontario By Bike Riders – who further affirmed my thoughts with post-ride comments that included the following:

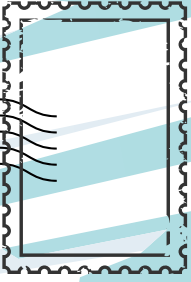
“It was a great bike trip, love the north, this was an excellent way to see it.”

“Awesome routes ... amazing to have the opportunity to ride up north. Excellent destination!”

I'm fully motivated to get back to North Bay, to retrace some routes, visit favourite spots and discover new ones – and while I'm grateful to have discovered the area while working, perhaps next time I'll make plans to go for a personal, adventure-inspired cycling vacation in the near north.

—
To plan your trip, get maps and find bicycle friendly places to eat, visit and sleep, go to:
tourismnorthbay.com
& discoveryroutes.ca
& ontariobybike.ca/northeast





Randomnews



*Taking the Shortcut
to the Long Road*

BY TIM ORMOND



I've

been riding long distances ever since the age of fifteen, when I would get up at 5am on Saturday mornings to ride 100km between Newmarket and Orangeville. I'd be home

and finished before all my friends had even woken up. This appetite for long, solitary bicycle rides persisted for years. Then, one day, I stumbled upon *Crazy Guy on a Bike*. This website is probably known to many, but to me it was a revelation. I couldn't believe my eyes – reviews on equipment, on routes and forums where you can ask any question about touring you want. Of course, my favorite feature on *Crazy Guy* was (and remains) all the diaries about people's touring adventures – it made me want that same freedom and adventure.

There was only one problem. I didn't have the time. I had a family to raise and bills to pay. Since I didn't consider divorce and deadbeat fatherhood to be acceptable options, I resolved to wait until the kids had grown up and retirement had crystallized. I knew I'd be able to do a major tour one day. I'd just have to be patient and do it when I was older. All I had to do in the meantime was get comfortable riding extremely long distances, and keep in shape and free of injuries until my 50s and 60s.

I looked for alternatives; I found Randonneurs Ontario. This club would satisfy my desire for adventure, my fondness for long bicycle rides and my yearning to see my country by bicycle.

So what is randonneuring? I quickly learned it is a cycling discipline with a long history. It has roots all the way back to 1890s France, when the bicycle was a relatively new invention, and automobiles were still non-existent. Enthusiasts quickly grasped that the bicycle was the most wondrous vehicle ever devised by humanity and were curious to learn just how far they could travel on one on a weekend. And so a sport was born, with the key caveat that has been consistent throughout: all rides must be self-supported and non-competitive.

RANDONNEURS ONTARIO

Randonneurs Ontario carries on that tradition in Canada. Established in 1983 by the late Mike Barry Sr. (co-founder of Mariposa Bicycles) and his friends, as the Toronto Randonneurs, the club is now 41 years old. In the 1990s, the club rebranded as Randonneurs Ontario and started branching out of the Toronto area. Since then, we have chapters in Huron, Simcoe/Muskoka and Ottawa. We specialize in self-supported endurance cycling and we design routes that are enjoyable and challenging, following roads where traffic will be less of an issue. Our route archive is available on our website as we're proud of the routes we've created over the years.

SO, WHAT IS A BREVET? A POPULAIRE?

Randonneuring has several different events, but the two principal types are *brevets* and *populaires*. While not a race, brevets have four main distances and top time limits: 200km in 13.5 hours, 300km in 18 hours, 400km in 27 hours and 600km in 40 hours. Populaires are shorter than 200km and they don't have official time limits. Some people use them to gradually build strength for the longer brevets.



It makes me feel proud and it fills me with wonder.

Club rides can also be a great opportunity to meet new people, and with a goal to attract more riders, we're significantly increasing the number of populaires across the province for 2025.

No matter which events you participate in, randonneuring should be fun. And 'fun' can mean different things to different people. Some of our members think it's fun to ride 200km in under eight hours; others want to smell the roses along the way and take the entire 13.5 hours. There is encouragement for both styles of riding in our club and for everything in between.

THE LONG ROAD

So what's it like to ride 600km in a weekend? Speaking personally, it is an experience that I look back on again and again, especially through the winter months. It makes me feel proud and it fills me with wonder, not only at our human potential, but also at our beautiful province of Ontario.

The first time I rode the *Huron Shores 600km* brevet from Vaughan to Port Elgin and back, imagine my wonder as I climbed up the Niagara Escarpment along Grey County Road 19 for the first time. What a view! An hour or so later, I grabbed a snack in Walters Falls and talked to the locals about my questionable life choices: 'Yes, I've ridden 195km and I have more than 400km to go...' Owen Sound served me a fine dinner of fresh fruit and yogurt which I picked up from the grocery store in town. Next, I took the scenic coastal route to Wiarton, along Grey Road 1, surely one of the most beautiful roads in the province. Sunset was beginning by the time I reached Sauble Beach. Young people were arriving in droves for a big party and their energy charged the air and my legs. When I finally reached Port Elgin, I grabbed a second supper and then turned eastward, and headed back into the night and towards home. The sky behind me was ablaze. With roughly 300km left to ride, I knew that I had chosen a hard path, but that view of the lingering light over my shoulder made it clear I had chosen a good one.

On a different, more recent ride, *Haliburton Highlands 600km*, the heat was so intense that it forced me to take countless breaks. By noon, I had only reached Millbrook, just south of Peterborough. I was very far behind my plan and it was dangerously hot. I hid in the shade for a couple of hours, and before leaving stocked up on liquids and bought a butter tart at the Pastry Peddler. By suppertime, I found myself just off the Trent University campus in Lakefield cooling down with ice cream from Canoe and Paddle. After a short nap in the park I dragged myself northward and into the evening. In the dusk along County Road 507, which runs north to Gooderham, imagine my

not only at our human potential, but also at our beautiful province of Ontario.



surprise when hundreds of dragonflies suddenly swarmed around me, picking off the mosquitoes that were ferociously insisting that I keep moving. I felt like I was hallucinating as the dragonflies followed me like a cloud: they bounced off my helmet, arms and legs. It was magical, feeling this shower of crisply buzzing wings, prickly feet, giant eyes and dark thoraxes. Then, just as quickly as they appeared, the lovely predators vanished. Less than five minutes had passed. The rest of the night was spent in lonely darkness until I stopped for a drink somewhere outside of Haliburton. A giant deer, a buck with antlers, stepped out onto the road with hooves clicking in the moonlight. We stood there on the silent road, completely devoid of traffic at 2am, and surveyed one another at a respectful distance.

TOURING IN QUICKSTEP

Sometimes we do things on brevets that you might not expect. For example, we have one ride out of Stratford, *Much Ado About 200km*, where we take in a play at the 140km mark (change of clothing optional) and then ride the remaining 60km before the 13.5 hour cut-off time. Then we have the *Erie Oh 300km* where everyone stops midway to play mini putt at Colisanti's Tropical Garden near Kingsville. We play 5-pin bowling at the Georgian Bowl in Collingwood during the *Creemore Classic 400km*. Go-kart racing at Family Funland in Kincardine provides a nice break from cycling on the *South Bruce 200km*. While these events do add a time crunch to completing brevets, they also add an enormous element of fun.

SO HOW DO YOU DO IT?

Now, it is completely understandable to feel daunted by the prospect of covering such long distances in a single





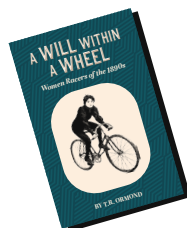
weekend, but it's important to remember that these events are not races and you get to set your own pace. It really is a case of 'slow and steady.' You start to appreciate just how amazing the bicycle is as you shift your sense of distance and time to accommodate for how it differs from driving. If your goal is to ride these brevets and populaires quickly, then you will need to do some concerted and intensive training. These distances are not to be toyed with. But if your goal is just to complete the ride, then you don't really need to do any training at all, just gradually check off each distance one by one. Your confidence and your endurance will grow with each event.



AN ONTARIO CLUB FOR LEARNING ABOUT ONTARIO

Most of our long-term club members love cycling in Ontario, myself included. Along the way I've had incredible opportunities to learn more about the history and geography of the province. And until I can find the time and means to do *Crazy Guy* tours, I am more than content to ride the exciting and fun brevets and populaires. It has made me intimately acquainted with Ontario, so intimate that I claim to have the province in my legs. ■

For more info visit:
randonneursontario.ca



A WILL WITHIN A WHEEL

Tim Ormond, the current vice-president of the Randonneurs Ontario, Toronto Chapter, is also the author and illustrator of *A Will within a Wheel*, a collection of stories about women who raced on bicycles during the Victorian Era. His book recounts the stories of young, roughneck, working-class women who competed with steely determination, physical prowess, flashy panache and ... dirty tricks. And they were just as competitive off the track as on: they never passed up a chance for interviews, and the press was eager to hear their remarkable stories. Exploitation lurked around every corner, accusations of transgression could be heard all around, and yet they nevertheless insisted on competing: they felt the gravitational pull of transcendence with each pedal stroke. Available at Amazon, Book City and Friesen Press Bookstore. bit.ly/willwithinwheel



Our wheels will get you there. Your wheels will make it an adventure.



Find your new favourite cycling route with GO Transit. We'll help you skip the gridlock so you can spend more time on two wheels.

Travelling to or from Union Station? Board before or after rush hour to keep everyone's trip running smoothly.



Start planning today. Visit
gotransit.com/bikingtrails



Wheels

CYCLING THROUGH ONTARIO'S HERITAGE

BY LESLEY CASSIDY

What is one of Ontario's best assets? Water, of course! Ontario is home to the Great Lakes (a mammoth 20% of the earth's fresh surface water) and thousands of inland lakes. It's also known as the province with the most canals and waterways, built originally for shipping and military reasons. So, it's no surprise Ontario has a rich maritime history just waiting to be explored.

