

REGIONAL NIAGARA BICYCLING COMMITTEE

Niagara Region Bicycling Map

Includes major trails, backroads and natural attractions

www.niagararegion.ca

St. Catharines

PLANNING YOUR BICYCLE EXCURSION

USING THE LEGEND
Planning your family excursion is easy in Niagara with close to 200 kms of paved (solid green) and stone dust (dashed green) multi-use trails, including the popular Niagara River Recreation Trail and Welland Canals Trail. Parking is free and easy in many locations along these two trails. In addition there are three long distance trail systems in Niagara: the Greater Niagara Circle Route, the Lake Ontario Waterfront Trail and the TransCanada Trail.

Note that the busy roads indicated in yellow are a relative, subjective classification. All roads in the experience relatively higher traffic volumes near urban areas. Niagara's popular tourist destinations experience higher traffic volumes during the summer and holiday recreational periods, especially along the Niagara Parkway, the Lake Erie shoreline and on Lakeshore Road along Lake Ontario.

Ngirang is renowned for its exceptional scenery, including the wineries and orchards between Grimsby and Niagara-on-the-Lake, the famous Niagara Falls, Niagara Escarpment, extensive waterfront and other rural areas. Plan rides along roadways and quaint communities that hug Niagara's shorelines along Lake Ontario, Lake Erie, the famous Niagara River, Windfall River, the Windfall Canal Locks or the Pelee Canal in Windsor, and visit the many Conservation Areas.

MULTI-USE TRAIL FACILITIES

Explanatory Note: These trails (marked on map with green numbered flags) all function as non-motorized, multi-use facilities. Parking can be found at trail terminal points or on local roads.

Meritt Trail: Port Dalhousie (St. Catharines) to Allanburg (Thorold), 21 km, mostly unpaved (dotted green line), some roadway sections (solid green line)

Niagara River Recreation Trail: Niagara-on-the-Lake to Fort Erie, 56 km, paved
Set in the Niagara Parks along the scenic Niagara River and Parkway, this meandering side path offers captivating scenery for all users. This trail will take you past historic sites, beautiful garden woodlands, the Niagara Escarpment and the Thunder of the Canadian and American Falls. You will need to use the road through the central portion of the City of Niagara Falls.

Participark Trail: St. Catharines 4.5 km, packed gravel
The trail goes along the west bank of the Twelve Mile Creek valley between downtown St. Catharines to the north and Glendale Avenue to the south. A loop back can be made along the

Waterfront Trail: 49 km, paved and unpaved sections
The 500 km multi-use Waterfront Trail runs along the scenic Canadian shores of Lake Ontario and the St. Lawrence River to Quebec. Through Niagara, you can ride from Niagara-on-the-Lake to Grimsby (including the Jordan Side Loop) and enjoy the vineyards, wineries, historic towns and vibrant harbours. The Trail provides connections to the major trail systems of the Greater Niagara Circle Route and the Niagara River Corridor Trail. It comprises a mixture of off-road paths, residential streets and newly installed lake lines along Regional roads.

Friendship Trail: (TransCanada Trail) Fort Erie to Port Colborne, 24 km, paved
This 3 metre wide, abandoned CN rail trail is mostly flat and lies a short distance north of Lake Ontario.

Wieritt Island Trail: Welland 5 km, paved
Beginning at a parking lot just north of the Welland Water Treatment Plant near Welland's downtown, this unique island trail runs north between the old canal and the Welland River. The trail is free.

Steve Bauer Trail: WEHARD to FORTHE, 6 km, stone chipped & local roads
Beginning in the south near the Weiland River, the trail follows an abandoned rail bed into Forthe. From there, it follows roads through picturesque Forthe until connecting with a tree covered path running behind the houses of several developments. North of RUL 20, it eventually will connect to the Thompson/Forthe Road.

