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](http://www.ourtruenature.ca) and [www.theheartofontario.com](http://www.theheartofontario.com)

Stops En Route:
- The Gatehouse Museum and The Hermitage  
- Dundas Valley Trail Centre  
- Dundas — Restaurants/cafes, accommodations, bike shop, conservation areas, grocery store, shopping, banking  
- McMaster University  
- Chedoke Trail (unpaved multiuse trail along Escarpment): Waterfalls and valley views, biketrough on stairs  
- Trail Bridge crossing roadway  
- Ancaster — Restaurants/cafes, accommodations, Fieldcote  
- Memorial Park and Museum, shopping, banking, bike shop
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.

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