

Download the full itinerary from  
**WaterfrontTrail.org**

Trip planning materials are based on the tour itineraries developed for our popular annual supported tour, the Great Waterfront Trail Adventure (GWTA). Maps and itineraries are free to print and download.

**Finding the Itineraries**

CLICK ON [Trip Ideas](#) → [Self-Guided Tours](#) → [Sault Ste. Marie To Sudbury](#)

Includes detailed pdf maps with distance and route conditions, daily itineraries with points of interests, heritage notes, and accommodation and side trip suggestions. Includes Ride with GPS.

**Available on Ride with GPS**

VISIT [www.ridewithgps.com](http://www.ridewithgps.com) → Find → Keyword: GWTA19

Download the route! The GPS complements rather than replacing the printed itineraries.

Check out 6 other trip guides along Lake Ontario, Lake Erie and Lake Huron as well!



**The Waterfront Regeneration Trust & Partners**

The Waterfront Regeneration Trust is the charity working with 150 communities and First Nations to protect, connect and celebrate the world’s largest group of freshwater lakes through the creation of the 3600 km Great Lakes Waterfront Trail.

The Great Lakes Waterfront Trail is the first step in a broader strategy to regenerate the waterfront’s ecological health, sense of community and economic vitality and ensure the waterfront is clean, green, accessible, connected, open, useable, diverse, affordable and attractive.

**Great Lakes Waterfront Trail  
Lake Huron North Channel**



**How to Donate**

Join our League of Extraordinary Waterfront Trail Champions and support our work to improve, expand and promote the Trail and the values it represents.

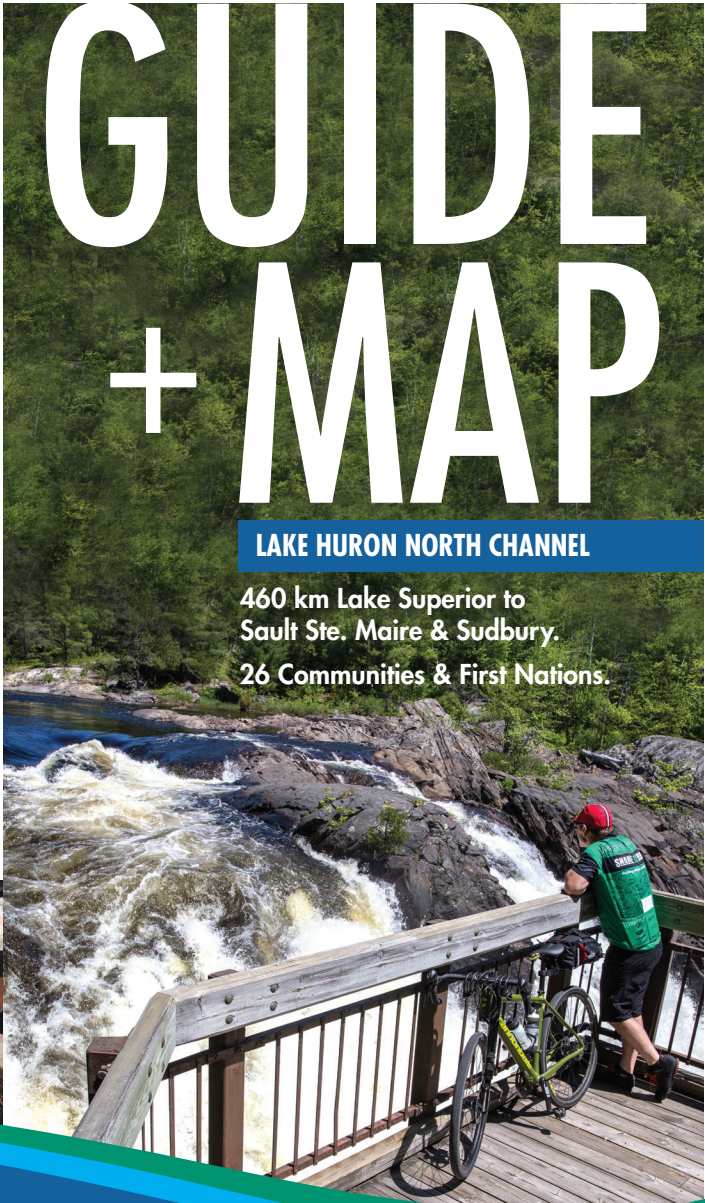
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**GUIDE  
+ MAP**

**LAKE HURON NORTH CHANNEL**

**460 km Lake Superior to  
Sault Ste. Marie & Sudbury.  
26 Communities & First Nations.**



**RUGGED.  
RELAXING.  
REWARDING.**

Travel up to 460 km between Sault Ste. Marie and Sudbury, visit 26 communities including four First Nations, connect with 12 heritage rivers emptying into the “Caribbean of the North”, touring the great Canadian landscape that inspired the Group of Seven.

Stay at cyclist-friendly marinas with beautiful lake vistas, eat at locally-owned restaurants with great food. Enjoy night skies not restrained by city lights, gorgeous beaches and waterfalls.

You’re going to love it.

