



DAYLIFE BICYCLE ROUTE RECOMMENDATIONS

LESLIE STREET SPIT

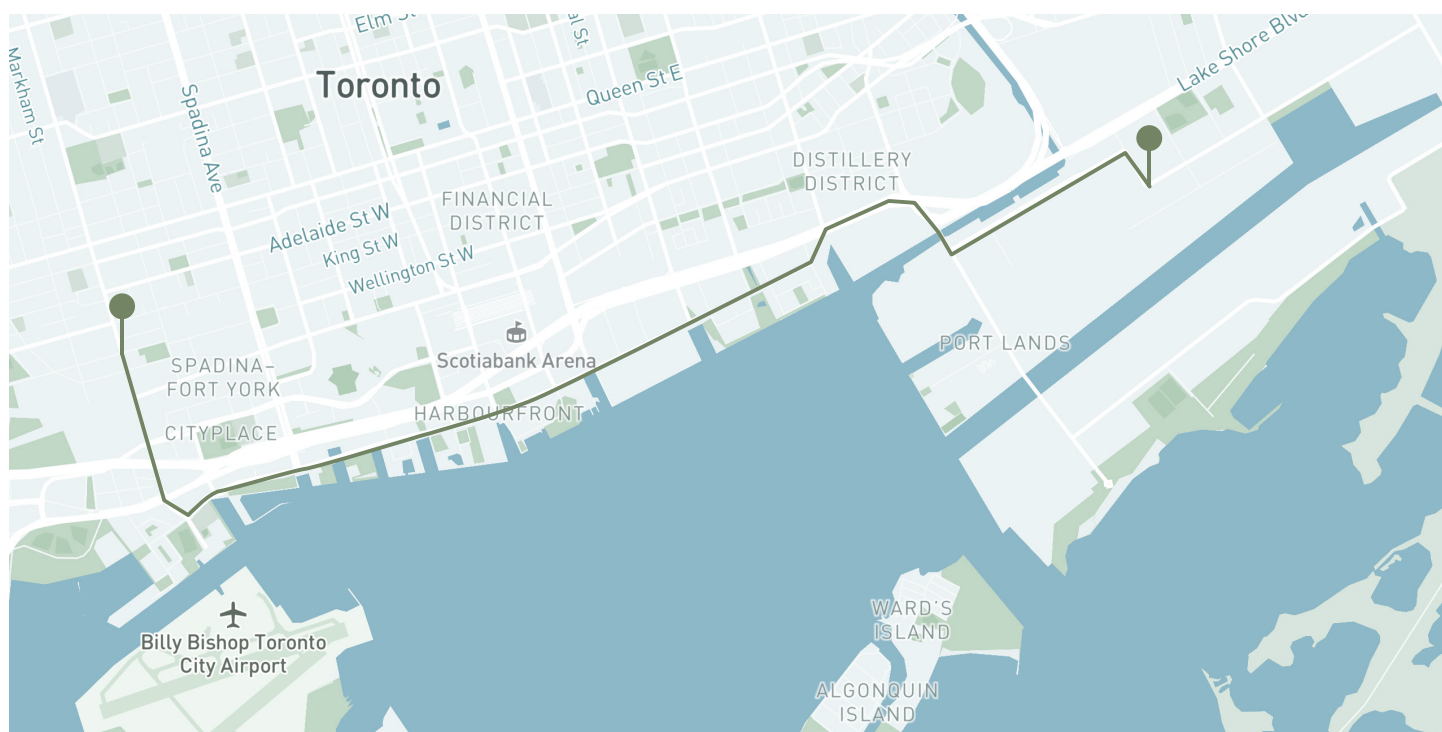
The Leslie Street Spit in the east end is a lush urban park with a paved road that covers most of the 5 kilometer peninsula. Also known as Tommy Thompson Park, the tuft of land has been labelled an important Bird Area by Nature Canada and is the home to over 300 species of birds. An often windy corridor of land that juts out into the Lake, Tommy Thompson Park offers some great views of the skyline and the process by which land is slowly reclaimed by nature. This is a popular destination for cyclists of all ages.

The one and only access point is Unwin Avenue and Leslie St.

TRAIL LENGTH 6 km (11 km loop)

DIFFICULTY Easy

ETA 32 min. bike ride
from 1 Hotel



MARTIN GOODMAN TRAIL

The two-lane waterfront bike trail spans nearly the entire length of Toronto for 56 km across the waterfront from Marie Curtis Park in the west to Rough Park in the east. This multi-use trail is paved, well marked and signed with a large portion off-road. The Trail is part of the 720km cross regional Lake Ontario Waterfront Trail.

