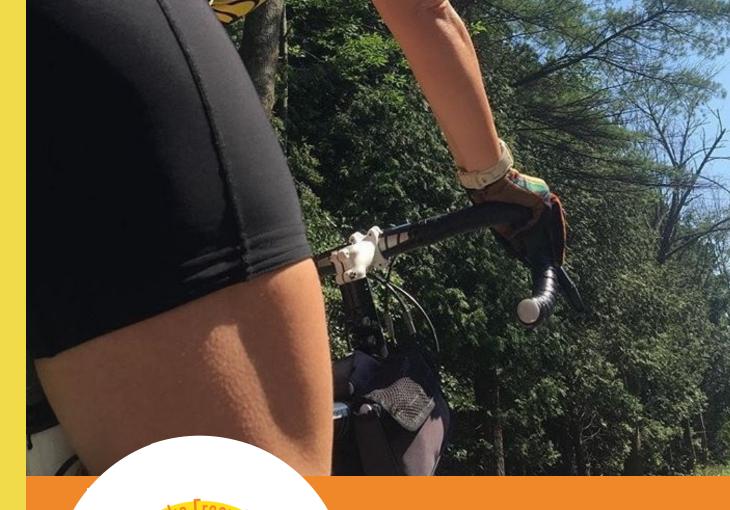
## **IF YOU**

- 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 likeminded cyclists
- Appreciate the chance to exchange those hard-earned calories burned for an aprèsride food and drink social

## **CONTACT US**

www.ganaraskafreewheelers.com ganaraskafreewheelers@gmail.com





# 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 afterride 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 downhills 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 Catineau Park