

QuickRelease

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Toronto
bicycling
Network



Toronto Cycling Committee's Focus Turns to Bike Trails in Parks

By Martin Koob, TBN's representative to TCC

In the last couple of years at the Toronto Cycling Committee there has been a lot of focus on the on-street part of the Bikeway Network: trying to get bike lanes approved, getting the bike route signs implemented on streets and getting an increase in the Transportation Services Division budget to fund these on-street cycling infrastructure projects. This work has shown some success with an increase in funding to \$3.0 million dollars in 2006 and a promise of funding of \$6.0 million in 2007. There has also been some commitment on the part of the City to address the problem of the drawn out bike lane approval process. These improvements are not guaranteed. Making good on these commitments will be up to the next City Council which will be elected this coming November. Cycling advocates will have to make these things an issue in that election to ensure that the Councilors and the Mayor will support them.

The other part of the Bikeway Network is the recreational trails that run through the parks and ravines throughout the City. Over the last few months the Toronto Cycling Committee has turned its attention to the Parks Forestry and Recreation Division of the City of Toronto to try to get the parts of the Toronto Bike Plan under their responsibility implemented. The three main issues that have been brought up are, installing the bikeway network route signs along park trails, expanding the Bikeway Network in parks with new trails and repairing damaged and degraded trails.

One of the recommendations of the TCC during the 2006 budget process was that the Parks Forestry and Recreation Divisions budget \$165,000 for installing bike route wayfinding signs along the Don Trail System, the Humber trail, the Beltline trail, the Taylor Creek Trail and the Martin Goodman Trail. That recommendation was accepted. Since the budget was approved, city staff members have been working on this project. At the May TCC meeting there was a report on what the signs will look like and where they will be placed. The signs in parks will have more information on them than just the blue

bike route signs on streets. In addition to the route number they will include: identification of destinations and major land marks; distances to destinations; directions to other bike routes where they intersect; and names of roads that the trails cross. They will also include information on rules of the trail.

Once the signs are up along the routes they should also be indicated in the next edition of the Bike Map. This will be a huge help to cyclists trying to navigate the trails. Experienced cyclists in Toronto may already know how to make the connections from the on street routes to the paths in parks. These signs will help new cyclists or visitors to the city or even long time cyclists who have never discovered Toronto's many trails through its parks, find their way onto the trails and back out again.

The issue of trail repairs and new trails in parks was also reported on at the May 2006 TCC meeting. There are three new Bikeway Network Expansion projects in 2006. One is a short path in Viewmont Park near the Glencairn Subway station. It will serve a link in an on street signed route that will run from the intersection of the Beltline Trail and the Bike Route 26 on Roselawn up to Lawrence. This new signed route will run primarily along Englemont but will also have sections on other streets and through the park.

The second project is the paving of an existing gravel path from East Point Park to Highland Creek. The Toronto Region Conservation Authority is building a bridge over Highland Creek that will connect to a new trail that they are also building that will run along the water's edge from Highland Creek to Port Union Road. The third project is in Centennial Park. A bridge will be built over Etobicoke Creek near Rathburn Road and a trail will be built from that point along the west side of Etobicoke Creek northward towards Eglinton Avenue. This is a project that is being undertaken with the City of Mississauga to connect the two city's trail systems at this point. There may not be enough money to complete the new path all the way to Eglinton. Completing that will be a project for a future year. The city has also built a new park that will

include a path. McCowan District Park is being built on old Scarborough Expressway land. It will feature a paved path from Brimley to Bellamy.

The final issue to be reported on at the May TCC meeting was the issue of repairing damaged trails. The City's Parks Forestry and Recreation Division has conducted an audit of all the Park Trails to catalog the state of repair for all the walking trails, Bikeway network trails, walkways and stairs in the park. They have organized this list of 304 identified trails and walkways in a priority from worst to best and a plan to start repairing these in order of need, doing the worst first. The budget to complete all of these repairs was estimated at \$48 million dollars.

A total of 128 of these trail sections would be part of the Bikeway Network. Originally they were planning to spend \$1.0 million a year to start making these repairs starting in 2007. Now, the budget proposal has been cut to be \$600,000 annually. What this means for the Bikeway Network is that only three trail resurfacing projects will be completed in the next six years: one in Bloordeale Park south in 2008, one in West Deane Park in 2011, and one in Guildwood Park in 2012.

It is clear that cycling advocates have to bring the issue of funding for Bikeway Network expansion and repairs to the attention of City Council. The expansion budget is set at only \$500,000 per year. In the four-year term of Council only \$100,000 is budgeted towards Bikeway Network Trail repairs. This should also be made an issue in the upcoming municipal election. Cycling advocates are now preparing to make accelerating the Bike Plan an issue in the next election. Keep watching www.BikeToronto.ca for more news on this.



Party animals at the volunteer party.
Photo by Ania Poradzisz

Cover photography by Barry Pinsky and Ania Poradzisz

Weekend Trips

Rock Point Relaxer July 28-30 2006

Cycle along the Lake Erie shoreline starting from Rock Point Provincial Park. Enjoy the company of fellow cyclists camping on a group site Friday and Saturday night. Provided will be 2 pancake breakfasts and provisions for 2 light lunches. Saturday night dinner will be potluck. Please book early.

The cost is \$35 for members and \$40 for non-members. Download the sign up sheet in pdf or word format. For more info email Paul & Brenda at rockpoint@tbn.ca or call 905-567-1035 (no voice mail).

Pelee Wheelie September 1-4 2006

Cycle the pleasant Lake Erie shoreline starting from Wheatley Provincial Park. Relax on the Labour Day long weekend with fellow cyclists. In the evening enjoy swimming or hiking the Carolinian forest or just relax around the campfire. Friday, Saturday, and Sunday night will be group camping. Provided will be 3 pancake breakfasts and provisions for 3 light lunches. Saturday night dinner will be potluck. Sunday night will be a local restaurant (not included).

The cost is \$55 for members and \$60 for non-members. Please book early. Download the sign up sheet in pdf or word format. For more info email Paul & Brenda at pelee@tbn.ca or call 905-567-1035 (no voice mail).