TRAIL LENGTH 56 km

DIFFICULTY Easy

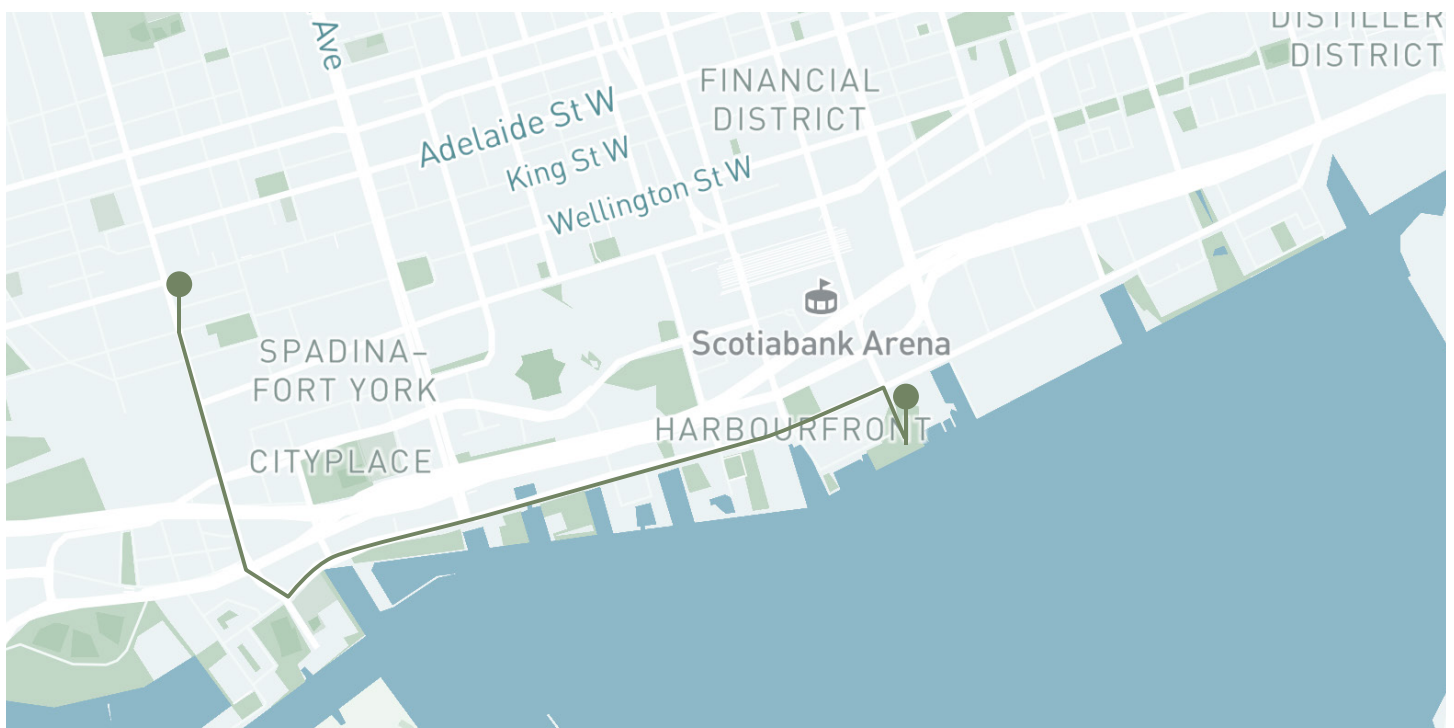
ETA 12 min. bike ride
from 1 Hotel



TORONTO ISLANDS

Just a short ferry ride from the city awaits the flat, manicured and scenic trails on the Toronto Islands, great for a quick romantic getaway, a family field trip, or simply some fun in the sun. You'll forget you were just in the hustle and bustle of downtown Toronto and will escape to something completely different, especially when on the south side of the Islands. Bicycles are allowed on the ferry's and water taxis.

