



Canada- Niagara Cycle- Wines and Waterfront (2025)

8 Days/ 7 Nights

Individual Self-Guided



The Niagara Peninsula is nestled between two of the Great Lakes and the Niagara River and offers unique cycling opportunities along their shores. The renowned Waterfront Trail and the Friendship Trail are two of the off road trails you will experience, including an exploration of the historic Welland Canals which connect the Great Lakes to the St. Lawrence Seaway. But our ride also takes you along picturesque country roads with fruit plantations and vineyards. With its distinct microclimate and fertile soils, it's not surprising that the Niagara Peninsula is the largest area of viticulture in Canada. On your cycling adventure, you will have the opportunity to visit award-winning wineries and taste a variety of icewines. In addition to the lovely scenery and gastronomic delights, you will cycle through history with opportunities to visit Fort George and Fort Erie which is the location of Canada's bloodiest battle. A visit to this region would not be complete without visiting the most famous waterfall in North America; Niagara Falls.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Day by Day

Day 1 Arrive Burlington

Make your way to your hotel in Burlington. You can reach Burlington by train or bus from Toronto.
Meals: Nil

Day 2 Cycle from Burlington to Jordan Station (54km/33.6mi)

Our first day of cycling will be a fantastic introduction to the diversity that awaits you on this cycling adventure. Encounter scenic lake shore paths and the Niagara escarpment before ending your day with wine estate tasting tours. We start our day by cycling along the Great Lakes Waterfront Trail, a system which connects 155 communities and more than 500 parks over 3600km. You will ride past numerous beaches that make perfect spots to rest. Shortly after Grimsby you will reach the Niagara Escarpment, a steep but short climb. The Niagara escarpment has a unique microclimate. This, combined with the area's fertile soils, forms Ontario's prime fruit growing area. You will pass wineries and fields with a wide variety of fruit trees. Award-winning estates that host tours and tastings await you near the end of the day's ride in Jordan's wine country. You will also pass the Ball's Falls Conservation Area, a beautiful UNESCO World Biosphere Park with a rich heritage and extensive hiking trails. After settling into your room consider visiting the Cave Spring Wine Cellar and touring some of Jordan Station's charming boutiques. Meals: B

Day 3 Cycle to Niagara-on-the-Lake (39km/23.2miles)

After breakfast this morning, you will be head north-east until you reach Lake Ontario. Today, you will mostly follow The Waterfront Trail, cycling on a mixture of residential and rural roads and on cycle paths with surfaces of hard-packed crushed stone dust. Our route will pass through Port Dalhousie's harbour where you can take a ride on the famous Lakeside original Park Carousel. The carousel was carved between 1898 and 1905 and is proudly operated and maintained by the Friends of the Carousel, it is one of nine antique hand carved carousel left in Canada and you can still ride it for a nickel! After passing through the harbour, you will join the pathway, which offers breathtaking views overlooking the harbour. A few kilometers before you get into Niagara-on-the-lake which will be home for the next two nights, you will come across a few wineries including the Palatine Hills Estate, Konzelmann Estate, Hinterbrook Estate Winery and Strewn Winery. Hinterbrook Estate also has Oliv Tapas Bar where you can sample olive oils and balsamic vinegars. Meals: B

Day 4 Niagara-on-the-Lake Winery Loop (Approx. 40km/24.9miles)

Today will surely be a memorable culinary experience! Our route will take you to the best estates and to some of the best restaurants on the Niagara Peninsula. Meals: B



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Day 5 Cycle to Niagara Falls (29km/18.0miles)

As you exit Niagara-on-the-lake you will have the opportunity to visit four wineries including internationally-known Inniskillin and the unique House of Ice wines, where the winemakers will share secret recipes and make you taste her exclusive slushies. You then continue on the Niagara River Recreation Trail following the Niagara River which acts as the connecting channel between Lake Ontario and Lake Erie. On your ride today, enjoy a short climb on the Niagara Escarpment, through a lovely paved path in the lush forest. The Niagara escarpment enjoys a unique micro climate which, combined with fertile soils, forms Ontario's prime fruit growing area. The ride is short today, allowing some extra time to enjoy the numerous activities and tourist attractions of Niagara Falls. Meals: B

Day 6 Cycle to Port Colborne (60km/37.3miles)

Ride along the shores of Lake Erie, the shallowest of the Great Lakes. If your trip takes place early in the season, you may still see some ice cover on the lake. We invite you to take a break at Old Fort Erie where Canada's bloodiest Battlefield took place in 1812. Depending on the time of year, you may experience the sights and sounds of the fort under siege or witness musket demonstrations. This afternoon, continue on the Friendship Trail for 16 kilometres, all the way to Port Colborne. Much of the trail is located on an abandoned rail line and if time permits you will be able to take a swim at Crystal Beach. Meals: B

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Day 7 Cycle to St. Catharines (35km/21.7miles)

The day's ride is a foray alongside the Welland Canal, a key section of the St. Lawrence Seaway that connects Lake Ontario to Lake Erie. A series of locks lines the route, where you can watch both cargo and passenger ships be raised and lowered. When the ships are "climbing the escarpment" in the "Flight Locks" (Locks 4, 5, 6 in Thorold), they are being raised 42.5 metres! Upon reaching St. Catharines, winding down and enjoy a restful evening after your tour. Meals: B

Day 8 Depart St. Catharines

Services end after breakfast. Meals: B

Route

The route is primarily smooth, paved, and mostly flat with a few steep (but very short) hills near the escarpment. Some sections of trail are on rolled stone dust and dirt and, in wet weather, parts of the trail may be muddy. Most cyclists of average ability should be able to complete the route easily especially as the cycling days do not exceed 60 kilometers in distance (with other days between 30-40km).

Departure Dates

Sundays June 15 to October 5

Price

Prices per person in Canadian Dollars- all prices subject to confirmation on booking

Double Occupancy \$1960 plus tax

Single Supplement \$1060 plus tax

Solo Rider Supplement \$1530 plus tax

E-bike \$100

Discount for bringing your own bike -\$139

Accommodations

Charming B&B's

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Included

- 7 breakfasts
- 7 nights in B&Bs or hotels, generally with private facilities in double occupancy
- Luggage transfers (1 piece per person)
- Hybrid bicycle rental, including helmet, 1 or 2 bike bags, bike lock, rear rack and basic repair kit
- C\$50 per person donation to the Trans Canada Trail
- Navigation APP inclusive of detailed route notes and points of interest (available offline while cycling)
- Emergency hotline

Not Included

- Wine tasting fees
- Guide (this is a self-guided tour)
- Meals not listed in the itinerary
- Items of a personal nature
- Entrance fees and optional activities
- International Flight
- Travel Insurance
- Applicable taxes

This is a partner tour.