Why Ride the Pedal 100?

by Barry Pinsky, Country Cruise Co-ordinator

The TBN has promoted the Pedal 100 Ride for Heart in Niagara for years. This newsletter contains the brochure and pledge form. I have ridden and enjoyed quite a few, but it always seems to me that few TBNers turn out. So this year, I volunteered to help get the word out to cycling clubs including our own. To encourage all of you, here are some of my top reasons for riding:

1. Great choice of routes and distances from 60 to 200 kms - no excuses for any of our ride groups, and a chance to do those centuries - metric, imperial and double metric.
2. The beautiful Niagara Peninsula - why wait for our Country Cruise in September?
3. Even Sportifs can't get lost - the routes are so well marked, you don't even need the maps!
4. TBN essentials at every rest stop - plenty of snacks, drinks and toilets.
5. You pass through Steve Bauer's home town - well maybe not a great reason, but you can also take in a winery or two.
6. The food is great, even veggie friendly! They stopped serving that home-made chili years ago.

7. It really is not that far from Toronto - much closer than Cobourg - possibly our most popular Country Cruise destination.
8. No other options! Rowena and I made sure there is no Saturday Cruising Short on August 19!
9. Thrifty Bike Network or not - it's only \$20! Further fundraising is optional.
10. And, it is all for a great cause - heart and stroke research - plenty of rewards and prizes for those who choose to be fund raisers.

If a lot of TBNers show up, then I'll have one more reason - riding with a lot of friends!

See you on Saturday, August 19th - in lovely Port Dalhousie.



Wednesday Night Ride - ice cream stop.
Photo by Ania Poradzisz

Seeking your ideas on future priorities for TBN

TBN's Board of Directors wants your input into the future of the club and how we can better meet our priorities. So if you have an initiative you'd like to see the club undertake, a way to make it meet members' needs better, or other suggestions for improvement, we welcome your feedback. Board members are your representatives, and we want the club to meet the needs of the members.

Please send your suggestions to ideas@tbn.ca.

Also, we plan on holding a special information meeting for all members at which you can present your ideas verbally. When: 7:00 p.m., Thursday, 14 September 2006. Where: Ralph Thornton Centre, 765 Queen Street East, just east of Queen and Broadview.



Two birds at the Ride for Heart. Photo by Patrick Lam

Barbecue at Too Good Pond, August 13

Each summer, we have a barbecue at which TBNers of all levels can meet and get to know each other. This year, the event at Too Good Pond is on 13 August. See you there.

Saturday Cruising Shorts

All rides start at 9:00 a.m. unless otherwise noted

July 8

GEORGETOWN-EQUISING

HYSTERICAL TOUR - Get a head start on the September 24 version of this ride by trying a short route on a Saturday. Enjoy the Halton Hills from a different perspective.

Start: Stewarttown Public School in Georgetown. Go west on Hwy 401 to Trafalgar Rd. Travel north to 15th Sideroad. Meet at Stewarttown Public School on the SE corner of Trafalgar Rd and 15th Sideroad. (Make sure you do NOT go to Pineview School!)

Dist: 62 km

July 15 10:00 am

LAKE SIMCOE FARM RIDE - JOINT

TBN - GCBT RIDE - **This ride is not a Saturday Cruising Short and as such starts at 10:00 am.**

This is a special Saturday ride hosted by the Great Canadian Bicycle Tours (GCBT) who are inviting TBN cyclists to join them for a tour of the Lake Simcoe area. A special feature is the opportunity to enjoy a live matinee (2 pm - 4 pm) at the Red Barn Theatre following lunch at the Lake Simcoe Arms. The comedy show is "Having Hope at Home." Admission is \$22.00 pp and \$19.00 for a group of 15 or more. Those who would rather chill out on the beach can do so at Sibbald Point Provincial Park.

Start: "Green Valley Farm" (proprietors Mr. & Mrs. Huey Yee.) Take the 404 north to Green Lane. Go east on Green Lane to Woodbine (1st set of lights); north on Woodbine to Mt. Albert sideroad 13 (again the first set of lights); east to McCowan Road where the major landmark is a Suny's gas station and a general store. Go north on McCowan 5 km to the farm. There are lots of greenhouses on the west side. Parking is on the grass close to the road and along the greenhouses.

Dist: 68 & 97 km

July 22

TOTTENHAM TRAIN RIDE

- Ride through the Caledon Hills and if you choose, take time to enjoy an excursion on a steam locomotive or a jaunt to a farmers' market.

Start: Meet for a 9:00 a.m. departure at the Mayfield Recreation Centre on the northeast corner of Bramalea Rd North and Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd and east to Bramalea.

Dist: 54 km

August 5

SCHOMBERG TO HOCKLEY COUNTRY

ROADS - A ride in the lovely countryside north of Schomberg. Great for a "Saturday Short" pedal.

Start: The arena in Schomberg. Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena.

Dist: 61 km

August 12

HALTON HILLS - LOWVILLE

- Enjoy the Halton Hills with the challenging option of mounting the escarpment (or not!) via Rattlesnake.

Start: Pineview School. Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Meet at Pineview (not Stewarttown, further north) Public School at the south-east corner of Trafalgar Rd. & 5th Side Rd.

Dist: 67 km

September 2

GOODWOOD WANDERER - A beautiful, although sometimes hilly ride over the Oakridges Moraine from Stouffville to Mrs. Wideman's Bake Shop at Goodwood for lunch.

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61 km

Ride for a good cause - RONA MS bike tours

The RONA MS bike tours offer a chance to be part of well-organized rides while you raise money for an important cause - helping multiple sclerosis research and services. Each ride offers optional rest stops every 15 km, and at the finish line, a massage from an experienced volunteer massage therapist. Experienced riders are encouraged to volunteer as tour leaders, supporting and encouraging other riders along the way.

For more information, visit www.ms biketours.com or contact Joanna Sharp at 416.922.6600, ext 2308; toll-free at 1.800.268.7582. E-mail: joanna.sharp@mssociety.ca.

