Download the full itinerary from WaterfrontTrail.org

Maps and itineraries are free to print and download.

Finding the Itineraries

CLICK ON Trip Ideas → 1,000 km itinerary

Includes quick print maps with distance and amenities, 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 → Find → Keywords: 1000km Itinerary

Note: The GPS complements rather than replacing the printed itineraries.

Check out 9 shorter looped cycling itineraries featuring the best of the Great Lakes Waterfront Trail and the Greenbelt Route.

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

Trail to GO

On Days 9 and 10 of the itinerary there is potential to shorten the distance cycled by using the GO Transit commuter service which parallels the Waterfront Trail in the Greater Toronto Area. There is signage from the Trail to a number of GO stations. Note: Bikes are not permitted on rush hour trains.

Accommodations: we have not recommended specific overnight accommodations in this guide unless there is only one option.



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.

The Greenbelt Foundation

The Greenbelt Foundation is steward of over 2 million acres of farmland and environmentally sensitive forests, green spaces, watersheds, urban river valleys and the moraines that provide clean water for over 6 million Ontarians. We help mitigate climate change, increase biodiversity and restore naturalised areas so they can do the work of keeping Ontario healthy.

Great Lakes to Greenbelt 1000 KM 10-DAY ITINERARY



How to Donate

Support our work to improve, expand and promote the Trail and the values it represents.

www.WaterfrontTrail.org







GUIDE +MAP

1000 KM 10-DAY ITINERARY

Travel up to 1,000 km on this epic
Great Lakes to Greenbelt cycling route.



Protect. Connect. Celebrate.

Canada's Great Lakes and the St. Lawrence River.

WaterfrontTrail.org

GORGEOUS. GREAT LAKES. GREENBELT.

Explore the beauty and bounty of Ontario's Greenbelt, vistas and shorelines of Lake Ontario and Lake Erie, and the culture and history of towns and cities along the way. This self-guided, cycle itinerary combines two signature cycling routes that were designed as part of a plan to protect, connect and celebrate two iconic landscapes—our protected Greenbelt countryside and our Great Lakes coast.

- 10–14 day itinerary, especially if you enjoy the suggested spurs
- Ride the half itinerary or daily segments
- Support your local restaurants and businesses
- Use Trail to GO Transit connections to shorten your ride
- Experienced to advanced cycling skill levels.
- Mostly signed
- Paved roads, paved and unpaved trails, varied surfaces along Great Lakes Waterfront Trail, Greenbelt Route, L.E.&N Trail and Hamilton-Brantford Rail Trail.
- Featuring many Ontario By Bike bike-friendly certified accommodations. Check the website for other accommodations and bike-friendly businesses along this route.



DAY1

Hamilton to Queenston 117 km

Ride atop the Niagara Escarpment, a UNESCO Biosphere, downhill into Niagara Region, stopping at wineries, craft breweries and historic hamlets along the way.

Start: McMaster University **Mid-Point Breaks:** Beamsville

Overnight: Queenston (117 km) or Niagara-on-the Lake (128 km)

Optional Side or Spur trips: Queenston to Niagara-on the Lake along the Niagara River.

DAY 5

Hamilton to Georgetown 85 km

Ride past the waterfalls and valleys of the Greater Hamilton area before heading north-east through the rolling farmland and conservation areas of Halton Region. The last half of the route features some steeper inclines.

Start: Hamilton

Mid-Point Breaks (limited): Dutch Mill Country Market, (22 km) Carlisle (34 km), Campbellville

Overnight: Georgetown

DAY 9

Port Hope to Toronto 139 km options to shorten

Ride along the shores of Lake Ontario with its fresh lake breezes and stunning views. Today's route follows a combination of quiet roads and paved trails towards the City of Toronto.

Shorten today's ride:

- Use GO Transit commuter rail service.
 There is signage from the Waterfront Trail to GO stations in Whitby, Ajax and Rouge Hill.
- Stay overnight in Ajax (80km)

Start: Port Hope

Mid-Point Break: Bowmanville Marina,
Overnight: Toronto (139km) or Ajax (80km)

DAY 2

Queenston to Dunnville 110 km

Follow the Niagara River to the iconic Niagara Falls, and eventually onto the shores of Lake Erie. Pass by cottage and beach communities and the Welland Canal, finishing the day at the Grand River.

Start: Queenston

Mid-Point Breaks: Fort Erie, Crystal Beach, Port Colborne

Overnight: Hotel in Dunnville or camping at Byng Island Conservation Area, 4969 Haldimand Rd 20, Dunnville.

DAY 6

Georgetown to Schomberg 62 km

Much of today's ride follows the Caledon Rail Trail, offering approximately 38 km of flat, off road riding. The final 20 km are back on the road, to the quaint town of Schomberg.

Start: Georgetown

Mid-Point Breaks (limited): Spirit Tree Cidery, Caledon

Overnight: Schomberg—AirBnB in the town of Schomberg

DAY 10

Toronto to Hamilton 81 km

The final day of this 10-day adventure follows the Great Lakes Waterfront Trail along the western shores of Lake Ontario, through suburban communities and parks, passing the wetlands surrounding Hamilton harbour, to arrive back at the starting point in Hamilton.

Use GO Transit to shorten your ride and skip any sections between Toronto and Burlington.

Start: Toronto

Mid-Point break: Oakville or Burlington

Overnight: Hamilton

DAY 3

Dunnville to Port Dover 77 km

Cross the Grand River and ride along the Lake Erie shoreline taking in views of farmland, forests and beaches.

Start: Dunnville

Mid-Point Breaks (limited): Sunflower Café in Selkirk (30 km), Park Store in Selkirk Provincial Park.

Overnight: Port Dover (77 km) or Turkey Point Provincial Park (97 km) (camping)

Optional Spur: Turkey Point (addt'l 20 km from Port Dover)

DAY 7

Schomberg to Uxbridge 77 km

Heading east along the northern edge of the Greater Toronto Area, the route heads through the marshland of Newmarket, the unique waterfront community of Musselman's Lake and then into Whitchurch-Stouffville, before rolling through quiet farmland and forested areas, ending in the historic town of Uxbridge.

Start: Schomberg

Mid-Point Break: Newmarket, Musselman's Lake, Whitchurch-Stouffville

Overnight: Uxbridge—AirBnB in the town of Uxbridge

DAY 4

Port Dover to Hamilton 90 km

Head north from Port Dover, for a full day of rail trail riding starting with the Lynn Valley Trail and ending with the Hamilton-Brantford Rail Trail. Enjoy the view at Waterford Black Bridge, cross the Grand River in Brantford and visit the Dundas Conservation Area before ending the day back in Hamilton.

Start: Port Dover

Mid-Point Breaks (limited): Windmill Country Market,

Mount Pleasant (42 km) or Brantford

Overnight: Hamilton

DAY 8

Uxbridge to Port Hope 99 km or Cobourg 111 km

Roll South East through the hills of Northumberland County – taking in stunning views of Lake Ontario. Take a break at one of the many country stores on the route before riding downhill along the Ganaraska River to the charming town of Port Hope.

Start: Uxbridge

Mid-Point Break: Enniskillen, Orono

Overnight: Port Hope
Optional Spur: Cobourg

