



Island Hopping!
 Discover 11 new islands to visit through 11 islands connected by bridges along the Lake Simcoe Parkway.
 Ride the 1000 Islands Parkway Trail 13.7 km saved Algonquin pathway.
 1-800-437-2293 • 613-543-4328 stlawrenceparks.com

OWL RAFTING
 ON THE OTTAWA RIVER
 mko.ca | owlrafting.com

Foster's sports centre
 The oldest bicycle shop in the Ottawa area!
Bikes, Parts & Accessories
Personalized, Same Day Service
 La plus ancienne boutique de vélo dans la région d'Ottawa!
Bicyclettes, pièces et accessoires
Service personnalisé, le même jour
 305 Bank St. (@ Maclaren)
 Free Parking
 Stationnement gratuit
OTTAWA
 (613) 236-9611
www.fosterssports.ca

COLD WEATHER HOT DEALS
 SAVE UP TO **40%***
OFF LIFT TICKETS WITH YOUR STAY!
 Offer subject to restrictions. 40% discount applies to packages 10+ nights only. Other conditions apply. See website for full details.
BlueMountain.ca | @BlueMtnResort

CONSCIOUS LIGHT
 THE DIVINE LIFE AND REVELATION OF
 AVATAR ADI DA SAMRAJ
www.consciouslightfilm.com

Grey County Bucket List
 ✓ Cycle the Georgian Trail from Madoc to Colborne
 ✓ Stand up paddle along the shore of Georgian Bay
 ✓ Lunch on the patio at Waters' Falls after a hike
 ✓ Stop for local food at Leaky Market
 ✓ Explore Bruce's Caves near Warton
www.visitgrey.ca | [Grey County](http://GreyCounty.ca)
 Colour It Your Way

SCENIC CAVES NATURE ADVENTURES
Superbly Natural!
 The Scenic Caves Nordic Centre
 Features 27 kms of cross-country ski trails and 10 kms of snowshoe trails meandering through a 370 acre, 200-year-old hardwood forest, high atop the Niagara Escarpment, near Collingwood.
Winter Fun for the Entire Family
 Groomed Cross-Country and Skate Ski Trails
 Snowshoe Trails • Guided Night Snowshoe Hikes
 420 ft. Suspension Bridge • Full Rentals • Lessons
 Warming Hut / Hot Food / Beverages • Season Passes
 Mountain-top Lookouts / Fabulous Panoramic Views
 High-altitude Snow Conditions All Season Long
sceniccaves.com
 260 Scenic Caves Rd, The Blue Mountains 705.446.0256 ext 223

CHALLENGE YOURSELF ON THE COAST!
 Looking for a great winter's day cycling with plenty of trails down along the coast?
 You've come to the right coast!
 Whether you want to pedal along the St. Clair River and Lake Huron or challenge yourself by taking part in the Western International Offroad, Ontario Blue Coast offers a trail for every cyclist's interest and skill level.
 Your adventure begins at ontariobluecoast.com
 #ONTARIOBLUECOAST
 @ONTARIOBLUECOAST

sceniccaves.com
 CANADIAN SCENIC EXPERIENCE
 NATURE ADVENTURES
 260 Scenic Caves Rd, The Blue Mountains 705.446.0256 ext 223

BEING ACTIVE IS JUST IN OUR NATURE.
 Around here, leading an active and healthy outdoor lifestyle is easy. From our scenic trails to nature-filled parks, you can hike, bike and explore throughout Windsor-Essex Parkland. Just check the map to see all that our region has to offer!
windsorexpress.com | 1-800-265-3633

Ontario
 Expressway with interchange
 Toll expressway with interchange
 Primary road
 Secondary highway
 County/regional road
 Local road
 Trans Canada Trail
 Other trail
 Ferry
 Canoe route
 International boundary
 Provincial boundary
 Region/Territory/County boundary
 Park
 Game Preserve
 Ontario Greenbelt
 Urban area
 Indian Reserve
 Border crossing
 Trans-Canada highway
 King's highway
 Secondary highway
 County/regional road
 City over 100,000
 City 10,000 to 100,000
 Town 5,000 to 10,000
 Town 1,000 to 5,000
 Town under 1,000
 Hospital
 Blue flag beach
 Camping
 Bruce Trail
 Indian Reserve
 Border crossing

The Adventure Begins in Norfolk County
 NORFOLK COUNTY
 Ontario's Garden
norfolkcountytourism.ca 800-699-9038

