Disclaimer - Route(s) are on both multiuse trails and shared roadways and all cyclists are responsible for their own safety, must use both trails and streets with caution and do so at their own risk. Always wear the proper safety gear when cycling, ride sensibly and abide by all laws. Although routes and attractions were up-to-date at the time of printing, you may find that map content, traffic and/or actual conditions differ from the information shown on this map. The City of Ottawa does not assume any liability whatsoever for cyclists using this information and travelling upon suggested route(s). Date: April 2018



	0.0 km	Starting from the parking lot at Mooney's Bay Park
	0.1 km	Follow the path toward Hog's Back Road keeping the water on your left
	0.5 km	Veer Right and go through the tunnel under Hog's Back Road
3	1.0 km	Stay Left to go down the hill
3	1.2 km	Stay Left and go through the tunnel under Heron Road
•	2.6 km	Follow path under Bronson Avenue bridge
;	3.8 km	Cross Bank (controlled crossing)
;	5.1 km	Follow path under Main Street bridge
_ 7	7.0 km	Follow path under Hurdman bridge
	7.6 km	Stay Left and pass under Highway 417 bridge
9	9.8 km	Cross over Montreal Road (controlled crossing)
10	0.7 km	Follow path under St. Patrick Street bridge
12	2.2 km	Cross Sussex Drive and continue through Rideau Falls Park and cross the pedestrian bridge above Rideau Falls
12	2.6 km	Continue across the next bridge and follow the path to Sussex Drive
12	2.7 km	Follow Sussex Drive
() 1:	3.0 km	Turn Right off Sussex Drive, onto the Voyageurs Pathway and across the bridge over the Ottawa River
2 1:	3.8 km	As you leave the bridge, veer Right and follow the path to the Jacques-Cartier Park driveway
	3.9 km	Follow the driveway down toward the Ottawa River
3 14	4.1 km	Turn Left onto Voyageurs Pathway
Q 12 Q 17 Q 17	7.1 km	Turn Left to get up onto the bridge over the Gatineau River
17	7.4 km	Once across the bridge, turn Right onto Rue Jacques Cartier
(3) 17	7.5 km	Turn Left onto Rue de la Baie
17	7.6 km	Cross Rue Saint-Antoine
18	8.0 km	Turn Right into parking lot and cross the park
18	8.4 km	Turn Right and follow path to Rue Jacques Cartier
18	8.9 km	Turn Right onto Rue Jacques Cartier and follow back to bridge
18	9.7 km	Turn Left onto bridge and cross back over the Gatineau River
	9.9 km	Turn Left, go under the bridge and follow the Gatineau River Pathway

Pass under Highway 50

11.3 km

23.2 km 23.8 km Pass under Highway 148 23.9 km Turn Right and pass under the highway, staying close to the creek on your right side 44.6 km After passing by the tennis courts and high school on your left, follow the pathway as it turns Left and skirts the parking lot to Rue Saint Rédempteur and enter the Sentier de l'Ille Pathway, crossing Rue Laval, Boulevard Maisonneuve, Rue Laurier, across the parking lot 26.1 km Turn Right 26.2 km Turn Right again and follow the path under the Alexandra Bridge. Keep Right to circle back to cross the Bridge into Ottawa again 26.7 km Cross the Ottawa River 27.4 km Stay up on the path, close to the street 27.5 km Turn Right and then Right again to follow the Ottawa River Pathway 27.7 km Follow the path to the Left and down the hill 28.0 km At the bottom of the hill, walk your bike over the foot bridge on top of the locks to the other side and turn Left to climb the hill 28.3 km Follow the path under the Wellington Street bridge 28.4 km Walk your bike down the stairs (channel for bike wheels) and follow along the Rideau Canal on your left 36.2 km Ride up the hill to the locks and walk your bike across the path on top of the locks 36.2 km Ride up the hill to the locks and walk your bike across the path on top of the locks 36.2 km Pass through the tunnel under Hog's Back Road and follow the path, crossing the Rideau Canal, turn Right onto the Rideau Canal Eastern Pathway 37.9 km Pass through the tunnel under Hog's Back Road and follow the path, crossing the Rideau River above Hog's Back Falls Turn Right back onto the pathway to return to Mooney's Bay Park and your starting point	•	21.8 km	After crossing footbridge, turn Left and circle Lac Leamy, passing by the Casino Lac-Leamy
Turn Right and pass under the highway, staying close to the creek on your right side 4.6 km After passing by the tennis courts and high school on your left, follow the pathway as it turns Left and skirts the parking lot to Rue Saint Rédempteur 24.9 km Cross Rue Saint Rédempteur and enter the Sentier de l'lle Pathway, crossing Rue Laval, Boulevard Maisonneuve, Rue Laurier, across the parking lot 26.1 km Turn Right Cross the Ottawa River 26.2 km Cross the Ottawa River 27.4 km Stay up on the path, close to the street Turn Right and then Right again to follow the Ottawa River Pathway 77.7 km Follow the path to the Left and down the hill 28.0 km At the bottom of the hill, walk your bike over the foot bridge on top of the locks to the other side and turn Left to climb the hill 28.4 km Follow the path under the Wellington Street bridge 28.9 km Veer Right to join the Rideau Canal Western Pathway and follow to Preston Street as you skirt Dow's Lake on your left 36.2 km After crossing Preston Street (controlled crossing), turn Left onto the pathway, keeping Dow's Lake on your left Ride up the hill to the locks and walk your bike across the path on top of the locks Once across the Rideau Canal, turn Right onto the Rideau Canal Eastern Pathway 77.9 km Pass through the tunnel under Hog's Back Road and follow the path, crossing the Rideau River above Hog's Back Falls Turn Right back onto the pathway to return to Mooney's Bay		23.2 km	Turn Right
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		37.9 km	
	0	38.2 km	

MORE INFORMATION: -

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