



Sunday July 4, 2010
Is Family Day on the Waterfront Trail

45 km and 4 communities

Registration limited to 40 participants
Adults \$25; Children (recommended for kids 9 and up) \$10

Itinerary

Launch: Participants welcomed at the GO station. Volunteer guides lead ride to the Waterfront Trail. Ride begins at 9 am.

Rest Stops

2.4 km Burlington "Breakfast Break"

Travel Lodge
 2020 Lakeshore Road
 Burlington, ON L7R 4G8

7 km Paletta Lakefront Park

14 km Bronte Harbour Park

17 km Coronation Park, Oakville

21 km Lakeside Park, Oakville

27 km Lakeside Park, Mississauga

34 km Jack Darlington Park

39.5 km Port Credit, Mississauga

45 km Finish at Marie Curtis Park, Toronto (Long Branch GO Station just to the north) Ice cream stand, washrooms

Included in family option:

- 1 day of fully supported riding—mechanical, navigational, motivational, first aid. Support shuttles drive the weary to next rest stop if needed.
- Warm welcome and enthusiastic cheering by community hosts
- Commemorative GWTA T-shirt

Not included:

- Breakfast (\$10 per adult; \$9 children)
- Lunch
- GO Train tickets

Why is this ride ideal for families?

- GO train access to start and finish
- Great introduction into both the Waterfront Trail & the Adventure
- Supported by GWTA volunteers & support vehicle on route
- Safely defined cycling route
- Travel at your own pace
- Mostly off-road with beautiful parks and waterfront views
- Sense of challenge, accomplishment and camaraderie

Getting there by GO or car:

GO Train departs Union Station @ 7:43 am, arrives at Burlington GO Station @ 8:38 am. Space for 30 bikes on morning train. Parking available for those arriving by car at the Burlington GO Station. 2101 Fairview St.

Register on-line at
www.waterfrontrail.org **soon!**