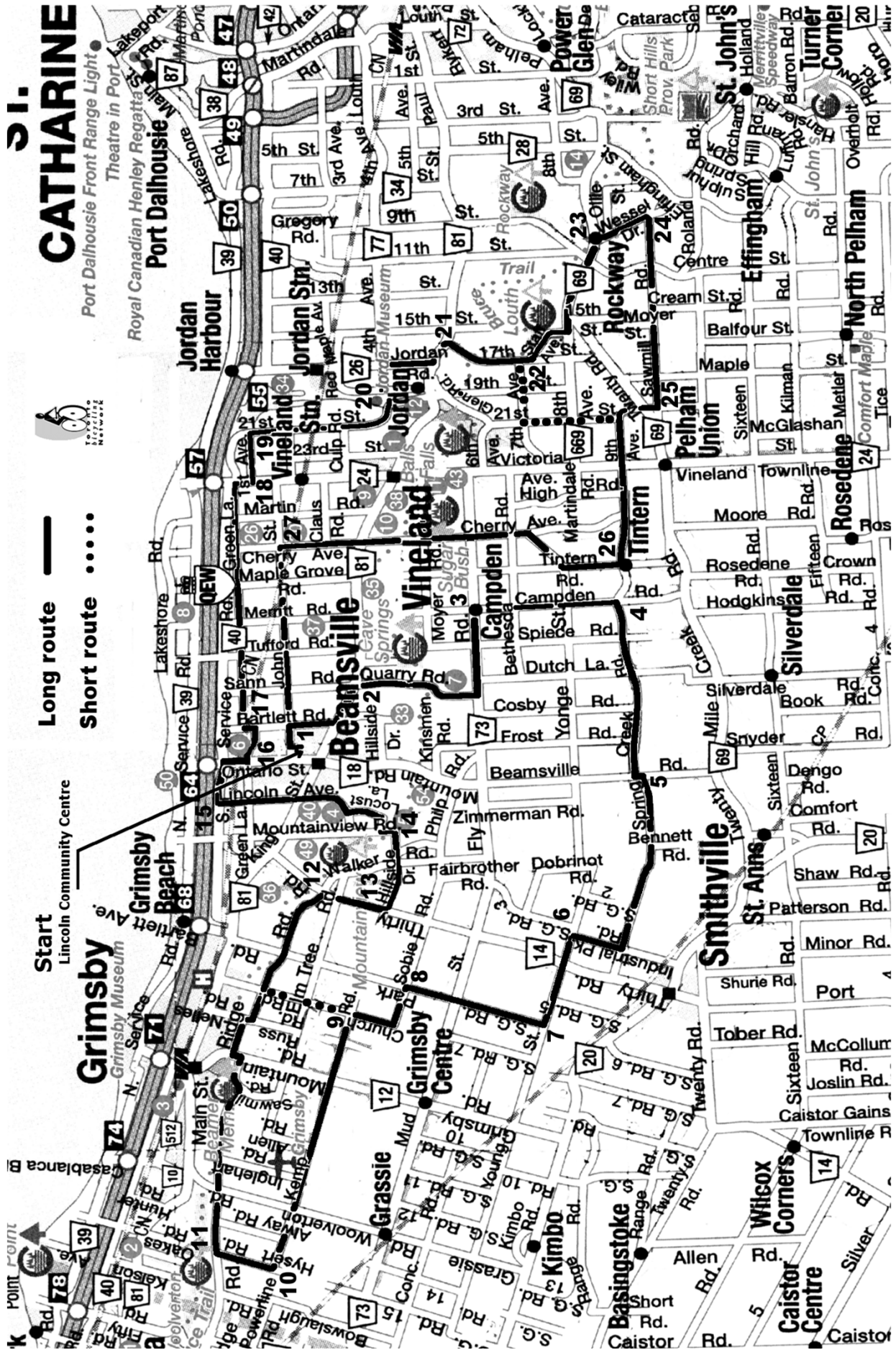


## Niagara Wine Lover's Tour (long - 100 km)

<u>Interval</u>	<u>Total</u>		<u>Interval</u>	<u>Total</u>	
0.0	0.0	➔ Central Av from Lincoln Community Centre	0.8	56.1	⚡ Green Lane (16) Sobeys, Quiznos
0.2	0.2	➔ John St	0.9	57.0	⚡ Jog L/R at Bartlett Rd (17) to Green Lane cross tracks
0.7	0.9	➔ Bartlett Rd (1)	5.8	62.8	➔ Victoria Av (18) Markets - fruit, snacks
1.0	1.9	⚡ King St / RR 81 <b>busy</b>	0.5	63.3	⚡ 1st Av
0.8	2.7	⚡ Quarry Rd (2) <b>Caution - blind uphill</b>	1.2	64.5	➔ 21st St (19)
3.0	5.7	⚡ Fly Rd / RR 73	3.7	68.2	⚡ Main St in Jordan (20) Winery, restaurants on right
2.0	7.7	➔ Campden Rd / RR 22 (3) store	0.1	68.3	⚡ 19th St
3.3	11.0	➔ Spring Creek Rd (4)	0.2	68.5	➔ 4th Av
4.2	15.2	⚡ Jog L/R at Mountain Rd to Spring Creek Rd (5)	0.8	69.3	➔ Jordan Rd / RR 26
4.3	19.5	➔ Industrial Rd	1.2	70.5	⚡ King St / RR 81 <b>busy</b>
1.2	20.7	⚡ Young St (6)	0.4	70.9	➔ 17th St (21) (Short route turns right at 7th Av)
2.3	23.0	➔ S. Grimsby Rd 6 (7)	2.1	73.0	⚡ Staff Av (22) winery
3.0	26.0	⚡ Sobie Rd (8) becomes Church Rd	1.2	74.2	⚡ 8th Ave / RR 669
1.9	27.9	⚡ Kemp Rd E (9) (Short route stays straight)	2.3	76.5	➔ Wessel Rd (23)
6.6	34.5	➔ Hysert Rd (10)	1.4	77.9	➔ Sawmill Rd (24)
1.4	35.9	➔ Ridge Rd W (11) no sign	4.7	82.6	➔ Beamer St (25)
5.3	41.2	⚡ Long jog L/R at Grimsby Rd to Ridge Rd E	0.9	83.5	⚡ Spring Creek Rd
6.3	47.5	⚡ Kemp Rd E (13) becomes Mountainview Rd	1.3	84.8	⚡ Jog L/R at Victoria Av to Spring Creek Rd
2.2	49.7	➔ Locust Lane (14) wineries	2.6	87.4	➔ Tintern Rd (26)
1.2	50.9	➔ McLeod St becomes Lincoln Ave	1.3	88.7	➔ Yonge St
3.4	54.3	➔ South Service Rd (15)	1.1	89.8	⚡ Cherry Av
1.0	55.3	➔ Ontario St	3.8	93.6	<b>Caution: steep downhill to Stop at busy crossroad (King St / RR 81)</b>
<b>Lunch / washrooms - Tim Hortons, KFC, McDonalds, etc.</b>			1.7	95.3	⚡ John St (27)
			0.8	96.1	⚡ Jog L/R at Maple Grove Rd to John St cross tracks
			4.1	100.2	⚡ Central Av to Community Centre



# SI. CATHARINE



Long route —  
Short route .....

Start  
Lincoln Community Centre