

**(DIS - 44 kms / Elev - 27 m)**





Welland to Lake Erie Return (DIS - 44 kms / Elev - 27 m)		
	A very flat but scenic ride from Welland to Port Colborne and back along the Welland Canal Bike Path.	
	<b>Directions</b>	<b>Acc Dist</b>
0.0	<b>Start at Seaway Mall (Woodlawn Rd and Niagara St) in Welland - park close to Burger King</b>	<b>0.0</b>
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 Welland Canal Bike Path	0.6
2.8	Enter the bike path proceeding to the right (South) up to West Main St, <b>(Check out the Viaduct where the Welland River crosses under the old Welland Canal. Note the old Main Street Lift Bridge, no longer lifts, but is being maintained as a historical point of interest in Welland.)</b>	3.4
0.1	Jog right onto West Main and left onto Niagara St and right back onto the trail.	3.5
1.0	Continue along Welland Trail to Lincoln Street	4.5
1.1	Cross Lincoln St and continue on Welland Trail to Ontario St / Broadway Ave.	5.6
1.1	Cross Broadway Ave and continue on the Welland Bike Path, stopping at the Welland International Flatwater Centre. <b>(The WIFC was used for the 2015 Pam Am games and continues to be used regularly for multiple flatwater National and International (canoing, kayaking, swimming, dragon boat racing, triathlons) events. Be sure to get a look at the training Paddle Tank. The north course can handle 1000 M long events. Hopefully there will be a competition in progress at the north course when we visit.)</b>	6.7
0.5	Continue over to the left side of the canal onto Canal Bank St (Region Rd 68)	7.2
0.6	Right on Canal Bank St, over the railway bridge and back onto the Bke Path moving back to the right side of the canal. <b>(The south course on your left can handle races up to 2000 M length events.)</b>	7.8
2.0	Continue along Welland Canal Trail to Forks Rd (Dain City)	9.8
6.4	Cross Forks Rd and continue along the Welland Canal Trail passing behind the Robin Hood Flour Mill over the Feeder Canal via a footbridge and along the trail to Main St (Region Rd 3) in Port Colborne	16.2
0.6	Right on Main St and over to King St	16.8
1.8	Left on King St and over to Sugarloaf St	20.2
1.6	Right on Sugarloaf St and over to Rosemount Ave	21.1
0.9	Left on Rosemount (becomes Lakeshore Rd) and down to Oakridge Crescent	22.0
0.4	Left on Oakridge Crescent and around to Orchard Dr	22.4
0.1	Continue on Orchard Dr to Cedar St	23.4
0.3	Right on Cedar St to Lakeshore Rd	23.7
0.3	Left on Lakeshore Rd and over to Cement Plant Rd <b>(U-turn here and head back to Port Colborne)</b>	24.0
1.3	Back along Lakeshore Rd to Tennessee Ave <b>(Starting at Cement Plant Rd, watch for the "disappearing grain elevator optical illusion" as you approach Port Colborne)</b>	25.3
0.9	Right on Tennessee Ave and over to Sugarloaf St	26.2
0.5	Right on Sugarloaf St, passed the Hospital and into "HH Knoll Lakeview Park" and "Sugarloaf Marina" on Marina Dr. <b>(Hoping to link up with the Long Distance Group at "Dawg's Burger and Ice Cream Palour" for a quick lunch. Explore the park and Marina area before moving on to the Welland Canal waterfront on West St.)</b>	26.7
0.4	Leaving the park, go right on to Sugarloaf St and over to West St	27.1
0.6	Left on West St and along the Canal waterfront to Clarence St. <b>(Explore the shops and restaurants along West St and hopefully watch a ship entering or leaving the Welland Canal. Perhaps the lift bridge will be up.)</b>	27.7
0.1	Cross Clarence St onto Princess St, past the old railway station (now a restaurant) and over to King St	27.8
0.5	Right on King St over to Killaly St	28.3
1.4	Right on Killaky St, over the Feeder Canal bridge and onto the bikepath, winding through the Lock 8 Gateway Park to Main St.	29.7