Therold - Fonthill Spur: 9 km, large stone ballast
This is an undeveloped abandoned rail line with a rough surface being difficult to negotiate. The northern terminus is on Beaverdams Road near Mel Swart/Lake Gibson Conservation Park. In Fonthill there is an incomplete link to the Steve Biko Trail which is an extension of the same rail line.

This converted rail line is suitable for mountain bikes. In the south it begins on top of the Escarpment with a southern trail head and small parking lot on York Road, just east of its intersection with Concession 2. The northern trailhead is in the Old Town of Nags-on-the-Lake. John Street east of its intersection with King Street.

Millenium Trail: Niagara Falls: 3 km, paved
This trail runs from Lundy's Lane to McLeod Road alongside the Ontario Power Generation Canal. The trail can be used to access a southerly route to the Niagara Parkway using Dorchester Road.

Decew / Allensburg Trail: Thorold, 6 kms, hard packed gravel
This trail, suitable for mountain bikes, parallels the Decew Waterworks feeder channel and the Decew Falls generating station reservoir. Park at the Laura Secord Historical park on Decew Rd. west of Merriville Hwy. The trail takes you around Lake Gibson out to Merriville Hwy., and crosses under Hwy. 404. www.thorold.ca/leisure/active/active.htm

Welland Canals Trail: Lake Ontario to Lake Erie 42 km, mostly paved.
From St. Catharines at Port Weller this trail is generally three metres wide and flat through most

14 **Gordon Harry Conservation Trail:** 12 km, stone dust
This former Grand Trunk Rail line was developed by the Niagara Peninsula Conservation Authority.

Walland Canals East Side Trail: 18 km, unimproved
This trail parallels the east side of the Canal from Port Colborne north of Hwy 3, to Albion in
Thames. It has one track for off-road motorbikes and snowmobiles and another track for mountain
bikes, horses and equestrians. (Remember to get off trail with either "Mildly, please, no one is here")

George Nicholson Memorial Trail: 3 km, stone dust

Jaycee Park to Rensselaer Trail: 1.5 km, paved

SELECTED ON-ROAD SCENIC BICYCLE RIDES **NEW!**

See reverse side for detailed directions.

See reverse side for detailed directions.

A map snippet showing the location of the hotel. The hotel is marked with a red 'H' icon. It is situated near the Port Erie Race Track & Casino, which is marked with a red 'F' icon. The map also shows a parking area marked with a blue 'P' icon and a bus stop marked with a blue 'B' icon. The map is oriented with North at the top.

Peace Bridge

3

Garrison

U.S. border cyclists use south entrance with permits from Baffin Park area. Canada border cyclists use

A map of Historic Fort Erie, New York. The map shows the fort's perimeter and surrounding streets. A red 'F' icon marks the location of the Fort Erie Public Library. The map also shows the Niagara River and the Buffalo, New York area.

Niagara Region

Map users bear full responsibility for their own
This map has been developed to assist cyclists
choose their recreational and utilitarian routes.

the Region of Niagara. The classification of roads was made in full consultation with experienced cyclists in the Region. Road and traffic conditions may vary from those indicated on the map. For road closures on the roads go to www.niagararegion.ca. This map is not

65 km 70 km

Selected Scenic Bike Rides - Cue Sheets

Niagara on the Lake - Vineyards & Blossoms

This 4.1 km loop takes you through working vineyards and orchards, past five wineries, and by stately Niagara homes along Lake Ontario. The loop provides easy access to the Beaverton Trail, The Windfall Cattle Paths, Niagara River Recreational Trail and the Greater Niagara Cycle Route. Public parking available in lots at King St and Byron St, Fort George, and others.