This relationship with water started thousands of years ago. Two Indigenous sources for Ontario's name relate to water. The Haudenosaunee word 'kanadario' translates into 'sparkling water', and the Wendat word 'Ontari'io,' translates into 'great lake' or 'beautiful water', which may have first been used for our province's namesake lake. Lakes, rivers and canals were the original roads and trade routes of the province and today, much history flows alongside these waterways.

Cyclists seek out bodies of water both as ride destinations and follow shoreline cycling routes that often inspire a sense of wonder, as well as provide much needed relief on hot days. Much can be seen on short or longer sections riding one of our province's signature cycling routes, the 3,600km long Great Lakes Waterfront Trail. There's no better way to explore Ontario's waterways than by bicycle, cycling through our province's living history and maritime attractions.

BEACONS BY BICYCLE

There are over 100 historic lighthouses scattered about the province, many of which are still operating and designated as historic sites. These often-isolated towers with bright lights and fog horns guided ships through rough weather and rocky shorelines before modern navigation equipment prevailed.

Discover 11 historic lighthouses along Lake Huron's lengthy shoreline, riding on rolling paved roads and connected trails. Follow the Great Lakes Waterfront Trail from Grand Bend all



Take a step back in time and rest break at Fort Henry in Kingston when cycling city and waterfront trails.

the way to Tobermory, on a multi-day ride, or enjoy a shorter roll along off-shoot rail trails, from Goderich (the Goderich to Guelph – G2G – Rail Trail,) or Port Elgin (the Saugeen Rail Trail). Don't miss the Point Clark Lighthouse National Historic Site. Built in 1859, test your quads clambering up the 114 steps for a stunning view of the rocky shoals below. Park in Kincardine at the waterfront, and visit the impressive lighthouse in town before pedalling 18km south to Point Clark. For a more adventurous distance, ride the 55km loop that travels inland and back, view the wreck of the Erie Belle nestled off-shore and include several two-wheel climbs along with your lighthouse visits.

Manitoulin Island is a lighthouse and pedalling paradise. Ride low-traffic roads with flat to rolling terrain, accessible by the Chi-Cheemaun Ferry from Tobermory on the Bruce Peninsula, or an hour and a half drive from Sudbury. Cruise to the Janet Head Lighthouse in Gore Bay, the second oldest on the island, completed in 1879 and recognized for its historical and architectural value. For a longer cycle try the 51km Gore Bay Lake Wolsey Circuit and pump the pedals up Lighthouse Road behind the Split Rail Brewing Company to appreciate this wonder. On your way back, sample a beverage at the brewery or a snack from Buoys Eatery. If taking the ferry from Tobermory consider a warm-up ride on the 80km Lighthouses North route from Lion's Head to Cabot Head Lighthouses, with some spectacular stretches of paved and gravel roads an arm's length from the sparkling blue waters of Georgian Bay.

Known as the Blue Coast for the turquoise waters of Lake Huron and the St. Clair River, Lambton County offers many human-powered outdoor adventure options, including paddling as well as cycling. Ride from Dresden to Sarnia on a two-day 161km loop, staying in Sarnia, where the Blue Water Bridge connects Ontario to the United States. The Waterfront Trail skirts the shoreline of the river – offering a mix of paved roads, off-road trails and gravel. Check out the signs near the Sarnia Bay Marina that commemorate the heroic actions of a local man when the Sidney E. Smith steamer went down in the St. Clair River, and stand on the sunken ship's hull that forms the wharf along the trail. A lighthouse operates nearby.

BATTLES & FORTS

Maritime and military themes intersect along the Great Lakes. Pedal the flat, paved Niagara River Recreational Trail for 55km past wineries, restaurants and water, connecting Lake Ontario to Lake Erie. It's a must-cycle in the Niagara-on-the-Lake area



Waterways tell the story of our province. Learn more by stopping at Ontario's signature historical plaques enroute.

and it's teaming with over 100 monuments and plaques that mark the stories of its military past. Spin your wheels on town trails, which link to the Niagara River Recreation Trail, and ride through the Fort George National Historic Site. The Fort welcomes visitors for tours, musket demonstrations and more. Mostly rebuilt post-war on its site at the mouth of the Niagara River, the reconstruction reflects its early beginnings from 1799 to 1813. The Powder Magazine, having survived the War of 1812, makes it one of the oldest standing military structures in the province. From the Fort, continue south along the Recreation Trail to Niagara Falls and beyond.

Another place known for its maritime and military days is Kingston. Rolling to Fort Henry on what is a natural extension of the K&P Rail Trail that terminates north of the city, ride city paths to the waterfront. Bike from the rural towns of Sydenham or Verona south towards Kingston, perhaps stopping downtown and before crossing the Cataraqui River to get to the Fort via the LaSalle Causeway or using the new separated bicycle lane on the Waaban Crossing. Once you enter the wooden gates, Fort Henry takes a step back in time; witness musical performances, drill squad demonstrations, re-enactments and guided tours to experience life in the 1800s.



While in Kingston also cycle to the Great Lakes Museum located along the Great Lakes Waterfront Trail which hugs the city's shoreline on a mix of paved roads and pathways. Tour the S.S. Keewatin, the largest passenger steamer of its kind remaining in the world, then navigate exhibits on life in the Navy and photographs depicting the shipwrecks of the Great Lakes.

Further east, and where numerous battles during the War of 1812 took place, there are plenty of riding options alongside the St. Lawrence River. Roll along the 1000 Islands Parkway Trail, a 37km paved path from Gananoque to Brockville, stopping at port towns and historical plaques. Continuing on, discover battle sites, historic windmills and Fort Wellington near the town of Prescott. Stunning St. Lawrence River lookouts from battleground sites and seaway locks are dotted along the route towards the eastern terminus of the Great Lakes Waterfront Trail, where Ontario meets Quebec.

TWO WHEELS & FLYING CANOES

A scenic cruise on a multi-use path besides Little Lake in Peterborough drops you into the backyard of the Canadian Canoe Museum. Hard to miss, the new massive canoe-shaped museum has over 600 canoes, kayaks and paddle craft on display. On the Trans Canada Trail network, city trails connect to the 33km stone-dusted Lang Hastings Trail, for further exploration of the Trent-Severn Waterway and canals. You'll pass horses, rivers, woodlots and benches, and ride through a 60 metre long tunnel near the quaint village of Hastings. With just a short detour near Keene, you'll spot the Lang Pioneer Village. Here, learn about and see the recreated Michi Saagiig Indigenous encampment, dating back to the 1820s, plus other buildings from the early 1900s.

In northern Ontario discover the Canadian Heritage Bushplane Centre, located on the John Rowsell Hub Trail, a 25km multi-use trail that's a must-cycle when you visit Sault Ste. Marie. This mainly paved path wanders across numerous bridges, passes a pump track and delivers superb sights of Lake Superior and the old waterfront. Through the



(Above) Stop at the many locks and Trail Towns along the Trent-Severn Waterway.

(Left) The Bushplane Museum is on the waterfront and Hub Trail in Sault Ste. Marie.



Visit historic lighthouses across Ontario, Cycle to 11 along Lake Huron including Point Clarke, south of Kincardine.

interactive displays of 24 classic winged flying machines you can learn how wildfires are fought and the tales of the original adventurers of the skies. Nearby and also on the Hub Trail, go see the Sault Ste. Marie Canal National Historic Site – it was once the world's longest lock in Ontario, and first to operate using electricity.

NOT JUST FOR BOATS

A UNESCO World Heritage Site, the 202km Rideau Canal offers plenty of biking routes to lock stations along the oldest continuously operating canal in North America, connecting lakes and rivers between Kingston and Ottawa. In the Rideau Lakes area find 14 road and gravel routes ranging from 23 to 120km, and in South Frontenac another 13 road and gravel routes ranging from 23 to 93km, many passing by canals, waterways and locks. Rail trail enthusiasts will enjoy the Cataraqui Trail as it travels close to Chaffey's Lock, a charming rest stop with a historic inn and one of 47 locks along the waterway. Many of the lock stations have informative plaques describing this 19th-century engineering feat, building the Rideau Canal.

Cycle along the Grand River in southwest Ontario and discover the rich Indigenous history of the Great Lakes region. The largest First Nations community in Canada is located along this heritage river – the Six Nations or Haudenosaunee, a nation of nations including the Mohawk, Cayuga, Onondaga, Oneida, Seneca, and Tuscarora peoples. Along the 32km stone-dusted Hamilton to Brantford Rail Trail you'll find the Mohawk Chapel, the oldest surviving church building in

Canada built in 1785, and the Woodland Cultural Centre. Both are must-visit places to hear stories, see art and exhibits, and appreciate the cultures of nations who have lived near the Great Lakes for millennia.

At 386km long, the Trent-Severn Waterway connects numerous lakes and rivers with 44 locks between Georgian Bay and Lake Ontario. Where to ride? A unique initiative called 'Trail Towns' encourages people to stop and enjoy time alongside the Trent-Severn. Follow the well-shaded 22km section of the Victoria Rail Trail between Lindsay and Fenelon Falls, to visit both Trail Towns, their unique locks and choice of ice cream and patio stops. Another route, the 'Lakes, Rivers and Cafes,' a 60km loop out of Peterborough, also includes destinations on the Trent-Severn and promises hills, country roads and plenty of photo-worthy views.

