



The Trans Canada Trail is the world's longest network of trails. The completed Trail stretches 24,000 kilometres from the Atlantic to the Pacific to the Arctic Oceans, linking more than 33 million Canadians. The Trans Canada Trail is the longest recreational trail in the world. The Trail is inspiring people to get active and enjoy the outdoors: walking/hiking, cycling, cross-country skiing, horse-back riding, canoeing and snowmobiling.

The Trail is made up of more than 400 individual trails, each developed, owned and managed at the local level. Each section of the Trail has unique and varied features which contribute to the diversity and grandeur of Canada's national trail.

The Trans Canada Trail offers a unique way to experience Canada's legendary wilderness; cycle historic rail trails, explore provincial and territorial capitals, canoe the routes of early explorers; visit national and provincial parks, commute to and from work; picnic in urban parks, and learn about Canada's rich history and diverse cultural heritage.

The Trans Canada Trail in Ontario, now complete, stretches over 5000 km. Today 2700 kilometres of trail are open for use. Go to tctrail.ca/explorethe-map to find the Trail near you, download GPS data and print maps of the Trail. The Trail project is still under development and requires support in terms of funding and volunteer help. To find our how you can support the Trail or get involved, please visit tctrail.ca.



Trans Canada Trail national, 1-800-465-3636, info@tctrail.ca Trans Canada Trail Ontario,

