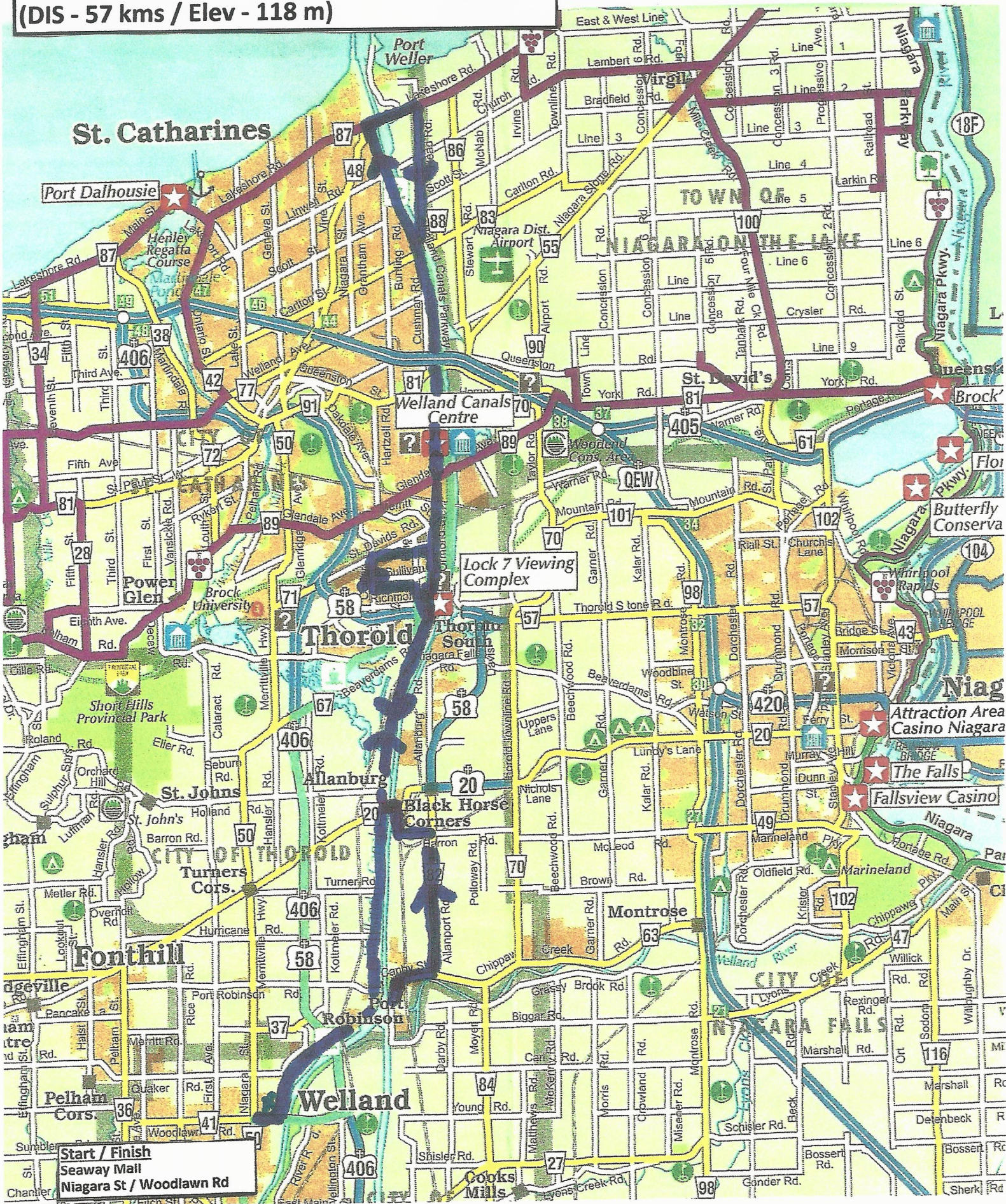


Welland to Lake Ontario Return

(DIS - 57 kms / Elev - 118 m)



