



# TRAIL MAP

*Cycling & Hiking*

ELGIN - ST. THOMAS

## CONTACT INFORMATION

- EMERGENCY 9-1-1**
- AYLMER POLICE**  
519-773-3144 • www.aylmerpolice.com
- ONTARIO PROVINCIAL POLICE**  
1-888-310-1122 • www.opp.ca
- ST. THOMAS POLICE SERVICES**  
519-631-1364 • www.stps.on.ca
- CATFISH CREEK CONSERVATION AUTHORITY**  
519-773-9037 • www.catfishcreek.ca
- ELGIN HIKING TRAIL CLUB**  
519-633-3064 • www.elginhikingtrailclub.org
- ELGIN STEWARDSHIP COUNCIL**  
519-773-4739 • www.naturallyelgin.org
- ELGIN ST. THOMAS PUBLIC HEALTH**  
519-631-9900 • www.elginhealth.on.ca
- KETTLE CREEK CONSERVATION AUTHORITY**  
519-631-1270 • www.kettlecreekconservation.on.ca
- LOWER THAMES VALLEY CONSERVATION AUTHORITY**  
519-354-7310 • www.ltvca.ca
- ONTARIO PARKS**  
519-874-4691 • www.ontarioparks.com
- ST. THOMAS PARKS AND RECREATION**  
519-631-7112 • www.city.st-thomas.on.ca
- ELGIN ST. THOMAS TOURISM SERVICES**  
1-877-GO ELGIN • www.elgintourist.com
- TOWN OF AYLMER – OPERATIONS DEPARTMENT**  
519-773-3164 • www.aylmer.ca

### LEGEND

Provincial Highways  
Elgin County Roads  
Municipal Roads  
Paved Shoulder  
Trans Canada Trail

**Signed On-Street Bike Routes**

- Vienna-Port Burwell Route  
Approximately 15 km
- West Elgin / Dutton-Dunwich Route  
Approximately 90 km

**Unsigned On-Street Bike Routes**

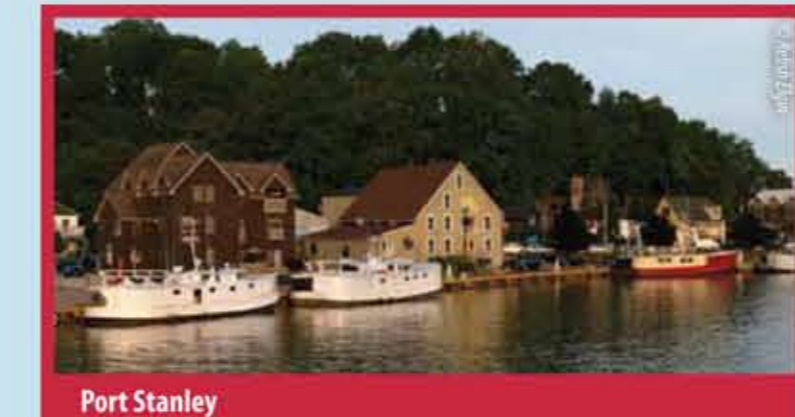
- Amish Country Route  
Approximately 37 km
- Aylmer-Port Burwell Route  
Approximately 58 km
- Sparta Wine Tour  
Approximately 35 km

Provincial Park  
Conservation Area  
Areas of Natural Interest  
Tourism Information Kiosk  
(Seasonal kiosks open Victoria Day to Labour Day)

0 5 10 Kilometers



This map has been developed as an aid to cyclists and walkers. The Elgin St. Thomas Health Unit o/a Elgin St. Thomas Public Health assumes no responsibility for the accuracy of this map or for the safe conditions of traffic, roads and facilities. Users are solely responsible for any risks encountered in the use or operation of facilities and for their own safety and for any loss, costs or expenses incurred by the Elgin St. Thomas Health Unit o/a Elgin St. Thomas Public Health as a result of user acts or omissions. Note: routes and facilities shown require different skill levels and are subject to change without notice.



### CYCLING ROUTE ATTRACTIONS

**Vienna-Port Burwell Route:** Wind Interpretive Centre Information Kiosk (Brown Rd at Nova Scotia Ln), Port Burwell Marine Museum and Historic Lighthouse (18 Pitt St, Port Burwell) & Edison Museum of Vienna (14 Snow St, Vienna)

**West Elgin / Dutton-Dunwich Route:** Olde Rodney Jail (135 Queens Ln, Rodney), Joe's Bush (21597 Silver Clay Ln), Backus Page House (29424 Lake View Ln), John Kenneth Galbraith Monument (Thomson Ln) & Southwold Earthworks (7930 Iona Rd)

**Amish Country Tour:** Aylmer Wildlife Management Area (10594 Hacenda Rd) & sights of farming and industry by members of the Amish community, including horse-drawn farming implements, furniture maker, farmgate markets, harness shop and lumber yard

