

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](#)



Waterfront  
Regeneration  
Trust



Great Lakes  
Waterfront Trail



Possibility grows here.

**GUIDE  
+ MAP**

**1000 KM 10-DAY ITINERARY**

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



**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.



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

**WaterfrontTrail.org**