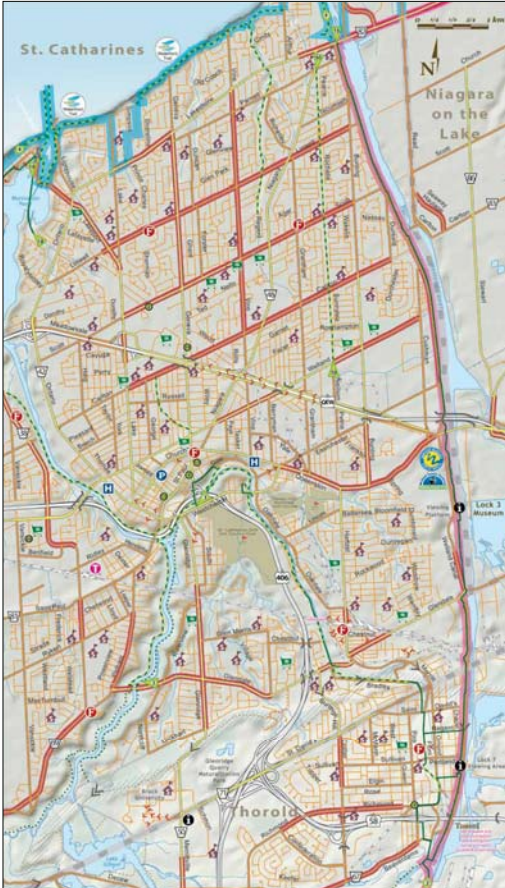
Mileage/direction	Description
0.0 km West	Start from Queen St/Mississauga Rd intersection on Niagara Blvd
0.8 Right	at stop sign
1.4 Bear right	on Shakespeare Ave (not signed)
1.5 Left	on Lakeshore Rd
2.1 Right	on Niven Rd
3.7 Left	on Niagara Stone Rd
5.7 Right	on Hunter Rd
5.9 Right	on Four Mile Creek Rd
8.4 Left	on East & West Line
9.4 Right	on Town Line Rd
12.1 Left	across Niagara Stone Rd onto Concession 7 Rd
16.7 Straight	on Queenston Rd
20.9 Left	on York Rd
24.0 Left	cross Four Mile Creek Rd, stay on York Rd
24.6 Straight	on Concession 3
25.1 Left	on Line 3 Rd
25.8 Right	on Concession 1 Rd
28.0 Left	on Line 3 Rd
33.1 Right	on Niagara Parkway
33.9 Left	on Line 2 Rd
34.8 Left	on Concession 1 Rd
35.6 Right	on East & West Line
37.1 Left	on Niagara St
38.0 Right	on Charlotte St
38.5 Right	on John St
39.6 Left	on Mississauga St
40.7 Right	Mississauga St/Queen St intersection
41.4 Close loop	

Grimsbey Mountain Loop

This 37.7 km loop tours the rolling farmland on top of the escarpment south of Grimsby, beginning and ending in Smithville. A detour to Beamer Memorial Conservation Area provides an excellent lookout point to bird watch, see unique flora and fauna and a scenic waterfall. Parking is available in Smithville at the plaza beside Tim Hortons on Hwy 26 east of Smithville.

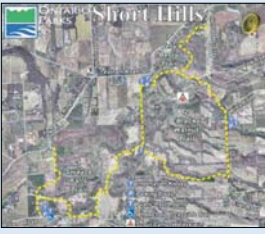
Mileage/direction	Description
0.0 km Right	turn right (west) of parking lot
0.7 Bear right	onto Griffin St
0.8 Straight	north onto Station St (becomes 30 Rd)
5.2 Straight	cross Mud Rd
8.6 Bear left	onto Ridge Rd
10.4 Stop straight	cross Park Rd
11.1 Left	onto Mountain Rd
11.2 Right	onto Ridge Rd
14.8 Note	Beamer Conservation Area
16.8 Left	onto Woodlawn Rd
20.5 Straight	cross Mud Rd
23.7 Right	onto Regional Rd #20
25.1 Left	onto Carter Centre Rd #946
27.9 Left	onto Twenty Rd
31.4 Bear right	cross Range Rd #2/Allen Rd, stay on Twenty Rd
34.0 Bear left	stay on Twenty Rd, becomes Smithville Rd
36.9 Left	onto Carleton St
37.7 Close loop	start is 0.7 km to right at join