There are to be five Tours in Ontario this year:

22-23 July: Grand Bend to London, 150 km roundtrip

12-13 August: Ottawa to Kemptville, 150 km roundtrip

19-20 August: Brampton to Waterloo, 190 km roundtrip

27 August: Niagara (with option to spend Saturday evening at Brock University) 75 km

10 September: Toronto, 30 km and 55 km

EDITOR WANTED FOR "QUICK RELEASE"

I was speaking with our Treasurer Roy Hill at the spring dinner-dance, and he told me that because of his financial skills he just seems to end up being Treasurer of just about every organization he's part of. Other people get attracted to Public Relations, some to the Secretary's role, or that of President.

For me, it's Newsletter Editor. I've been editing newsletters, I think, ever since I learned to type. But it's been two years for this role at "Quick Release," and I think it's about time to ride off into the sunset and let someone else take over as editor.

We have a great group of contributors, a wonderful designer in Dave Belford, and the ride schedules get pulled together by Owen Rogers. People send in photographs, and thanks to the wonders of automatic flash, exposure and focus, most are usable.

So, what's in the job? Attending the monthly Board meetings to pick up news and learn about the organization, and hounding people for contributions. We're all volunteers in this club, and other commitments need to take their place. Still, we need to meet deadlines.

But there's the satisfaction of a job well done, of producing a publication that helps pull this club together.

If you're interested, please write to me at newsletter@tbn.ca or call my daytime number, 905.567.4444.

Summer 2006 Ravine Rides

The Ravine Rides are 1-3 hour rides on Tuesdays at 10:30 AM. Enjoy the park paths without the weekend crowds. The routes avoid busy streets as much as possible. All start points are accessible by subway. Optional coffee stop after each ride. Distances are approximate.

Tuesday, July 4

East End Excursion - This ride has a bit of everything: ravines, a cemetery, two cannons, an industrial park, quiet residential streets, and a stairway. All but 100 m on pavement.

Start: 10:30 a.m. Coffee Time at Shoppers World, one block south of Victoria Park subway station.

Dist: 22 km

Tuesday, July 11

Balfour and the Beltline - A lovely downtown ride with a few hills and a lot of unpaved paths.

Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of the St. George subway station.

Dist: 22 km

Tuesday, July 18

Parallel Lines Warm-up - A one-way ride from York Mills to Summerhill. Mostly paved. Start: 10:30 a.m. in park just east of the south exit from York Mills subway station.

Dist: 19 km

Tuesday, July 25

Sunnybrook/Don Valley - Almost all of the route is paved. Some street riding, but two-thirds of the route is on bike paths and half is in ravines. Come and see the amazing half-elephants (or maybe they're giant molars)!

Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of St. George subway station

Dist: 26 km

Tuesday, August 1

Boordale and Mimico Creek - Explore the western edge of the city. A bit of street riding takes us to paths in two nice long ravines.

Start: 10:30 a.m. Kipling subway Park and Ride (north lot)

Dist: 19 km

Tuesday, August 8

Taylor, Martin, and Don - A water theme: the lakeshore, the Don River, and Taylor Creek.

Start: 10:30 a.m. Coffee Time at Shoppers World, one block south of Victoria Park subway station

Dist: 26 km

Tuesday, August 15

Parallel Lines: Finch to Union Station - A one-way ride the whole length of the Yonge line. Get full value for your subway token. A lot of the route is downhill, but we have to climb one stairway due to a trail closure.

Start: 10:30 a.m. Finch subway Park and Ride

Dist: 30 km

Tuesday, August 22

Mimico Creek and the Humber, Version 2 - Paved paths and only a few blocks of street riding.

Start: 10:30 a.m. Etienne Brule parking lot (down the hill behind Old Mill subway station)

Dist: 22 km

Tuesday, August 29

Heart of Toronto - Finish the summer with a ride linking ravines in the centre of the city. Some unpaved paths.

Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of St. George subway station

Dist: 28 km

Tuesday, September 5

Richard's Route - A new route in the far northeast. Some street riding.

Start: 10:30 a.m. Midland RT station

Dist: 22 km

Tuesday, September 12

Parallel Lines: Kennedy to Kipling - A one-way ride the whole length of the Bloor-Danforth line. Get full value for your subway token. Start: 10:30 a.m. beside the elevator on the east side of the Kennedy subway station (on Transway Crescent)

Dist: 35 km



More volunteer party animals. Photo by Ania Poradzisz

Common TBN Start Locations

Boardwalk Pub - Just east of the foot of Coxwell Avenue at Lakeshore Boulevard in the Eastern Beaches area. Woodbine Beach parking is \$5, but free street parking is available on both sides of Coxwell Avenue.

Edwards Gardens - The Edwards Gardens parking lot is located on the southwest corner of Lawrence Avenue East and Leslie Street.

Etienne Brûlé Park - The Etienne Brûlé Park parking lot is located at the junction of Old Mill Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

Finch - Finch Subway Park & Ride is on the northwest corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.

Kipling - Kipling Subway Park & Ride, North Lot on Subway Crescent, south of Dundas Street West and west of Kipling. Look for the signs.

Shoppers World - Danforth at Victoria Park (one block south of Victoria Park Subway Park & Ride) in front of Coffee Time Donuts.

Queen's Park - Near the King Edward statue, at the north end of the park, just north of Wellesley Street.

Grenadier Café, High Park - Follow the signs south from the intersection of High Park Avenue and Bloor Street West.



Mountain Biking - Glen Major
April 06.



Wednesday Wheelie Luncheon. Photo by Lionel Simmons

Mountain Bike Rides

All rides start at 10:00 a.m., unless otherwise noted.

Saturday, July 8

Glen Major - 15 km of tight technical single track, for beginner to advanced. Drop offs, sandy areas, long runs and great scenery, south of Uxbridge.

Trail pass: Free

Terrain: Easy to extreme

Facilities: none

Start: Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. to about 20 km, turn east on hwy 5. Concession 9. Travel to Balsam go north on Sideline #4 about 3 km, trail on west side by parking lot.

Sunday, July 9

Dundas Valley - This 40 km valley system near Dundas can be ridden fast and offers some downhill, and uphill challenges. Great scenery, and plenty of interweaving trails will keep you busy all day.

Trail pass: \$2.

