



Drive and cycle for a unique vacation experience

Safety should be top of mind while on the road this summer, whether in a car or on a bike. An increasing number of people choose to cycle while on vacation or during long-weekend getaways.

Below are CAA's top 'Drive/Ride' vacations along with some important safety tips.

Top 'Drive/Ride' cycling routes in Ontario:

Lambton Shores Trail – 80km: This route follows the picturesque Lambton shoreline of Lake Huron, offering opportunities to enjoy world-class beaches or explore the beautiful Canatara Park – an area of Carolinian forest containing numerous winding trails through the woodlands.

Lakeshore-Thames River Trail – 108km: This route offers beautiful panoramic views of Lake St. Clair along quiet streets lined with cottages. A portion of the route also meanders alongside the Thames River on Tecumseh Line. Explore the rural landscape and learn about the French heritage surrounding the communities of Pain Court, Grande Pointe and Mitchell's Bay.

Pelee Island Trail – 28km: A short ferry ride from Kingsville is Pelee Island – the southernmost point of Canada. Pelee Island provides an excellent route to cycle or walk, and it is also the first island to be selected as part of the Waterfront Trail. The main road follows close to the Lake Erie shoreline all around the island, through farmland, vineyards and beaches.

St. Clair River Parkway Trail – 58km: Enjoy long stretches of amazing waterfront views as you ride by charming riverside towns and historical sites. Two ferry crossing locations are available to transport cyclists from Canada to the U.S., providing connections to neighbouring trails. Sarnia is the largest city along Lake Huron and is the northern ending point for the St. Clair Parkway Trail, which is one of three recre-



ational drives in Ontario.

Essex County Winery Route – 54km: Tour and taste Canada's most southern wine region. Enjoy the communities of Amherstburg, Harrow, Kingsville, Leamington and the award-winning wineries they offer! Also, a short ferry ride away is Pelee Island, where you can explore the island's vineyards and great beaches. An event you won't want to miss is the Shores of Erie International Wine Festival, held in Amherstburg in early September.

Prince Edward County Winery Route – 62km: Prince Edward County is a fantastic place to cycle with short distances between towns. The quiet country roads showcasing the scenic vistas along Lake Ontario make this a preferred route for cyclists. Explore the quaint little towns of Picton, Bloomfield and Wellington while enjoying art galleries,

studios, shops, museums and wineries. This cycling route will take you through some of the best wine growing regions of Ontario.

Important rules of the road for motorists:

- In Ontario, the one-metre safe passing rule requires a one-metre distance between driver and cyclist to improve safety for both.

- Although a cyclist physically only occupies a part of the lane at any time, they are permitted, under the Highway Traffic Act, to use the entire lane.

- Drivers and their passengers must be vigilant when exiting vehicles to prevent "dooring" – placing a vehicle in the path of an oncoming cyclist.

- Motorists turning right should look carefully for cyclists on their right side and in their blind spot.



Be safe while cycling

- Cyclists should ride cautiously when approaching intersections as some motorists may be in the act of turning.

- Cyclists should not pass motorists on the right; but rather wait or pass on left as it is dangerous to be in a blind spot of a vehicle already in the act of turning.

- Cyclists are required to have a white front light and a red rear light or reflector if riding between a half hour before sunset and a half hour after sunrise. White reflective tape is also required on the front forks and red reflective tape on rear forks.

- A bell or horn in good working order is also required.

Before heading out on two wheels, download CAA's newly launched Bike Assist App that uses GPS to navigate cycling routes and provides peace of mind with roadside bike assistance at the click of a button. For more Drive & Ride routes and road trip resources go to the CAA South Central Ontario website at www.caasco.com

Follow these tips for travelling with toddlers in tow

By Christine Davis

Road trip! It's an event synonymous with summer and one that can strike fear in the parents of toddlers. Will she scream the whole way? How many times will he ask "are we there yet"? Am I going to regret this?

The Griswolds we are not – at 2.5 years and 4 months our kids are too young for such shenanigans – but we attempted our first road trip with a toddler this spring, a 13.5 hour journey that gave us a week at the beach and here's what I learned along the way.

Talk to them: Before and during the trip, tell them where you're going, how long it will take and

what to expect of the journey. My daughter loves explanations and this helped her get through it.

Screen time: We don't let our toddler watch much TV, but she has a favourite movie and TV show. I loaded the movie and episodes onto the iPad and she happily watched them on repeat most of the way there. In fact, she was so happy to get to watch (and excited to get to the beach) she didn't sleep a wink on the way there.

***Bonus tip:** Make sure the screen they're watching is stationary. A colleague says his kids got motion sick when watching iPads placed in their laps.

Bring toys: Pack a few small, favoured toys and

books. My daughter brought a small backpack full. We also bought an assortment of new toys from the Dollar Store – some she picked out, some I kept as a surprise. I wrapped each individually and every couple of hours she was able to choose a new toy from the bag. She never knew what she was getting, which added to the excitement.

Pack snacks: If you're trying to make good time you won't want to be held up by slow toddler eating at rest stops. Sandwiches, cheese, fruit and veggies are great for munching in the car, plus they're more healthy than what you might buy on the road and cost much less when brought from home.

Take breaks: While you might not eat at every stop, you will need to take bathroom breaks and stretch your legs. It's a chance for your toddler to exert some of that pent-up energy. Look for rest stops with grassy areas for running around and run with them. You'll feel better too. On the same note, stop early if you need to sleep on the way. Find a hotel with a swimming pool and let them go for a dip. A half hour in the water will provide a chance to burn up more energy and help them sleep.

Don't underestimate them: Toddlers will surprise you, as any parent knows. They can take a lot more than you might think. So expect the worst and hope for the best.