



***Spokes & Spigots***  
**6<sup>th</sup> Annual Winery Bike Tour**



**Saturday, August 26<sup>th</sup>\***

Looking for a little adventure and exercise this summer with fellow Trakkers? Then why not join Jim and Jannette for a day cycling trip in the Niagara wine region.

Starting from [Niagara Falls Via train station](#) at 11:25 a.m., this moderately-paced bike tour will visit 3 (or 4 depending on the group) wineries†, including a stop for a picnic lunch before returning to Niagara Falls for 6:00 p.m. This tour is mainly on paved secondary roads and includes a longish uphill slope (this can be walked if need be), so all that is required is any multi-speed bicycle (road, touring, mountain, or hybrid style) in good working order, a bike helmet, bike lock, and a pannier or backpack for your food and drink, and for anything that you may buy along the way. A water bottle and sunscreen are highly recommended.

Haven't cycled in a while? No problem. Given our moderate pace and the relatively short distance between the wineries, as well as other rest stops, you do not have to be an Olympic-class athlete to get the most out of the day.

Don't have a car to get to Niagara Falls? No worries. This tour is timed to coincide with GO Transit's Bike Train schedule. The train has two special coaches with bike racks in the lower level, leaving Union Station at 9:00 a.m. and departing Niagara Falls at 7:20 p.m. For full details of train departure and arrival times and station stops‡, see the [schedule](#) and for the cost of the return train fare, see [GO Transit's fare calculator](#).

What other costs are involved? There is \$10 registration fee payable in advance **before August 12<sup>th</sup>** for the bicycle tour itself, but if you participate in the tour, that fee is fully refunded to you. And, of course, if you want to indulge in any winery tours or tastings, each winery levies its own charge.

There are fourteen (14) spots currently available. If you are interested in this trip and would like to join us, please e-mail us at [jannette\\_jim@yahoo.ca](mailto:jannette_jim@yahoo.ca) or phone us at 416 921 7737. We look forward to spending an enjoyable day out in the fresh air with you.

Jim & Jannette

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**Important Notes:**

\* In case of a heavy rain forecast for Saturday, our alternate is Sunday, August 27<sup>th</sup>.

† Some wineries on route:

Riverview Cellars, Between the Lines Winery, Ravine Vineyard Estate Winery

‡ Please note that this is a special excursion train, so it does not stop at all stations along its route. If you wish to use a station other than Toronto's Union Station, please confirm that it is a station serviced by this train.