Terrain: Moderate to extreme

Facilities: local stores, diners

Start: Dundas Valley Conservation Area. Exit Hwy 403 westbound at the Aberdeen exit to Main Street West in Hamilton. Continue west, Main St becomes Osler Drive. Turn left/head west 2 km on Governors Road to Dundas Valley Conservation Area.

Saturday, July 15

Albion Hills - Ride north of Bolton on 25km of hilly, forested xc-ski trails.

Trail pass: \$4.

Terrain: Easy to moderate. Single track, some sand, roots and logs.

Facilities: washrooms, snacks, camping, swimming

Start: Albion Hills Conservation Area. Drive north on Highway 50 past Bolton until you see the entrance to the conservation area on your left. Park at far end by chalet.

Sunday, July 16

Don Valley - In the heart of the city, +15 km of hilly, mainly single-track trail offers fun for all that ride it.

Trail pass: Free

Terrain: Moderate to extreme, clay based surface, gravel, sandy along river, logs, stunts, can be muddy or dusty.

Facilities: none

Start: Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road. Take the DVP to Bayview/Bloor exit and north on Bayview about 400 m. to Toronto Brick Works

parking lot. If you are coming from the north, or east then it is 500 m south of Pottery Road.

Saturday, July 22

Knobby Knewbie Ride: Don Valley -

Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety. Depending on interest among the group and leader after the morning clinic we'll take the new riders out for an easy trail ride in the Don Valley.

Trail pass: Free

Terrain: Easy

Facilities: none

Start: Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road. See above.

Sunday, July 23

Hardwood Hills - With 70 km of single & doubletrack trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre.

Trail pass: \$12.00.

Terrain: Easy to extreme, hard pack surface

Facilities: Full service: washrooms, showers, cafeteria, bike rental

Start: In the parking lot of Hardwood Hills. Exit Hwy 400 northbound at interchange 111 (Forbes Rd), travel east 10km, entrance on left side. Time: 10:30 a.m.

Saturday, July 29

Ravenshoe - The 15 km of single-track trails at Ravenshoe offer lots of roots, logs and stunts to challenge the rider--one our hardest/favourite rides.

Trail pass: Free

Terrain: Moderate to extreme. Hardpacked surface, fairly flat but very twisty, can be muddy

Facilities: limited parking

Start: In the parking lot at Ravenshoe. From the west or central areas: take Hwy 404 north, exit at Green Lane, then east 300m to Woodbine Ave, north 5km to Ravenshoe Road, east 9km to McCowan Rd. and then south for about 500 m, parking on the right. From the east: north on Hwy 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, then south 600m.



Toronto-Niagara-Toronto Overnight 2006.
Photo by Lionel Simmons

Sunday, July 30

Puslinch Trail - 20km of mixed riding there are lots of tight and twisty trails with some switch backs and a few hills.

Trail pass: Free

Terrain: Moderate

Facilities: None. Reasonable amounts of parking.

Start: From Toronto head on the 401 West to Guelph exiting at County Rd 33 which is just west of HWY 6 North off of the 401. Head south on county rd 33 to County rd 32 (first rd south of the Hwy) turn left heading east. You'll pass Puslinch lake keep going. The road comes to a stop and veers off to the North (Left) follow it north. Parking lot is just south of the 401 on the east side.

Saturday, Aug 5

Don Valley - In the heart of the city, +15 km of hilly, mainly single-track trail offers fun for all that ride it.

Trail pass: Free

Terrain: Moderate to extreme, clay based surface, gravel, sandy along river, logs, stunts, can be muddy or du

Facilities: none

Start: Toronto Brick Works on Bayview Ave. south of Pottery Road.



Caledon-King Conundrum - May 21, 2006.
Photo by Frank Lee

Cyclon Planning

Evelyn Bradley and her team are hard at work planning the annual Cyclon cycling weekend, 4-7 August, in Kingston this year. Planning the routes and other arrangements is well underway. If you're interested in volunteering, either before the event or during the weekend itself, please write to Evelyn at cyclon@tbn.ca.

Sunday, Aug 6

Dundas Valley - This 40 km valley system near Dundas can be ridden fast and offers some downhill, and uphill challenges. Great scenery, and plenty of interweaving trails will keep you busy all day.

Trail pass: \$2.

Terrain: Moderate to extreme

Facilities: local stores, diners

Start: Dundas Valley Conservation Area. Exit Hwy 403 westbound at the Aberdeen exit to Main Street West in Hamilton. Continue west, Main St becomes Osler Drive. Turn left/head west 2 km on Governors Road to Dundas Valley Conservation Area.

Saturday, Aug 12

Albion Hills - Ride north of Bolton on 25km of hilly, forested xc-ski trails.

Trail pass: \$4.

Terrain: Easy to moderate. Single track, some sand, roots and logs.

Facilities: washrooms, snacks, camping, swimming

Start: Albion Hills Conservation Area. Drive north on Highway 50 past Bolton until you see the entrance to the conservation area on your left. Park at far end by chalet.

Sunday, Aug 13

Kelso Conservation Area - Featuring 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill--tough going up, a blast going down.

Fabulous view.

Trail pass: \$7.00.

Terrain: Moderate, clay based hard pack with mud holes, limestone boulders

Facilities: washrooms, snack bar, camping, swimming

Start: Summit Gatehouse of Kelso Conservation Area. Exit Hwy 401 westbound at Hwy 25, then south to Hwy 8/Steeles Ave. Turn right and head west on Steeles, parking at Old Bell School Line.

Saturday, Aug 19

Durham Forest - 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please.

Trail pass: Free

Terrain: Easy to moderate, clay,sandy areas and white stuff

Facilities: none, limited parking

Start: In the parking lot of Durham Forest. Take Hwy 401 to Brock Road exit, Pickering, north up Brock Rd about 23 kms to Durham Rd #21 (Coppins Corners), east 5 km to 7th Concession Rd, turn right, entrance is 1 km south on east side.

Sunday, Aug 20

Hilton Falls - Dual suspension heaven. Enjoy the scenic, rolling hills of Hilton Falls Conservation area with 15 km of single & double track loops through hardwood forest and wetlands. Discover the new rocky trails beyond the falls. (Avoid the Rim Bender trail).

Trail pass: \$8.00.