If you did not start in Smithville, go straight north to join loop



Safety Tips

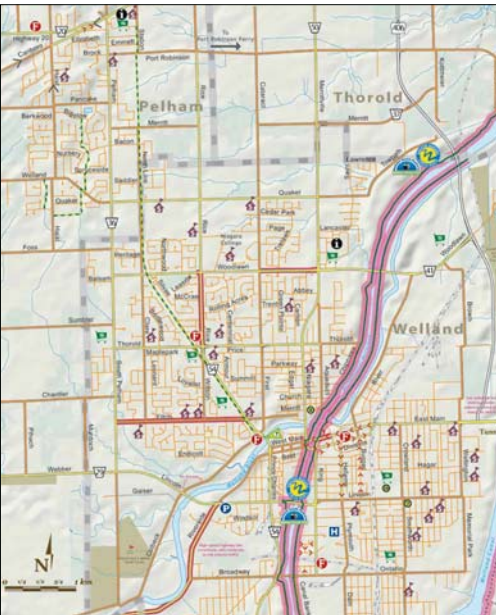
- Make sure that your bicycle is in good working order and fits correctly
- Always wear a correctly fitted helmet, gloves, and bright clothing
- Obey the Highway Traffic Act; lights and reflectors are required at night
- Tell someone of your intended route and your expected time of return
- When using multi-use trails, ride to the right and before passing other trail users, ring your bell and call out "passing on your left"



BIKE SHOPS	CONTACT
1 The Bike Shop 996 Lakeshore Road, Niagara-on-the-Lake	905.934.3815
2 Biket 184 Scott Street, St. Catharines	905.466.9396
3 Clarkson Cycle & Fitness 103-A Pine Street, Thorold	905.227.0810
4 Pedal Bicycle Shop 56 Main St West, Port Colborne, L3K 3T9	289.836.8310
5 Cupole's 5510 Ferry Street, Niagara Falls	905.356.4850
6 Goods Sports Excellence 17 Southworth Street, Welland	905.732.5535
7 Jester Frame Builder 17 Meritt Street E., Welland	905.788.1497
8 Liberty's Bicycles 2 Bond Street, Catharines	905.682.1454
9 McCoey's Bicycles & Vacuum 7 Dufferin (off Niagara Hwy), Port Erie	905.871.7278
10 Mountainview Cycle & Sports 4320 Mountainview Cycle S., Beamsville	905.563.8585
11 Pedlar Bicycle Shop 4547 Queen Street, Niagara Falls	905.357.1273

12 Rapid City Cycle 145 St. Paul Street, St. Catharines	905.684.9111
13 Ski Pro Shop 278 Geneva Street, St. Catharines	905.934.2682
14 Steve's Place Bike & Repair 181 Niagara Boulevard, Port Erie (888-649-BIKE 2453)	905.871.7517
15 Thornton's Cycle & Sports Centre 300 Lincoln Street, Welland	905.732.4770
16 Uptown Sports 13 Queenston Street, St. Catharines	905.685.4535

BICYCLE CLUBS IN THE REGION OF NIAGARA	
Niagara Freewheelers Bicycle Touring Club PO Box 23118 Carleton Post Office, 145 Carleton Street, St Catharines, L2R 7P6 www.thefreewheelers.com	
St. Catharines Cycling Club Ltd. www.stcatharinesccc.com	
Bikefit Sunflower Squad - Women's Cycling www.sunflowersquad.com	
Shorthills Cycling Club, IMBA Mountain Biking www.shorthillscyclingclub.com	



Short Hills Provincial Park

Short Hills Provincial Park is a 688 hectare natural environment park containing protected features such as the Niagara Escarpment and Carolinian Forests. The Park welcomes cyclists on trails designated as shared use bikers, hikers and horseback riding. Three trails, mostly traversing natural terrain have been clearly marked in the park with yellow colour-coded icons and numbers. Please do not use other trails. Visitors are asked to obey all signs posted in and around the park and are encouraged not to use the park during wet weather. Erosion demonstrates trails causing irreparable environmental damage. As a non-operating park, admission is free but there are few amenities.

