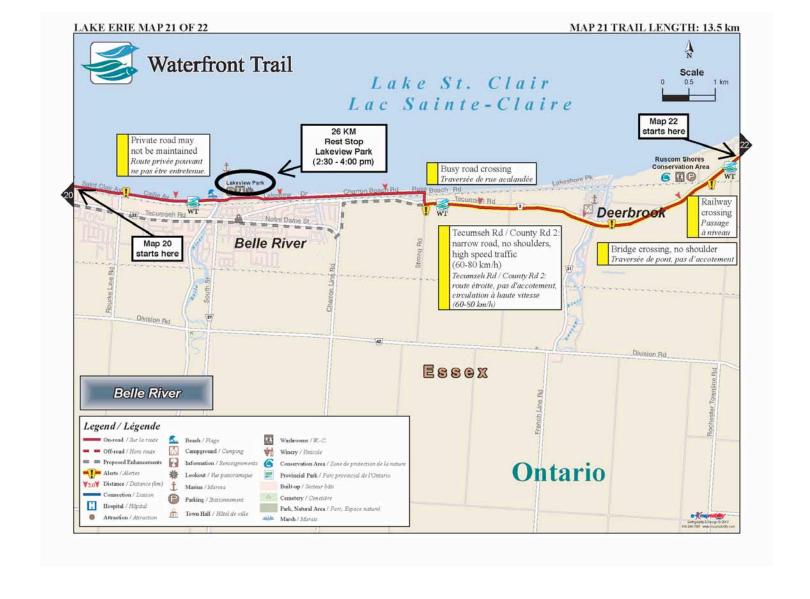


Registration and Start

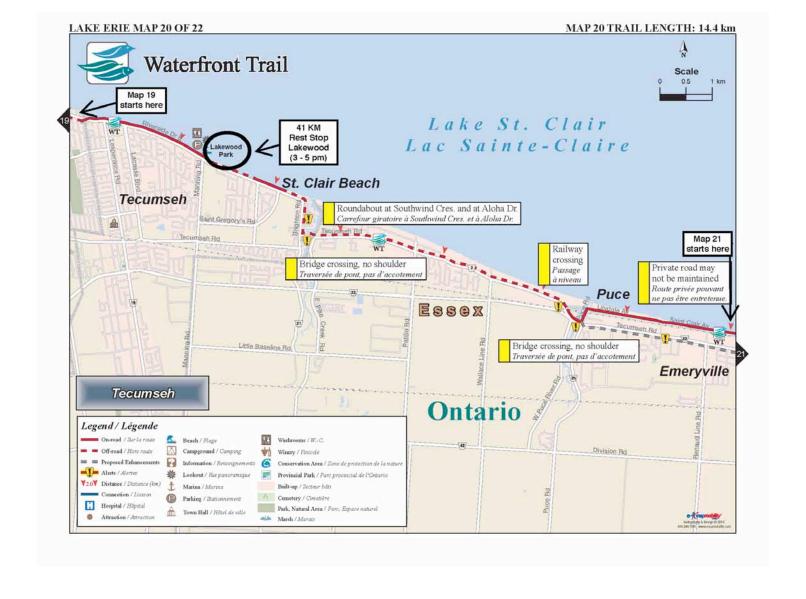
0 km The Town of Lakeshore and the Lighthouse inn will greet the GWTA participants at the start of the new section of the waterfront trail. Highlights of Carolinian Canada will be featured throughout the week with over 2000 plant species, 400 species of birds and 50 types of reptiles and amphibians. You could spot a few rarities such as the Tulip Tree, Summer Tanager, Blue Racer, Fine lined Skunk and the Southern Flying Squirrel.

GWTA START 1:00 pm





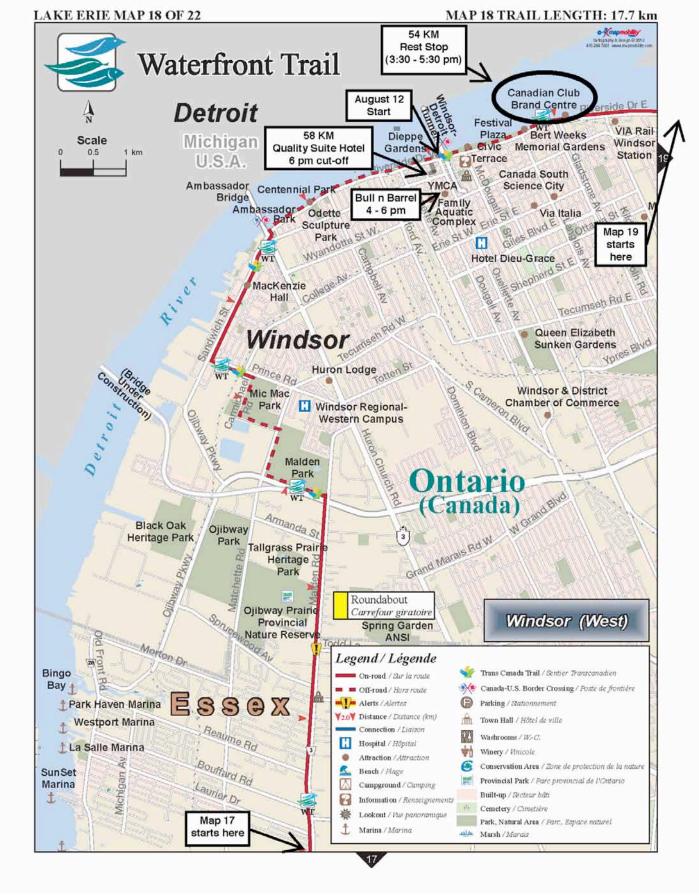
	Rest Stop - Lakeview Park - Belle River	
26 km	South West Ontario Tourism Corporation will be the friendly faces welcoming you to this beautiful park. There are washrooms on site, stunning views of Lake St. Clair, and a splash pad should you need to cool down or simply have some fun.	Open from 2:30 – 4:00 pm
	Address: Lakeview Dr. and First St Belle River - N0R 1A0	



