



## Highway of Heroes Ride Route Descriptions

### **120km Route**

#### Day One

The route begins at the Afghanistan Repatriation Memorial in Bain Park in Trenton. Following the opening ceremonies for Day One, riders will depart en masse and ride past CFB Trenton, pass-through Trenton itself and then head west onto Telephone Rd.

Paralleling the Highway of Heroes, on Telephone Rd., Little Lake Rd. and Dudley Rd., riders will stay on the lower and gentler steps of the Great Pine Ridge reaching the first rest stop at 20km and the second rest stop at 50km. The route then follows Old Hwy 2 into the eastern end of Cobourg where it tracks north and crosses the Highway of Heroes to take the more northerly, and quieter, route into Port Hope.

The route reaches its lunch stop at the Port Hope Police Headquarters just before 80km. After fueling-up in Port Hope, the route ascends and follows alongside the shores of Lake Ontario and offers some scenic vistas.

On the outskirts of Newcastle, the route turns north and follows Metcalf St. and Mill St. into Newcastle itself. There will be a final rest stop in Newcastle. There will be three scheduled departures, with a police escort, for the final 10km to reach Clarington Fields for the closing ceremonies at the Durham LAV Monument in Bowmanville.

After the closing ceremonies, riders will board buses for the short drive west to Ajax to reach the hotels hosting the overnight stay and adjacent conference Centre that is hosting the dinner. All bikes will be professionally transported to the host hotel in Ajax as well and secured overnight.

## Day Two

Riders will board buses for a short ride north from Ajax to the Park of Reflection in northwest Whitby for the opening ceremonies of Day Two. Riders will depart in groups by distance with the 120km riders turning right on Taunton Rd. and then right again to head North on Country Lane. The route then follows rolling terrain north of Whitby before returning south into Oshawa.

The route reaches the first rest stop at the Ontario Regiment Museum just after 30km. The route then passes-through suburban Oshawa and Whitby at before crossing-over the Highway of Heroes on the Brock St. Bridge. The route then heads south towards the shores of Lake Ontario and follows the Waterfront Trail through Ajax and Pickering before reaching the second rest stop at 64km just before Liverpool Rd.

The route then winds-through suburban areas before crossing-over the Highway of Heroes to track north towards the Rouge River Valley and the Toronto Zoo. The route passes-by the Zoo just before 75km and then crosses the Highway of Heroes for the final time before reaching the lunch stop at the Royal Canadian Legion Branch 258 at 87km.

After fueling-up, the riders will follow Kingston Rd. and take a direct route southwest for just over 15km before veering right to pick-up the bike lanes on Dundas St. The route then travels west on Dundas St., crosses-over the Don Valley Parkway and then picks-up Shuter St. to reach Moss Park for the final rest stop.

All riders will form-up at Moss Park for the final push to Queen's Park. Under escort from Toronto Police, all riders will travel these final memorable kilometers together down Jarvis St., across Front St. and up University Ave. to reach the Queen's Park and the closing ceremonies at the Ontario Veterans Memorial.

## 80km Route

### Day One

Paralleling the Highway of Heroes, on Telephone Rd., Little Lake Rd. and Dudley Rd., riders will stay on the lower and gentler steps of the Great Pine Ridge reaching the first rest stop at 20km and the second rest stop at 50km. The route then follows Old Hwy 2 into the eastern end of Cobourg where it tracks north and crosses the Highway of Heroes to take the more northerly, and quieter, route into Port Hope.

The route reaches its lunch stop at the Port Hope Police Headquarters just before 80km. After fueling-up in Port Hope, rider will board buses to travel to Clarington Fields for the closing ceremonies at the Durham LAV Monument in Bowmanville. All bikes will be professionally transported to the host hotel in Ajax as well and secured overnight.

After the closing ceremonies, riders will board buses for the short drive west to Ajax to reach the hotels hosting the overnight stay and adjacent conference Centre that is hosting the dinner.

### Day Two

Riders will board buses for a short ride north from Ajax to the Park of Reflection in northwest Whitby for the opening ceremonies of Day Two. Riders will depart in groups by distance with the 80km riders heading south on Cochrane St. and then east across Rossland Rd.

The route reaches the first rest stop at the Ontario Regiment Museum just before 10km. The route then passes-through suburban Oshawa and Whitby at before crossing-over the Highway of Heroes on the Brock St. Bridge. The route then heads south towards the shores of Lake Ontario and follows the Waterfront Trail through Ajax and Pickering before reaching the second rest stop at 38km just Liverpool Rd.

The route then winds-through suburban areas before crossing-over the Highway of Heroes to track north towards the Rouge River Valley and the Toronto Zoo. The route passes-by the Zoo just before 75km and then crosses the Highway of Heroes for the final time before reaching the lunch stop at the Royal Canadian Legion Branch 258 just at 62km.

After fueling-up, the riders will follow Kingston Rd. and take a direct route southwest for just over 15km before veering right to pick-up the bike lanes on Dundas St. The route then travels west on Dundas St., crosses-over the Don Valley Parkway and then picks-up Shuter St. to reach Moss Park for the final rest stop.

All riders will form-up at Moss Park for the final push to Queen's Park. Under escort from Toronto Police, all riders will travel these final memorable kilometers together down Jarvis St., across Front St. and up University Ave. to reach the Queen's Park and the closing ceremonies at the Ontario Veterans Memorial.