



Halton Region

Sunday, September 13, 2009

Starts/Finishes at Mountain Equipment Co-op, Burlington

25km— Difficulty rating: 1.0

Suitable for riders of all ages and skill levels

A fresh air festival on wheels.

One of two routes that ride by the waterfront, this route starts and finishes at Mountain Equipment Co-op in Burlington. It is the flattest route of all four days and is the most family friendly not only because there are many ice cream stops along the way, but also because of its easy terrain. This route is certainly as beautiful as the rest with various scenic and historical points of interest.

Joining us on this day is TVOKids personality *Enviro Girl*, an environment superhero who teaches kids how to help preserve and save the earth. She will be riding her bike and talking to kids during the ride.

More Information

Participants must register to take part in any of the rides. Registration fee is \$40/person for each day or \$150 for all four days. Kids 14 and under are free and must be registered with an adult — 2 free children per adult.

Included in your registration fee is:

- A *Tour de Greenbelt* rider kit with maps and directions for each route
- Snacks and beverages before and during each ride
- Ride support and marshalled routes to ensure safety of all riders
- Free bike tune-up before the ride provided by MEC
- A 'Sag-Wagon' to pick up any rider who is tired or is unable to complete a ride
- A freshly prepared, delicious, local, Greenbelt lunch

Ways to register:

Online at www.tourdegreenbelt.ca

By phone through the *Greenbelt Foundation* at 416-960-0001

At MEC through mail-in or drop-in registration cards to the *Greenbelt Foundation*

Using your Aeroplan points at <http://www.aeroplan.com/mrch/prodAP0049.html>

Also available is:

\$15 return shuttle service from Mountain Equipment Co-op in either Toronto or Burlington to any of the four rides

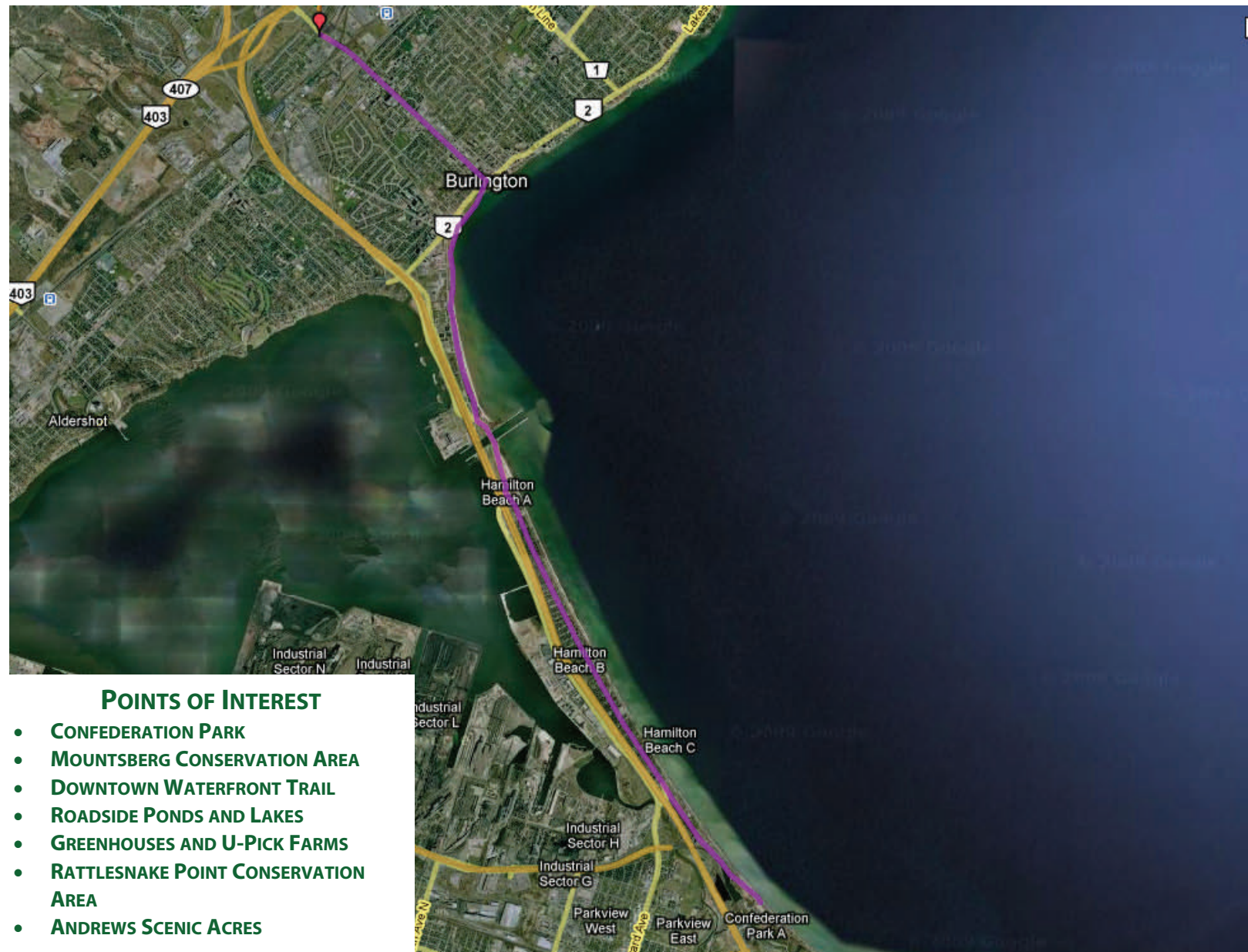
A \$25, 100% organic cotton *Tour de Greenbelt* t-shirt