	Rest Stop – Lakewood Park - Tecumseh	
41 km	The Town of Tecumseh will host the second rest stop of the 2013 GWTA. For the swimmers in the group, this is a great place to get wet.	Open from 3:00- 5:00 pm
	Address: 13400 Riverside Drive (intersection of Manning Rd)	





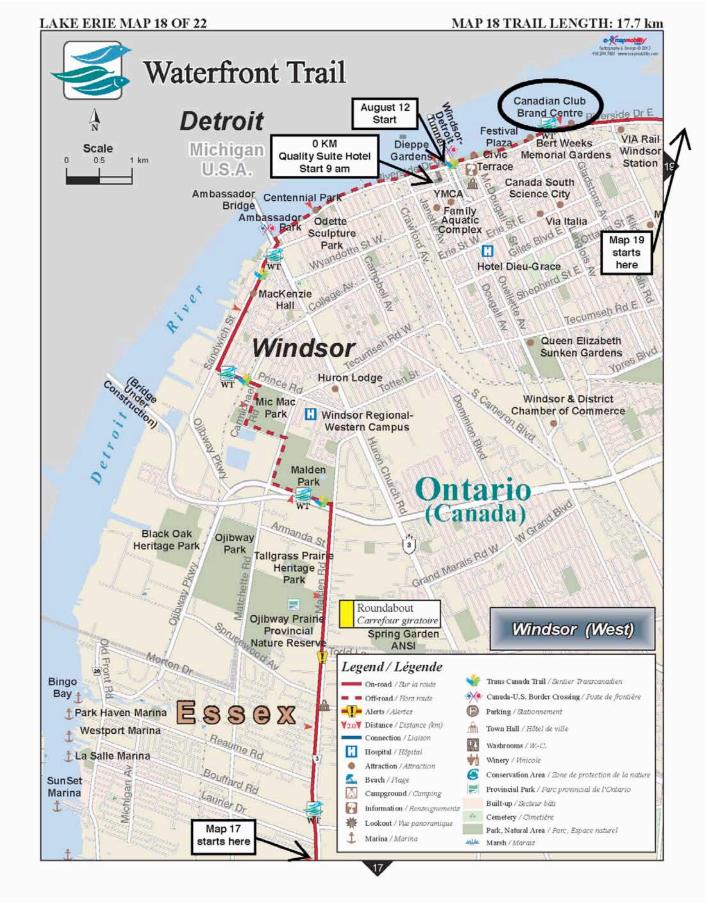


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	Rest Stop – Brand Centre - Walkerville	
54 KM	There are lots of secrets to be revealed about Canadian Club Whisky. The Brand Centre, locally known as Hiram Walker, will be offering 30 minute tours and tastings of Canadian Club Dock 57 Spiced Whisky, between 1 and 4 pm. Cost is \$5. Still thirsty? The Walkerville Brewery is just across the street	Open from 3:30- 5:30 pm
	Address: 2072 Riverside Drive East, Walkerville, N8Y 4S5	
	Overnight - Windsor	Hotel arrival
58 KM	Riders will arrive at the Quality Suites by Choice Hotels on the first night and check in to their rooms; which are included in the registration fee. Once cleaned up they'll walk over to the Bull and Barrel Urban Saloon on Oullete Ave, just a few blocks away, for a welcome reception from 4:00 to 6:00 pm. Tourism Windsor Essex Pelee Island will provide 2 free drink	3:30- 6:00 pm Welcome Reception from
	tickets and appetizers will be offered courtesy of the Bull and Barrel. There will be music and you can test your balance by riding the mechanical bull!	4:00 – 6:00 pm
	Dinner ** On Your Own where you can choose to stay at the Bull and Barrel or venture out to explore the other local offerings.	
	Address: 250 Dougall Ave., Windsor, N9A 7C6	





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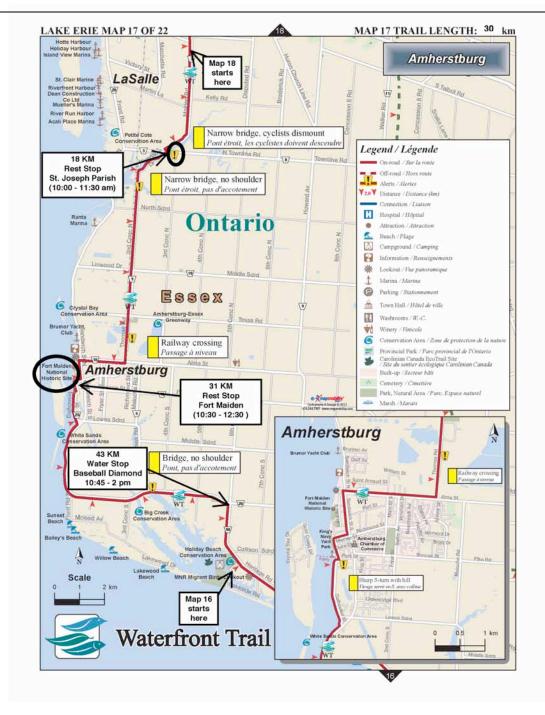


Morning Launch - Windsor

0 KM The City of Windsor will be on site to welcome all of the GWTA participants before the opening ceremonies at 9:00 am. We will depart as a group this morning. Group Ride Start at 9:00 am