0.1	Cross over Main St and onto Ramey Ave, immediately turning right back onto the Welland Canal Bike path	29.8
0.6	Continue along the Welland Canal Bike Path, winding over to the foot bridge over the Feeder Canal	30.4
0.9	Right over the foot bridge, up across Omer Ave, continuing on the bike path behind the Robin Hood Flour Mill to the Welland Canal.	31.3
1.0	Continue along the Canal Bike path to the point where the Welland Canal splits into old canal veering left and wider new canal to the right	32.3
3.3	Continue along the bike path following the old Welland Canal to Forks Rd. <b>(note the Flat Water rowing course as you approach the Dain City / Forks Rd bridge. North course is 2000 M long. Hopefully there will be a competition on.)</b>	35.6
2.0	Continue along the bike path down passed the South Niagara Rowing Club House and around to Canal Bank St. <b>(Note the Welland International Flatwater Centre - South course (1000 M long) on your right. Hopefully there will be a competition in progress as we pass by)</b>	37.6
0.4	Left onto Canal Bank St and continue over the railway bridge, re-entering the bike path just beyond Townline Tunnel Rd.	38.0
1.6	Continue on the east side of the canal down the bike oath and Canal Bank St (over Ontario St) and re-enter the Bike Path	39.6
0.8	Continue along the Welland Canal Bike path crossing over Lincoln St.	40.4
0.8	Continue along the bike path down to the Division St bridge. <b>(You will pass through Merritt Park as you approach the bridge. The Welland Canal floating Stage on the left and the Welland Historical Museum on the right are worth a stop if time allows.)</b>	41.2
0.4	Right onto Division St and an immediate left on to King St, crossing over Main St by the Main Street Lift bridge over to Cross St.	41.6
0.5	Left on Cross St, over the Welland River Viaduct and onto the Welland Canal Merritt Island trail. <b>(check out the Viaduct where the Welland River crosses under the old Welland Canal.)</b> From here the Welland River continues along the old canal and down to the new by-pass Welland canal where another Viaduct takes it under that canal. Merritt Island is bordered by the Welland Canal and River.	42.1
1.6	Continue along the Welland Canal Bike Path to the Woodlawn Rd exit. Cyclists have to veer to the right and under the Woodlawn overpass. <b>Left onto the gravel exit on your left - walk your bike to the small exit gate onto Woodlawn Rd.</b>	43.7
0.4	Exit up on to Woodlawn Rd, over the Welland Canal and back to the Seaway Mall. <b>You have completed your ride! Hope you enjoyed it.</b>	44.1



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<b>2.8</b>	Enter the bike path proceeding to the right (South) up to West Main St, <b>(Check out the Viaduct where the Welland River crosses under the old Welland Canal. Note the old Main Street Lift Bridge, no longer lifts, but is being maintained as a historical point of interest in Welland.)</b>	<b>3.4</b>
<b>0.1</b>	Jog right onto West Main and left onto Niagara St and right back onto the trail.	<b>3.5</b>
<b>1.0</b>	Continue along Welland Trail to Lincoln Street	<b>4.5</b>
<b>1.1</b>	Cross Lincoln St and continue on Welland Trail to Ontario St / Broadway Ave.	<b>5.6</b>
<b>1.1</b>	Cross Broadway Ave and continue on the Welland Bike Path, stopping at the Welland International Flatwater Centre. <b>(The WIFC was used for the 2015 Pam Am games and continues to be used regularly for multiple flatwater National and International (canoeing, kayaking, swimming, dragon boat racing, triathlons) events. Be sure to get a look at the training Paddle Tank. The north course can handle 1000 M long events. Hopefully there will be a competition in progress at the north course when we visit.)</b>	<b>6.7</b>
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