



Lake Ontario Waterfront Trail

Trail Maps: *Itineraries*

There's something for everyone along the Canadian shores of Lake Ontario! Whether you bike, jog or walk, you'll be inspired by the 740 kilometers of nature and culture that make up the Lake Ontario Waterfront Trail and Greenway.

*Travel the beautiful
Lake Ontario
Waterfront Trail
and Greenway with
six suggestions for
easy-to-follow
Bicycle Tours*



Lake Ontario Waterfront Trail and Greenway Map

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1 THE GREAT GRAPE TOUR

Niagara-on-the-Lake to Grimsby

- ▶ **Your trip's highlights:** a cornucopia of vineyards, wineries, historic forts and vibrant harbours
- ▶ **Point of departure:** Nelson Park, Niagara-on-the-Lake
- ▶ **Trail runs along:** road shoulders and asphalt trail
- ▶ **Stay over:** Jordan Valley, Lincoln
- ▶ **Destination:** Grimsby's historic St. Elizabeth Pumphouse
- ▶ **Total length of trip:** 70 kilometers



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2 THE LAKEVIEW TOUR

Hamilton to Toronto

- ▶ **Your trip's highlights:** waterfront parks, historic estates, sandy beaches and superb lake views
- ▶ **Point of departure:** Confederation Park, Hamilton
- ▶ **Trail runs along:** paved paths, road shoulders
- ▶ **Stay over:** Oakville
- ▶ **Destination:** Eastern Beaches, Toronto
- ▶ **Total length of trip:** 110 kilometres



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3 THE DAYS-GONE-BY TOUR

Pickering to Port Hope

- **Your trip's highlights:** a glimpse of yesterday in historic towns and expanses of beautiful Ontario countryside.
- **Point of departure:** Petticoat Creek, Pickering
- **Trail runs along:** paved paths and road shoulders
- **Stay over:** Clarington
- **Destination:** Ganaraska River, Port Hope
- **Total length of trip:** 110 kilometres



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4 THE APPLES 'n ANTIQUES TOUR

Cobourg to Quinte West with a side trip to Belleville

- **Your trip's highlights:** a relaxing ride through some of Ontario's scenic countryside, dotted with apple orchards and antique shops
- **Point of departure:** Victoria Park, Cobourg
- **Trail runs along:** paved paths, soft gravel paths, road shoulders
- **Stay over:** Brighton
- **Destination:** Centennial Park, if time permits go on to visit Belleville's Riverfront Trail
- **Total length of trip:** 100 kilometres



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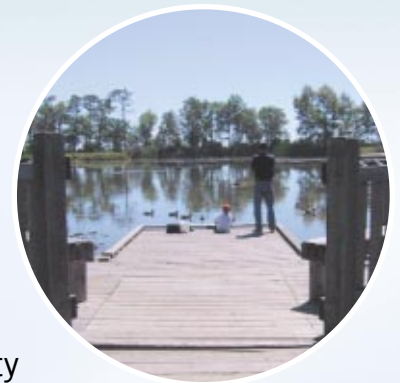
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5 THE LOYALIST TOUR

Prince Edward County to Loyalist

- **Your trip's highlights:** charming & quaint towns and villages, museums, craggy shoreline, picturesque countryside, beautiful harbours, scenic Loyalist Parkway
- **Point of departure:** Carrying Place, Prince Edward County
- **Trail runs along:** road shoulders
- **Stay over:** Picton - on day two take the Glenora Ferry over to the Loyalist Parkway. For the ferry schedule go to www.pec.on.ca/other/location.html.
- **Destination:** Fairfield Water Treatment Plant, Loyalist
- **Total length of trip:** 120 kilometres



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6 THE RIVERROUTE TOUR

Kingston to Brockville

- ▶ **Your trip's highlights:** traveling along St. Lawrence River, local theatres, summer festivals, museums, western gateway to the Thousand Islands.
- ▶ **Point of departure:** Lake Ontario Park, Kingston
- ▶ **Trail runs along:** paved paths and road shoulders
- ▶ **Stay over:** Gananoque
- ▶ **Destination:** Railway Tunnel, Brockville
- ▶ **Total length of trip:** 134 kilometres



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