Start 09:00

Address: On the waterfront, at the base of Ouellette, west of the Big Train



Highlights on next page



18 km	Rest Stop – St. Joseph Parish – La Salle Reflex Supplements, County of Essex, and Tourism Windsor, Essex, Pelee Island will be on site to greet riders, provide hydration and words of encouragement at the first rest stop of the day.	Open from 10:00 - 11:30
	Address: 9399 Townline Road, River Canard, Windsor, N9J 2W6	
31 km	For 200 years, fortifications at Fort Malden have witnessed and participated in the struggles which helped forge a new nation out of the North American wilderness. Entry is \$3 and there will be someone on site to watch your bike. The rest stop will be hosted by the municipality of Amherstburg, who will provide snacks, water, and will watch your bike as you explore Fort Malden. Address: 100 Laird Ave. S Amherstburg - N9V 1X5	Open from 10:30 - 12:30
43 km	Rest Stop - Malden Centre Baseball Diamonds	Open from 10:45 - 2:30
		pm

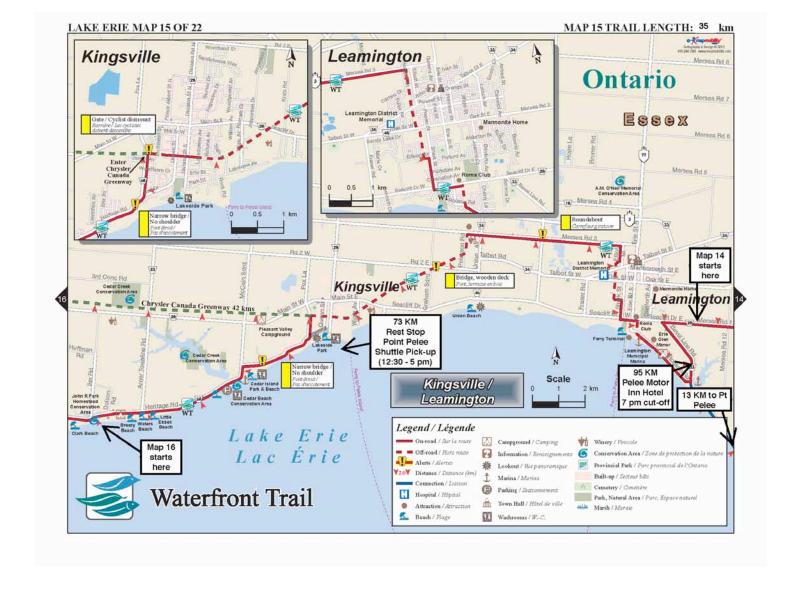
Map 16 on next page





	Lunch - Colchester	
57 km	Lunch will be on-your-own in the quaint town of Colchester. Options include Colchester Bar and Grill, and Moe's Smokehouse. If you're looking for something a little fancier, Viewpoint Estate Winery is 1.5 km farther along the Waterfront Trail and is open for lunch. If you drive through the area on the way to the start of the GWTA you might want to stop in for the Colchester Village Fest happening Aug. 9, 10, and 11th Address: Colchester - NOR 1G0	ETA 11:30 - 3:30 pm
64 km	Optional Stop –John R. Park Homestead A visit to the John R. Park Homestead and Conservation Area will take you back in time to the 1850s. The house and farm buildings of John and Amelia Park are restored to bring the nineteenth century to life. Rumor has it that Klassen Blueberries, which you'll pass on the way to Kingsville, has a "best in the world" milkshake. Address: 915 County Rd. 50 E, RR1 - Harrow - N0R 1G0	Open from 11:45 - 15:30





	Rest Stop –Lakeside Park - Kingsville	
	Farmdog Cycles will be cheering cyclists in to the last rest stop of the day and	Open from
	will provide fuel for the last 25 km of the day's ride. Want to come back and ride	12:30 -
	in the area? Ask the team about their winery tours. This will also serve as a shuttle point pick up for those who want to visit Point	5:00 pm
73	Pelee, but who may not want to ride 122 km. The Trolley shuttle, sponsored by	
km	the County of Essex, will depart the rest stop at 3:00 and 4:00 pm and drop you off at the Visitor Centre close to the southern most point of Canada, leaving	Shuttle
	you with 13 km of cycling back to camp. FYI: there is good swimming in the	Pick-up
	park.	Times
	Address: 106 Queen Street - Kingsville - N9Y 2A2	3 and 4 pm

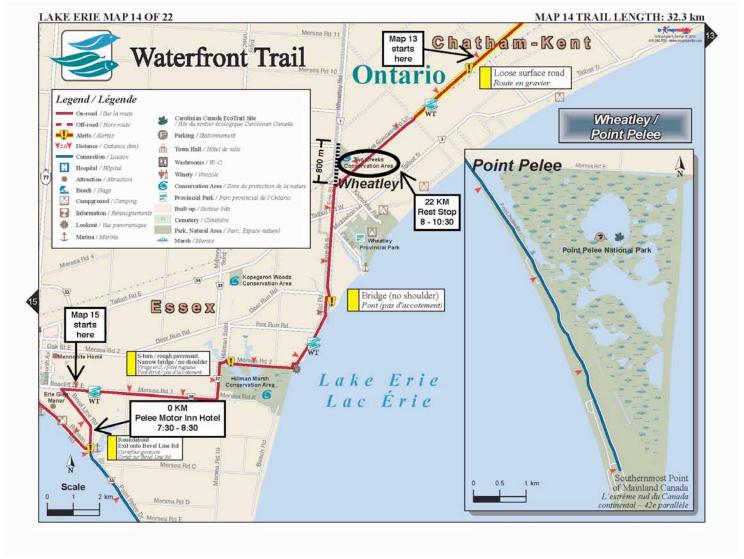
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Overnight - Pelee Motor Inn Hotel - Leamington Watch for signs directing you to the Arts Centre as you enter Leamington and a chance to take your picture with "Stewie" and his tomato family. Art 95 featuring Heinz ketchup will be on display as the town prepares for it's annual Tomato Festival taking place August 16-18, 2013. km The municipality of Leamington will be the overnight host at Pelee Motor Inn Hotel, with camping on their hotel grounds. Rumor has it there will be a market and groovy granola on site, massage, a local radio station, and there may even be a chance to do something very unique with tomatoes. **ETA** or Point Pelee, the most southern tip of Canada, a natural wonder, and 1:30 - 7:00 pm cultural treasure, is a must see today as well. Your blue wristband gets you in for free. Venture in to the park before setting up your camp site, or Up after grabbing a snack at the campsite. It is 13 km from the campsite to where the road ends in Point Pelee, so 26 km round trip. Take your bike To lock and walking shoes to venture out to the actual tip of this 20 square kilometer habitat in Carolinian Canada. You may want to take your **122** swimming suit and towel with you as well since there is a secret swimming spot that may be revealed. Km People are asked to be checked-in to camp by 7 pm as support will be off the route at 7 pm. Dinner ** on your own

