

Hello Fellow Riders

So, let's talk about the trails that we ride on as a club. There are many converted rail trails in the Greater Toronto Hamilton Area. As they are rail trails, they are mainly flat, mostly hard packed gravel & some paved trails. Here's a brief overview of these trails, grouped by geographic area. For more detailed information, check this website: <https://www.ontariobybike.ca/>

Rail trails in the Hamilton/Burlington area:

- **Hamilton-Brantford-Cambridge Rail Trail:** starting in the Westdale area of Hamilton through Brantford & Paris to Cambridge for a total distance of 80 km on a hard-packed gravel trail. HOC cycles this trail in many smaller sections during our season. **Of note:** The beginning of the trail from Hamilton to just before Jerseyville (approx 13 km) is a steady climb of 240 metres up the Escarpment!
- **Brantford-Port Dover along the TH&B, LE&N, Lyn Valley & Waterford Heritage Trails:** starting at the Civic Centre in Brantford, a 46 km ride to Port Dover running through Waterford & Simcoe. Paved at the beginning & changing to hard-packed gravel at Norfolk County. Again, HOC cycles this trail in many sections over the season. **Of note:** A really fun ride is from Simcoe/Waterford to Port Dover, an approximately 60 km round trip. Lunch is always on the beach in Port Dover & includes a fish dinner & sometimes ice cream!
- **Chippewa Trail:** an approximate 20 km trail running through industrial Hamilton, by the Kilman Zoo on hard-packed gravel along quieter roads to the Grand River in Caledonia. **Of Note:** Spotted several years ago on the last ride of the season, a lion sunning itself as we rode by the Zoo!
- **Centennial Bikeway through Burlington & onto the Waterfront trail over the lift bridge into Hamilton:** an approximate 20 km paved trail running through Burlington. A great way to start your cycling season but go in the early morning before it's too busy. **Of Note:** Traditionally our first ride of the season, a shorter distance to condition us for longer rides

Rail trails in the Mississauga/Oakville area:

- **Caledon Trail:** running 39 km from Terra Cotta through to Tottenham, hard-packed gravel trail, traveling over the Oak Ridge Moraine. **Of Note:** a stop at the Four Corner Bakery in Caledon East for a snack &/or gelato!
- **Elora Cataract Trail:** a 47 km hard-packed gravel trail linking the Credit Valley watershed to the Grand River watershed. **Of Note:** butter tarts in

Belwood & the spring lilacs & fall colours on the ride to the Forks of the Credit!

- **North Oakville Trails:** 20 or more km for more adventurous riders, more ups and downs, rougher gravel through the many valleys & hidden areas around North Oakville from Bronte to Joshua Creek. **Of Note:** a weekly Friday night ride, a perfect start to the weekend!
- **Martin Goodman Trail:** a paved, 22 km trail running along the Toronto waterfront out to Tommy Thompson Park or out to the Beaches. **Of Note:** We do the ride to Tommy Thompson Park at the end of the season when downtown Toronto is less busy & provides a spectacular view of Toronto! We go to the Beaches during the week in the busier Spring/Summer seasons.
- **Humber River trail:** a 50 km paved trail, runs from Lake Ontario to Rowntree Park. Lovely ride in the middle of a big city, some hills. The shorter rides start off Albion Road while the longer 50 km ride starts at Lake Ontario. **Of Note:** Lunch in Rowntree Park, deer sighting possible!
- **Port Credit to Sunnyside along the Waterfront trail:** approximately 20 km paved trail running along Lake Ontario. **Of Note:** Lunch break at Sunnyside Park, lovely views of Lake Ontario!

Trails in the Niagara Area:

- **Friendship Trail:** a 24 km trail from Fort Erie to Port Colborne, paved & flat, running along Lake Erie, through farmland & quiet villages. Part of the Great Niagara Circle Route. **Of Note:** Great views of Buffalo & crosses the Welland Canal!
- **Fort Erie to Niagara Falls:** a 25 km paved route along the Niagara River to Niagara Falls. **Of Note:** a War of 1812 battlefield, the Battle of Chippawa & Niagara Falls!
- **Welland Canal Trail:** from St Catharines to Welland, paved with a couple of steep hills, an approximate 25 km ride right along the Canal. **Of Note:** Many ships on the Canal as well as the St Catharines Museum & Welland Canals Centre at Lock 3!
- **Niagara on the Lake to Whirlpool Falls along the Niagara Parkway:** a 20 km paved ride along the Parkway, a long climb up to the Brock Monument. **Of Note:** A Fall ride & lunch at a winery at the end of the ride!

For those who prefer more urban rides, we are now offering these rides:

- **Waterdown to Carlisle:** a 35km ride from Waterdown to Carlisle along paved, country roads, a hilly/challenging ride with some railway crossings. **Of Note:** includes a stop at the bakery/variety store in Carlisle.
- **LaSalle Park to Hamilton:** a 35km ride starting at LaSalle Park in Burlington along streets with bike lanes to the Harbourfront Trail in Hamilton. **Of Note:** includes a stop at Williams café by Hamilton Yacht Club.
- **Oakville Roadways:** a 20km ride from the Oakville lakeshore to North Oakville along paved paths & on-road cycling lanes. **Of Note:** coffee stop/ lunch afterwards in Bronte.
- **Carlisle to Campbellville:** a 35km ride from Carlisle to Campbellville along quiet roads, with some hills & railway crossings. **Of Note:** a stop at the Trail Eatery in Campbellville before our ride back to Carlisle.
- **South Mississauga Trails:** a 20-25km ride along paved trails & quiet roads in Mississauga. **Of Note:** ride followed by lunch at a local restaurant.
- **Tour de West Flamborough:** a 40km ride through West Flamborough on rolling, paved country roads, with some hills. **Of Note:** lunch at the Dutch Mills Country Market.
- **Tour de Burlington:** a 35km ride along multi-use trails, bike lanes with a few hills, roads crossings & a couple of short side roads. **Of Note:** coffee stop in downtown Burlington.