A \$70, limited edition ATAC Sportswear *Tour de Greenbelt* cycling jersey

Every rider must wear a helmet. Medical staff is available throughout the ride.



Map of 25km Route



The 25km route along Lake Ontario offers a fresh perspective of Ontario's Greenbelt. For riders who want a tougher challenge the mid-length, 62km route is a great choice. It starts quickly with a climb uphill and gets your legs warmed up then takes you through the constantly changing scenery including flat farmland, rolling hills, scenic vistas, historic single lane bridges, tree-lined lanes and roadside ponds.

There is also the 85km route which is not the longest but is certainly the most challenging of all the rides in the Tour de Greenbelt. This route is designed for avid cyclists with its numerous escarpment hills that are sure to give your thighs a burning sensation. The heart-pumping terrain and stunning scenery will reward anyone who faces and completes this challenge.



Alternative Routes

62 km

Difficulty rating: 3.0

- Start at MEC store on Brant Street in Burlington
- Left on Tyandaga Park Road
- Right on Canterbury Drive
- Right on Kerns Road
- Left on Dundas Street East
- Right on Evans Road
- Left on Parkside Drive
- Right on Robson Road
- Quick right on Fifth Concession Road East
- Left on Beeforth Road
- Right on Sixth Concession Road East
- Left on Milborough Line
- Left on Eight Concession Road East
- Right on Greenspring Road
- Right on Progression Road
- Left on Carlisle Road
- Right on Centre Road (**washrooms**)
- Right on Campbellville Road
- Left on Milborough Line to Mountsberg Conservation Area: **REST STOP**
- Right on Milborough Line back to Campbellville Road
- Left on Campbellville Road
- Right on Guelph Line
- Right on Colling Road
- Left on Cedar Springs Road
- Turns into Brant Street
- Turn into MEC street closure

85 km

Difficulty rating: 4.0++

- Start at MEC store on Brant Street in Burlington
- Left on Tyandaga Park Road
- Right on Canterbury Drive
- Right on Kerns Road
- Left on Dundas Street East
- Right on Evans Road
- Left on Parkside Drive
- Right on Robson Road
- Quick right on Fifth Concession Road East
- Left on Beeforth Road
- Right on Sixth Concession Road East
- Left on Milborough Line
- Left on Eight Concession Road East
- Right on Greenspring Road
- Right on Progression Road
- Left on Carlisle Road
- Right on Centre Road (**washrooms**)
- Right on Campbellville Road
- Left on Milborough Line to Mountsberg Conservation Area: **REST STOP**
- Right on Milborough Line back to Campbellville Road
- Left on Campbellville Road
- Left on Guelph Line
- Right on 15th Sideroad
- Right on 4th Line
- Right on 10th Sideroad, Andrews Scenic Acres: **REST STOP**
- Left on 3rd Line
- Right on 5th Sideroad
- Turns into Campbellville Road
- Left on Appleby Line
- Right on Britannia Road
- Left on Guelph Line
- Right on Colling Road
- Left on Cedar Springs Road
- Turns into Brant Street
- Turn into MEC street closure