Address: 566 Bevel Line Rd. - Leamington - N8H 3V4





	Morning Launch - Leamington	Breakfast 06:30 – 08:00
0	We will be leaving the tomato capital of Canada and the County of Essex heading in to Chatham-Kent.	Heritage History 07:00
Km	Safety Talk: How to ride in gravel and fall safely	Safety Talk 07:15
	Address: 566 Bevel Line Rd Leamington - N8H 3V4	Start 07:30 - 08:30

Rest Stop - Two Creeks Conservation Area - Wheatley

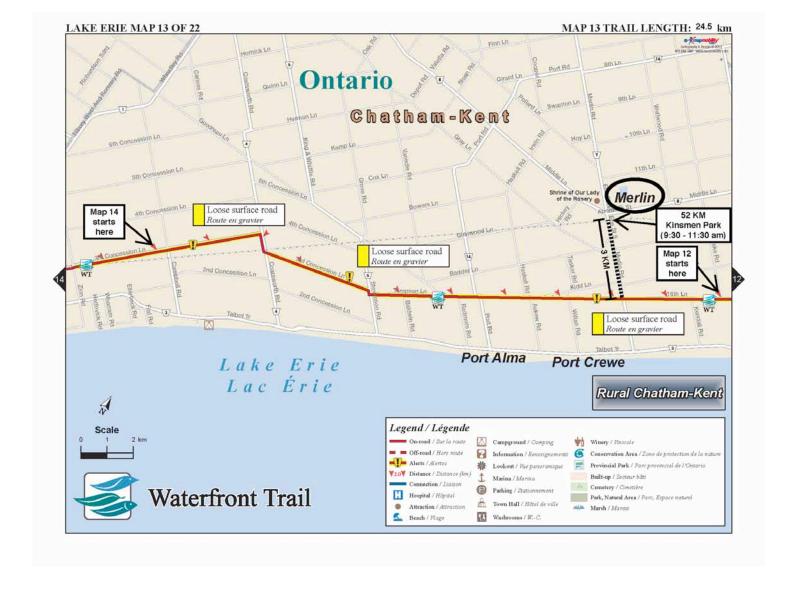
While in Wheatley, discover the beautiful trails of Two Creeks Conservation Area. This rest stop is hosted by the Friends of Two Creeks, a volunteer group that manages the area with a mandate to address the conservation, recreation and cultural needs of the Wheatley area with an emphasis on youth.

22 km

The Friends of Two Creeks, the Wheatley BIA and the Rockets Off-Road Cycling Club will be on site to greet cyclists, introduce them to Wheatley, and offer ten minute easy walks along gentle paths, across our treasured historic railway bridge, through secluded woodland and crossing meandering creeks. Fresh, local fruit will be available.

Open from 08:00 - 10:30

Address: 21638 1 Kent Rd. - Chatham-Kent - N0P 2P0



Rest Stop - Kinsmen Park - Merlin

52 km Some of the most poignant stops on the Ontario Underground Railroad tour are historic sites in Chatham-Kent. Considered the destination for freedom seekers, this region was home to some of the most successful black settlements and the greatest populace of former slaves in Canada. Origianl structures, artifacts and memoirs preserve this heritage and invite the visitor to explore the national treasures that best reveal this period. At this rest stop, enjoy the riches of the Underground Railroad. Water will be available. Items for purchase include memorabilia of the historical sites, fruit, and granola bars with proceeds supporting local historical sites and the Buxton Next Generation.