TRAINS & TRACKS

Smiths Falls is where two rail trails meet; the 104km Cataraqui Trail heading south from town all the way to Napanee, and the Ottawa Valley Recreational Trail, which travels north to Carleton Place and onwards to Petawawa. Drop by the Railway Museum of Eastern Ontario, explore exhibits and a gift shop or spend the night in a 1940 caboose using Smiths Falls as your base. You'll learn about the dental car and the telegraph system and enjoy a ride in a diesel-electric locomotive.

On the 28km stone-dusted Oro-Medonte Rail Trail between Orillia and Barrie, stop to read and learn from the many historic plaques that share a glimpse into the past. Originally named the Toronto Simcoe and Muskoka Railway, it opened in 1871 to move people, mail and essentials between the two areas. It's also part of the Simcoe County Loop Trail, a 160km circuit that links several rail trails and a historic military road with three major bodies of water and communities.

Known as Railway City, St. Thomas once had over 100 trains passing through town per day. Today, ride the paved 15km Whistlestop Trail starting downtown as it heads south with 24 different stops that chronicle its former glory. Shoot a selfie with Jumbo the Elephant or visit the Elgin County Railway Museum before following the road route, with extra wide paved shoulders, to Port Stanley and its beautiful beach on Lake Erie.

Cycle the Georgian Trail, a smooth 34km pathway that parallels Georgian Bay, cuts through forests nestled under the Niagara Escarpment and has lots of beach and water lookout opportunities. Starting in Collingwood, passing by the Blue Mountains, and nearby village, and on to Meaford, don't miss the Craighleith Heritage Depot and Museum for interesting facts and tales about the area. The Georgian Trail, opened in 1989, was one of the first rail trails in Ontario and is also part of the Great Lakes Waterfront Trail. For more local lore and railway history check out the Collingwood Museum, housed in the old train station, and the ideal staging area for riding the Train Trail south or further explorations in the area.

While there is certainly more to write about with so many bike routes and trails connecting cyclists to Ontario's heritage waterways, we hope you enjoy exploring our lakes, rivers, roads and trails by bicycle this summer. Wherever your ride leads to, be sure to stop and learn more along the way. ■

Find all the info needed to make plans to visit these sites and ride these bike routes at: ontariobybike.ca/waterwaysandwheels







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ONTARIO
Yours to discover

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NORTHUMBERLAND

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.



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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)

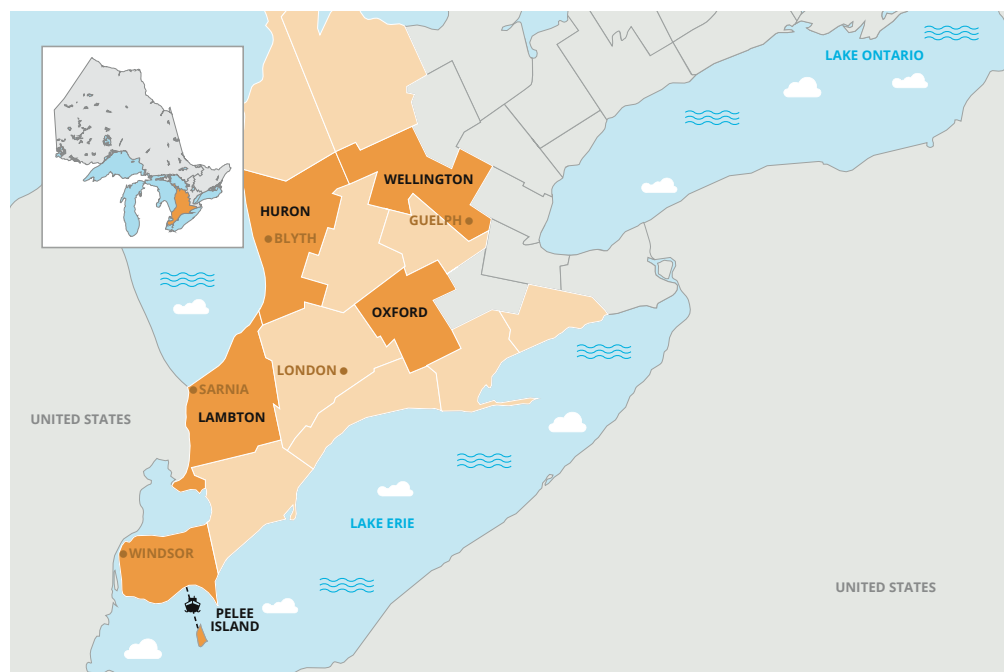
WESTERN ONTARIO

PELEE ISLAND

 From Leamington take the 90 minute **Pelee Island ferry**, discovering Canada's southern-most inhabited point, a Carolinian island paradise ripe for cycling. Rent a bike from The Pelee Shop and cycle the 30km perimeter Shore Road, with endless Lake Erie views. Explore nature reserves, glorious sandy beaches, local art and unique restaurants and inns. The Wandering Dog Inn is steps from arguably the best beach on the island, East Beach. There are multiple daily sailings from April to December and walk-ons with bikes are welcome. Check out new bike repair stands at each ferry terminal. At select times of year, ferries run from Kingsville and Sandusky, Ohio. ontarioferries.com/pelee-island

WINDSOR

 2025 is a big year for Windsor, with the Gordie Howe International Bridge scheduled to open in September. With the inclusion of a multi-use path for cycling and walking across the new bridge, the opportunities for cross-border cycle touring are huge. Marvel at this massive new 2.5km cable stay build from the nearby 6km long Riverfront Trail and enjoy unmatched views of the downtown Detroit skyline across the river. Take advantage of Windsor's expansive system of **beautiful parks and multi-use trails** that also includes the Herb Gray Parkway, connecting to the longer Chrysler Greenway trail into Essex County wine country. visitwindsoresex.com/bike & cyclewindsor.ca



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



Spend a long weekend exploring the beautiful countryside, wineries and waterfront riding on the 193km **Essex Windsor Loop**. Starting from Windsor, pedal EPIC Wine Country through Kingsville and Leamington, detouring to the waterfront road for Lake Erie beach time. From Leamington explore Point Pelee National Park's tree covered roads and trails, before looping back north to Comber past greenhouses and further on, wind farms. Connect back up with the Great Lakes Waterfront Trail along the southern shore of Lake St. Clair, and loop back into Windsor. Find our Ontario By Bike Ride itinerary at ontariobybike.ca/itineraries



SARNIA & LAMBTON COUNTY

Sarnia's waterfront, where Lake Huron empties into the St. Clair River, is a delight to explore by bike. Slow-roll waterfront paths from Centennial Park, close to the city's historic downtown, north under the spectacular Blue Water International Bridge. Make a short detour and

stop for a treat in the Point Edward neighbourhood along Michigan Street where you'll find everything from ice cream, pastries, cheese to vintage clothing. Connect back on the Waterfront Trail and spend an afternoon at the beach in Canatara Park, next to 200 acres of Carolinian forest, sand dunes and white sandy beaches, just 8km one-way from downtown Sarnia.

ontbluecoast.com/cycling



The popular ninth annual **Blewater International Granfondo (BIG)** returns to the sparkling shores of south Lake Huron on August 3. If you're looking for a gravel ride, earlier in the season sign up for the second annual **BIG Gravel Grind** on July 6. Powered by a local cycling club, the Husky Hustle, and held in memory of a past club member, cruise well-maintained gravel roads (with a few dodgy bits for good measure) through open countryside on either of the 40 or 80km route options. Riders also receive a signature event jersey, enroute fuel stations and post-ride meal and entertainment. bigf.ca



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**



42.981464 N, -81.256505 W
THAMES VALLEY PARKWAY

Explore London by cycling along the scenic paved trail that follows the Thames River from the Forks downtown through green parklands.



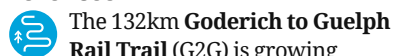
Ontario By Bike Rides are small group supported bike tours that showcase some of the best recreational cycling experiences in regions across Ontario.

Tours include: accommodations, lunches, breakfasts, snack and water stops, van support, group ride option and/or detailed maps.

Just bring your bike and ride!

Find 2025 tour dates and destinations, or legacy itineraries from past tours to allow you to ride these same routes as a self-supported cyclist online at ontariobybike.ca/rides

HURON COUNTY



The 132km **Goderich to Guelph Rail Trail** (G2G) is growing in renown each year as significant improvements to the condition of the trail and its connectivity end to end continue. A major upgrade was completed in 2024 with the opening of the Blyth tunnel, making it safer for trail users to go under a major road just west of the town. With Blyth being the halfway point of the trail stretch in Huron County, and having a variety of accommodations, shops, cafes, brewery and even a theatre, it remains the best point to launch a ride and explore the trail east or west. g2grailtrail.com

LONDON



The 43km long **Thames Valley Parkway** is the ultimate city trail ride that will transport you through the greenways and parkland of London in three different directions. Nestled along the banks of the Thames River, and with tributaries that run north and south, the trail also bisects the vibrant downtown area, worth taking an offshoot to explore more. With eight bike repair stations installed across the city, including the five trailside, plus a variety of bike stores nearby, it's hard to believe this trail is in one of the fastest growing cities in Ontario. For a longer ride, the trail can be used

to connect onto additional city bike lanes to get to the rural countryside nearby and back. bit.ly/cyclinglondon



Boler Mountain, located on the southwestern outskirts of London, is an ideal base for all types of outdoor green season activities, including mountain biking. Spin your wheels on nearly 20km of looped trails, including options for beginners, intermediate and more advanced riders. Find all the facilities needed on-site, as well as bike rentals. Not far from the western terminus of the Thames River Parkway, it's an easy ride from downtown or good spot to park and ride on country roads

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




York Region



Lake to Lake Route in the
Town of East Gwillimbury

ENDLESS GRAVEL



discoveryroutes.ca/V200



IMAGE TAKEN DURING THE VOYAGEUR 200 NEAR RUTHERGLEN



43.537092 N, -80.167917 W

ARKELL


Stop at Flow State Bicycle Co., a bike shop with rentals, cafe, patio and community space while exploring Wellington County's eastern countryside on the Rockwood-Eden Mills-Guelph road loop.

