

Please get your physical activity in Niagara Falls by joining us for a fun bicycle ride from Niagara Falls to Niagara on the Lake.

At 2:15 pm we start out at Zoom Bicycle rentals, where you can rent a bike if you don't bring your own. This is at 3850 Niagara Parkway, which is along the Niagara River Recreational Trail, a path that runs along the Niagara River from Niagara-on-the-Lake to historic Fort Erie. This paved path passes through many of Niagara Parks' cyclist-friendly attractions, historic sites and natural areas. There is even a butterfly conservatory along the way.

We'll be heading north for a 20km ride to Niagara-on-the-Lake, and then 20km return. The ride leader will be going at about 20-24 km/hr (13-15 mph) but you can certainly ride at your own pace, either alone or in a group. There are some small hills, with the total elevation gain of 180 meters each way over the course.

The course can be seen at: <https://ridewithgps.com/routes/19408876>

Please let us know by ..... (however you want to have people let you know).