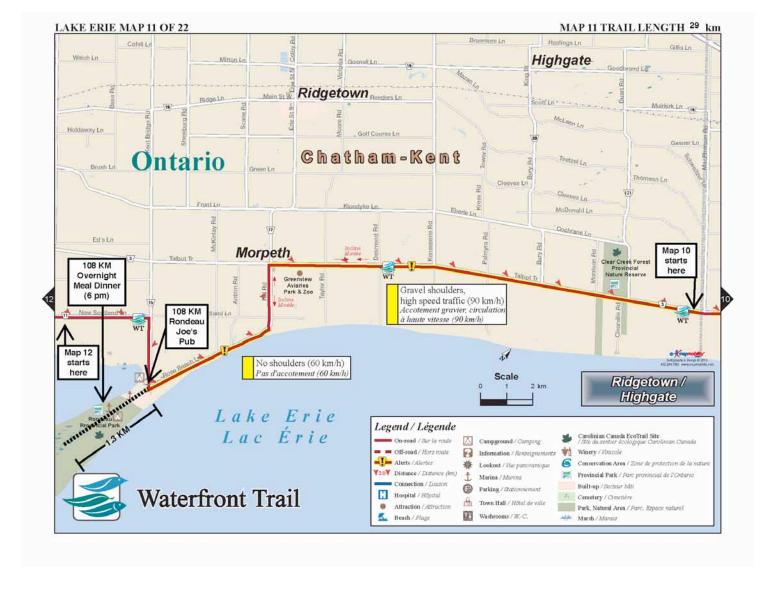
Open from 09:30 - 11:30

Address: 10 Erie St. North - Merlin





70 km	Optional Rest Stop – Dellhaven Fruit Stand and Smith & Wilson Winery Leading in to the lunch stop, cyclists will pass the Dellhaven Fruit Stand and then Smith & Wilson Winery, two sites that are difficult to resist stopping in and having some samples. Any purchases made will be picked up by the support vans, so be sure to put your name on your goods. Address: 8368 Water St Chatham-Kent - NOP 1A0	ETA 10:00 – 1:00 pm
83 km	Lunch - Erieau Lunch will be on-your-own in the unique beach town of Erieau. Options include the Eau Buoy Galley, Molly and OJ's, known for their perch, and the brand new Bayside Brewery. Good thing it's only 20 km to camp from here! Address: 1005 Vidler Ave - Erieau - N0P 1N0	ETA 10:30 - 2:30 pm



Overnight - Rondeau Provincial Park

Not quite ready to set up camp, or looking for a patio after the hard work of setting up your tent? You may want to stop at Rondeau Joe's at the entrance to the park.

Rondeau Provincial Park and the surrounding Rondeau Bay Marshes protect beautiful Carolinian wetlands that are home to a variety of flora and fauna. Jim Rule, president of the Thames Talbot Land Trust, will be at the info tent after dinner to answer questions about the plants and animals that have been seen on route and highlights for the upcoming days.

108 km There are some fun and exciting things planned at the park this evening. With the help of the Friends of Rondeau we will interact with the local birds; rumour has it there will be Owl Prowling and tales of fascinating things that happen only in this part of the province. Started in 1986, the Friends of Rondeau organize all kinds of interesting activities inside the second oldest Provincial Park, including the Spring Migration, Wings of Spring, and Butterfly Fest.

People are asked to be checked-in to camp by 6 pm as support will be off the route at 6 pm.

meal plan dinner

Address: Rondeau Park Rd. - Morpeth - N0P 1X00

ETA 12:00 - 5:30 pm

> Dinner 6:00 pm



	nigniignts	
	Morning Launch – Rondeau Provincial Park Friends of Rondeau will once again be catering our meal, which will include french toast!	
0 km	meal plan breakfast: 06:30 – 08:00 Heritage History : 07:00 Safety Talk: 07:15 - Tips on rural riding	Start 07:30 – 08:30
	Address: Rondeau Park Rd Morpeth - N0P 1X0	



Optional Rest Stop – Crazy Eight Cafe

18 km Built in 1890, this unique 8-sided barn was originally built for stabling animals, but was left empty for years until Susanne Spence-Wilkins saw it and made plans of her own. Susanne carefully disassembled the building and moved it to its present location and created a very special "Garden Inspiration Centre" and Cafe. The cafe will be open to purchase snacks and the support vans will transport purchases.

ETA 08:30 – 10:30

Address: 14226 Talbot Trail at Palmyra Rd, Palmyra, N0P 2C0

Rest Stop – Backus Page House, John Pearce Provincial Park

55 km From bluffs high above Lake Erie, you can see lake freighters, fishing tugs, sometimes a bald eagle and migrating hawks from this Provincial Park. Located on park grounds is the Backus-Page House Museum, a restored Georgian style home which was constructed in 1850. It is one of the first brick homes built in what would eventually become Dunwich Township. On the grounds are a restored barn, honey house, heritage gardens, and walking trails. Volunteers in period costume will be on-site to provide tours and answer questions.

Open From 09:30 - 11:30

Address: 29424 Lakeview Line, Wallacetown, ON



Overnight - Port Stanley - School and Arena

There is lots to see and do in the charming town of Port Stanley. Historically it was a trade town, moving coal between Ontario and the US, before moving on to a destination town with a popular casino. Participants will be greeted with open arms by the community. Gift bags with coupons for local stores will be handed out, including coupons from Fredericks Ice Cream which is open until 10 pm.

Blue flag beaches, shops, buildings steeped in history, cafes, restaurants, including live music by artist Jason Mercer at GT's Beach Bar and Grill; this evening will have something for everyone! Farmtown Canada will be providing a horse and buggy to shuttle people between camp and downtown. The cost will be \$5 per person (or a larger donation if you like) with all proceeds going to their outreach programs, including counseling for kids, animal therapy, and summer camps.

The Port Stanley theatre will be performing Mini Putt with show times at 2 pm and 8 pm. It is recommended you purchase tickets in advance. If you get in to camp early enough you may want to check out the Terminal Rail. They have departures at 1:00 and 2:30 pm. It will also be open mic night at Me and Susie's; be sure to grab a table before 6 pm for this popular entertainment. Previous GWTA participants have been known to break in to song for no reason, who knows what will happen when they have a mic and music backing them up!

For those looking to mix up the camping with some hotels, this would be a night with several hotels and B&B's to choose from. Check out the accommodations page of our website for suggestions.