westward into endless farmlands, and the next largest centre, Strathroy. bolermountain.com

OXFORD COUNTY

 To celebrate and showcase the 11 cheese companies and over 70 varieties of cheese and dairy products that are made in Oxford County, there is an official **Cheese Trail** to direct a self-guided tour through the area, also known as the 'Dairy Capital of Canada'. There is also a part of the Cheese Trail that can be enjoyed by bicycle. Starting from any centre – Woodstock, Ingersoll or Tillsonburg – follow the

97km version of the Oxford County South loop for recommended stops that include Gunn's Hill Artisan Cheese, the Ingersoll Cheese Museum, shops selling local cheese, restaurants, artisans and more. oxfordcountycheesetrail.ca

 There are a total of **nine gravel grazer routes** all mapped with free navigation ready for adventuring in Oxford County. Make Ingersoll a base for either two days of riding on two gravel loops from town (59km & 34km) or ride the 93km Full-on Bro'Mance route that includes both, on a single-day push. Pedal on unpaved country farm lanes,



THE EVENTS WESTERN ONTARIO

May
7 Days for
Pancreatic Cancer
Guelph

June
BIG Gravel Grind
Sarnia

Tour de Guelph
Guelph

Forest City
Cycling Challenge
London

July
MS Bike
Grand Bend to
London

Le Tour de
Norfolk
Delhi

August
Bluewater
International
Granfondo
Sarnia

Great Lakes Ride
London

Great Waterfront
Trail Adventure

Tour di Via Italia
Windsor


September
Pedal for Portage
Elora


October
Growing Beaver
Beaver Valley

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

surrounded by green landscape, with rolling hills that amount to over 700 metres in elevation gain combined. Plan ahead nutrition and hydration needs, as there is little along the way beyond Ingersoll and a stop in Embro at Kintore Coffee Co. rideoxford.ca

GUELPH & WELLINGTON COUNTY

 Wellington County just launched seven new signature cycling routes highlighting scenic roads, trails, lookouts and charming small businesses. The 56km **Rockwood-Eden Mills-Guelph** paved road loop, exploring the unique towns and nature on the eastern side of the county, begins in Rockwood or Guelph. Cycle through cornfields and mature trees to historic Eden Mills, known for its writer's festival and views along the Eramosa River. Stop in Arkell for coffee at Flow State Bike Co., a popular cyclist cafe. Ride through Guelph's outskirts and back to the countryside, passing horse farms and crossing Guelph Lake. Cool off at Rockwood Conservation Area with a swim amongst limestone bluffs. wellington.ca/cycling

 On another Wellington County Signature Cycling Route, the 62km **Guelph-Wellington Gravel Explorer**, pedal from Guelph (GO and VIA Rail connections), ride trails along the Speed River to Guelph Lake, continuing on gravel roads past farms and Cox Creek Cellars winery to Elora and Fergus, both towns known for their historic limestone buildings. After an ice cream or beverage, return via backroads and the G2G/Kissing Bridge Trailway to Guelph for post-ride refreshments at Eric the Baker or Fixed Gear Brewing Co. wellington.ca/cycling



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**LANARK
COUNTY**



CENTRAL ONTARIO

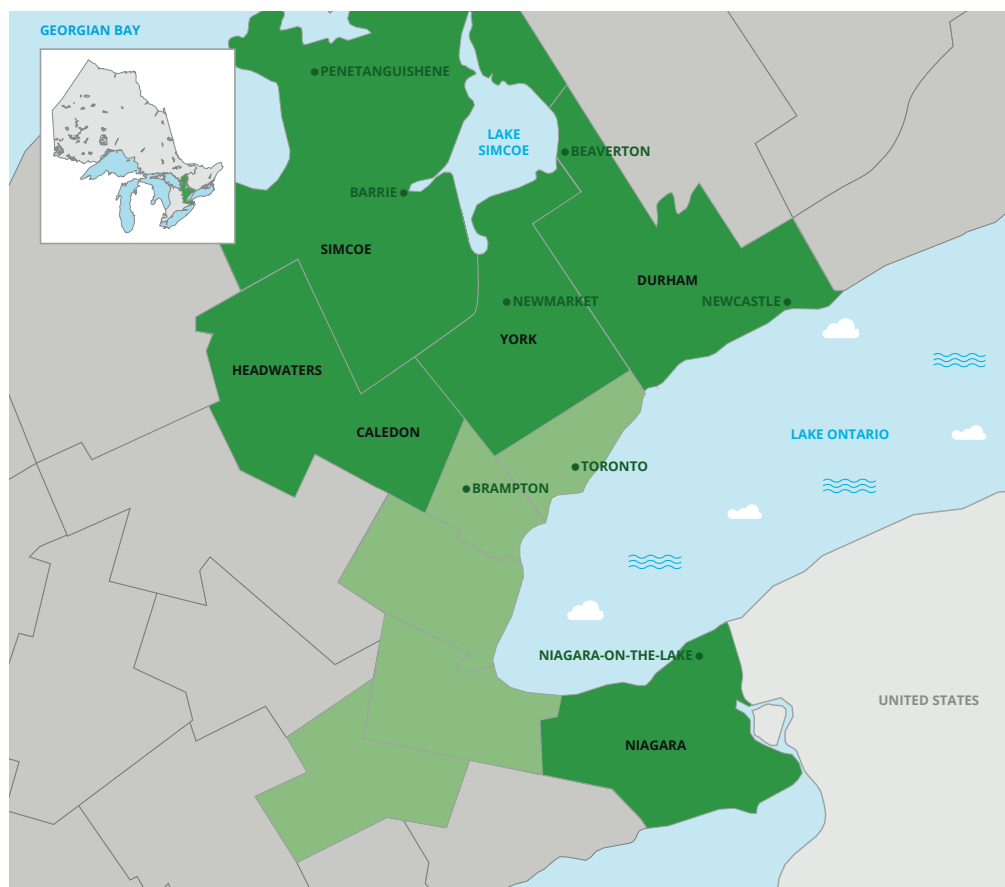
NIAGARA-ON-THE-LAKE

There is plenty to see and do in the charming old town of Niagara-on-the-Lake. From the bustling shops, restaurants and festival theatres on Queen Street, you are not far from the **Niagara River Recreation Trail**, a stunning ride along a paved path that follows the river 55km south to Lake Erie. Meander along the trails and through the lush green fields surrounding Fort George and connect on to the Upper Canada Heritage Trail that starts near Butler's Barracks, a delightful 3km amble at present, and growing annually. Getting there is easy using the GO Train service to Niagara Falls, and hopping on the WEGO bus to town. Plus, there are a variety of bike rental locations, many with e-bikes to try. niagaraonthelake.com

Use Niagara-on-the-Lake as your base for exploring more of the area by bike, enjoying the **scenic countryside, wineries, vineyards and lush orchards**. Two iconic Ontario routes start at Queenston Heights: the Greenbelt Cycling Route, 475km from Niagara to Northumberland, along York Road; and the Bruce Trail, for hiking, near Brock's Monument. There are also countless flat country roads in the hinterland, branching out from town and back. cyclenotl.ca

CALEDON

The **Velocity Ride** is an annual cycling event in June that raises funds for Caledon Community Services, a community impact organization providing support to keep local seniors living healthily and independently. Velocity offers a range of routes from a 10km family trail ride to a 100km one for more experienced cyclists. Discover stunning views of Caledon's rolling countryside and beautiful forests on road and trail routes curated by local cyclists.



Jireh Hills Family Homestead
Lambton County

Heart's Content Organic Farmstead
Brantford

Haute Goat Farm
Port Hope

Ottawa Valley Farm to Fork
Douglas

Missing Link Adventure Tours - Santosha Farm
Burk's Falls

After the ride enjoy a delicious lunch, swag, prizes and more. For training, check out our Ontario By Bike blog for past 50 and 100km Velocity routes to ride. ontariobybike.ca/cyclingcaledon & ccsvelocity.ca

BRAMPTON

The 35km Etobicoke Creek Trail forms a continuous link from Brampton to the Lake Ontario Waterfront Trail and to Caledon and the Greenbelt Route. This paved trail also connects to Toronto's Eglinton Trail by the airport and is a natural oasis along one of the GTA's scenic creeks. Start and end your ride in downtown Brampton and enjoy shopping and dining in one of Ontario's largest cities. The trail is highlighted every year at **Bike the Creek**, a free event raising awareness about the benefits of active transportation. Take part in this year's ride on June 7. trca.ca/bike-the-creek

Brampton is a **gateway to the backroads and trails** of nearby Caledon and accessible

by public transit. Take the GO Train to downtown Brampton Innovation District GO and ride the Etobicoke Creek Trail northwest to Kennedy Road, connecting to the Caledon Trailway after 22km, with opportunities to explore bucolic gravel roads like Boston Mills and Kennedy after it crosses Old Base Line. Another great option and shorter 13km route to the Caledon Trailway is to take the train to Mount Pleasant GO Station. Follow Creditview Road all the way to the historic village of Cheltenham. gotransit.com & brampton.ca/cycling

SIMCOE COUNTY

New in 2025 are two **e-bike charging stations** along the 160km Simcoe County Loop Trail. The first is installed in Coldwater, midway between Orillia and Midland on the Uthoff Trail, and 62km from downtown Barrie if riding counter-clockwise. The second, installed spring 2025, will be on Midland's harbourfront, 72km from downtown Barrie if travelling clockwise. Midland is a gateway to the paved Tay Shore



