

# Nipigon to Red Rock

## Heritage Ride: Bridge to Bay

### DRIVE-AND-RIDE SELF-GUIDED ITINERARY

Inspirational views of the Nipigon River Valley and Nipigon Bay await on this mixed ride with optional hikes connecting Lake Superior's two northernmost communities. Beginning at the Nipigon Marina, you'll experience the Town from all the angles, from the waterfront to its loftiest point, including the iconic bridge. Hitting the road, you'll visit the hidden gem of Red Rock, nestled away from the busyness of Highway 17 where you can explore the town, relax with some food, or hike the Red Rock Mountain Trail for an exultant view of the town and Nipigon Bay. You can either head back the way you came or return to the marina via an optional hike on the rugged Nipigon River Recreation Trail.

#### EXPERIENCE LEVEL

Cyclists should be experienced and comfortable cycling on the paved shoulders of Highway 17 near traffic, including truck traffic. The shoulder width on Highway 17 may vary. Exercise extra caution on hills. The route on-highway is not signed.

#### TERRAIN

The 3.1 km ride from the Nipigon Marina to the bridge and Nipigon Lookout includes some climbs (avg 1.1%, max 5.7%) including two segments of ~300m with a sustained 3.5%-4.5% gain. The first 4.5km along the shoulders of Highway 17 is a fairly consistent uphill climb rarely reaching 3% grade, with one brief 100m climb at ~5.4%. The remaining 4.5km on the shoulders of Highway 17 are mostly down hill. The remaining ride into Red Rock is a mostly-flat cruise.

#### TIPS

The trip can be broken-up over two days with an overnight in Red Rock. Pack additional snacks and water on your way out of Nipigon. While there are many amenities clustered along the Highway leading out of Nipigon, once you are outside this business area there are no amenities until Red Rock. Many businesses in Northern Ontario are family owned and operated. If you are relying on them for a stop it is always a good idea to call ahead.

#### START LOCATION

Nipigon Marina (Brennan Dr. Terminus, Nipigon, ON.)

#### COURTESY OF



# 23 km

TOTAL DISTANCE  
ONE-WAY, CYCLING COMPONENT ONLY

# 33.7 km

TOTAL DISTANCE  
INCLUDING RETURN TRIP VIA OPTIONAL HIKE  
ON THE NIPIGON RIVER RECREATION TRAIL

# 3-10 hrs

SUGGESTED RIDE TIME  
INCLUDING OFF-BIKE ACTIVITIES  
RECOMMEND COMPLETING OVER TWO DAYS

#### ROUTE MAPS

#### Ride with GPS

**Nipigon to Red Rock: Bridge to Bay Tour**  
(38.2km)

Great Lakes  
Waterfront Trail  
PDF Maps



**Disclaimer:** This route is a suggested route only. The route incorporates on-road riding. All cyclists are responsible for their own safety and must use both trails and streets with caution and do so at their own risk. Always wear the proper safety gear when cycling, ride sensibly and abide by all laws. Each route should be evaluated by each individual cyclist based on their level of experience, comfort level in cycling on trails and roads, weather conditions, time of day, and any road obstacles. Waterfront Regeneration Trust and all others involved in the development of this route do not assume any liability whatsoever for cyclists using this information and travelling upon this route

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## THE RIDE

### START LOCATION

Nipigon Marina (Brennan Dr. terminus, Nipigon, ON) or a location of your choice.

### RIDE HIGHLIGHTS

**History and Heritage:** Lake Superior National Marine Conservation Visitor Centre, Paddle-to-the-Sea Park, Nipigon Historical Museum, Red Rock Interpretive Center and Marina

**Views:** Nipigon Lookout, Red Rock Mountain Trail Lookouts

**Bakeries:** Sweet Treats and More (Red Rock)

**Hiking:** [Red Rock Mountain Trail](#)

### REMINDER

This trip travels ~9.5 km (in each direction) on the paved shoulders of Trans-Canada Highway 17, a provincial Highway with a posted speed limit of 90km/h with consistent traffic including truck traffic.

### 0 km – Ride Start: Nipigon Marina and Campground/Superior Picnic

Enjoy your first view of the Nipigon River. This is a perfect spot for a pre-ride snack from one of the local restaurants and the location of one of several iconic [Superior Picnic](#) views located on the North Shore.

### 0.7 km – Optional Trip to Sawmill Point

For those enjoying only the cycling component of the tour, consider a trip to Sawmill Point. Turn left (south) on Newton St, continuing straight to the end of Mill. From there, follow the trail for a relaxing lookout over the river and bay. Note, this adds 6 km to your trip distance. For those hiking back, you can pass Sawmill Point on your way back to the Nipigon Marina.

### 720 m – Recommended Stops: Paddle-to-the-Sea Park, Nipigon Historical Museum, Lake Superior National Marine Conservation Area Visitor Centre

The Paddle-to-the-Sea Park is a must for any fan of vintage Canadiana. This charming stop pays tribute to Bill Mason's iconic film based on the book by Holling C. Holling, offering a glimpse into the relationship between people and the waterways they cherish. For more on the beauty, offerings and experiences on

Lake Superior, head next door to the Lake Superior National Marine Conservation Area Visitor Centre. Finally, a few storefronts away you'll find the Nipigon Historical Museum where you can really dig into the history, heritage, heart and story of the area, including a collection of pre-contact artifacts.