TRAIL LENGTH	5.9 km
DIFFICULTY	Beginner
ETA	37 min. bike ride from 1 Hotel including Ferry trip



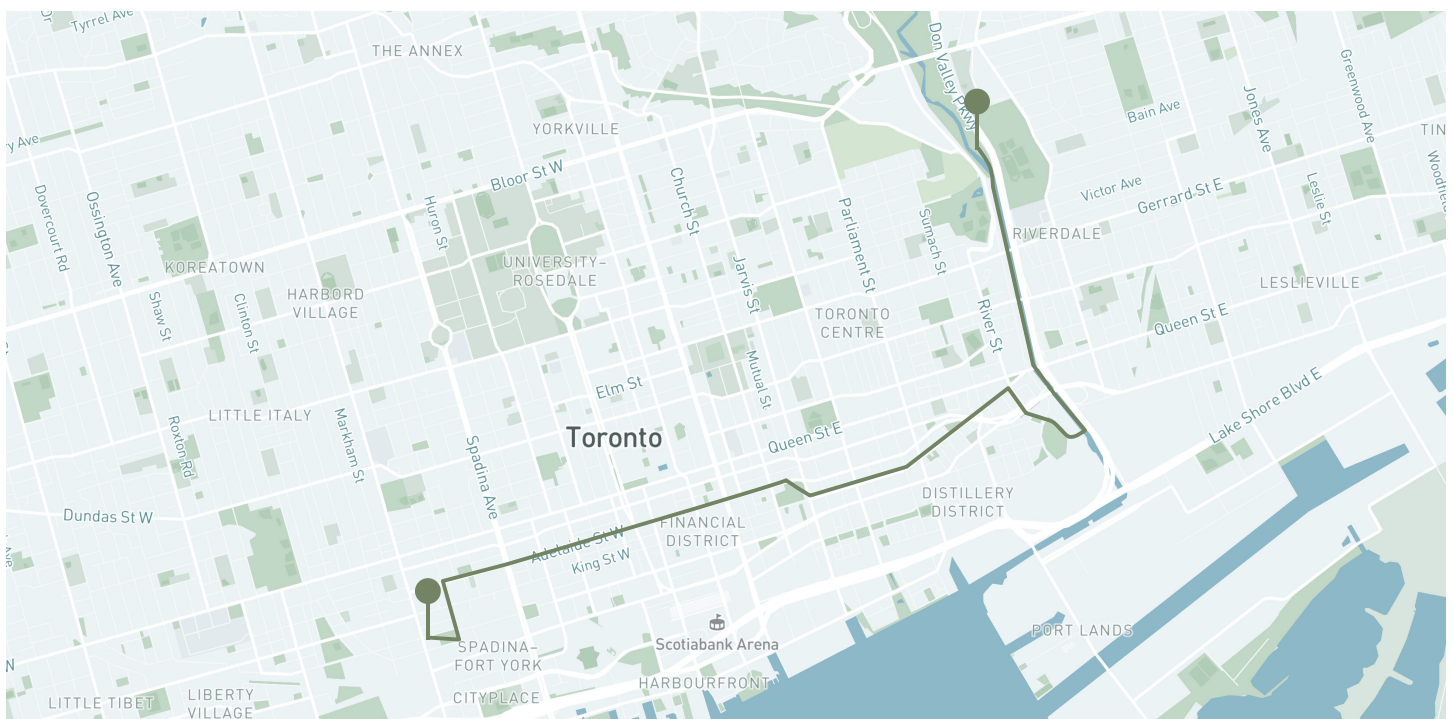
DON VALLEY TRAIL

If you're looking for something a little more off the beaten path, the Don trail system is one of the best ways to enjoy nature without leaving the city. Following the Don River and valley on the east side of the city, the 32km multi-use paved trail passes through riverside conservation areas, branches off into off-road trails for mountain biking, connects to numerous local parks, city streets and attractions including Todmorden Mills and Evergreen Brickworks. The trail is easily accessed from the south via the Waterfront trail. Winding along the river, the paved pathway is mostly flat and remains in pretty good condition. There are numerous entry points to this pathway, with main ones at Cherry St. and Lakeshore Blvd., Riverdale Park (look for the bridge), and Pottery Road.

TRAIL LENGTH 32 km

DIFFICULTY Beginner

ETA 30 min. bike ride
from 1 Hotel



HIGH PARK

The biggest natural space in the city limits is an obvious draw for cyclists who want to enjoy nature on their ride. There are roads, paved walkways shared with pedestrians and wooded trails, so cyclists can choose their own adventure within the park.

TRAIL LENGTH 5+ km

DIFFICULTY Easy

ETA 18 min. bike ride
from 1 Hotel



HUMBER VALLEY TRAIL

Following a historical route between the upper Great Lakes, Lake Simcoe and Lake Ontario used by natives and early settlers, the paved trail runs 26km north from the Waterfront Trail, plus an additional 10km on the West Humber branch. The trail accesses Humber Bay Park at Lake Ontario, nearby High Park, plus several local parks and neighbourhoods along the route.

TRAIL LENGTH 26 km

DIFFICULTY Easy

ETA 3 hour bike ride/45 minute drive from 1 Hotel

