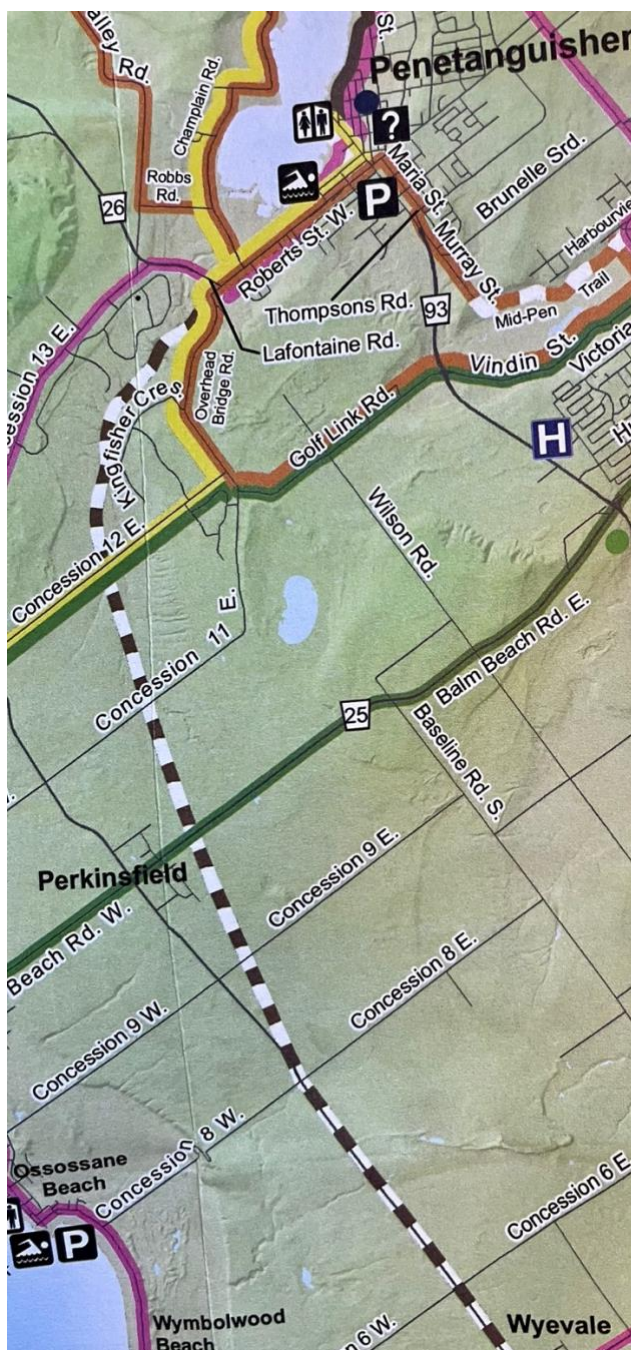


CYCLE FOR HOPE NOMINAL 25 km ROUTE



-this is an out and back **moderately challenging** route with the turn around at the 6th Concession

-on leaving the Curling Rink parking lot, turn left along the Rotary Trail towards the dog park

-at the dog park, continue on to Robert Street and cycle on the right side past Champlain and Lafontaine roads until you reach the Overhead Bridge Tiny Rail Trail parking lot at the intersection of Robert St and Overhead Bridge Road

-enter the parking lot and cycle down the paved ramp onto the Tiny Rail Trail and enjoy riding up and down the various bridges that make up the initial part of the paved trail



-after about a kilometre, the paved trail ends as you pass through a gate and the limestone screen trail continues on

-follow the gravel trail until you reach concession 6 where there will be a turn around sign. **Be careful of loose gravel between Concession 12 and 11.**



-reverse route and return to the curling rink the way you came
-Welcome back!

