

SHORT HILLS PROVINCIAL PARK

Short Hills Provincial Park is a 688 hectare natural environment park containing protected features such as the Niagara Escarpment and Carolinian Forests. The Park welcomes cyclists on trails designated as shared use (bikers, hikers and horseback riding). Three trails, mostly traversing natural terrain have been clearly marked in the park with yellow colour-coded icons and numbers. Please do not use other trails.

Visitors are asked to obey all signs posted in and around the park and are encouraged not to use the park during wet weather. Erosion deteriorates trails causing irreparable environmental damage. As a non-operating park, admission is free but there are few amenities.

1) Swayze Falls Trail - 6.2 km western loop

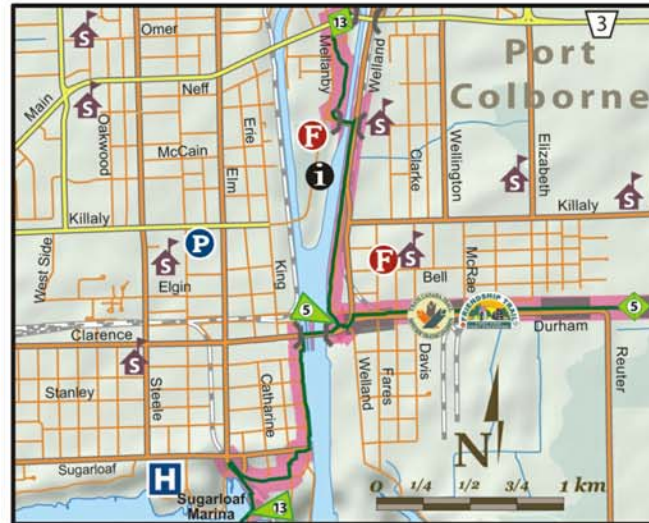
This trail contains both forests and meadows with the most notable feature being Swayze Falls, which can be viewed from a platform built over its gorge. The trail links to the Black Walnut Trail.

2) Black Walnut Trail - 4.3 km eastern loop

This path includes many steep hills and uneven ground as well as water obstacles and several old farm roads. The trail connects with the Swayze Falls Trail to the west at Pelham Road and with local roads from the Wiley Road entrance and with the Very Berry Trail.

7) Very Berry Trail - 1.3 km northern link

This short trail is in the north end of the park and allows cyclists access from First Street Louth. It then extends southerly along the meandering Twelve Mile Creek and connects with the Black Walnut Trail. Access can also be gained from the Pelham and Wiley roads parking lots via the Black Walnut Trail.




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TIPS FOR HAPPY RIDING

- Always carry at least one spare inner tube, patch kit, tire levers, air pump and a wrench if you need to remove your wheel.
- Keep yourself hydrated. Carry water and other drinks plus snacks.
- Cycle shorts, with padded insert, and gloves really help make the ride more comfortable.
- Don't be too ambitious. If you are new to cycling you are always welcome back to try our longer routes and trails as you get stronger.

REMEMBER:

Respect the natural environment and be courteous to adjacent landowners and other trail users.



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SAFETY TIPS

- Make sure that your bicycle is in good working order and fits you correctly.
- Always wear a correctly fitted helmet and gloves.
- Obey the Highway Traffic Act.
- Carry two quarters so you can make calls for assistance.
- Tell someone of your intended route and the time of your return.
- Wear bright clothing especially at night
- Lights and reflectors are required for night time riding.
- When using multi-use trails, keep to the right and before passing other trail users, ring your bell and call out "Passing on your left!"
- If you want to have a good look at a historic site or lovely vista stop and GET OFF YOUR BICYCLE. You cannot cycle safely and focus on something else at the same time.

WARNING: Bicyclists should exercise the same caution as motorists with regards to alcohol consumption

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