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TODAY!**



Banjo Cider, Uxbridge

Trail, part of the full loop, with scenic lookouts over Georgian Bay. These two charging stations will make it even more enjoyable and convenient to ride the Loop Trail with a pedal-assist bike. cyclesimcoe.ca

 The **Simcoe County Loop Trail** has been gaining momentum as the go-to intro to multi-day bikepacking in Ontario, and as a one-day gravel endurance challenge. This 160km rail trail loop (with some on-road connections) is relatively flat, scenic, and diverse, with waterfront riding on the Tay Shore and Oro-Medonte trails, and has a beautiful mix of rural and forested landscapes. Try sleeping in a 'glamping pod' midway at Bell Falls Family Campground near Waubaushene. Start in Barrie, accessible by GO Train and with various parking options. Share your route file and photos with Cycle Simcoe and receive a commemorative t-shirt! cyclesimcoe.ca


PENETANGUISHENE

 On the southern shores of Georgian Bay, Penetanguishene has some of the most beautiful forested trails on the 160km Simcoe County Loop Trail. The paved 2km **Mid-Pen Link** connects to nearby Midland, and features some of the most thrilling up-and-down topography of any trail in Ontario, rolling under a mixed-forest tree canopy. The 23km **Tiny Rail Trail** similarly features a rolling ride through forested ravines. There are plenty of thrills off the bike too, including famed fish and chips,


antique shops, and family friendly fun and learning at Discovery Harbour, a living history park and reconstruction of a centuries-old British naval garrison. bit.ly/penetangtrails

 A 90 minute drive north of Toronto, there is a peninsula forming a unique coastline of sandy beaches and bays, forests and open countryside, known as the Heart of Georgian Bay. Penetanguishene, near the northern point of the peninsula, is an ideal base for multiple days of road cycling in the area. The 95km **Heart of Georgian Bay** paved road loop is a remarkable tour through quaint cottage areas, past scenic beaches and on quiet rural roads. Enjoy an ice cream at the Cawaja General Store near Balm Beach and make sure to bring your bathing suit! cyclesimcoe.ca/hgb-map

YORK REGION

 There are a number of **significant trail systems** across York Region, and safe cycling infrastructure being added to more

and more roadways in the region each year. The 15km Bartley Smith Greenway in Vaughan can be easily connected to by transit, TTC or GO Train. You can also take the GO Train as an option to get to Newmarket and hop on the 18km Nokiidaa Trail. Or drive and ride from the McMichael Gallery in Kleinburg, famed for its Canadian art collection, on the William Granger Greenway, a part of the Humber River Trail system. york.ca/trails

 Two longer cycling routes intersect in Newmarket. The **Lake to Lake Route**, 121km from Lake Ontario to Lake Simcoe, which makes use of the Nokiidaa Trail in Newmarket and onwards north on roads through the vast farming area in Holland Landing. From Aurora south, the Lake to Lake route uses the Tim Jones Trail. Likewise, the 475km **Greenbelt Route** uses a variety of shared roadways (Mulock Drive), paved in-boulevard pathways (St. John's Sideroad) and trails through Newmarket. For a full road route try the Tour of Holland Loop, a 68km



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Niagara-on-the-Lake

Toronto Bicycle Tours

St. Lawrence By Bike
Southeastern Ontario

Escape Bicycle Tours
Ottawa

Alvar Cycle Tours
Manitoulin Island

Red Pine Tours
Sault Ste. Marie



43.256085 N, -79.073837 W
NIAGARA-ON-THE-LAKE

Stop at the cafes, restaurants, shops and theatres along pretty Queen Street, when exploring the town and nearby trails on two wheels.



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THE EVENTS CENTRAL ONTARIO

March

Toronto Bicycle
Show & E-Bike Expo

April

Paris to Ancaster
Bike Race

May

Creemore Springs
Turas Mor
Creemore

Bike for Health
Ajax

Journey for Janice
Stouffville

June

Bike for
Brain Health
Toronto

Bike the Creek
Brampton

Ride to Conquer
Cancer
Toronto
to Niagara

Velocity
Caledon

July

Summer Epic
8 Hour
Oro-Medonte

August

Friends for Life
Bike Rally
Toronto to Montreal

Georgian Bay
Cycle for Hope
Penetanguishene

September

Tour de T1D
Oro-Medonte

October

Bicycle Fall
Blowout Sale
Toronto

Great Lakes to
Greenbelt Farm
Fresh Tours
Hamilton

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

PHOTOGRAPH BY DESTINATION ONTARIO




44.758522 N, -79.955803 W

PENETANGUISENE

Set off on the Tiny Trail heading west from town through the Overhead Bridge Road tunnel and into the lush forests that surround Copeland Creek.

ride that uses Keele and Jane streets north and south on a mix of paved shoulders and shared roadways. greenbelt.ca/exploremap & york.ca/cycling

DURHAM REGION

 There are now **14 new rural cycling loops** available with distances ranging from 8 to 60km plus bicycle friendly stops highlighted, to explore the scenic landscapes in the quieter parts of the region. Ready to use digital maps on both Ride with GPS, with free

navigation, as well as Strava, make for easy guided loops around places including Beaverton, on the east side of Lake Simcoe. Two loops, each 30km on a mix of gravel and paved roads, can be joined to make a longer 55km ride. Both journey into town on Main Street, where cyclists can visit Shortis Cafe Bar for refreshments or the Beaver River Museum and its historic buildings, including an old stone jail. bit.ly/cyclingindurham



The **Highland Hustle West** is a 114km route that can be started along the Great Lakes Waterfront

Trail in Whitby or Oshawa, for easy GO Train access, or at any point on the loop that also features the Greenbelt Cycling Route. On the northern section stop at White Feather Country Store or bicycle friendly Tyrone Mills for warm apple cinnamon donuts, or take an ice cream break in Enniskillen. A variety of accommodations, hotels and B&Bs, can be found along the way to stretch the ride out and do the full 195km loop over two days, following a signed connection from Newcastle. bit.ly/highland-hustle

so much to explore



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waterfront, the Malden Park mountain bike trails,
Ganatchio Trail, Little River Corridor Trail,
the 42.5 km Windsor Loop, and over 2,520 acres of greenspace.**



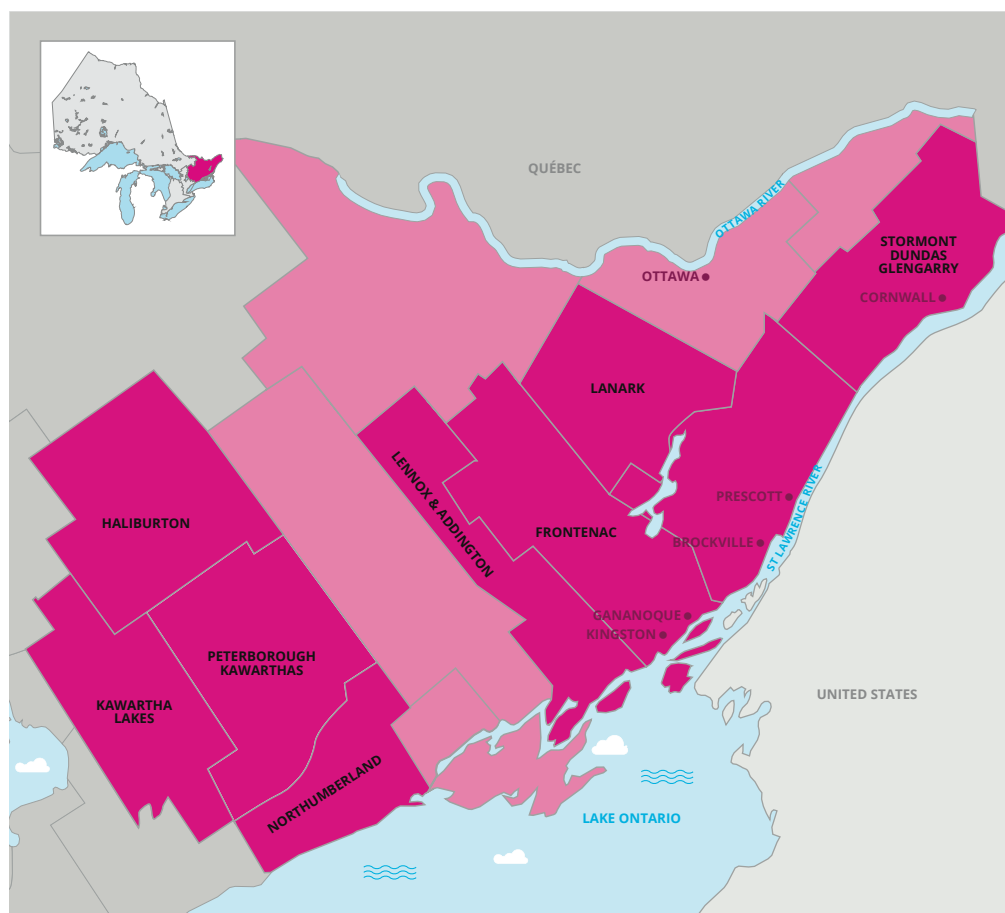
EASTERN ONTARIO


NORTHUMBERLAND COUNTY

 Northumberland County, 100km east of Toronto, is one of Ontario's hidden paradises for road cycling. Find rolling hills through Ontario's Greenbelt, glorious views of Lake Ontario, unique rural businesses and some of the province's oldest towns. The 30km on-road **Glorious Ganaraska** route starts in Port Hope - ride west along Lakeshore Road with views of Lake Ontario, head north into the rolling Northumberland hills and pedal along the Ganaraska River before returning back to Port Hope for a refreshment. Check out the 80km Highland Hustle East route for a longer and more challenging ride. bit.ly/highland-hustle & northumberlandtourism.com/cycling