Terrain: Easy to moderate, hardpacked surface

Facilities: washrooms, parking

Start: In the parking lot of Hilton Falls Conservation Area. To get there, exit Hwy 401 westbound at Hwy 25, then north to Regional Road 9 (Campbellville Rd.), then west 6 km to the entrance on right side.

Saturday, Aug 26

Buckwallow Cycling Centre - 25 km of trails with fire roads and 18 kilometres of single track action.

Trail pass: \$4.

Terrain: Easy to moderate. Rock - gravel - mud - sand - roots - bridges and water and they are well maintain

Facilities: parking

Start: Follow Hwy 400 north and then take Hwy 11 to the Gravenhurst area. From Hwy 11, take exit 175 for Gravenhurst Parkway (and for Doe Lake Road). Follow Gravenhurst Parkway, north about 2 km, past the drive in (on the right) and on to Reay Road (the next road). Make a right turn on to Reay Road (head east) for a short distance to Buckwallow. Time: 10:30 a.m.

Sunday, Aug 27

Knobby Knewbie Ride: Don Valley -

Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety. Depending on interest among the group and leader after the morning clinic we'll take the new riders out for an easy trail ride in the Don Valley.

Trail pass: Free

Terrain: Easy

Facilities: none

Start: Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road. Take the DVP to Bayview/Bloor exit and north on Bayview about 400 m. to Toronto Brick Works parking lot. If you are coming from the north, or east then it is 500 m south of Pottery Road.

Saturday, Sep 2

Don Valley - In the heart of the city, +15 km of hilly, mainly single-track trail offers fun for all that ride it.

Trail pass: Free

Terrain: Moderate to extreme, clay based surface, gravel, sandy along river, logs, stunts, can be muddy or dusty.

Facilities: none

Start: Meet for a 10:00 a.m. departure at Toronto Brick Works on Bayview Ave. south of Pottery Road. See above.

Sunday, Sept 3

Ravenshoe - The 15 km of single-track trails at Ravenshoe offer lots of roots, logs and stunts to challenge the rider--one our hardest/favourite rides.

Trail pass: Free

Terrain: Moderate to extreme. Hardpacked surface, fairly flat but very twisty, can be muddy

Facilities: limited parking

Start: In the parking lot at Ravenshoe. From the west or central areas: take Hwy 404 north, exit at Green Lane, then east 300m to Woodbine Ave, north 5km to Ravenshoe Road, east 9km to McCowan Rd. and then south for about 500 m, parking on the right. From the east: north on Hwy 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, then south 600m.

Inline skating

The inline skating program continues in July and August with skating twice a week. On Monday evenings, we skate the east and west legs of the Martin Goodman Trail, and the Banbury Street route which starts at Edwards Gardens. On Saturdays, we have a variety of exciting events planned. Street festival skates, including the Beaches Jazz Festival and Taste of the Danforth. Also, road trips to Niagara-On-The-Lake and to the Peterborough Lift Locks are scheduled, and our monthly marathon series continues with Whitby in July and Etobicoke-Mississauga in August.

So if you're looking to put a little more fun and excitement into your active outdoor lifestyle, come on out and give eight wheels a try. You might end up having four times the fun!

Wednesday Wheelies

Jul 5 8:30 am

HORNBY/GLEN WILLIAMS

Start: Hornby Park. To get to Hornby Park exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 73 & 87 km

Jul 12 8:30 am

DURHAM COLLEGE/BOWMANVILLE

Start: Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd, go north to Conlin's Rd, then east to the north parking lot at Durham College.

Dist: 69 & 79 km

Jul 19 8:30 am

STOUFFVILLE/GOODWOOD

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61, 76 & 84 km

Jul 26 8:30 am

KING CITY/CALEDON EAST (OR BOLTON) /KLEINBURG

Start: King City. Arena parking lot on Doctor's Dr., first south road east of the intersection of King Road and Keele St.

Dist: 74 & 103 km

Aug 2 8:30 am

HORNBY/CAMPBELLVILLE

Start: Hornby Park. To get to Hornby Park exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 66 & 75 km

Aug 9 8:30 am

COURTICE TO BOWMANVILLE

Start: Community Centre in Courtice. To get to Courtice, exit Hwy 401 eastbound at interchange 425, (C.R. 34/Courtice Rd.) Drive north just past Hwy 2 and turn left into the Courtice Community Centre.

Dist: 71 & 86 km

Aug 16 8:30 am

HORNBY/LOWVILLE/CAMPBELLVILLE

Start: Hornby Park. To get to Hornby Park exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 67, 83 & 99 km

Aug 23 8:30 am

STOUFFVILLE/UXBRIDGE

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61 & 85 km

Aug 30 8:30 am

HORNBY/GLEN WILLIAMS

Start: Hornby Park. To get to Hornby Park exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 73 & 87 km

Sep 6 10:00 am

SCHOMBERG/CALEDON EAST

Start: Arena in Schomberg, just south of Hwy 9 west of Main Street. Schomberg is just west of Highway 27 and south of Highway 9.

Dist: 74 & 93 km

Sep 13 10:00 am

CAMPBELLVILLE/WATERDOWN

Start: At the shopping centre west of Guelph Line in Campbellville. To get to Campbellville go west on Hwy 401 to the Guelph Line, and south until you see the green parking sign for the entrance to the shopping centre. Park in the lot behind the Trail Eatery.

Dist: 64 & 74 km

TBN Ride Classifications

LEISURE WHEELER



Distances of 20-60 km, at speeds of 15-17 km/h, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Rides start at 10:00 am.

EASY ROLLER



Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10:00 am.

TOURIST



Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.

Advanced Tourist



Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 am from late April to early October.

SPORTIF



Distances of 90-200 km, at speeds averaging 25-35 km/h, usually at a fast pace.

COUNTRY CRUISE



Rides of 40-120 km exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 50-70 km and a longer route. Start points are typically within a 90-minute drive of Toronto. Rides start at 10:00 am, unless otherwise stated.

OTHER RIDE PROGRAMS

WEDNESDAY WHEELIES



Rides of about 75 km suitable for tourist riders. Start points are within a one-hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times vary, usually 8:30 am during the hot summer months and 10:00 am at other times.