People are asked to be checked-in to camp by 6 pm as support will be off the route at 6 pm.

dinner on your own

81

km

Address for Arena: 332 Carlow Rd. - Port Stanley - N5L 1B6

ETA 10:30 - 4:00



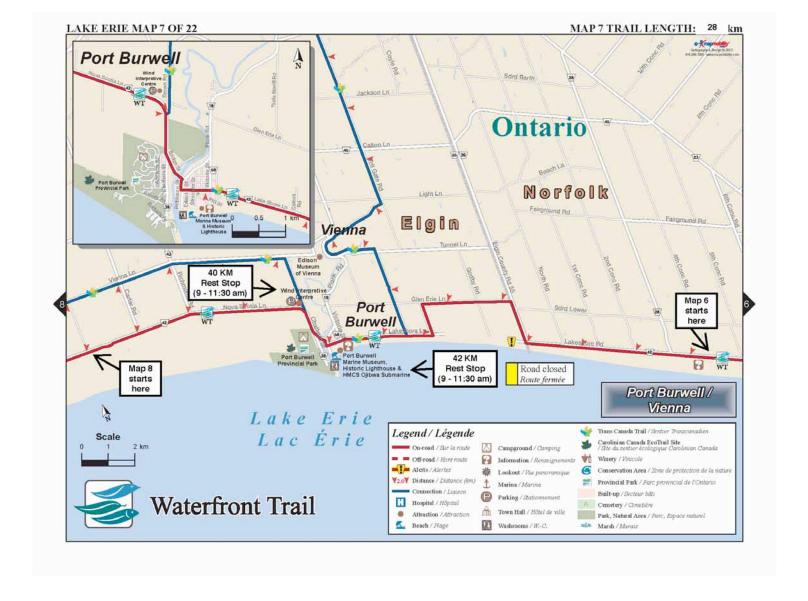






Morning Launch – Port Stanley Breakfast, for those on the meal plan, will be at the Wharf restaurant in downtown Port Stanley, a 2 km ride. As cyclists leave Port Stanley, check out Hawk Cliff at Dexter Line and Hawk Cliff Rd; a great lookout point over Lake Erie and a place to witness hawk migration in the Fall. Start 07:30 - 08:30 Meal plan breakfast 6:30 - 8:00 Heritage History 7:00 Safety Talk 7:15 start: 7:30 - 8:30 Address: 208 Main St. - Port Stanley - N5L 1C3





	Rest Stop – Wind Interpretative Centre – Port Burwell	
40 km	The Wind Interpretive Centre, normally a self guided activity, will have staff on site to answer all your questions about wind and all the windmills you've been riding past. Should you be ready for a treat, Port Burwell has an ice cream shop and some restaurants. The official water station and washrooms will be at the Marine Museu in Port Burwell.	Open From 09:00 - 11:30
	Address: 5361 Brown Rd Port Burwell - N0J 1T0	

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Rest Stop – Ojibwa Submarine and Marine Museum – Port Burwell The Ojibwa submarine has found a new home in Port Burwell, in the municipality of Bayham, and this summer it will be open for tours. We had a sneak peek in June and it's amazing! Participants are asked to sign up ahead of time for tours that will be offered between 10:00 am and 12:45 pm by calling 519-633-7641. You will need to have closed toe shoes with rubber bottoms to enter the submarine. The support vehicle will drop off Open From your shoes so you don't need to ride with them, please ensure your shoe 09:00 - 2:00 pm bag is in the support car before riding. Water and washrooms are available at the Marine Museum, located across the street from the historic lighthouse which was built in 1840 to safely guide ships to harbour. The museum houses one of the finest collections of lighthouse lenses and pier markers. Just down the street is Port Burwell Provnicial Park at the mouth of Otter Creek and was said to

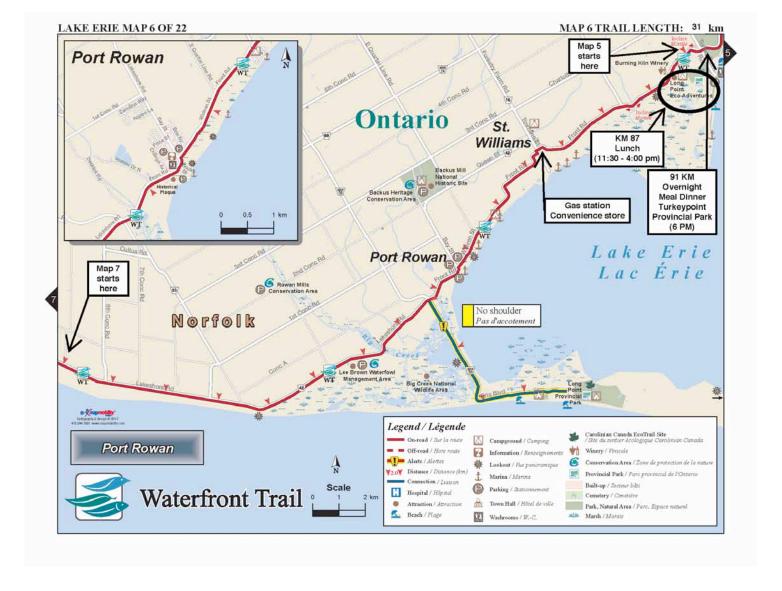
Address: 18 Pitt - Port Burwell - N0J 1T0

be a birder's "undiscovered paradise".

