

Day01 NiagraFalls to Lincoln

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	▣	Start of route	0.1
2.	0.1	0.1	➔	R onto Kitchener St	0.0
3.	0.1	0.0	➔	R onto Victoria Ave	0.0
4.	0.1	0.0	➔	L onto College Crescent	0.1
5.	0.2	0.1	➔	L onto Palmer Ave	0.0
6.	0.2	0.0	➔	R onto Olympic Torch Run Legacy Trail	0.9
7.	1.2	0.9	➔	Slight R onto Erie Ave	1.4
8.	2.5	1.4	➔	R onto Niagara Pkwy/River Rd	0.0
9.	2.5	0.0	➔	L	0.9
10.	3.5	0.9	➔	R onto River Rd	0.5
11.	4.0	0.5	➔	Slight R onto Niagara River Recreation Trail	0.7
12.	4.7	0.7	⬆	Continue straight to stay on Niagara River Recreation Trail	1.3
13.	6.0	1.3	⬆	Continue straight	0.1
14.	6.2	0.1	⬆	Continue onto Niagara River Recreation Trail	0.5
15.	6.7	0.5	➔	Slight R onto Niagara Pkwy	0.1
16.	6.8	0.1	➔	L onto Bruce Trail	0.0
17.	6.8	0.0	➔	R to stay on Bruce Trail	0.0
18.	6.8	0.0	➔	Slight R onto Niagara River Recreation Trail	0.1
19.	6.9	0.1	➔	R onto Bruce Trail	0.0
20.	6.9	0.0	➔	L to stay on Bruce Trail	0.0
21.	6.9	0.0	➔	R onto Niagara River Recreation Trail	0.5
22.	7.4	0.5	➔	R onto York Rd/Niagara Regional Rd 81	0.1
23.	7.5	0.1	➔	R onto Queenston St	0.7
24.	8.2	0.7	➔	R onto Niagara Parkway Recreational Trail	4.6
25.	12.8	4.6	➔	R to stay on Niagara Parkway Recreational Trail	0.6
26.	13.4	0.6	➔	L	0.8
27.	14.2	0.8	➔	R	0.1
28.	14.3	0.1	➔	L	0.2
29.	14.5	0.2	⬆	Continue onto Mary St	0.5
30.	14.9	0.5	➔	L onto Mississauga St/Regional Rd 55	0.7
31.	15.7	0.7	➔	Keep R to continue on Niagara Stone Rd/Regional Rd 55	1.8
32.	17.5	1.8	➔	R onto Line 1 Rd/Penner St	2.2
33.	19.7	2.2	⬆	Continue onto Church Rd	2.3
34.	22.0	2.3	➔	R onto Read Rd	4.1
35.	26.1	4.1	➔	R onto Lakeport Rd/Regional Rd 87	0.6

26.1 miles. +749/-1074 feet

Num	Dist	Prev	Type	Note	Next
36.	26.7	0.6	➔	R onto Harbour Walkway Trail/Waterfront Trail	0.0
37.	26.7	0.0	⬆	Make a U-turn	0.0
38.	26.7	0.0	➔	R onto Lakeport Rd/Regional Rd 87	0.1
39.	26.8	0.1	⬅	L onto Main St/Regional Rd 87	2.9
40.	29.7	2.9	⬅	L onto Gregory Rd N	0.2
41.	29.9	0.2	➔	R onto N Service Rd (signs for Toronto/Queen Elizabeth Way)	2.5
42.	32.3	2.5	⬆	Continue onto Beacon Blvd	0.2
43.	32.5	0.2	🚩	End of route	0.0

6.4 miles. +53/-55 feet