SATURDAY CRUISING SHORTS



TBN presents short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Start time 9:00 am.



Tourist - Lakeridge/Port Perry - May 28.
Photo by Frank Lee

Sunday and Holiday Rides

Sunday, July 2, 2006

FORKS OF THE CREDIT - A hilly but beautiful ride to Belfountain & Forks of the Credit Rd. Short tour heads to Glen Williams.
Start: Kipling 8:30 am
Dist: 115, 130 & 155 km
Class: Advanced Tourist, Tourist

LESLIE STREET SPIT - Cycle to the lighthouse at the end of the Spit to view the spectacular Toronto skyline; then return via the Don and Taylor Creek Trails.
Start: Boardwalk Pub
Dist: 30 km
Class: Leisure Wheeler
Après: Boardwalk Pub

ETOBICOKE MEANDER - Canada Day. Round Trip of beautiful Etobicoke. Lakeshore starting point! Optional side Trip to Centennial Park for Ribfest!
Start: At the fieldhouse in Coronation Park, just south of Lakeshore and west of Bathurst.
Dist: 54 km
Class: Easy Roller

HORNBY-HERITAGE - Visit Hornby and Huttonville. Bring lunch for a picnic.
Start: Kipling
Dist: 75 km
Class: Short Tourist
Après: Tim Hortons

GLEN WILLIAMS TOUR - Two routes to the town of Glen Williams for lunch at Glen Oven Bakery or a picnic in the park by the Credit River.
Start: Kipling
Dist: 95 & 115 km
Class: Advanced Tourist, Tourist

ASHBURN TOUR - A Wednesday Wheelie favourite added to the Country Cruise schedule. This is a lovely ride along quiet roads with undulating terrain. Lunch in Enniskillen Conservation Area or picnic area near Enniskillen store. Bring a lunch for this tour.
Start: Ashburn Conservation Area. To get to Ashburn, go east on Hwy 401 to Brock Road, north to Clarendon and east on County Road 5 to Ashburn. Departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection in Ashburn.
Dist: 57 & 84 km
Class: Country Cruise

Monday, July 3, 2006

VANDORF/SNOWBALL - Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!
Start: Finch
Dist: 70, 85 & 96 km
Class: Short Tourist, Sportif, Tourist

Sunday, July 9, 2006

HAIL CENTURIONS! CLASSIC CENTURY - Our annual club century, now in its 23rd year. A commemorative patch will be presented to anyone completing either the metric century to Waterdown or the imperial century to St. George. Fresh watermelon and beverages courtesy of TBN at the finish.
Time: 8:30 am
Start: Mississauga Square One, green parking post number five, at the corner of Duke of York Blvd and Rathburn Rd.
Dist: 100 & 162 km
Class: Advanced Tourist, Tourist

NORTH BY NORTHWEST - Cycle the asphalt trails of five (!) parks and then stop for a picnic. Bring lunch; no stores en route.
Start: Finch
Dist: 32 km
Class: Leisure Wheeler
Après: Tim Hortons

UNIONVILLE BRUNCH - Join us for a leisurely ride north to this historic village for lunch.
Start: Finch
Dist: 50 km
Class: Easy Roller

SCHOMBERG - HOCKLEY COUNTRY ROADS - A ride in the lovely countryside north of Schomberg to the town of Hockley for lunch.
Start: The arena in Schomberg. Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena.
Dist: 61, 72 & 88 km
Class: Country Cruise

Sunday, July 16, 2006

LAKERIDGE RIDE - Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!
Start: Finch 8:30 am
Dist: 121 & 136 km
Class: Advanced Tourist, Tourist

CYNTHIA'S SCENIC SITES - Discover some of the most scenic neighbourhoods and hidden treasures in North York. Trails and quiet residential roads.
Start: Shoppers World
Dist: 54 km
Class: Leisure Wheeler

STREETSVILLE RIDE - A different route through Streetsville.
Start: Grenadier Café, High Park
Dist: 60 km
Class: Easy Roller

STOUFFVILLE CRUISE - Three routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub.
Start: Finch
Dist: 75, 93 & 108 km
Class: Short Tourist, Tourist

THE PORT HOPE "HILL HOP" - A return to the ever-popular area around Port Hope. Enjoy undulating roads with awesome scenery including gorgeous vistas of Lake Ontario. Three loops and Bickle Hill may prevail!
Start: Town Hall in Port Hope. Exit Hwy 401 eastbound at Hwy 2 (interchange #461), then follow Hwy 2 to downtown Port Hope. The Town Hall is at 56 Queen St.
Dist: 55, 78 & 99 km
Class: Country Cruise

Sunday, July 23, 2006

TOTTENHAM TRAILBLAZER - Ride through the marsh to Tottenham, followed by a rolling return route via Bolton and Kleinburg. Short tour lunches in Bolton.
Start: Finch 8:30 am
Dist: 105 & 131 km
Class: Advanced Tourist, Tourist

PICNIC IN THE PARK - Take the Martin Goodman Trail to the Humber Bridge, and then continue to the lighthouse at the tip of Humber Bay Park. Bring lunch.
Start: Boardwalk Pub
Dist: 42 km
Class: Leisure Wheeler

LAKESHORE/STEELES - Go vertical through Toronto!
Start: Edwards Gardens
Dist: 60 km
Class: Easy Roller

KETTLEBY/SCHOMBERG - Three routes ride through the historic village of Kettleby, before diverging to lunch stops in Maple or Schomberg.
Start: Finch
Dist: 70, 90 & 105 km
Class: Short Tourist, Sportif, Tourist
Après: Slug & Lettuce

CAMPBELLVILLE COUNTRY CRUISER - A ride through the rolling countryside around Campbellville. You would never believe there are such quiet scenic roads so close to Toronto! Lunch is in the park in Lowville.
Start: Commuter parking lot at Guelph Line & Reid Sideroad (lot is small). Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401. If lot is full, turn right on the Reid sideroad. Go approx. 1/2 km until past the last "No Stopping" sign on top of the "80 KPH Begins" sign. Park on shoulder. Ride back to commuter parking lot to begin ride.
Dist: 42, 62 & 85 km
Class: Country Cruise

Sunday, July 30, 2006

MT. ALBERT/UXBRIDGE/UTICA - Three routes to lunch in Uxbridge.

