

# BIKE 1

## THE COUNTRY

### East Mountain / Ancaster

#### Connection Points:

**East Mountain** (Mountain Brow Blvd/  
Limeridge Rd/Arbour Rd)

**Ancaster** (Wilson St/Fiddler's Green Rd/  
Lovers Lane)

#### Distance:

40 km (4 hrs leisurely)

#### Route Design:

#### EASY

Paved on-road and a short paved trail section by Albion Falls over the LINC

**Take care** crossing Rymal Rd, crossing Hwy 6/Upper James, Wilson St at roundabout, and along Jerseyville Rd

#### City Transit Access:

East Mountain: HSR #21, HSR #22 nearby  
Ancaster: HSR #16, HSR #5C/5A nearby

#### Inter-city Transit Access:

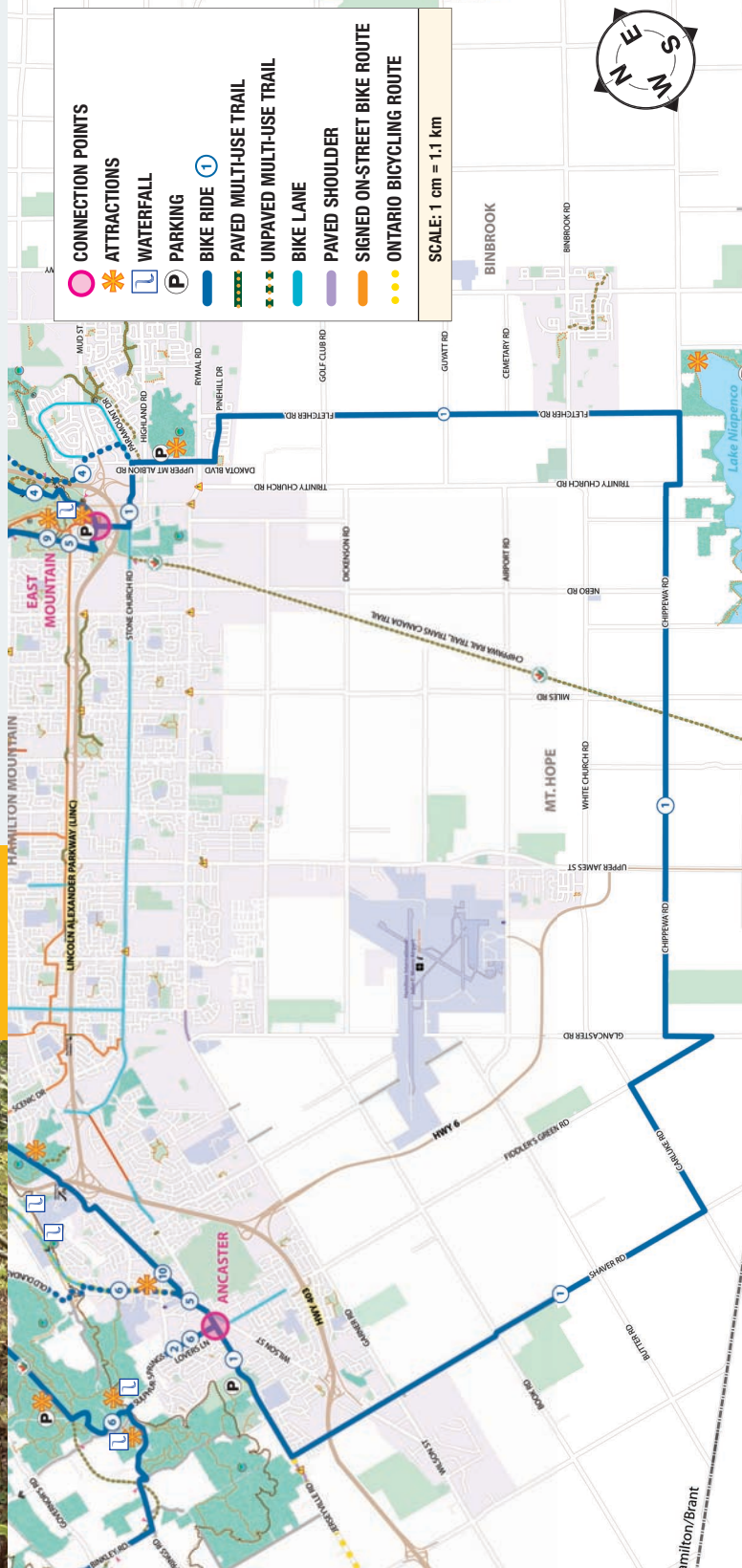
None

#### Parking Access:

See Map

### ATTRACTIONS ALONG THE WAY:

Albion Falls, Red Hill Valley, Eramosa Karst, Lake Niapenco, farm gate sales ([www.environmenthamilton.org/eatlocal](http://www.environmenthamilton.org/eatlocal)), Ancaster shops



For greater detail of mapping see "Bike Routes, Trails & Parks" map.