**Aylmer-Port Burwell Route:** Aylmer Museum, Wind Interpretive Centre Information Kiosk (Brown Rd at Nova Scotia Ln), Port Burwell Marine Museum and Historic Lighthouse (18 Pitt St, Port Burwell) & Edison Museum of Vienna (14 Snow St, Vienna)

**Sparta Wine Tour:** Quai du Vin Estate Winery (45811 Fruit Ridge Ln), the Historic Village of Sparta, Rush Creek Wines (48995 Jamestown Ln) & Gay Lea Dairy Heritage Museum (48075 Jamestown Ln)

### ACTIVE ELGIN

www.activeelgin.ca

Elgin County's sport, recreation, and leisure website and print guide. Active Elgin helps you find what you're looking for and will save you time.

www.activeelgin.ca

### Trans Canada Trail

Sentier Transcanadien

TCT Pavilion, Jonas Park, St. Thomas

The Trans Canada Trail is the world's longest network of trails. When completed the Trail will stretch over 22,000 km from the Atlantic to the Pacific to the Arctic Oceans, linking 1,000 communities and 33 million Canadians. Today more than 16,500 km of trail have been developed. Millions of Canadians and international visitors are using the Trail to get active and to explore. The Trail is supported by the federal, provincial and municipal governments, corporations, local businesses, and individual Canadians. The St. Thomas pavilion is one of only 86 pavilions across Canada.

www.tctrail.ca

### TAKE ACTION ON ACTIVE TRANSPORTATION

To improve your health, help the environment, and save money consider replacing your short car trips with cycling or walking. Cycle or walk to work when the weather permits.

**Did You Know?**

- Approximately 50% of car trips are less than 5 km
- Each Canadian makes an average of 2,000 car trips of less than 3km a year
- For distances up to 5 km, cycling is recognized as the fastest of all modes from door to door
- 8.9% of Elgin County residents either walk or cycle as their mode of transportation to work

Sources: Environment Canada, Statistics Canada

# Cycling Safety

### Cycling and the Law

The Ontario Highway Traffic Act (H.T.A.) defines a bicycle as a vehicle. As cyclists you have the same rights and responsibilities to obey traffic laws as drivers.

Here are some of the fines that apply specifically to cyclists under the H.T.A.:

- Improper lighting: \$35** – Your bike must have a white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise.
- No helmet: \$80** – Every cyclist under the age of 18 must wear an approved bicycle helmet. Parents or guardians shall not knowingly permit cyclists under sixteen to ride without a helmet.
- No bell or horn: \$110** – A bike must have a bell or horn in good working order.
- Cycling in a crosswalk: \$110** – You must walk your bike when crossing at a crosswalk.
- Not stopping for traffic signals and signs: \$110-\$325** – You must stop for red lights and stop signs and comply with all other signs.

### Signaling

LEFT  
RIGHT - OPTION 1  
STOP  
RIGHT - OPTION 2

Photos courtesy of Ministry of Transportation

**TIP:** Communities across Ontario have different rules about young children riding on sidewalks while they learn to ride. Contact your local municipality for information about cycling by-laws.

### Cycling on Sidewalks

Many communities have by-laws limiting or prohibiting the use of bicycles on sidewalks. However, most communities do allow children to cycle on the sidewalk when they are learning to ride. Please contact your local municipality to find out more about cycling bylaws and how they pertain to cycling on sidewalks.

Riding on the sidewalk does not eliminate the risk of a car and bike collision. Cycling on the sidewalk is a contributing factor in 30 per cent of car and bike collisions. Collisions occur when cyclists ride off the sidewalk into the roadway or when motorists are exiting a laneway or driveway.

- What to teach young cyclists about cycling on the sidewalk:**
- Always wear a helmet.
  - Always yield to pedestrians. Get off and walk your bike or put your foot down.
  - Ride slowly.
  - Always walk your bike through a crosswalk or crossover (fines apply if not followed).
  - Use a bell or horn to let pedestrians know that you are there.
  - Make eye contact with drivers. Assume that drivers don't see you.
  - Look for cars in driveways, laneways and at intersections and be prepared to stop.
  - Expect pedestrians to exit from stores.
  - Parents should not ride on the sidewalk with their children. Instead, parents should ride on the roadway behind their child. This gives the child an opportunity to observe the parent practising safe cycling skills and demonstrating the proper hand signals.

### Correct Helmet Fitting

Just remember 2-4-1:

- Two** fingers above your eyebrows to the bottom of your helmet.
- Four** fingers to make a "V" shape around the bottom of your ears.
- One** finger under the strap beneath your chin.

WRONG WRONG RIGHT

Photos courtesy of Ministry of Transportation