MIDEASTERN ONTARIO LAND O'LAKES

Recreational Trails Map

•Tourist Attractions •Cycling Routes Recreational Trails •Trans Canada Trail

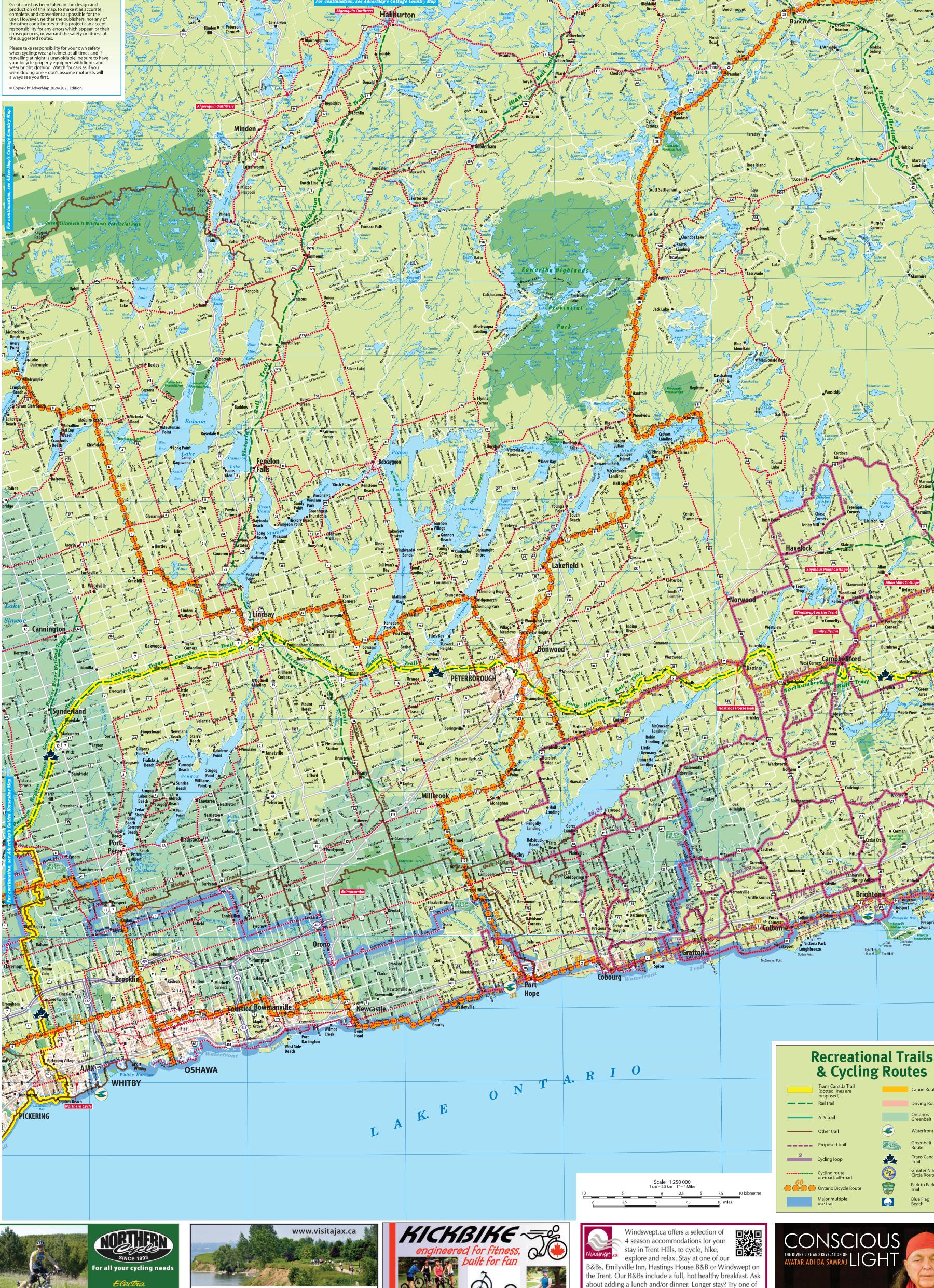






MAP 5



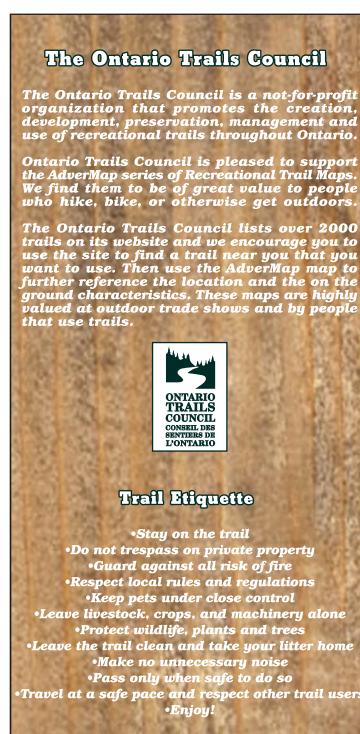


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For More Information:

Ontario Trails Council

Toll Free 1-877-ON-TRAIL

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www.ontariotrails.on.ca

e-mail: execdir@ontariotrails.ca



Driving Route

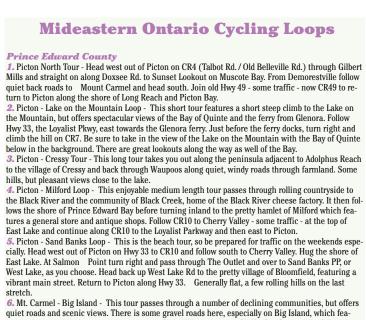
Waterfront Trail

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ures a huge marsh, home to many species of bird. When crossing CR49 after Somesville, follow the left fork of the road to Green Pt., which will take you under the bridge, avoiding the traffic on CR49. A small sharp climb back to Mt. Carmel.

7. Bloomfield - Wellington Ride - This short ride links these two pleasant communities. Stop in at the Wellington Community Museum or pay a visit to Wellington Bay. 8. Wellington - Ameliasburg Tour - This medium length tour passes through the rolling farmland of the western end of the county to Ameliasburg, featuring a historical museum and swimming at Roblin's Lake. Ameliasburg is alsoknown as the place where poet Al Purdy lived for many years. Head west then north from Wellington on the Loyalist Parkway, CR33, which has paved shoulders. Turn to-9. Belleville - County Tour - Cross the bridge over the Bay of Quinte on Hwy 62 out of Belleville, Turn right onto CR3 and follow the shore of the bay through Rednersville. At Carrying Place turn south onto the Loyalist Pkwy., and then left onto CR19 and follow to Ameliasburg. Zig-zag your way back to the bridge back to Belleville.

