

IF YOU

- Live in or near our riding area (from Bowmanville to Presqu'île and from Lake Ontario to Millbrook)
- 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 (e-bikes welcome)**
- Enjoy sharing the sweet taste of cycling and socializing 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

www.ganaraskafreewheelers.com
ganaraskafreewheelers@gmail.com
gfwpres@gmail.com



• CYCLING CLUB •

JOIN US FOR A RIDE

Tuesdays at 10:00 a.m.
Fridays - flexible start



ABOUT OUR CLUB

Great
Fitness

Great
Food

Great
Friends

The Ganaraska Freewheelers is a social cycling club. 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 Bowmanville to Presqu'ile and from the Lake Ontario waterfront to Peterborough.

We generally ride 50-60 kilometres (with 30-kilometre options) at a moderate pace and reward ourselves with an after-ride social at a restaurant, member home or park.

A SAMPLE OF RIDES

Every season, we conjure up special rides. In the past, we have:

PORT HOPE BLOSSOM RIDE

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

RICE LAKE RAMBLE

Enjoyed some of the best scenery in the area offering spectacular views of Rice Lake

THE WOBBLY TOUR

Ridden the rolling hills past Prince Edward County's wineries followed by lunch at local wineries

MULTI-DAY TOURS

Explored the beauty of Ottawa, Niagara, St. Jacobs, Barry's Bay, Merrickville . . .