42

km





	Optional Rest Stop – Long Point Provincial Park	
71 km	The extra 8 km down to Long Point Provincial Park are worth it. It consists of a 40 km long sand spit in Lake Erie, which is recognized as a biosphere reserve by the United Nations. In August and September, tens of thousands of Monarch Butterflies congregate on Long Point, briefly resting before continuing on their way to their Mexican wintering grounds. The return trip will add 16 km to your day.	ETA 11:00 - 3:30 pm
	Address: Rowan - N0E 1M0	

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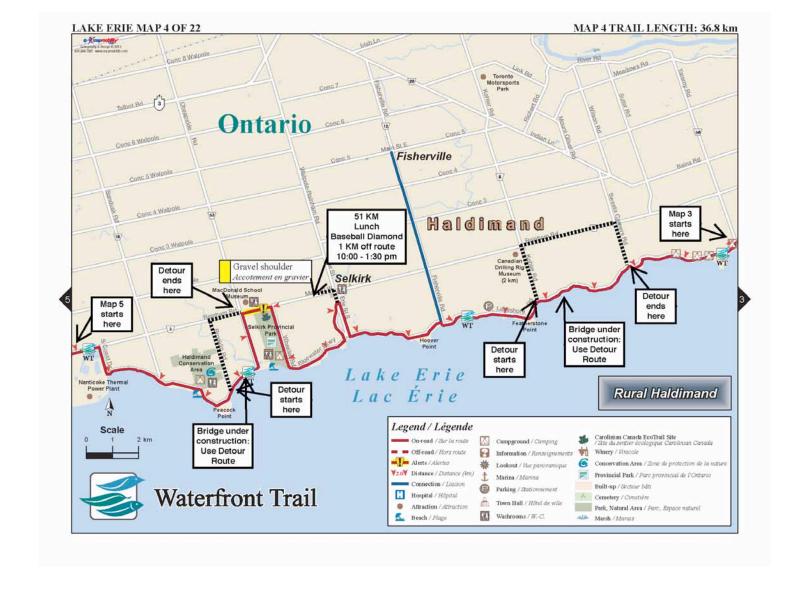


	Lunch – Long Point Eco Adventures	
87 km	The Burning Kiln Winery and Long Point Eco-Adventures are highlights worth stopping at. Glide through the Carolinian forest on a world class 2.5 hour zipline and canopy tour adventure. This thrilling tour includes 8 zip lines, 2 suspension sky bridges, 14 platforms, and a 40 foot rappel. Travel high above the forest floor and take in the views overlooking Long Point Bay World Biosphere and Turkey Point Marsh. Tours will be offered from 12:00 to 1:30 for a discounted rate of \$80 and reservations can be made in advance by calling 1-877-743-8687. Enjoy some samples at the winery across the street before heading in to camp. Other activities at Long Point Eco Adventures include observatory tours and a mushroom foray, for those looking for a unique way to spend the night enjoy glamping in their wilderness suites.	ETA 11:30 - 4:00 pm
	Address: 1730 Front Rd St. Williams - N0E 1P0	
91 km	Overnight – Turkey Point Provincial Park The only Provincial Park with a golf course, Turkey Point has a diverse ecosystem including marshes, bluffs, and oak savanna. After the sun sets, Long Point Eco Adventures will shuttle those who register in advance to experience their Stargazing Tour. For half price, you'll enjoy the "Long Point Observatory". The 16" Schmidt-Cassegrain telescope is capable of revealing celestial objects 10,000 times fainter then the faintest objects visible to the naked eye. This hands on telescope experience, where you'll view planets, nebulas, and distant galaxies, is \$15; reservations can be made by calling 1-877-743-8687. Learn to Camp staff will be on site to share trivia and host a bon fire and smores demonstration in Turkey Point at 8 pm; followed by a chance to make your own smores, tell ghost stories, and tall tales from the road. In the past, participants have brought musical instruments to entertain the group around the campfire. People are asked to be checked-in to camp by 6 pm as support will be off the route at 6 pm. ETA: 11:30 - 18:00 meal plan dinner at 18:00 Address: St. William - NOE 1P0	ETA 11:30 – 6:00 pm Dinner 6:00 pm





	Morning Launch – Turkey Point Provincial Park	
	Breakfast, for those on the meal plan, will be at the park.	Safety Talk
0	meal plan breakfast 6:30 - 8:00 Heritage History 7:00	07:15
km	Safety Talk 7:15	Start
	start: 7:30 - 8:30	07:30 – 08-30
	Address: St. William - N0E 1P0	



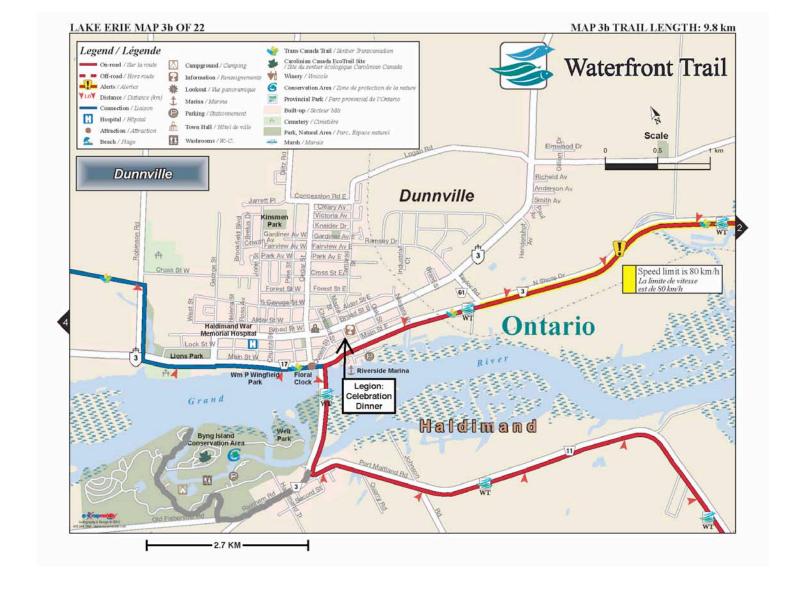
	Lunch - Selkirk	
51 km	The meal plan lunch will feature award winning carrot cake, need we say more? Provided by the Sunflower Cafe in the baseball diamond in Selkirk, 1 km off the route, the lunch will delight the taste buds.	Open From 10:00 – 1:30 pm
	meal plan lunch	
	Address: 1 Main St. W - Selkirk - N0A 1P0	

