

IF YOU

- Live in or near the **Port Hope/Cobourg** area
- Think that a **2-3 hour recreational road bike ride** a couple times a week is a fine way to stay fit and enjoy the **great outdoors**
- Want to discover some of the **best cycling routes in Southern Ontario**
- Enjoy sharing the sweet taste of cycling with **other like-minded cyclists**
- Appreciate the chance to exchange those hard-earned **calories burned** for an après-ride **food and drink social**

CONTACT US

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**GANARASKA
FREEWHEELERS**

• **CYCLING CLUB** •

JOIN US FOR A RIDE

Tuesdays at 10:00 a.m.
Fridays at 5:30 p.m.



ABOUT OUR CLUB

Great Fitness | Great Food | Great Friends

The Ganaraska Freewheelers is a social non-competitive cycling club in Northumberland County. We are a unique group of people whose activities reflect their collective appreciation of fitness, food and friends!

Our members take turns hosting rides, offering a variety of scenery and start locations from Newcastle to Trenton and from the Lake Ontario waterfront to Peterborough.

We generally ride 30 to 60 kilometres at a moderate pace and reward ourselves with an after-ride social at a restaurant, member home or park.

A SAMPLE OF RIDES

Here are just a few of our special rides planned for the 2018 season:

PORT HOPE BLOSSOM RIDE

Cycle through the area's most fragrant apple and lilac blossom trees at their peak

GOLDEN BEACH RESORT RIDE

Enjoy three of the best downhill in the area offering spectacular views of Rice Lake

THE WOBBLY TOUR

Ride the rolling hills past Prince Edward County's wineries followed by lunch at Casa Dea Estates Winery

AUGUST TOUR IN OTTAWA

Take in Canada's National capital, its extensive bike trail network and the beautiful Gatineau Park