

EIGHT PLACES TO HIT THE TRAILS WITH A MOUNTAIN BIKE THIS YEAR

BRILEE SEARS
bsears@metroland.com

Ready to see the outdoors but not interested in taking a hike? Here are eight places to take advantage of mountain biking trails in Ontario this year.

MINK BAY URBAN RECREATIONAL TRAIL

This easy rated 4.3-km loop in Kenora leads bikers through Mink and Portage Bay, past the remnants of a burned down sawmill, and through a wetland area. A trail guide allows visitors to identify the various trees along the way and gives an in depth history of the area.

WALTER BEAN GRAND RIVER TRAIL

This 25-km gravel trail going through Kitchener, Waterloo, and Cambridge takes visitors along the banks of the Grand River. The trail can be accessed from several parking lots, ensuring space for anyone who wants to come. Guests will pass several lo-

cal businesses along the trail, giving them opportunities to take a break and grab some snacks.

HILTON FALLS

Featuring three bike trails between five- to seven-km long, Hilton Falls in Milton offers a variety of options for bikers. The single-track bike trails take visitors right near the falls for photos, while the Bent Rim Trail includes several firepits and picnic areas. While here, take time to learn about the Jefferson salamander, an endangered species that lives in the area.

UPPER CANADA HERITAGE TRAIL

Traveling 14 km along the Niagara Escarpment, this path was a rail line converted into a rough gravel trail. While biking visitors will pass through wineries and orchards before ending up in the historic Old Town of Niagara-on-the-Lake.

SOUTH MARCH HIGHLANDS

Located in Ottawa, the South March Highlands has 23 km of

trails for intermediate and advanced riders looking for a challenge. Rock gardens, rock slabs, and skinny bridges are just some of the features riders can expect to see during their mostly flat ride.

GUELPH LAKE

With more than 30 interconnected trails totalling over 20 km, Guelph Lake has lots of options for all levels of mountain bikers. Riders can alternate between difficult sections of the trail like the Phoenix and easy riding like the pinball. Unique names at each section also make it easy for riders to identify which part of the trail they're traveling on.

GEORGIAN NORDIC OUTDOOR ACTIVITY CENTRE

Beginners and experienced bikers alike can take advantage of the many trails available at the Georgian Nordic Outdoor Activity Centre in Parry Sound. Those just starting out can enjoy views of the Georgian Forest on gentle trails with wider tracks. For



Peter Istvan photo

A cyclist uses one of the many mountain biking trails available at The Georgian Nordic Ski Centre, located east of Parry Sound.

those seeking a challenge, try out the twisting single lane trails winding along the Canadian Shield.

SHUNIAH MINES

In the middle of Trowbridge Forest near Thunder Bay, the 17-

km Shuniah Mines mountain bike trail can be found. While travelling through the winding paths near the silver mine, this path features small ridgelines and tailing piles from the mining along the way to challenge those who choose to make the ride.

2022 VISITOR GUIDE

CATCH *the Culture*

SPECIAL DIGITAL ISSUE

EXPLORE RURAL ONTARIO


Scan to Download and read your FREE copy today! Inside are all the ingredients for planning a one-of-a-kind adventure.




New Hamburg INDEPENDENT.ca

save.ca

more coupons, more flyers, more savings.



Find the Rexall flyer and more on Save.ca

save.ca/flyers

Disclaimer: flyers pictured are for illustrative purposes only and may not reflect the current flyers. View the flyer on Save.ca for the current flyer for your location.