KAWARTHA LAKES

 The 64km **Emily Route** is a versatile loop with relatively low elevation, plus many offshoots and ride options that will make for a scenic day tour, with connections to Peterborough and Northumberland County. Start in Lindsay, Omemee or Emily Provincial Park to ride on country roads and discover the southern end of Pigeon Lake, one of the quintessential Kawartha Lakes, also a part of the Trent Severn Waterway. If you feel like





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


hopping off the quiet country roads onto traffic-free trails, this loop intersects with the Kawartha Trans Canada Trail and Victoria Trail at various places, a total of eight times. kawarthasnorthumberland.ca/cycling & bit.ly/kawarthalakelakes

PETERBOROUGH & COUNTY

 You could spend days exploring **Peterborough's many trails**, leading out of the city in different directions. Pedal west out through a tree tunnel of cedars beside the babbling Jackson Creek, 14km to iconic Doube's Trestle Bridge (check current status, as the bridge was closed temporarily due to a fire in 2024). Cycle north along the Otonabee River on the Rotary Greenway Trail to architectural marvel Trent University, continuing north to the lockside village of Lakefield, 15km one-way. Or head east around Little Lake, past the new Canadian Canoe Museum, and explore the city's eastern countryside on the Lang-Hastings Trail. ontariobybike.ca/peterboroughkawarthas

HALIBURTON HIGHLANDS

 The **Haliburton County Rail Trail** stretches 32km from Haliburton village to Kinmount. This multi-use trail with multiple access points to start, park and ride, makes it easy to set a distance that best suits your ride style. If starting in the village of Haliburton make the most of the cafes, shops, patios and the pretty lakeside park. Along the way find many places to stop for quiet contemplation including Ritchie Falls, the bridge just north of Gelert and the beautiful little lake south of Geeza Road. To satisfy your sweet tooth pull over in Donald at the Little Tart Bakery, a small seasonal bakery serving 'Ooey Gooley Butter Tarts' and more. bit.ly/myhhgravelroutes

 There are a number of epic rides in Haliburton that are suited for multi-day gravel adventurers and navigable for free on Ride with GPS. Try the **Haliburton Highlands Big Loop**, a 284km challenge with 3,500 metres of climbing. Easily broken in two with



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**GANANOQUE
& THE 1000
ISLANDS**

Make Gananoque your base for exploring the 37km paved 1000 Islands Parkway Trail with picturesque waterfront parks, boat tours and a historic downtown filled with restaurants, shops and accommodations.



124km and 160km loops that cross in Haliburton village, the northern loop pushes deep into Algonquin Park, and the southern part goes as far south as Gooderham and Kinmount. Similar, but longer is the **'Over the Loon'** route, by BT700 creators which can be found in Bikepacking Ontario archives. Self-reliance is a must further north, as some areas are remote with limited cell coverage. bikepackingontario.com

LENNOX & ADDINGTON COUNTY

 The hamlet of Flinton in the Addington Highlands, 30km south of Bon Echo Provincial Park, is home to 10km of mountain bike trails and logging roads at the **Lennox & Addington Forest Trails**. Mountain bikers will enjoy bermed curves, built structures and elevation that incorporates the natural terrain of the forest, through a beautiful 120 acres of tall pines and Canadian Shield. Starting winter 2025, the trails will be groomed for non-motorized winter use, including fat biking. For off-road enthusiasts, keep an eye out for a



Beach Street Station
Goderich

Baranga's on the Beach
Hamilton

Silver Bean Cafe
Peterborough


Cafe sur la Rive
Plantagenet

Buoys Eatery
Gore Bay,
Manitoulin Island


County-organized mountain bike and gravel event coming this fall, October 4. naturallyla.ca/cycling

 Lennox & Addington County, just west of Kingston, is emerging as a haven for **gravel and backroads cycling**. Naturally L&A has launched their Backroads collection, primarily gravel road loops, and 2025 will be the second season of their successful Gravel Ride event, scheduled for June 7. From this route collection, take the ferry to Amherst Island and ride the 33km Island Loop, traversing quiet single-lane gravel roads next to the water's edge, through rolling farmland and Irish dry-stone walls. Grab a meal or snack at community-run Back Kitchen. naturallyla.ca/cycling

FRONTENAC COUNTY

 Significant improvements have been made on the **northern section of the K&P Trail** from Clarendon Station to the Mississippi River. Ride this 8km of new smooth gravel through the rocks and

wetlands of the Canadian Shield, or head south 13km to Sharbot Lake. Book a stay at the old, but newly renovated, Clarendon train station, with three bedrooms, this unique accommodation is perfect for groups. At Mississippi Station, exit the trail on Gully Road for a short detour to Back Forty Artisan Cheese where you'll want to take an extended break to sample their farm goods and enjoy wood-fired pizzas on the licensed lakeside patio. kptrail.ca

 With the rideable stone dust sections of the **K&P Trail** now clocking in at 98km from Kingston to the Mississippi River, this trail along former rail lines can be ridden out and back, or as part of a longer venture through this beautiful area, a part of the Frontenac Arch Biosphere. Not far off the trail in Tichborne or Verona, or directly from Parham, try the 80km mostly gravel loop that circles the four pristine Depot Lakes and conservation area. Find this route and more, a part of the extensive route library on ridegravel.ca



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Manitoulin Island Cycling Advocates

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BIKING
DESTINATION**




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KINGSTON

 Once the capital of Canada and one of the oldest cities, situated on Lake Ontario and at the mouth of the Cataraqui and St. Lawrence rivers, Kingston, also known as the 'Limestone City' has a grand heritage to explore. This lively city is home to many students and has a thriving downtown core, with shopping and restaurants galore. The city's best extended off-road trail, the K&P Trail, starts in Doug Fluhrer Park in the Inner Harbour. Follow the trail and bike lanes for 12km to the Highway 401 underpass, then continue on through fields, trees and rock cuts. Alternately, park at the Invista Centre, or McIvor Road trailhead, and ride to the city centre.
visitkingston.ca/cycling

 The North Kingston to Inverary 47km looped cycling route, can be started from a number of K&P Trail parking access

points north of Highway 401 (McIvor and Burwell Roads, or Glenvale Station). A favourite ride for local road cyclists, pedal along quieter paved roads and skirt northwards to the small community of Inverary. Be sure to stop where you are likely to find other roadies, at the Cookery in Inverary to sample their delicious home baked goods, or fresh ready-made take-out meals to enjoy on the patio before returning towards the big city, Kingston.
bit.ly/kingstoninverary

GANANOQUE & 1000 ISLANDS

Ideally situated at the mid-point of the 80km stretch of islands scattered in the mouth of the St. Lawrence River, equally American and Canadian, Gananoque is a perfect base for exploring the 1000 Islands in Ontario. Visit the shops along King Street East, ride around the waterfront and dockside area, stop at

the 1000 Islands History Museum or Boat Museum next door. After all the adventures of the day, take your pick of accommodations, enjoy a meal on a patio and an evening performance at the stunning playhouse overlooking the river. There are many ways to explore the town, islands and river – on foot, boat, kayak and of course bicycle. 1000islandstourism.com

 Just to the east of Gananoque, a short ride to the end of the main street or from the trailhead parking lot, saddle up for a day along the **1000 Islands Parkway**, a separated paved bike path 37km in length. You might not get far, nor want to, as there are countless lookouts, parks and beaches to pull over at for spectacular views of the famed island chain. Pack a picnic and make the most of it, or go the distance towards Butternut Bay, where the trail ends and the 10km roadside connection to Brockville begins. bit.ly/1000islandsride

**44.482220 N,
-76.694536 W**
VERONA

Ride the K&P Trail from trailhead parking in the small village of Verona any distance you choose, or 40km south to Kingston and 35km north to Sharbot Lake.



**EXPERIENCE
BRAMPTON**

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Trails | Parks | Lakes |
Conservation Areas | Forests



brampton.ca/cycling







44.839802 N, -78.631617 W

HALIBURTON HIGHLANDS

The 35km Haliburton County Rail Trail between Haliburton and Kinmount, also featured on several regional gravel routes, passes alongside forests, rivers, waterfalls and wetlands and has six beautiful stone benches enroute.

BROCKVILLE & 1000 ISLANDS

 From Brockville, to access the **1000 Islands Parkway** recreational trail, head west to start from designated parking areas at Butternut Bay, or try Brown's Bay and beach area. After the day along the Parkway waterfront, take an easy jaunt following the **Brock Trail** in town as it meanders alongside Buell's Creek, 13km return. Near the marina and Blockhouse Island park, don't miss the free-entry Brockville Railway Tunnel, for a 500 metre stroll and accompanying lightshow under the city. If you are arriving without a bike, try a rental from 1000 Islands Cyclery. brockvilletourism.com

 For the more experienced rider, explore the area east of Brockville, following the **Great Lakes Waterfront Trail** 60km each way on roads and paved shoulders to Morrisburg, and be sure to check out the ports of call along the way: Prescott, Cardinal and Iroquois. If

interested in a multi-sport adventure check out the Thousand Islands Triathlon, Duathlon & Run hosted annually every August. With Try-Tri distances an option, the event offers participants the chance to run through Canada's oldest railway tunnel, plus swim and bike along the scenic waterfront area. bit.ly/tri1000islands


PRESCOTT

The town of Prescott is located on the St. Lawrence River shoreline just east of the 1000 Islands and 90km by bike west of Cornwall. Prescott is a growing hub for cyclists as they make their way along the Great Lakes Waterfront Trail with a number of bike repair stations about town, and a variety of bicycle friendly accommodations. Time your visit to coincide with **Prescott Pop-Ups**, open every Thursday to Sunday in the summer, for a unique experience with colourful cabins selling original goods and a vibrant street festival

scene. Also on-site, find kayak and SUP rentals and the ArBru brewery pop-up in the park. exploreprescott.ca

