



## Two-Wheeled Adventures

Whether it's a smooth cruise around a leisurely loop or the adrenalin rush of a rocky ride down an ancient limestone ridge, Hamilton Halton Brant has amazing cycling routes, paths and trails that are perfect for two-wheeled adventure.

### Trip Ideas

#### Cruising on the Hambur

The Hambur Loop winds 50 kilometres through Hamilton and Burlington, offering recreational cyclists a great touring option for taking in some of the area's most stunning waterfronts and scenic lookouts. Using mainly existing pathways, rail corridors and gravel trails, the route is perfect for bikes with wider touring or hybrid tires. Cycle-friendly restaurants and hotels are conveniently located right on the route, making it easy for the not-so-serious cyclist to explore the route over a few days at a more leisurely pace.

#### Epic Tour Halton

Last year's inaugural Epic Tour Halton brought over 2,600 cyclists to the area to ride the 140-km, 80-km, 50-km and 10-km courses. Dedicated riding lanes, world-class event organization, mechanical support, rest stops and nutrition stations all along the route and a Finish Line Festival & Expo at Kelso Quarry Park make this an amazing event for cyclists of all abilities. Mark the calendar for Sunday, September 13, 2015!

#### Rail Trail Riding

This 32-km trail meanders alongside the Grand River from Cambridge to Brantford. The rewards of this trail go way beyond the scenery, as it's bordered on both ends with tasty bakeries, coffee shops and waterfront patios.

For family riding, start at Glen Morris and pedal 9-km south downstream to Paris. The Paris Bakery or Chocolate Sensations are great places to stop for a treat at the end of the stretch.

When distance matters, ride from Brantford to Cambridge and back (64 km). The route has a slow incline to Cambridge and a relaxing slope back to Brantford. Make a stop downtown Paris to refuel for the ride home at Camp 31 BBQ or Stillwaters.

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The 36-km ride from Cambridge to Paris offers scenic views at a relaxing pace. Downtown Paris is the perfect place to stop for a snack like an apple strudel, or some ribs and salad.

### **Waterfront Trail Cruising**

This seamlessly smooth and paved trail connecting Burlington and Hamilton is perfect for parents with trailers and kid seats, as well as little ones learning to pedal on their own. The scenic shorelines of Lake Ontario offer playgrounds, parks, beaches and food stops along the way.

For a full-day adventure, start the journey in Burlington at Spencer Smith Park and cycle to Wild Waterworks, just an easy 10-km. The Burlington Canal Lift Bridge makes for a great stop to watch ships pass through and refresh at Kinsman Park's playground and facilities.

### **Singletrack Trail Blazing**

Kelso Conservation offers amazing views and easy access to some of the region's best mountain bike trails with onsite parking at staging areas and access to trail maps. The 22 kilometres of trails are well marked and rated by skill level for convenience.

Beginners on Kelso's trails are recommended to try the green and blue loops (about 10 km) and spend only an hour at a time on the trails. A proper fitting helmet, padded cycling shorts, a partner and a water bottle are needed for this trip.

For an up-hill challenge, start the journey up the ski-hill at Kelso. Follow the blue and black trails or extend the ride and try them both (22 km). A downhill slope at the end makes for an easy finish.

Kelso's new Mountain Bike Skills Zone, opening summer 2015, features wooden bridges, rollers, rocks and logs so riders of all ages can learn to properly tackle technical trail features.

### **Tough Terrain**

The Dundas Valley is full of waterfalls, elevation changes and sweet singletrack riding, but is for experienced riders only. Experience with trail navigation is required as the routes are easy to follow using rider generated maps on Everytrail, but aren't well marked. Riding maps are also available at FreeWheel Cycle located in downtown Dundas.

For great savings on outdoor adventures in Hamilton Halton Brant, please visit our Special Offers page at [www.ourtruenature.ca/offers](http://www.ourtruenature.ca/offers). For a step-by-step approach to planning the perfect outdoor escape for families, new explorers and avid adventurers, download our Nature Unexpected magazine at [www.ourtruenature.ca/magazine](http://www.ourtruenature.ca/magazine).

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