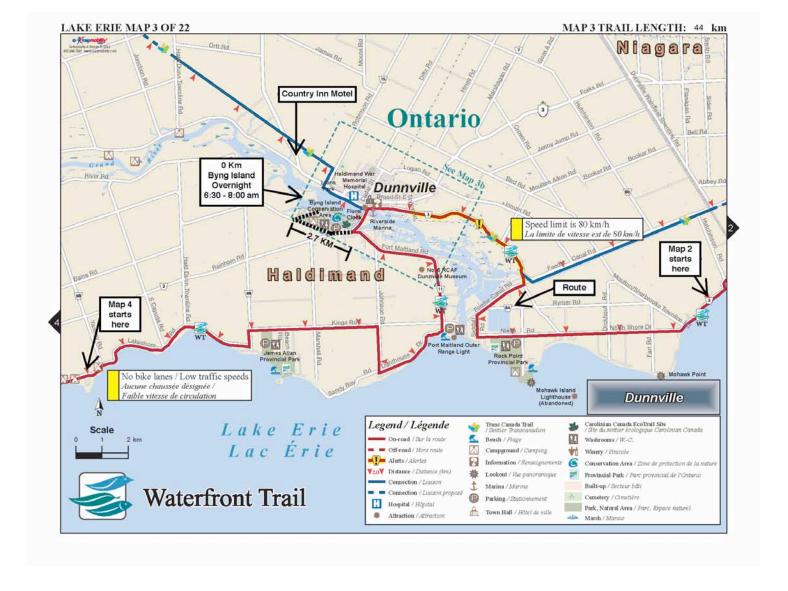


Highlights on next page



	Overnight – Byng Island Conservation Area – Dunnville	
99 km	Optional Activity: Rest the legs and put the arms to work in a fun and relaxing kayak. Explore the Dunnville marshes, the Grand River, and enjoy the view from the water. Trips start at 2:30pm and are 90 min long, cost is \$35 + tax, call 1-888-KAY-AK15 to book a reservation. Re-enactors will greet cyclists as they cross the finish line and there will be live music to enjoy and snacks provided by the local business Classic Towing. Set up your lawn chair and grab a "cold one" while enjoying the show. People are asked to be checked-in to camp by 5:30 pm as support will be off the route at 5:30 pm. Shuttle buses, courtesy of Haldimand County, will be leaving the park to head in to Dunnville for some retail therapy every 30 minutes from 4:30 to 6:00. Our final night together will feature a celebration dinner at the Legion, a short bus ride away (note shuttle times above). Participants have been known to put together skits, sing songs, and enjoy the company of new friendships. The shuttle will return campers from the Legion at 8:00, 8:30, 9:00, and 9:30 pm. Downtown Dunnville is within walking distance of the legion should you wish to extend the good cheer, then walk or take a taxi back to the campsite. ETA 11:30 - 17:30 Shuttles every 30 min from 4:30 to 6:00 and 8:00 to 9:30 dinner included in registration at 18:30 Address: 9 Haldimand Trail - Dunnville- NOA 1C0	ETA 11:30 – 5:30 pm DINNER 6:30 pm
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	Morning Launch – Byng Island Conservation Area	
0 km	Breakfast, for those on the meal plan, will be at the park and catered by Flyer's Cafe. The Tour Director has been known to go 50 km out of her way for their cheese buns! 7:30: Everyone will be asked to pose for a final picture before starting out. meal plan breakfast 6:30 - 8:00 start: 7:30 - 8:30	START 07:30 – 08:30 BREAKFAST 06:30 – 08:00
	Address: 9 Haldimand Trail - Dunnville - N0A 1C0	



	Rest Stop – Long Beach Conservation Area	
27 km	This beautiful Conservation area will entice you in to going swimming, building sand castles, and simply getting absorbed in the view of Lake Erie. Besides being an excellent swimming destination, the beach provides prime habitat for the Fowler's Toad, a species at risk in Carolinian Canada. The Niagara Peninsula Conservation Authority provides great stewardship of the shoreline, and manages the beach to limit the impact of beach usage on the toads. Address: 12965 Lakeshore Rd., Wainfleet, N1A 2W8	Open From 09:00 – 11:00
44 km	Port Colborne will welcome cyclists to shop, recommend a place for lunch, and to provide more information about the community. Stop at one of the best ship watching places in the area. A Port Colborne community group will offer Valet Parking for \$2 with all proceeds benefiting Lock 8 Park initiatives. So take a few minutes to explore the area shops and cafes. As you start your journey on the Friendship Trail don't be fooled by the signs saying Fort Erie is only 10.5 km away, it is 24 km along this beautiful off-road path to the finish line. Address: Lock 8 Gateway Park - Mellandby Ave and Niagara St L3K 3T9	Open From 10:00 – 1:00 pm



	Finish Line – Fort Erie	
73 km	All good things must come to an end, or so they say. The Town of Fort Erie and Canadian Motor Speedway will end things with a race themed finish line as you pass the checkered flag and receive a finisher medal. Be sure to smile as your picture is taken! Enjoy a sampling of the local cuisine and a piece of a very special cake; tickets will be provided by us, and relax with a beverage on the patio overlooking the glistening views of Lake Erie before beginning your journey home.	ETA 11:00 – 3:00 pm
	ETA 11:00-15:00 food included in registration fee 15:00: Shuttle from Finish Line to Long Term parking departs 15:30: Shuttle from Finish Line to Toronto departs	
	Address: 80 Niagara BI - Fort Erie - L2A 3G3	