Start: Finch 8:30 am

Dist: 115, 131 & 155 km

Class: Advanced Tourist, Tourist

EDWARDS GARDENS PICNIC - The most popular LW ride. Bring lunch or buy something there as you enjoy the flowers and sights; asphalt trails and streets.

Start: Finch

Dist: 37 km

Class: Leisure Wheeler

Après: Tim Hortons

CYNTHIA SCENIC CITY - PART 1 -

Circle around Toronto through the city's park systems and residential streets.

Start: Etienne Brûlé Park

Dist: 62 km

Class: Easy Roller

MUSSELMAN LAKE/MT ALBERT - Do the Musselman Lake run to lunch in Ballantrae, or keep going north to Mt. Albert.

Start: Finch

Dist: 85 & 102 km

Class: Advanced Tourist, Tourist

Après: Slug & Lettuce

BOWMANVILLE HILL AND DALE - A superb undulating ride east of Bowmanville, returning along Lake Ontario. On the short ride, you are advised to bring lunch. On the long route, the optional lunch in Port Hope adds a few km to the ride.

Start: Bowmanville. Go east on Hwy 401 exiting at exit 432, Liberty St. Drive north on Liberty (RR14) to King St and right on King to Bowmanville Mall Plaza, King Street (Hwy.2) and Simpson Street; meet at the far end of the parking lot.

Dist: 55, 90 & 122 km

Class: Country Cruise

Sunday, August 6, 2006

CAMPBELLVILLE CLASSIC - Follow the quiet backroads to the Trail Eatery in Campbellville.

Start: Kipling 8:30 am

Dist: 110 & 130 km

Class: Advanced Tourist, Tourist

OLD VILLAGE TOUR - Meander north through trails and quiet residential areas en route to Black Creek Pioneer Village. Bring lunch.

Start: Old Mill Subway

Dist: 45 km

Class: Leisure Wheeler

CYNTHIA'S SCENIC NEIGHBOURHOODS - PART 3 - Explore the most beautiful and charming neighbourhoods of Etobicoke.

Start: Grenadier Café, High Park

Dist: 60 km

Class: Easy Roller

KELSO CRUISE AND SCHMOOZE -

We'll head out to Milton for lunch, but not before a climb up Bell School Line (yes, there is a shortcut).

Start: Kipling Subway

Dist: 85, 93 & 110 km

Class: Sportif, Tourist

Après: Tim Hortons

GEORGETOWN-EQUESING

HYSTERICAL TOUR - This tour has resurrected past rides and charted the best roads of the area resulting in three fabulous options to tour this area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best scenery and a few of those Halton Hills.

Start: Stewarttown Public School. To get there go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road. The school is on the southeast corner. (Make sure you do NOT go to Pineview School!)

Dist: 47, 62 & 89 km

Class: Country Cruise

Monday, August 7, 2006

HEAVENLY HOLIDAY - A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome.

Start: Queens Park

Dist: 32 km

Class: Leisure Wheeler

Après: The Second Cup

TRAILS OF THE HUMBER - Explore the trails and side roads of Etobicoke north of Bloor Street.

Start: Etienne Brûlé Park

Dist: 63 km

Class: Easy Roller

VANDORF/SNOWBALL - Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

Sunday, August 13, 2006

TOO GOOD PICNIC EXPRESS - Beat the heat, get a good ride in and still arrive at our annual club picnic at Too Good Pond in Unionville in time to mingle with riders from the other ride categories.

Start: Finch 8:30 am

Dist: 105 & 130 km

Class: Advanced Tourist, Tourist

ANNUAL CLUB BBQ RIDE - A Don't Miss Event! Five routes head east before converging on Too Good Pond in Unionville for our annual barbecue picnic. Food and fun for all classes of riders.

Start: Finch

Dist: 35, 60, 75 & 105 km

Class: Easy Roller, Leisure Wheeler, Short Tourist, Tourist

FIRST ANNUAL CRUISE TO THE TBN PICNIC - This year you can do both. Our Country Cruise from Stouffville will join up with the TBN picnic in Unionville!

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 60 & 85 km

Class: Country Cruise

Sunday, August 20, 2006

SILVER CREEK CENTURY - Recently paved roads inspired a new century ride through Caledon.

Start: Finch 8:30 am

Dist: 121, 139 & 161 km

Class: Advanced Tourist

CYNTHIA'S SCENIC NEIGHBOURHOODS - Tour through the shady neighbourhoods of Etobicoke and most scenic trails along the Humber River and Mimico Creek.

Start: Old Mill Subway

Dist: 48 km

Class: Leisure Wheeler

STOUFFVILLE - Head up to Stouffville for lunch.

Start: Scarborough Town Centre - west side - parking lot at the corner of McCowan & Bushby.

Dist: 60 km

Class: Easy Roller

KLEINBURG CAPPUCCINO RIDE - An undulating ride to lunch in Kleinburg.

Start: Finch

Dist: 62 km

Class: Short Tourist

BOLTON HAMMER - Three routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.

Start: Finch

Dist: 85, 97 & 107 km

Class: Advanced Tourist, Tourist

BIG CREEK MEANDER - A special ride where we TBN CCer's will join cyclists from the Great Canadian Bicycle Tours (GCBT) on one of their Sunday routes. A great chance to make new friends and try a new route! Tour the watershed between Ancaster and Brantford. Bring a lunch as not all routes have commercial lunch stops.

Start: Ancaster Community Centre. Exit Hwy 403 at Wilson Street to Meadowbrook. Left at Meadowbrook. Left on Jerseyville Road, then quick right on to Martin Road. Parking lot at rear.

Dist: 52, 70 & 110 km

Class: Country Cruise

Sunday, August 27, 2006

QUEENSVILLE/MT ALBERT RIDE - A hilly route with a brief interlude in the Holland Marsh. Lunch in Mt. Albert.

Start: Finch 8:30 am

Dist: 120 & 140 km

Class: Advanced Tourist, Tourist

HENRY THE FIFTH - PART TWO - An alternative approach to Agincourt, avoiding the Battle of Cumber Hill. Bring lunch.

