

Index

A

Accessories 31
 Accommodation 33
 Accommodation Resources 34
 Amherstburg-Essex Greenway 43
 Athol Bay 170

B

Bancroft 132
 Banking 34
 Barrie Trail 133
 Batchawana Bay Provincial Park 196
 Bayham Trans Canada Trail Route 46
 Beaten Path Nordic Trails 211
 Beaver River Trail 131
 Beaver River Wetland Trans Canada Trail 133
 Beaver Valley Circuit 82
 Beckwith Trail 159
 Bed and Breakfasts 33
 Bell 31
 Bellevue Valley 196
 Bicycle Care 31
 Big Chute 136
 Black Powder 174
 Blue Lake Loop Road 211
 Blue Mountain Resort 131
 Boler Mountain 43
 Bracebridge Trans Canada Trail 133
 Brantford 95
 Brant TH&B Trail 46
 Brant Tract County Forest 43
 Brennan Harbour Road 196
 Bridal Veil Falls 203
 Bruce County Rail Trail 43
 Bungee Cords 32
 Bus 37, 38

C

Caledonia-to-Dunnville Rail Trail 95
 Caledon Trailway 94
 Callander Trans Canada Trail 196
 Cambridge to Paris Rail Trail 47
 Cambridge Trails 46
 Campbellford Trans Canada Trail 133
 Camping 34
 Canadian Shield 23
 Capital Pathway 162
 Capreol Trail 195
 Car 36
 Carleton 162
 Carleton Place Trailway 162
 Cataract 95, 124
 Catarauqui Trail 162
 Central Frontenac Trailway 162
 Central Ontario 129
 Charleston Recreation Area 213
 Chatham-Kent Trans Canada Trail 47
 Children 33
 Chippawa Rail Trail 95
 Chrysler Canada Greenway 47
 Chrysler Lake Erie Loop 49
 Circle Checks 25
 Cleanliness 29
 Clothing 29
 Club Minaki 210
 Cobourg 151
 Coldwater 136
 Commanda to Callander Trail 196
 Commuter Train 37
 Cornwall 163, 183

County Road 4 197
 Credit Valley 116
 Cup and Saucer Lookout 203
 Currency 34
 Cycling Associations 32
 Cycling Laws 35
 Cycling Shirts 30
 Cycling Shorts 29
 Cyclometer 32

D

David J. Culham Trail 93
 Dehydration 24
 Delhi Rail Trail 47
 Directions 24
 Don River Trails 94
 Don Valley 120
 Dorchester 59
 Dryden 212,
 Dryden Trail 213
 Dundalk 45
 Dundas Valley 111
 Dunnville 95
 Durham Region Trans Canada Trail 95
 Dyers Bay Cabot Head Lighthouse Route 43

E

Eastern Ontario 157
 Elgin Trans Canada Trail 47
 Elora Cataract Trailway 95

Elora Gorge 78
 Emergencies 34
 Environment 25
 Essex 43
 Exercise 28
 Eyewear 29

F

Fanshawe Lake Trail 43
 Fauna 23
 First-Aid Kit 29
 Flora 23
 Floradale 44
 Food 28
 Forest Lea Trails 159
 Friendship Trail 95

G

Gatineau 187
 Geography 22
 Georgian Bluffs Trail 43
 Georgian Trail 43
 Gloves 29
 Goderich Huron County Circle 74
 Goderich to Auburn Rail Trail 44
 Gordon Glaves Memorial Pathway 47
 Gordon Harry Conservation Trail 95
 Grand Bend Rotary Trail 45
 Gravenhurst Trans Canada Trail 133
 Great Lakes Lowland 23

Group Cycling 32
 Group Tours 32

H

Haliburton County Rail Trail 132
 Haliburton Forest 132
 Hamilton 111
 Hamilton-Brantford Rail Trail 95
 Hanover Community Trail 44
 Hardwood Hills 132
 Hastings County 162
 Hastings Heritage Trail 159
 Hay Swamp 44
 Health Valley 47
 Helmet 31
 Hickson Trail 44
 Highway 105 211
 Highway 590 212
 Hillsburgh 124
 Holidays 38
 Hotels 33
 Howard Watson Nature Trail 44
 How the Tours Work 24
 Hudson Bay Lowland 23
 Humber Trail 94
 Humber Valley 120
 Huntsville Trans Canada Trail 134
 Huron County 74
 Hybrid Bicycles 30

I

Ignace White Otter Country 212
 Independent Cycling 32
 Irondale 132

J

Jacklin Road 197
 Jackson Creek Kiwanis Trail 134

K

Kakabeka Falls Provincial Park 212
 Kaladar Trail 162
 Kate Pace Way 197
 Kawartha Lakes Railway Circuit 144
 Kawartha Trans Canada Trail 134
 Kente Portage Road 163
 Kingston 174
 Kinsmen Trail 195
 Kissing Bridge Trailway 48
 Kitchener-Waterloo Trails 48
 K & P Trail 160

L

Lafarge 2000 Trail 94
 Lake Erie Farm Adventure 64
 Lake Huron Beach Tour 55

Lake Mindemoya 203
 Lake of the Woods Trans Canada Trail 212
 Lake Ontario 120
 Lake on the Mountain 166
 Lake Simcoe Trail 132
 Lanark Link 162
 Landforms 23
 Laura Howe Marsh Trail 212
 Laws 35
 Lee Valley Road 197
 Lightfoot Trail System 132
 Lights 31
 Lions Lake Trail 44
 Little Falls 213
 Locks 31
 London 59
 Lower Trent Trail 160
 Lynn Valley Trail 44