1) Swozay Falls Trail - 4.2 km western link

This trail contains both forests and meadows with the most notable feature being Swozay Falls, which can be viewed from a platform built over its gorge. The trail links to the Black Walnut Trail only at the southern end, central link at the northern end near the Pelham Road parking lot. This trail now terminates at Ellingham Street and does not provide a continuous loop back to Walnut Trail.

2) Black Walnut Trail - 4.3 km eastern loop

This path includes many steep hills and uneven ground as well as water obstacles and several old farm roads. The trail connects with the Swozay Falls Trail to the west at Pelham Road and with local roads from the Wiley Road entrance and with the Very Berry Trail.

7) Very Berry Trail - 1.3 km northern link

This short trail is in the north end of the park and allows cyclists access from First Street South. It then extends southerly along the meandering Twelve Mile Creek and connects with the Black Walnut Trail. Access can also be gained from the Pelham and Wiley roads parking lots via the Black Walnut Trail.

Tips for Happy Riding

- Always carry at least one spare inner tube, patch kit, tire levers, air pump and a wrench if you need to remove your wheel.
- Keep yourself hydrated. Carry water and other drinks plus snacks.
- Cycle shorts, with padded insert, and gloves really help make the ride more comfortable.
- Don't be too ambitious. If you are new to cycling you are always welcome back to try our longer routes and trails as you get stronger.

Please Remember:
Respect the natural environment and be courteous to adjacent landowners and other trail users.

BIKE TOUR OPERATORS	Contact
1 Zeon Leisure 431 Mississauga Rd, Niagara-on-the-Lake	905.468.2366 www.ontariotoilevel.net
2 Niagara Wine Tours 10 Pictou Street, Niagara-on-the-Lake	905.468.1300
3 Mac's Bikes 5956 Clark Avenue, Niagara Falls	289.969.6227
4 Steve's Place Bicycle & Repair 181 Niagara Boulevard, Port Erie	905.871.7517 1.888.649.BIKE (2453)
5 Zeon Leisure 431 Mississauga Rd, Niagara-on-the-Lake	905.468.2366
6 Niagara Wine Tours 52 Pictou Street, Niagara-on-the-Lake	905.468.1300
7 Mac's Bikes 5956 Clark Avenue, Niagara Falls	289.969.6227

TOURISM INFORMATION	Contact
1 Ontario Tourism www.ontariotoilevel.net	1.800.468.2746
2 Tourism Niagara Niagara Economic Development Corporation www.tourisminniagara.com	1.800.262.2988
3 Niagara Information www.niagarainformation.com	
4 City of St. Catharines Tourism www.stcatharines.ca	905.688.5601 ext. 1722
5 Niagara Falls Tourism www.niagarafallstourism.com	1.800.56FALLS
6 Niagara-on-the-Lake Chamber of Commerce and Visitor & Convention Bureau www.niagaraontheLake.com	905.468.1950
7 City of Port Colborne Tourism www.portcolborne.com	1.888.767.8386

NIAGARA ON THE LAKE

NIAGARA ON THE LAKE	SERVICES
1 Canine Cellars	S.W.
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ST. CATHARINES

A map of the Niagara River area. The river is shown flowing from the top left towards the bottom right. A large, irregularly shaped area in the center is labeled "Whirlpool Rapids". To the left of the rapids, there is a small area labeled "Whirlpool Rapids". To the right of the rapids, there is a small area labeled "Whirlpool Rapids". At the bottom of the map, there is a red line representing a bridge, labeled "Whirlpool Bridge". The map also shows some roads and buildings along the riverbanks.