10. Belleville East Loop - Belleville, situated on the Moira River and the shore of the Bay of Quinte, was founded by United Empire Loyalists in 1790, and was visited by Champlain in 1615 on his way to raiding a nearby Onandaga village. This short tour explores the rolling countryside east of Belleville. 11. Belleville - Tyendinaga Tour - This longer tour takes you to the Mohawk Tyendinaga Indian Reserve and passes through Cannifton, Longdale, Marysville and Shannonville. Stop on the banks of the Salmon River in Longdale and Shannonville.

12. Corbyville - Blessington Ride - This short ride passes through rolling farmland north of the 401. 13. Foxboro - Moira River Loop - This tour features the Moira River and a number of hills. Head north out of Foxboro (founded in 1789) on the Old Madoc Rd. to Halloway. Head east to Latta on the Moira. Wind your way south, detouring to the Frink Centre CA if you choose. At Honeywell Corners,

avoid Hwy 37 and take Ritz Rd. south. Cross Hwy 37 and follow into Corbyville. Follow the Moira River on its east bank before crossing to the west side at Harmony Rd. Follow Main St. back to Foxboro. 14. Trenton - Wallbridge Loop - Take Sidney Rd. north out of Trenton. This tour follows the east bank of the Trent River north to the community of Frankford and then heads east through rolling countryside through Wallbridge before heading south across the 401. It turns west at the Loyalist College on the outskirts of Belleville and returns to Trenton on CR22. 15. Trent River Ride - This short tour explores both banks of the Trent River between Trenton and Frankford. You will pass six locks on the Trent - Severn River System that eventually winds its way to

16. Trenton - Brighton Loop - This tour takes you through hilly country north of the 401 before heading south to Brighton and its apple orchards. Plan to spend some time exploring the walking trails at Presqu'ile PP, or hanging out on the beach, before returning to Trenton via Carrying Place, or the Waterfront Trail, which parallels the Murray Canal.

16. Brighton - Wooler Tour - Follow CR30 out of Brighton and follow north to Old Wooler Rd. Turn right and follow along a valley into Wooler, founded by United Empire Loyalists. Take New Wooler Rd. (CR41) west to CR26. Turn south and follow back to Spring Valley. Join CR30 back to Brighton. The northern part of this trip features some hills, but is gentler closer to the lake.

17. Brighton - Colborne Loop - This tour takes you through the heart of apple country. CR2 can be busy, but features paved shoulders. Stop in at the Big Apple (off CR 25) for some apple pie before the return leg. Both communities offer pleasant main streets. 18. Brighton - Castleton Tour - This longer tour begins with a leg between Brighton and Colborne along CR2. It then heads north into the rugged, hilly country north of the 401, passing through Castleton, Morganston and Cedar Creek, among other hamlets. A slightly shorter version of this tour can be made using Telephone Rd., just north of 401.

19. Colborne - Shelter Valley Tour - Head north from Colborne to Greenleys Corners on a gradual climb. Turn left and follow Shelter Valley Rd. as it winds its way south, under the 401 to CR2. Turn east through Wicklow on CR2 on your return to Colborne. afton - Shelter Valley Tour - Head north from Grafton, which features a fine Loyalist museum, along CR23 to Centreton on a gradual climb. Pass through Castleton and at Greenley's Corners turn right onto Shelter Valley Rd. and wind your way south to CR2. Follow west back to Grafton.

21. Cobourg - Great Pine Ridge Excursion - Cobourg features a vibrant historic main street, and a first class sand beach on Lake Ontario. Begin at King and Division in downtown Cobourg. Head north along Division. After crossing 401, carefully turn left and follow Division to CR74. Cross over and follow Racetrack Rd. to Noble Rd. Turn left onto CR15 and follow north to CR 9. Turn right and follow CR9 / CR29 past CR45 to McDonald Rd. Follow it as it jogs to Centreton. Follow CR23 south to Grafton From Grafton, which features a fine Loyalist museum, follow CR2 back to Cobourg. The northern part of this tour features some hills, but is flatter near to the lake. CR2 has paved shoulders. 22. Cobourg - Rice Lake Loop - Head north to Gore's Landing along CR18 (William St. to Burnham St.) from downtown Cobourg. A plank road was completed between the two communities in 1848. along CR15. At Noble Rd. turn right and then left onto Racetrack Rd. Pick up Division St., south of CR74 and follow over 401 into Cobourg. Dip your toes into both lakes 3. Cobourg - Grafton Ride - This short flat ride links the two communities 4. Cobourg - Port Hope Loop - This short ride links two historic communities along old highway 2 (CR2). Port Hope, situated in the valley of the Ganaraska River, has been settled for hundreds of