Rose City Suites
 Best Western PLUS
 Full hot breakfast included
 Next to the Greater Niagara Cycle Trail
 All suites, bedroom, living room and kitchenette
 02 & 3 night discounts on weekdays
www.tourismoxford.ca

glen eden
 Lift tickets from \$20
gleneden.on.ca

ALGONQUIN OUTFITTERS
 WILDERNESS CANOE TRIPS
 Creating memories that last a lifetime!
 custom guided canoe trips with ultralight canoes and quality gear
 family day canoe trips
 mountain & road bikes
 canoe & kayak sales
 watersports & wakeboards
 clothing, footwear & souvenirs
 friendly knowledgeable staff
www.algonquinoutfitters.com 1-800-400-1046

The Scenic NIAGARA RIVER RECREATION TRAIL
 in Ontario's Beautiful Niagara Parks
 53 km mixed use trail follows the majestic Niagara River from Erie to Niagara-on-the-Lake connects quaint wine country villages, historic War of 1812 locations, thrilling and cyclist friendly Falls attractions convenient cyclist friendly, farm fresh restaurants and food options en route access to the southern terminus of the Bruce Trail at Queenston and spectacular hiking trails at the Niagara Glen part of the Trans Canada Trail and Greater Niagara Circle Route
 Find out more at: niagaraparksnature.com

DISCOVER OUR TRAILS
 More than 350 kilometres of recreational trails intertwine throughout Durham Region. Explore the online interactive trails map and plan out your next outdoor adventure.
www.durhamtrails.com

TAKE A SNOW DAY!
 One of Southern Ontario's largest ski areas less than 45 minutes east of Toronto!
 23 trails, 7 lifts & 2 terrain parks spread across more than 70 skiable acres.
 BRIMACOMBE
 4098 Ganaraska Rd, Orono | 905.983.5983 | 1.877.927.2582

FROM UNCROWDED PAVED ROADS TO MOUNTAIN BIKING TRAILS THAT LEAD TO NOWHERE AND BACK, YOU CAN FIND IT ALL HERE IN THE OTTAWA VALLEY
 Bontechere Caves
 1247 Fourth Chute Rd, Eganville
 www.bontechere.com
 800.449.2283
 Catoque Peaks Resort and Conference Centre
 30 Barent Chute Rd, Catoque
 www.catoque.com
 800.669.6161
 Pedal Easy Light Electric Assist Bikes
 180 River Rd, Deep River
 www.pedalokay.ca | 613.584.2972
 Plan your cycling adventure at:
www.OttawaValleyTravelCyle.com
 Ottawa Valley Playground

K&P TRAIL IN FRONTENAC
 Clarendon Station (90km)
 Sharbot Lake (75km)
 Tichborne (62km)
 Verona (39km)
 Hartington (34.5km)
 Harrowsmith (30km)
 Kingston
 Frontenac County.ca/KPTrail

MAKE TODAY A SNOW DAY
 Lift tickets from \$20
gleneden.on.ca

Muskoka
 Biggest Bike Store North of Toronto!
 Fitness & Running Gear • Swimwear • Triathlon • Huge Selection of Kids' Bikes • Used Bikes •
 Fred & Caroline van den Bulk
 (705) 789-8344 www.mbps.ca
 63 Main St. E., Huntsville

SuiteDreams.com
Cartier Place SUITE HOTEL
 Suite Summer Sale
 Vente d'été
 Spacious Suites with Kitchens
 Romantic Suites with Jacuzzi
 Games Room | Indoor Pool
 Fitness Room and Sauna
 Suites spacieuses avec cuisines
 Suites romantiques avec Jacuzzi
 Piscine intérieure | Salle de jeux
 Salle d'exercice et sauna
 180, rue Cooper Street | TEL: 613.236.5000
 FAX: 613.238.3842 | RES. RES.: 1.800.236.8399
 Located between the Rideau Canal and trendy Elgin Street
 Situé entre le canal Rideau et l'élegante rue Elgin
 Animaux de compagnie bienvenus Pet Friendly

Ontario
 Expressway with interchange
 Toll expressway with interchange
 Primary road
 Secondary highway
 County/regional road
 Local road
 Trans Canada Trail
 Other trail
 Ferry
 Canoe route
 International boundary
 Provincial boundary
 Region/Territory/County boundary
 Park
 Game Preserve
 Ontario Greenbelt
 Urban area
 Indian Reserve
 Border crossing
 Trans-Canada highway
 King's highway
 Secondary highway
 County/regional road
 City over 100,000
 City 10,000 to 100,000
 Town 5,000 to 10,000
 Town 1,000 to 5,000
 Town under 1,000
 Hospital
 Blue flag beach
 Camping
 Bruce Trail
 Indian Reserve
 Border crossing

come for our trails. stay for more.
 Come wander.
 #MYHaliburtonHIGHLANDS
 Located between Toronto and the world-renowned Algonquin Park, come experience all that the Haliburton Highlands has to offer.
 Home to Canada's Largest Hiking Festival every September visit HikeHaliburton.com
 find everything you need
MyHaliburtonHighlands/trails.com