- Suited for experienced cyclists.
- Follow mostly quiet northern roads.
- Up to 450 km over 5–7 days, including St. Joseph Island.
- 50 km on generous paved shoulders of Hwy 17. *Where there were no other options, the route follows generous paved shoulders on Hwy 17. The longest continuous stretch is 23 km between Iron Bridge and Bruce Mines, following the Mississagi River.*
- Gravel Grind: Almost 50 km. *The longest stretch of the route along unpaved roads is 14 km (southwest of Iron Bridge). Each day’s itinerary and map includes an approximate distance on gravel. Don’t get discouraged, with the right tires, it is manageable and keeps you off of the shoulderless sections of Hwy 17.*



Protect. Connect. Celebrate.  
Canada’s Great Lakes and the St. Lawrence River.

**WaterfrontTrail.org**



## DAY 1

### Sault Ste. Marie, Ontario Up to 70 km

Easy to stay in Sault Ste. Marie for 2 to 3 days. Cycle to Lake Superior (50 km return) and take a guided tour in the Lake Superior Water Trail from Gros Cap in Prince Township. Cycle the City's 26 km Hub Trail—a dedicated off-road loop that connects great City attractions including the art galleries, craft breweries and restaurants on the waterfront.

**Accommodation:** Stay in one of several waterfront hotels.

## DAY 5

### Espanola to Sudbury 81 km

3.3 km Gravel | 7 km paved shoulders of Hwy 17

Cycle by impressive views of the Domtar Dam, have the opportunity to meet some alpacas, and parallel the Spanish River in Nairn. As you near Sudbury you'll follow a tributary of the Spanish, and the road will open up for a terrific ride towards Whitefish with some awesome scenery and rock cuts. Break for lunch at Centennial Park (48 km) on the banks of the Vermillion River and ramble into Sudbury, grind some gravel on Gibson Road and travel past Kelly Lake before directly passing the locally famous Stack Brewery. You'll finish your ride along the Junction Creek trail, through downtown Sudbury and finally to scenic Bell Park on Ramsey Lake, with its Blue Flag Beach.

#### Short Ride Options

Espanola to Centennial Park and Campground 48 km.

#### Head in a completely different direction—Manitoulin Island

Espanola to Little Current, Manitoulin Island 50 km along Hwy 6. Little Current to South Baymouth 64 km along Hwy 6.

**Accommodation:** Sudbury has a selection of hotels including one near to the finish.

## DAY 2

### Sault Ste. Marie to Bruce Mines 73 km

Gravel Grind 10 km

Follow the banks of the St. Marys River, visiting Garden River First Nation's Objiway Park with its stunning beach, a giant-sized Canadian looney at the entrance of a provincially significant wetland in Echo Bay, grab lunch in Desbarats from a Mennonite farmers market, or on St. Joseph Island, home of the top maple syrup producers. Tour the first copper mine in Canada in Bruce Mines.

**Short Ride** 73 km — Sault Ste. Marie to Bruce Mines

**Long ride** 105–118 km — Add a side trip to Richard's Landing and/or Hilton Beach on St. Joseph Island. Finish in Bruce Mines.

**Accommodation:** Hotels and camping available in Bruce Mines and St. Joseph Island.

## DAY 3

### Bruce Mines to Blind River 96 km

Gravel Grind 19 km | 23 km paved shoulders of Hwy 17

Cycle long stretches of gentle rollers along the banks of two heritage rivers (the Thessalon and the Mississagi) and pass through two First Nations (Thessalon and Mississauga). You'll see idyllic farmland, many run by Mennonite and Amish families, fabulous marinas with great river views and picnic stops, and a string of northern communities, each with nearly two centuries of history. Grab lunch in Thessalon or Iron Bridge.

The Great Lakes Waterfront Trail between Iron Bridge and Blind River follows 23km of generous paved shoulders on Highway 17 and skirts the shores of the beautiful Mississagi River. There will be truck traffic.

#### Short Ride Options

23 km Bruce Mines to Thessalon.

73 km Bruce Mines to Iron Bridge.

**Accommodations:** Blind River has a selection of hotels. Cyclists may camp at the beautiful Blind River Marina, a 10-minute walk from Main Street's restaurants and services..

Camping and hotel options in Thessalon.  
Motel options in Iron Bridge.

## DAY 4

### Blind River to Espanola 115 km

Gravel Grind: 19 km | Intermittent travel along the paved shoulders of Hwy 17 (distances between 3 and 13 km)

Travel along Bootlegger's Bay to lounge in prohibition history, visit the Caribbean of the North, travel three more heritage rivers (The Serpent River, Spanish River and Aux Sables River) and enter the LaCloche Foothills. Must stops include the Algoma Mills Causeway Pavilion, Serpent River Park and Kennebec Falls, Serpent River First Nation Trading Centre, Spanish Municipal Marina with its lookout on the Whalesback Channel, Massey and Chutes Provincial Park before ending your ride in Espanola.

#### Short Ride Options

54 km Blind River to Spanish

83 km Blind River to Massey, Sables-Spanish Rivers

**Accommodations:** Espanola has a selection of hotels and a campground. Camping and hotel options in Spanish and Massey. Chutes Provincial Park, Massey is a stunning campground with a beach and waterfalls.