M

MacGregor Point Provincial Park 44
 Manitoulin Island 203
 Martin Goodman Trail 95
 Martin Road 197
 Matawin Wild River Trail 210
 Mechanical Requirements 30
 Mennonite Country 78
 Merritt Trail 94
 Midland Rotary Waterfront Trail 134
 Mid-Pen Trail 134
 Millennium Trail 160
 Mill Race Trail 47

Mill Run Trail 45
 Minnesing Mountain Bike Trail 160
 Mississauga 116
 Morrisburg Cornwall Circuit 183
 Motels 33
 Mountain Bikes 30
 Mountsberg 111
 Multi-Use Trails 34
 Muskokas 140

N

Nairn 198
 New York Central Fitness Trail 161
 Niagara Escarpment 23
 Niagara Falls 96
 Niagara Peninsula 91
 Niagara River Recreation Trail 95
 Nokiidaa Trail 132
 Norfolk County Trails 48
 Northeastern Ontario 193
 North Perth Trails 45
 North Simcoe Rail Trail 134
 Northwestern Ontario 209

O

Oak Ridge Moraine 23
 Obatanga Provincial Park 210
 Off-Road Trails 34
 Old Ferguson Road 134
 Old Hydro Road 197

Old Muskoka Road 134
 Old Nipissing Road 135
 Old Railway Bike Trail 161
 Ontario **26**
 Ontario Greenbelt 23
 Orillia Trans Canada Trail 135
 Oro-Medonte Rail Trail 132
 Otonabee River 148
 Ottawa 132
 Ottawa Gatineau Loop 187
 Ottawa to Carleton Trailway 162
 Otter Valley Trail 46
 Owen Sound 45
 Owen Sound to Dundalk Rail Trail 45

P

Pakkotinna Recreation Trail 161
 Palgrave 124
 Pancake Bay Provincial Park 197
 Panniers 32
 Paris 47
 Park to Park Trail 135
 Pelee Island Lakeview Trail 51
 Penetanguishene Trails System 135
 Perry Township Trail 135
 Petawawa Research Forest 161
 Peterborough Trans Canada Trail 135
 Pinery Provincial Park 45
 Pines, The 48
 Pine Tree Pathways 212
 Plane 37
 Point Pelee Centennial Trail 45

Police 34
 Port Burwell 46
 Port Hope 151
 Practical Information 27
 Precious Corners 151
 Prescott Recreational Trail 161

R

Racing Bicycles 30
 Rail Trails 35
 Randonneur Bicycles 30
 Restoule Provincial Park 196
 Rideau Canal Former Railway Explorer 180
 River Road 197
 Riverview Road 197
 Road Bicycles 30
 Rondeau Provincial Park 45
 Rotary Greenway Trail 133
 Rules of the Road 35
 Russell Recreational Trail 161

S

Safety Flag 31
 Sandbanks Provincial Park 170
 Saugeen Rail Trail 46
 Sault Ste. Marie Hub Trail 197
 S.C. Johnson Rail Trail 47
 Searchmont Resort 196
 Seat Pads 32
 Seaway Valley 163

Seguin Recreational Trail 135
 Shakespeare's Stonetown:
 Stratford and St. Marys 69
 Sheridan Valley 116
 Shoes 30
 Sibley Peninsula 211
 Silent Lake Provincial Park 161
 Southern Ontario 40, 41
 Spanish River Road 198
 Speed River Trail 45
 Spragge 197
 St. Clair River Trail 45
 St. Lawrence Lowland 23
 St. Marys Trails 46, 69
 Stratford 69
 Sudbury 199
 Susbury Trails 198

T

Taxes 36
 Tay Shore Trail 135
 Thames River Explorer 59
 Thames Valley Trail 46
 Theft 25
 Thornton-Cookstown Trans Canada Trail 136
 Thunder Trail 213
 Tiffin Trail 134
 Tillsonburg Port Burwell Otter Valley Trail 46
 Tillsonburg Trails 48
 Timmins Community Trail System 196
 Tiny Trail 136
 Tire Repair Kit 31

Topography 23
 Toronto 91
 Tourism Information 36
 Trailers 32
 Trail Rating 24
 Train 37
 Trans Canada Trail 34
 Central Ontario 133
 Eastern Ontario 161
 Greater Toronto and Niagara Peninsula 94
 Northeastern Ontario 196
 Northwestern Ontario 211
 Southern Ontario 46
 Travel Documents 38
 Travelling in Ontario 33
 Trillium 23
 Triple Bay Shore Ride 86
 Types of Bicycles 30

U

Uhthoff Trail 136
 Upper Canada Heritage Trail 96

V

Velorution Dirt Park 198
 Victoria Rail Trail 136

W

Wabigoon River 212
 Warsaw 148
 Water 28
 Water Bottle 31
 Waterfront Trail 35
 Central Ontario 136
 Eastern Ontario 163
 Greater Toronto and Niagara Peninsula 96
 Waterloo Trail 48
 Weather 39
 Welland Canal's East Side Trail 96
 Welland Canals Parkway Trail 96
 Wellesley Township Trans Canada Trail 48
 Whistle 31
 White Pine 23
 Wildwood Lake Trail 48
 Windbreaker 29
 Windsor Trails 48
 Woodstock "The Pines" 48