Start: The parking lot on the NW corner of Sheppard and Leslie, opposite the Leslie Subway Station (Sheppard Line).

Dist: 35 km

Class: Leisure Wheeler

FIELDS AND STREAMS - Venture out to lunch in Streetsville.

Start: Etienne Brûlé Park

Dist: 65 km

Class: Easy Roller

THORNTON BALES/NEWMARKET - A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.

Start: Finch

Dist: 79 & 104 km

Class: Short Tourist, Tourist

COBOURG-RICE LAKE RAMBLE - This is one of the prettiest rides of the summer, spinning over hill and dale throughout the Northumberland countryside. With three route options, no one misses out on this truly spectacular terrain. Bring lunch for a picnic on the shore of Rice Lake. Store with picnic tables also available in Harwood.

Start: Take Hwy 401 east to Cobourg, Division Street Exit. Continue south to the harbour parking lot at the foot of Division Street. (County Road 45 in Cobourg.)

Dist: 60, 74 & 88 km

Class: Country Cruise

Sunday, September 3, 2006

PORT PERRY CENTURY - A century ride to Port Perry. Short routes head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Edwards Gardens 8:30 am

Dist: 121, 136 & 166 km

Class: Advanced Tourist

LEISURE WHEELER COUNTRY

CRUISE - A pretty ride along the shores of Lake Simcoe from Keswick to Sibbald Point Park. Bring lunch and a swim suit.

Start: Go north on the 404 to Davis Dr and east to Woodbine Ave. Turn left and drive 20 minutes north to Keswick. North of the town turn left onto Old Homestead Road (garden centre on the right, and church on the left marks the corner), continue across Metro Rd turn right on to First St. and park there. Don't forget a bathing suit and lunch for our 1 hour lunch stop at the beach, with facilities, in Sibbald Point Park.

Dist: 46 km

Class: Leisure Wheeler

CYNTHIA'S SCENIC SITES (PART 4) -

Discover the most scenic neighbourhoods and hidden treasures in North York.

Start: Boardwalk Pub

Dist: 66 km

Class: Easy Roller

Après: Boardwalk Pub

STOUFFVILLE RAMBLER - Two routes head to lunch at the Lion of Whitchurch Pub in Stouffville, long tour via Claremont.

Start: Edwards Gardens

Dist: 75 & 93 km

Class: Short Tourist, Tourist

TOTTENHAM TRAIN RIDE - JOINT TBN/GCBT - This time TBN CCer's host riders from the Great Canadian Bicycle Tours (GCBT) on a ride through the Caledon Hills. Those who wish to take some extra time in Tottenham can enjoy an excursion on a steam locomotive or a jaunt to a framers' market.

Start: Mayfield Recreation Centre on the northeast corner of Bramalea Rd North and Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd and east to Bramalea.

Dist: 53 & 80 km

Class: Country Cruise

Monday, September 4, 2006

SECRETS OF SCARBOROUGH - Some hidden treasures of this suburb, as revealed by a long-time resident.

Start: Shoppers World

Dist: 32 km

Class: Leisure Wheeler

Après: Coffee Time

OAKVILLE ODYSSEY - Go from the west side of Toronto to the quiet gardens of classy Oakville. Pick up lunch at Tim Horton's or bring your own

Start: Kipling

Dist: 65 km

Class: Easy Roller

Après: Tim Hortons

VANDORF/SNOWBALL - Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

Sunday, September 10, 2006

EDEN MILLS CENTURY - A beautiful tour of the quiet, rolling roads of Halton with lunch at the annual Writer's Festival in Eden Mills. Short tour goes to Glen Williams.

Start: Kipling 8:30 am

Dist: 106, 145 & 166 km

Class: Advanced Tourist, Tourist

GUILD INN PICNIC - Join us for a picnic on the grounds of the historic Guild Inn. Bring lunch or pick-up something along the way. New route. Some hills.

Start: Shoppers World

Dist: 42 km

Class: Leisure Wheeler

CYNTHIA'S SCENIC CITY (PART 1B) -

Circle around Toronto through the city's park systems, quiet streets, and affluent neighbourhoods of The Bridle Path area.

Start: Edwards Gardens

Dist: 62 km

Class: Easy Roller

GLEN WILLIAMS TOUR - Two routes to the town of Glen Williams for lunch at Glen Oven Bakery or a picnic in the park by the Credit River.

Start: Kipling

Dist: 94 & 106 km

Class: Advanced Tourist, Tourist

NEWCASTLE NAVIGATOR - All three rides leave from Newcastle and head north-east to Port Hope for lunch. The long route is very hilly as it goes furthest north, the medium route is moderately hilly and the short route is relatively flat. After lunch, the rides return to Newcastle along the Lake Ontario shoreline.

Start: Newcastle Public School. Head east on Highway 401 to the Mill Street, Newcastle exit (exit #440), then go north on Mill Street (towards the village of Newcastle) for 700 m., right (east) on Edward Street East for 300 m., right (south) on Glass Street for 300 m to the parking lot of Newcastle Public School.

Dist: 59, 75 & 99 km

Class: Country Cruise

TBN Who's Who

TBN Board of Directors

Acting President	Ron Fletcher	president@tbn.ca
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Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125

TBN Hotline!

To best use TBN's voice mail system, follow these easy steps:

Dial **416-760-4191** to go directly to the main menu.

From the main menu press...

- 1 Cross-country skiing and snowshoeing day trips (January-March)
- 1 Weekend and holiday rides (April-December)
- 2 Weekday events
- 3 Social events & membership information
- 4 Inline skating
- 5 Weekend trips & Cyclon 2006 information

Hotline tips:

- From the main menu you can make a selection at any time, and you don't have to wait for the message to finish. You can return to the main menu after making a choice, by pressing **2** at any time. After making a selection from the main menu, press **1** to leave a message related to your main menu choice.
- Please be sure to select the appropriate mailbox in which to leave your message.
- If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press **3** from the main menu, then press **1**).

MOVING?

Send changes of address and corrections to: memsec@tbn.ca or leave a message on Line 3, the Social & Membership Mailbox of the Hotline



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