

Stops En Route:

- 1 The Gatehouse Museum and The Hermitage
- 2 Dundas Valley Trail Centre
- 3 **Dundas** — Restaurants/cafes, accommodations, bike shop, conservation areas, grocery store, shopping, banking
- 4 McMaster University
- 5 Chedoke Trail (unpaved multiuse trail along Escarpment): Waterfalls and valley views, biketrough on stairs
- 6 Trail Bridge crossing roadway
- 7 **Ancaster** — Restaurants/cafes, accommodations, Fieldcote
- 8 Memorial Park and Museum, shopping, banking, bike shop

Region: Hamilton

Distance: 23 km

Experience Level: Easy to moderate, road and trail ride

Route Surface: Unpaved trails, varied surfaces, paved roads

Notes to Riders: Hybrid or mountain bike tires recommended. The majority of this ride is on well marked trails, but trail surfaces vary. Caution on shared streets through Ancaster and Dundas. Sulphur Springs Road is a moderate descent followed by a climb to the golf course and on Chedoke Rail Trail between Hamilton and Ancaster. Use the bike/pedestrian bridge with stairs and a biketrough when crossing Highway 403, near the 19 km mark. Hamilton city centre is accessible via several trails and onstreet bike routes.

Getting There:

GO Transit train to/from Aldershot Station. GO Transit buses go to three additional stops including McMaster University. Hamilton local buses all have bike racks with space for two bikes per bus.

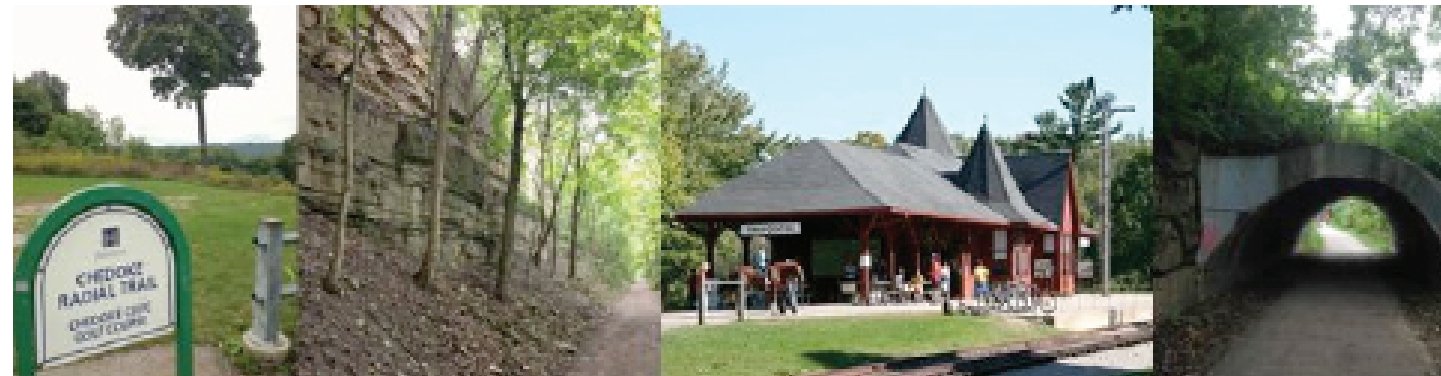
More tourism information at www.ourtruenature.ca and www.theheartofontario.com

LEGEND

Route Description:

-  **Greenbelt Route**
-  Regional Loop / *Itinéraire régional*
-  Distance marker (2km) / *Distance (2km)*
-  Cultural attraction / *Attraction culturelle*
-  Farm stop (U-pick and on-farm market) / *Marchandises en cueillette et Marché*
-  Sweets & Treats (bakery, artisanal food, etc.) / *Friandises (boulangerie, épicerie fine, etc.)*
-  Shop (general or country store) / *Magasin générale*
-  Beer, Cider, or Spirit / *Bière, Cidre, ou Alcool*
-  Winery or Vineyard / *Entreprise vinicole ou Vignoble*
-  Scenic lookout / *Vue panoramique*
-  Natural Feature / *Point de repère*
-  Conservation area / *Zone de conservation*
-  Information / *Information*
-  Shopping centre / *Centre commercial*
-  Bike shop / *Magasin de vélo*
-  Hospital / *Hôpital*
-  GO Transit station / *Service GO Transit*
-  Town or City / *Ville ou Village*
-  Park or Natural area / *Parc ou Espace naturel*
-  Greenbelt

This 23 km looped route is great way to explore the dramatic Niagara Escarpment in the Hamilton area, cruising along trails and making easy connections into the welcoming communities in the valley and out. From the village of Ancaster, pass roadside estates before joining the delightful treelined and well kept rail trail through Dundas Valley. Take a refreshment or shopping break in downtown Dundas before pedaling on via the boulevard trail alongside Cootes Drive. Connect back with the rail trail, a busy and paved thoroughfare for the many university students in the area. Heading up through the golf club greens, join the Chedoke Trail on a spectacular tour through lush woodlands and past numerous waterfalls etched out of the impressive shale and sandstone layers right along the trail. Enjoy picturesque views across the valley before the trail veers off the Escarpment and winds its way into Ancaster, where inviting patios and ice cream parlours are ready to round out the adventure.



Possibility grows here.

Ontario's Greenbelt is almost 2 million acres of protected countryside providing us all with fresh air, clean water, healthy local food and a thriving economy. Learn more at greenbelt.ca