

## Young Riders and Walking Routes:

### Day One:

#### YOUNG RIDER AND WALKING ROUTES

##### KM

0	<b>Fort George National Historic Park</b> There are 4 km of paved off road trails around Fort George and Paradise Grove Park for the younger cyclists to safely ride. Parking is available at Fort George on Byron St as can be seen on map 1-1. <a href="#">Website / Map 1-01</a>
17.5	<b>Malcolmson Eco Park</b> The 4.6 km ride from the Eco Park to Belmont Park is mainly off road and suitable for younger cyclists with parking at Lock One and washrooms at the Municipal Beach. Check out map 1-3 for more information. <a href="#">Website / Map 1-03</a>

Check out more family friendly Tastes of the Trail in St. Catharine's at:  
[http://www.waterfronttrail.org/wtsk/stcatharines\\_trip.htm](http://www.waterfronttrail.org/wtsk/stcatharines_trip.htm)

### Day Five:

#### YOUNG RIDER AND WALKING ROUTES

##### KM

65	<b>Lemoine Point in Kingston</b> Lemoine Point Conservation Area has beautiful off road cycling trails. There are more than 4.5 km of trail with water views, places to stop for a swim, washrooms, parking, wetlands, and parks. For specific locations view map 6-1 <a href="#">Map 6-1</a>
----	---