



**Sunday July 5, 2009**

**Is Family Day on the Waterfront Trail**

**60 km and 4 communities**

**Registration limited to 40 participants  
Adults \$25; Children (recommended  
for kids 9 and up) \$10**

**Itinerary**

**Launch:** Participants welcomed at the GO station. Volunteer guides lead ride to the Waterfront Trail.

**Rest Stops**

**Burlington “Butt Break”**

**Oakville Rest Stop at Lakeside Park**

Free bike check-up, music by Halton Youth Symphony, Yoga, free tours & lawn games at Oakville Museum. Water by Water Depot.

**Lunch in Port Credit, Mississauga**

Served by the Port Credit BIA. \$10-\$12

**Finish at Fort York:** Arrive inside the walls of one of Canada’s premier 1812 historical sites.

**Ontario Place** welcomes Family Adventurers with a free pass to this incredible water attraction. Loads of lakeside dining and entertainment, water park fun, movies on the giant cinesphere to enjoy! Leave your bike at the Fort. \$12 -\$16 pp for dinner.

**Included in family option:**

- 1 day of fully supported riding—mechanical, navigational, motivational, first aid. Support shuttles drive the weary to next rest stop if needed.
- Warm welcome and enthusiastic cheering by community hosts
- Day passes for Ontario Place
- Commemorative GWTA T-shirt

**Not included:**

- Lunch
- GO Train tickets

**Why is this ride ideal for families?**

- GO train access to start and finish
- Great introduction into both the Waterfront Trail & the Adventure
- Supported by GWTA volunteers & support vehicle on route
- Safely defined cycling route
- Travel at your own pace
- Ontario Place day passes
- Mostly off-road with beautiful parks and waterfront views
- Sense of challenge, accomplishment and camaraderie

**Getting there by GO or car:**

GO Train departs Union Station @ 7:43 am, arrives at Burlington GO Station @ 8:38 am. Space for 30 bikes on morning train. Parking available for those arriving by car at the Burlington GO Station. 2101 Fairview St.

Going Home from Exhibition Place GO Station: Train departs every hour from 6:49 am to 00:49 am.

**Register on-line at  
[www.waterfronttrail.org](http://www.waterfronttrail.org) soon!**