 Each time we have hosted the **1000 Islands & St. Lawrence River Ontario By Bike Ride** we have made a point to stop and linger in Prescott. It's never too early for ice creams and more on the patio at Katarina's Coffee Shop, 2023 best bicycle friendly business award winner. With the beach and park just metres away, it's a tempting stop on a hot sunny day. Riding east out of town there are a number of interesting stops: Fort Wellington, Battle of the Windmill historic site and King's Lock Distillery. And west of Prescott, the little wee Blue Church makes an interesting backdrop for photos. ontariobybike.ca/itineraries

SDG COUNTIES

 The 40km paved stretch of the Great Lakes Waterfront Trail



THE EVENTS EASTERN ONTARIO

April

Almonte Paris-Roubaix
Mississippi Mills

May

Melrose Gravel Tour
Tyendinaga

Clarence Rockland Classic
Ottawa

June

Naturally L&A Gravel Ride
Centreville

Ride the River
Brockville

Trail Jam
Prince Edward County

Rideau Lakes Tour
Ottawa to Kingston

August

Log Driver's Waltz
Almonte

MS Bike
Ottawa-Brockville

Kawartha Classic Cycling Tour
Lindsay

September

Discover L&A Ride
Adolphustown

1000 Islands Gran Fondo
Kingston

November

Candy Burner Ride
Carleton Place

More at ontariobybike.ca/events

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Change gears and experience Manitoulin Island by bike. Discover the world's largest island in a freshwater lake. Explore over 100 lakes and 850 kilometres of detailed bike routes. Breathe-in the pristine wilderness, rolling landscapes, and stunning turquoise waters. Take the Chi-Cheemaun passenger and vehicle ferry between Tobermory and Manitoulin Island. Spur-of-the-moment ferry reservations for walk-ons and bikes are welcomed.



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Tobermory, ON | Manitoulin Island, ON
ontarioferries.com | 1.800.265.3163



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ontarioferries.com | 1.800.661.2220

from Upper Canada Village east to the city of Cornwall tops many lists as one of the best waterside trail rides in the province. A highlight of this spectacular ride is the 10km from Upper Canada Village to the Upper Canada Migratory Bird Sanctuary, home to over 200 bird species, including swans, woodpeckers, juncos and many more. Riding the **Upper Canada Island Hopper** route, cyclists travel over bridges connecting islands, boardwalks and winding forests paths. Book ahead and stay at a waterfront campsite on the Long Sault Parkway.

whereontariobegan.ca/cycling



With two route versions and ride distances of 24km and 45km, **Wood and Stone** is a great route for cyclists looking to discover some of SDG Counties' breweries and vineyards and enjoy the area's relatively flat and quiet country roads. This route begins just west of the Quebec border at Wood Brothers Brewing Co., a small-batch brewery on 65 rolling acres, and passes by the Stone House Vineyard, a small family winery with an incredible history, before looping back to the start point. Check out this route and more, part of the SDG-Cornwall Adventure Club collection.

whereontariobegan.ca



THE FACTS E-BIKE'S RISE IN POPULARITY

60%

of riders
estimated to be
using e-bikes
when booking
with major bike
tour operators

5%

estimated share
of bike market
in Canada, 7.5%
estimated annual
sales growth

22%

of Ontario cyclists
own one or more
e-bikes in their
household, 17%
are considering
purchasing one in
the future



Long Sault Parkway

CORNWALL

The Cornwall Civic Complex at Lamoureux Park, with free parking and right next to downtown, is the perfect starting point for a waterfront trail adventure on the 18km paved **Riverside Trail**. Heading west, cyclists are treated to water views on both sides, pedalling along with the St. Lawrence River on one side and the Cornwall Canal on the other. Cycle over and under scenic bridges, marvel at the R.H. Saunders Generating Station and don't miss a detour through the trails in waterfront Guidon Park. Rurban Brewing is a short ways off the trail on Cumberland Street, or return downtown for a post-ride meal or snack.

ontariobybike.ca/cornwallriverside



Just east of Cornwall, ride the 42km **Tour de Lancasters**, a paved road ride from the SDG-Cornwall Adventure Club Route Collection, a regional library of cycle touring routes. Beginning from the town of Lancaster, this is a great route for someone looking for a longer distance bike ride with smooth paved roads, easy directions to follow and places to stop along the way. At the 25km mark, don't miss the impressive ruins of St. Michael's Catholic Church, one of the earliest Roman Catholic Churches in English Canada. At the ride's end, head for pizza at the South Glangarry Restaurant.

whereontariobegan.ca/cycling

LANARK COUNTY

Discover **Lanark County's rail trails** based from Carleton Place, a charming historic river town and trail hub, just west of Ottawa. Rent a bike at the visitor centre and follow the Ottawa Valley Recreation Trail north to Almonte/Mississippi Mills, stopping for coffee, treats and visit to the Textile Museum. Return by trail for a 24km ride or continue on to Pakenham for a picnic lunch on the banks of the river, then returning to Carleton Place for a total of 50km. Back in town enjoy a delicious array of cafes, dining and brewery options. Check out our Ontario By Bike Lanark Trail Tour itinerary for inspiration.

ontariobybike.ca/itineraries



Cycle MORE is a new 200km cycling itinerary through eastern Ontario that leads adventure seekers on gravel trails and backroads alongside the Ottawa and Mississippi Rivers. Experience a scenic pedal from Parliament Hill along the Ottawa River Parkway onto the Trans Canada Trail to the picturesque riverside towns of Carleton Place, Almonte and Pakenham. Pedal northeast back to the Ottawa River, looping through Ottawa's western rural communities and into the greenbelt of the nation's capital. For more Lanark County gravel fun, check out the Log Driver's Waltz Grand Depart on August 23 or the Candy Burner Ride on November 1.

cycle-more.com



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Map labels include: Nipigon, Schreiber, Terrace Bay, Marathon, White River, Wawa, Sault Ste. Marie, Blind River, Espanola, Sudbury, Manitoulin Island, Georgian Bay, Waaseyaagami-wiikwed, Parry Sound, Tobermory, Lake Huron, Naadowewi-gichigami, Owen Sound, Simcoe County, Point Clark, Toronto, Burlington, Port Dover, Sarnia, Essex, Lake Erie, Waabishkiigoo-gichigami, Port Colborne, Port Erie, Niagara Falls, Niagara-on-the-Lake, Whitby, Port Hope, Lake Ontario, Niigani-gichigami, Picton, Kingston, Brockville, Cornwall, South Glengarry.


Great Lakes Waterfront Trail


30 YEARS PROTECT CONNECT CELEBRATE

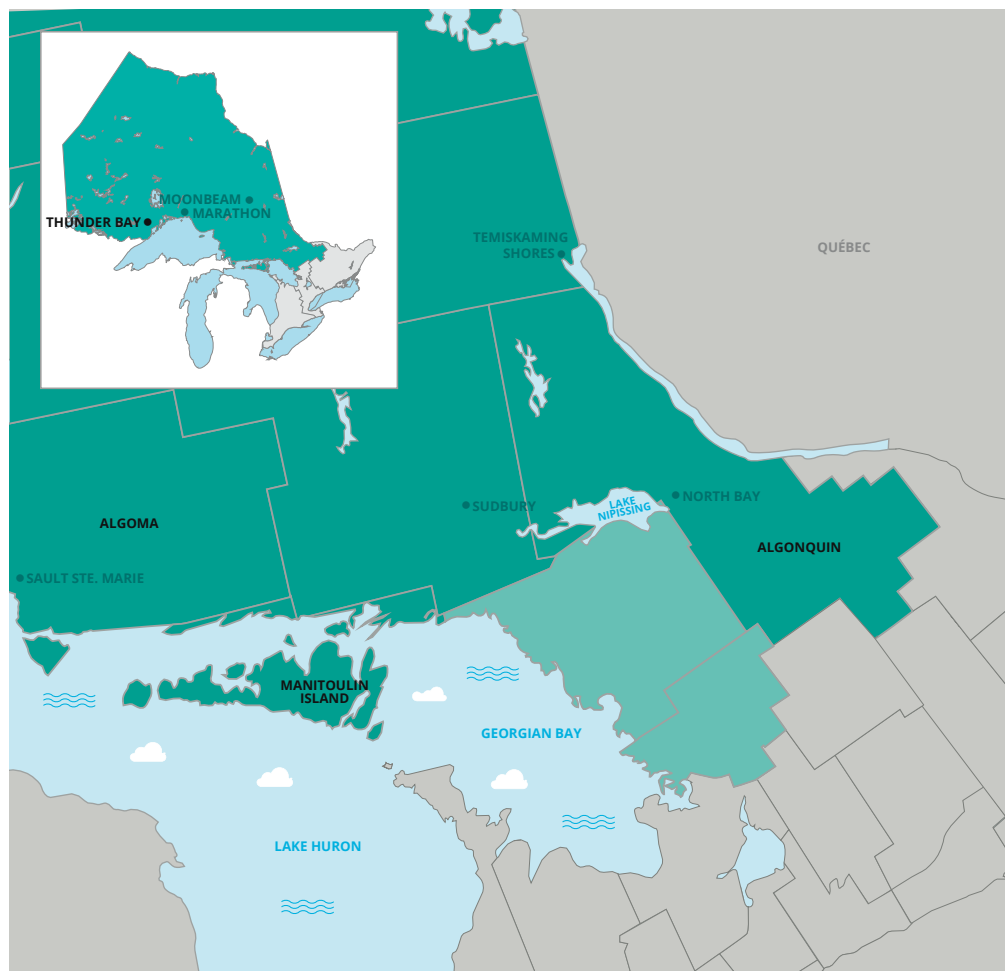
A legacy project led by the Waterfront Regeneration Trust and waterfront communities to renew our relationship to the Great Lakes and St. Lawrence River.