nto the landscape, resulting in a town that rises up the hillsides. The port area, once very industrial, features a marina and a beach. The main street is one of the best preserved examples of 19th century architecture in the province. Head back to Cobourg by heading north on CR28 (watch for traffic around the 401) and then east on CR74 to Burnham Rd. Turn south and follow into town 25. Port Hope - Bewdley Tour - Follow CR28 north out of Port Hope to Bewdley on the southern most bay of Rice Lake. Visit Rice Lake CA for a break. Follow CR9 east to CR18. Turn south through Plainville and Cold Springs. At Precious Corners either continue south to CR2, and return west close to the lake, or turn west on CR74 and follow back to CR28, where you turn south into town. As you head north there are some hills, most are gentle. Port Hope Ride - This short ride allows you to climb out of the Ganaraska Valley to visit Wel come, and then return to downtown. Head out of town on Toronto St. 7. Port Hope - Ganaraska Tour - Head north on Toronto St. through Welcome. Follow CR10 through Perrytown. At the Ganaraska Rd. (CR9) turn left through Garden Hill and continue to either Garden Hill CA or Richardson's Lookout CA, which provide pleasant views of the Ganaraska. Return through

years. A Cayuga Indian village was here in 1670. Loyalists settled here in 1793. The river cuts deeply

Bewdley (visit Rice Lake CA), east on CR9. Follow CR28 south back to Port Hope. A varied tour with scenic views, hills and access to beaches. 28. Rice Lake Excursion - This long tour explores the countryside all the way around Rice Lake. There is plenty of opportunity to visit places of the significant heritage of First Nations peoples in the area, in particular, Serpent Mounds PP on the north shore. There are parts of this tour that involve undulating hills, and you can experience traffic, especially on the north side. The tour avoids CR45 because of traffic. You will cross the Trent River at Hastings and the Otonabee River at Bensfort Bridge. This tour is a longtime classic. You can begin from a number of communities, or even ride up from Cobourg or Port Hope if you are feeling very ambitious.

29. Madoc Loop - This tour explores the rugged countryside north of Madoc. You can avoid the stretch on Hwy 62 by riding on the Hastings Heritage Trail by Eldorado, site of Ontario's first goldrush. Although there are a number of communities along the way, there are many isolated stretches 30. Havelock - Belmont Lake Loop - Head north from Havelock on CR46 to Rush Point. Veer right

onto Round Lake Rd., past Round Lake. Pick up Preston Rd. and follow to the northern end of Belmon Lake, Link up with CR48 and head south and then west back to Havelock, Watch for traffic on Hwv 7 31. Campellford North Excursion - This long tour passes through rugged countryside and many communities of varying sizes which have featured farming, logging, milling and mining industries for many years. Begin in Campbellford and head west on CR35 towards Hastings. You will pass many lakes and touch on spots on the Trent River and other waterways. 2. Stirling Ride - This short ride takes you from Stirling north to King's Mill CA and Wellman on CR19. Return via CR14. Some hills. 3. Campbellford - Stirling Tour - This medium length tour takes you over rolling countryside past several locks on the Trent-Severn Waterway along CR38 and then south to Stirling on CR14. Return along CR8 through several villages to Campbellford, again passing several locks on the way into town

34. Campbellford - Warkworth Loop - This medium length tour takes you south through the Trent River Valley through rolling countryside to Warkworth, which has a conservation area for a pleasant rest stop. Return along CR25
north to CR35 and then west through Godolphin back to town.

