

Cycling Greater Toronto & Niagara Peninsula

Long Trails in Greater Toronto and the Niagara Peninsula	5	Tour 11. Canals, Lakes and Niagara Falls	8
David J. Culham Trail	5	Tour 12. Wineries and Vineyards	18
Don River Trails	6	Tour 13. Hamilton Mountsberg Via the Dundas Valley	23
Humber Trail	6	Tour 14. Credit and Sheridan Valleys in Mississauga	28
Lafarge 2000 Trail	6	Tour 15. Toronto Humber Don Lake Loop	32
Merritt Trail	6	Tour 16. Quarries and Cataracts: Hillsburgh to Palgrave Adventure	36
Trans Canada Trail (TCT)	6	Index	41
Caledon Trailway	6		
Caledonia-to-Dunnville Rail Trail	7		
Chippawa Rail Trail	7		
Durham Region Trans Canada Trail	7		
Elora Cataract Trailway	7		
Friendship Trail	7		
Gordon Harry Conservation Trail	7		
Hamilton-Brantford Rail Trail	7		
Martin Goodman Trail	7		
Niagara River Recreation Trail	7		
Upper Canada Heritage Trail	8		
Waterfront Trail	8		
Welland Canals Parkway Trail	8		
Welland Canal's East Side Trail	8		