Welland to Lake Ontario Return (DIS - 57 kms / Elev - 118 m)		
	A leisurely flat ride from Welland to St. Catharines and back to Welland via the Welland Canal bike trail.	
	<u>Directions</u>	<u>Acc Dist</u>
0.0	Start at Seaway Mall (Woodlawn Rd and Niagara St) in Welland - park close to Burger King	0.0
0.4	Left onto Woodlawn Rd and over to the entrance to Welland Canal Bike Path	0.4
0.2	Left at entrance and down to the Welland Canal Bike Path	0.6
3.5	Enter the bike path proceeding to the left (North) and over to Bridge Rd in Port Robinson. (note the Ferry service across the canal. This ferry crossing is provided free of charge and replaces a canal lift bridge that was destroyed many years ago by a large ship, thereby splitting the village of Port Robinson in half. <u>Lets take a boat ride!</u>)	4.5
0.0	Right onto Bridge Rd and onto the ferry, crossing the canal to the village of Port Robinson	4.5
0.1	On Leaving the ferry continue along Bridge Rd to River St	4.6
1.1	Left on River Rd (becomes Canby Rd) and over to Alanport Rd	5.7
3.2	Left on Alanport Rd and over to Barron Rd	8.9
0.8	Left on Barron Rd and over to Centre St	9.7
0.7	Right on Centre St and over to Lundy's Lane (Highway 20)	10.4
0.2	Left on Lundy's Lane, over the Alanburg lift Bridge and right onto Welland Canal Bike Path	10.6
5.7	Continue along the Canal Bike Path to the Lock 7 Viewing Centre at 50 Chapel St in Thorold. (Rates a visit - a picturesque view of "Where the Ships Climb the Mountain" can be seen from the viewing platform. Friendly staff to assist us, loads of history and pictures of the Welland canal and city of Thorold.)	16.3
	At this point, expect its time for a coffee / snack or maybe lunch. There are numerous cafes, restaurants and unique stores located just a few blocks ride in the downtown area of Thorold.	
0.2	Continue along Chapel St to Clairmount St	16.5
0.4	Left on Clairmount St and along to Front St	16.9
0.4	Right on Front St and over to Regent St	17.3
0.6	Right on Regent St and just beyond Wellington St, re-enter the Canal Bike Path	17.9
3.3	Left onto the Canal Bike Path and continue down the escarpment, crossing over Glendale St and back onto the path to the "St Catharines Museum and Welland Canals Centre" at Lock 3. (rates a stop - a small museum with local history exhibits, history of the Welland Canal, plus an elevated observation platform for ship viewing. A great rest stop and super place for pictures.)	21.2
7.1	Continue along the Bike Path passed Lock 2 and onto Lakeshore Rd / Region Rd 87. (You are now in Port Weller. The Welland Canal Trail ends at Lock 1 – the entry lock from Lake Ontario. <u>At this point we begin our circle back to Welland</u>)	28.3
1.0	Right on Lakeshore Rd, crossing the Canal at Lock 1 Bridge and over to Reid Rd. (If we haven't had lunch yet, "MJ's Own Munchies" restaurant at the corner of Lakeshore Rd and Reid Rd could rate a stop or perhaps venture a bit off course and visit a small unique Winery called Small Talk Vineyards.)	30.9
3.0	Right on Reid Rd and up to Carlton St	33.9
0.2	Right on Carlton St, over the Lock 2 bridge and left back onto the Welland Canal Bike Path, (From this point on we could meet up with the Longer Distance Group who will also be returning to Welland via the bike Path)	34.1
5.3	Continue along the Canal Bike Path, past the "Welland Canal / St Catharines Museum" at Lock 3 to Glendale Rd.	39.4
2.7	Crossing over Glendale Rd, continue along the Bike Path, climbing up the escarpment to the Lock 7 Viewing Centre. (Climb is a bit steep at this point, you may want to walk it.)	42.1
5.7	Continue along the canal trail to Lundy's Lane / Highway 20 (Alanburg bridge)	47.8
8.2	Crossing over Lundy's Lane, continue on the Bike Path past the ferry launch at Port Robinson Rd and on to Woodlawn Rd in Welland	56.0
0.5	Exit right onto Woodlawn Rd and back to the Seaway Mall. You have completed your ride! Hope you enjoyed it!	56.5

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