### 2.8 km – Nipigon River Bridge Lookout

A trip below and up to the Nipigon River bridge will not only provide an opportunity to enjoy the iconic design up close, but provide a view of the serene Nipigon River itself. The bridge includes a wide, separated walkway linking Nipigon to the nearby Red Rock Indian Band at the Lake Helen Reserve, so you won't need to worry about traffic.

### 3.6 km – Bridgeview Lookout Tower

Don't miss this opportunity for a lofty view of the Nipigon River valley, including distant Red Rock. The Lookout Tower is a wonderful spot to take in a sunrise or sunset, if you make the time.

### 5.9 km – Highway 11/17

Your tour will take you around and through Nipigon, don't forget to grab some snacks and drinks for the road on your way out of town. While most of the shoulders of 11/17 on this route are wide and separated by a rumble strip, use caution.

### 20.8 km – Red Rock Mountain Trail Trailhead

Whether you visit on the way into town or head into Red Rock first for a quick bite to eat, you shouldn't skip the Red Rock Mountain Trail. The Trail can be accessed a short distance south of Highway 628 via Red Rock Rd 1. A more rugged 4.9km hiking loop, the Trail can be completed in 2-3 hours and includes a stunning view over the town and bay, with Nipigon in the distance. With viewpoints facing both east and west, the trail is ideal to take in a late sunrise or early sunset.

### 23.1 km – Red Rock Interpretive Centre

Modern, highly interactive and engaging, the interpretive centre provides another excellent opportunity to learn more of the history and ecology of the area and Lake Superior itself. You'll also have excellent views of Red Rock hills, Nipigon Bay and nearby islands. For those with their hands on a kayak, an accessible dock and access to the Lake Superior Water Trail is found nearby.

### 23.1 km – Recommended Lunch: Red Rock

You'll find a number of eateries tucked away in Red Rock including Melly B's at the nearby Recreation Centre

and the Log Driver Café at the marina in the Interpretive Centre. A grocer and convenience store can also be found further into town on Salls St.

### **24.1 km – Nipigon River Recreation Trail**

The Trailhead for the Nipigon River Recreation Trail is located a short distance down Third Street. This 10.1 km rugged hiking trail takes 3-5 hours to complete and will return you right back to your start location at the Nipigon Marina. You may choose to backtrack and follow the route along the highway back to Nipigon if travelling only by bike.

### **33.9 km – Nipigon Marina and Ride's End**

Celebrate your ride with a bite and drink at a local restaurant like Ducky's Diner or The Edgeview, then tuck in for a well-earned rest at any of the local motels, or under the stars at the Nipigon Marina Campground. You'll find more to do and see in the weekender section below.

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## THE WEEKENDER

Add these to your drive trip to further enjoy and extend your stay. There is a lot to do and see in the area of Nipigon and Red Rock

### Lofquist Beach

7 Beach Rd, Terrace Bay, ON

Take the first left (west) gravel road exit ~2.4km north of Highway 11/17 on Highway 585/Cameron Falls Road to visit this intimate beach. A truly hidden gem, we've marked the location on the [ride with gps route](#) for easy reference.

### Scenic Drive and Picnic on Helen Lake

Trans-Canada Highway 11

Highway 11 just east of Nipigon offers a lovely scenic drive right alongside Helen Lake, with kilometers of serene views. There is a picnic area that includes washrooms and an opportunity to get up close to the water, or even for a swim ~9.5km down the road.

### Hurkett Cove Conservation Area

Black Bay Rd terminus, Dorion, ON

Hurkett Cove is another hidden gem you shouldn't miss. With 2km of hiking trail along and near the coast of Lake Superior, Hurkett Cove can be enjoyed in an afternoon. The area is a birder's delight, so keep your eyes and ears open. For more information on Hurkett Cove, visit the [Lakehead Region Conservation Authority website](#).

### Eagle Canyon Adventures

275 Valley Rd, Dorion, ON

If the views in Nipigon and Red Rock were not enough, how about taking in more of the natural beauty from Canada's longest suspension bridge. More interested in a thrill? Try Canada's longest, fastest zip line. Both are found at Eagle Canyon Adventures.

### Quimet Canyon Provincial Park

275 Valley Rd, Dorion, ON

A day-use park with a trail and boardwalk with platforms offering incredible views of the valley 100m below. Unique and protected, the valley includes arctic plants typically seen 1000km further north.

### Paddle Lake Superior with S.A.N.D.

121 Lloyd Lane PO Box 24, Rosspoint, ON

Need the gear? S.A.N.D. (Such a Nice Day) Adventure Expeditions offers canoe and kayak rentals, paddling clinics, and offers single and multi-day expeditions for many locations along Lake Superior including Nipigon and Red Rock. For more information visit [suchaniceday.com](http://suchaniceday.com).

### ACCOMMODATIONS

While you can complete this route in a day, we recommend completing it in two. Take in the sights, go for an evening hike and enjoy the water. Both [Red Rock](#) and [Nipigon](#) maintain accommodations pages to help you select your preferred place to stay. Both the Red Rock and Nipigon marinas have camping as options, should you prefer a night under the stars.