



Third Annual Spokes & Spigots

Winery Bike Tour

A fresh air experience

Saturday, July 12th*

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 near Niagara wine region.

Starting from [St. Catharines Via train station](#) at 11:00 a.m., this leisurely-paced tour will visit 4 (or 5 depending on the group) wineries, including a stop for a picnic lunch before returning to our starting point for 6:30 p.m. This tour is on paved secondary roads with a couple of longish uphill slopes, so all that is required is any multi-speed bicycle (road, touring, mountain, or hybrid style), a bike helmet 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 relaxed 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 St. Catharines? 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 Toronto at 9:00 a.m. and departing St. Catharines at 7:45 p.m. For full details of times of train departure and arrival, as well as the station stops‡, see the [GO train seasonal schedule](#). 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 June 30th 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.

If you are interested in this trip and would like to join us, please call us at 416 921 7737 or [e-mail us](#).

We look forward to spending an enjoyable day out in the fresh air with you.

Jim & Jannette

Important Notes:

* In case of a heavy rain forecast for Saturday, our alternate is Saturday, July 19th

‡ Please note that this is a special excursion train, so it does not stop at all stations along the 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. Alternatively, take an earlier local train and transfer to the Bike Train at one of the stations that it services.