NORTHERN ONTARIO

THUNDER BAY

 Northeast of the city centre, hop on a bike to tour the parkland surrounding **Boulevard Lake**. This reservoir lake created over 100 years ago is a perfect way to experience the best of the many recreational activities in Thunder Bay. Ride the easy 5km loop around the lake, stop at the butterfly garden, throw a round of disc golf and picnic lakeside. From the pedestrian and bike bridge at the bottom end of the lake, marvel at the water cascading over the rocky spillway flowing into Lake Superior. At the north end of the lake, enjoy views of the Sleeping Giant silhouette from the bluff. Following the Trans Canada Trail under the highway, ride into Centennial Park, and onwards to access a wide range of mountain bike trails in Trowbridge Forest. bit.ly/tbaybike

 Hosting the Canadian cross-country marathon mountain biking (XCM) championships in 2024 and again in 2025 **Trowbridge Forest** has put this growing and ever-improving trail system on the pro's radar. Locals and visitors who ride the 30km of single track and 25km




of double track year-round trails (open also for winter fat biking), will heartily agree that Thunder Bay has some of the top mountain biking trails in the province. blacksheepmtb.com


MARATHON

 There are still a number of years of development ahead as the Great Lakes Waterfront Trail continues to be built out along Lake Superior, 360km from Sault Ste. Marie to Pigeon River, the U.S. border to Minnesota. The eventual route will include experiences in 10 northern Ontario communities, five of which already have shorter **drive-and-ride cycling itineraries** available. Explore the shores of Lake Superior in Marathon on two suggested routes that go from the rugged Pebble Beach to Penn Lake, or to sandy Carden Cove Beach, 7km and 13km respectively. This small community, not far from Pukaskwa National Park, has roofed accommodation, plus a selection of camping options. bit.ly/wtsuperior

MOONBEAM

 If you find yourself driving across our vast province taking the northern route, Highway 11, there are a number of worthy stops to stretch your legs and pedal a few kilometres. After an obvious stop in New Liskeard to pedal smooth town trails along Lake Temiskaming shores, next on your radar should be Moonbeam. With its alluring name, this small community, with ample spots for tents and RVs at Twin Lakes Camping, has several trails suitable for mountain bikes including the **Three Lake, Nursery or Bonner Loops** plus the Ski Hill Trail – all rated for intermediate to expert level riders. bit.ly/cyclingtshores & bit.ly/moonbeamtrails

MANITOULIN ISLAND

 Getting to Manitoulin Island, the world's largest freshwater island, is a breeze either from the south and tip of the Bruce Peninsula on a relaxing two hour journey



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



Thunder Bay



aboard the bicycle friendly **MS Chi-Cheemaun ferry**, or the north via a bridge crossing. If taking the ferry, walk-ons for small cycling groups are welcome, larger groups (>20) can be accommodated better with reservations. The ferry sails multiple times daily, May to October. There are now e-bike rentals at both ferry terminals, in Tobermory from West Lake E-Bikes and a limited number on Manitoulin Island, if booking an Alvar Cycle Adventure Tour or on the annual Passage Ride. ontarioferries.com

 There are some incredible tours, both organized and self-guided to assist you in exploring beautiful Manitoulin Island. Register early for the 2025 **Manitoulin Passage Ride**, June 7 and 8, for a group cycling weekend with ride support, meals and a Saturday night dance. For a longer five-day stay and with four dates to choose from, the **Alvar Cycle Adventure Tour** offers an intimate guided experience cycling the island's sparkling inland lakes, and immersing yourself in the settler and indigenous history on the island. For independent



THE EVENTS NORTHERN ONTARIO

March
**Beaver Freezer
Marathon**
Sault Ste. Marie

May
**Red Rock Gravel
Grinder**
Sault Ste. Marie

Spin the Lakes
Huntsville

June
**Myeloma Canada
Ride**
Sudbury

**Manitoulin
Passage Ride**
Manitoulin Island

July
**Wilderness
Traverse**
Sudbury

August
Voyageur 200
North Bay

**Canadian
XCM MTB
Championships**
Thunder Bay

Northern Pass
Bracebridge


September
Alvar Cycle Tour
Manitoulin Island

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

travellers, use the **MODEM** app for an immersive guided audio tour of island's sites.
manitoulincycling.com

NORTH BAY

 With six different trail networks covering nearly 60km of trails, North Bay is a destination mountain biking hub and only a four hour drive from either Toronto or Ottawa. At the **Tree Towers Trail Network** ride fast and twisting trails built on the dramatic terrain of the Canadian Shield. Reach out to the North Bay MTB Association for a tour. **Laurentian Escarpment Conservation Area** offers incredible views of North Bay and Lake Nipissing with a range of trails, quick climbs and flowy descents. North Bay also has a growing arts and culinary scene to enjoy, top notch craft brewers and bike friendly accommodations. bit.ly/northbaymtb

 Discover the endless gravel in the North Bay area riding the **Voyageur 200**. This full-day gravel event is back for its third year with 60, 100 and 200km distances. Expect rugged terrain, unmatched scenery and all the beautiful lakes, rocks, trees, streams and wildlife you can ask for. The full 200km route traverses single track trails, logging roads, crosses the Mattawa River and returns on one big loop back to North Bay. Spend the weekend or a week and discover what the 'Gateway to the North' has to offer. Look out for the 2025 date at thevoyageur200.ca

PHOTOGRAPH FROM ONTARIO BY BIKE RIDE 2023

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JUNE
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AUGUST
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 MAPS AND ITINERARIES



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EXPLORING LAKE ERIE – ALL RIVERS FLOW DOWNHILL

Last summer, Emily travelled from her home in Kitchener to Lake Erie on a 287km four-day, three-night cycling adventure on a mix of paved and gravel roads and rail trails.



No cars passed me for over an hour and I had an almost constant view of the Grand River as I made my way past farms and forests...

DAY 1 – 138KM – KITCHENER TO ROCK POINT PROVINCIAL PARK ON LAKE ERIE

My first day was mostly downhill from Kitchener, passing through Ayr, Paris and onto the SC Johnson Trail to Brantford, with beautiful scenery along the Grand River. Cycling through Six Nations of the Grand River yielded quiet and peaceful roads. Just past Cayuga, I took River Road, an unpaved quiet country road and my favourite part of the ride. No cars passed me for over an hour and I had an almost constant view of the river as I made my way past farms and forests, towards Byng. The entire tour had only 20% gravel roads and I had no issues with my 28mm tires. In Dunnville I had fantastic jambalaya and a chicken sandwich at Debb's Cuisine. Finally, I reached Lake Erie, ending my day camping at Rock Point Provincial Park.

DAY 2 – 40KM – ROCK POINT PROVINCIAL PARK TO SELKIRK PROVINCIAL PARK

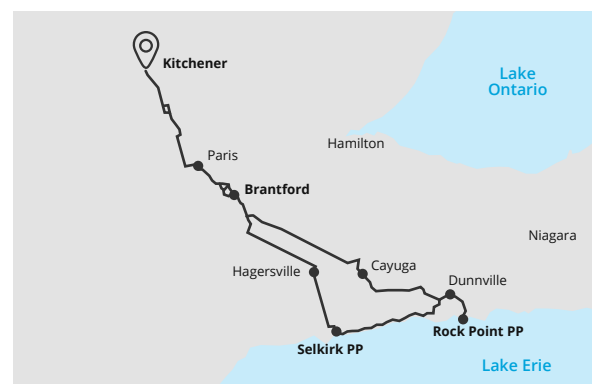
The next day I had a rainy morning exploring Rock Point's walking trails and famous beach fossils. The park has trails to various lookouts and access to the pebble beach on Lake Erie. The rest of the day was spent on a sunny ride along Lakeshore Road to Selkirk Provincial Park past many beautiful communities and RV parks along the Lake Erie shoreline. I also loved seeing many cormorants sunning themselves on the trees and rocks in the area. The ride from Rock Point to Selkirk this day was only about 40km and made for a lovely and relaxing ride.

DAYS 3 & 4 – 60KM & 48KM – SELKIRK PROVINCIAL PARK TO BRANT CONSERVATION AREA & RETURN TO KITCHENER

After a night in Selkirk, I started the ride home, passed through Hagersville, and had a final night at Brant Conservation Area. On the final foggy morning, as I crossed Brant's Crossing Bridge in Brantford, I spotted a deer and beaver along the Grand River, signalling good luck to the end of my adventure.

Exploring by bike has allowed me to become more connected to the routes, trails and natural areas I live close to. We are so lucky to have so many lovely farms, communities and small towns in Ontario which I hope to explore more for years to come!

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





WHICHEVER PATH YOU PEDAL

There are hilly ones. Swervy ones.
Paved & graded gravel ones.
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Ride the 55-km Niagara River Trail from Lake Ontario to Lake Erie.

Catch a Lake Ontario sunset at Ryerson Park.

Unwind in one of our charming hotels or B&B's and explore the Old-Town.

Niagara-on-the-Lake's vineyard lined rural roads, cycling routes, trails and iconic Niagara River Parkway aren't the only reason it's become a go-to destination for cyclists of all stripes. Charming hotels and B&B's, bike-friendly wineries, craft breweries, restaurants, shops, and historic sites all offer endless options for interesting stops along the way. Whether you bring a bike and explore on your own or rent your ride and let a local guide lead the way, a Niagara-on-the-Lake cycling getaway delivers so much more than a picture-perfect pedal.



niagaraonthelake.com