Table of Contents

Bicycle Parts	4
Legend	5
Where is Ontario?	6
Outside Bills Balls and Ball Talls	-
Ontario's Bike Paths and Rail Trails Travelling by Bicycle	7 8
How to Use this Guide	8
General Information	9
What You'll Need	12
Preparation	19
Increasing Your Efficiency Cycling with Children	23 24
Further Information	25
Southwestern Ontario	31
The Niagara Peninsula and Surroundings	63
The Lakelands	85
The Greater Toronto Area	101
Central Ontario	115
Eastern Ontario	127
Ottawa and Surroundings	137
Northern Ontario	153
The Waterfront Trail	165
Index	173
Contact Information	176
Write to Us	176