Lennox & AddingtonA Newburgh - 30 km - This is the perfect way to spend a morning or afternoon. The Newburgh route takes you east from the Town of Napanee through rolling hills and long flat stretches. You could chal-

lenge your endurance or make it a leisurely excursion. There are many places to stop along the way to enjoy the wide-open spaces and still be back in time for lunch or dinner. B Napanee River - 24 km - The southern part of this route takes you along the Napanee River and the Bay of Quinte. You could complete it in an hour or take three hours and enjoy the river's edge and rolling hills. There's a lot to see and enjoy. Camden - 63 km- The Camden route surrounds the Camden Lake Wildlife Management area and provides picturesque farmland, quaint towns, charming villages, and natural beauty to make this route a memorable experience. Rolling hills and long flat stretches are appealing to almost all biking enthusiasts. You should plan a full day for this route.

D Shoreline - 71 km - Long before we ever considered trekking in this region, the United Empire Loyalists walked this beautiful countryside. Farmland, apple orchards, and vineyards now dominate this route as you glimpse our past through a number of historical sights. It is called the Shoreline trail because 1/3 of the distance is on the Loyalist Parkway, which follows the shoreline of Lake Ontario. You may need two days for this loop because there is so much to see. E Hay Bay - 44 km - Most of this route is along the shore of Hay Bay and the Bay of Quinte. Travel past cottages and campgrounds and along the shore of some of the best Walleye fishing in North merica. It's not the fishing that will impress you, however, itâ⇔™s the breathtaking blend of rural settings that overlook the beautiful waterways.

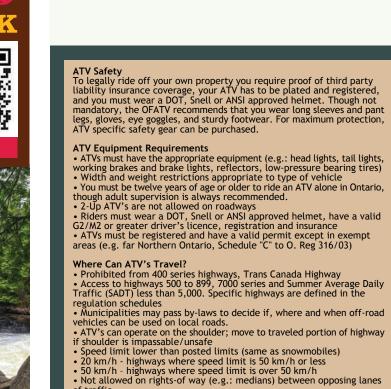
F Sheffield - 78 km - You could call this the transition route. Farms and wetlands with limestone out-croppings surround the village of Tamworth. As you travel north, the landscape changes rapidly. The hard road surface and fields give way to gravel road, granite, and evergreens as the trail meanders along through the southern edge of the Canadian Shield. Watch out for wildlife.

G Salmon River - 54 km - This route offers nearly equal distances north, east, south, and west. There are many opportunities along the route to stop for refreshments at a village store or at one of the points where you cross the Salmon River. This is a favourite route for biking enthusiasts because it

offers a combination of some paved shoulder and quiet back roads. H Buckshot Lake - 102 km - This is the most challenging of our trails. Buckshot Lake is located on the eastern leg of this trek. This trail takes you through and past Bon Echo Provincial Park, and you can tell your friends about stops along the way like Myers Cave, Plevna, Vennacher Junction, and Cloyne. Beauty surrounds you while you meander for kilometre after kilometre past wetlands, lakes, ■ Flinton Rd. - 37 km - This trail offers a combination of hard surface and dirt road. The northern and vestern portions of this trail are on the Bridgewater Road. The southern and eastern portions are on the Old Flinton Road. Both roads are well traveled but may be best suited for mountain biking. Take your time and take your camera, this is an enjoyable trail.

J Odessa - 28 km - The Odessa trail is an inviting morning or afternoon excursion where you trave almost equal distances in all four directions past great views and a glimpse into our past. You will notice many landmarks and settlements of the United Empire Loyalists, and there's time to stop and learn more about the history of this region. K Amherstview - 27 km - Take your time and enjoy beautiful waterfront vistas as well as the beauty of the homes in Amherstview. Be sure to stop at Fairfield Park to skip some stones on Lake Ontario or visit Fairfield House and learn about the history of this United Empire Loyalist homestead. The Amherstview trail offers many activities along the way, so it will take longer than the distance would

suggest. ${\it L}$ White Lake - 21 km - Rolling hills, lakes, and wetlands describe the landscape on this trail but you will be surprised at how challenging this route can be. There are very few flat stretches and when you are not coasting down one hill, you are traveling up another. None of this trail is difficult but, because it offers frequent changes in terrain, it never lets you go very long without testing your conditioning



of traffic

• Riders must operate their ATV's in the same direction of traffic

• Cannot operate in a construction zone, on a closed highway or within a provincial park unless allowed by the park

• No Passing other vehicles.