

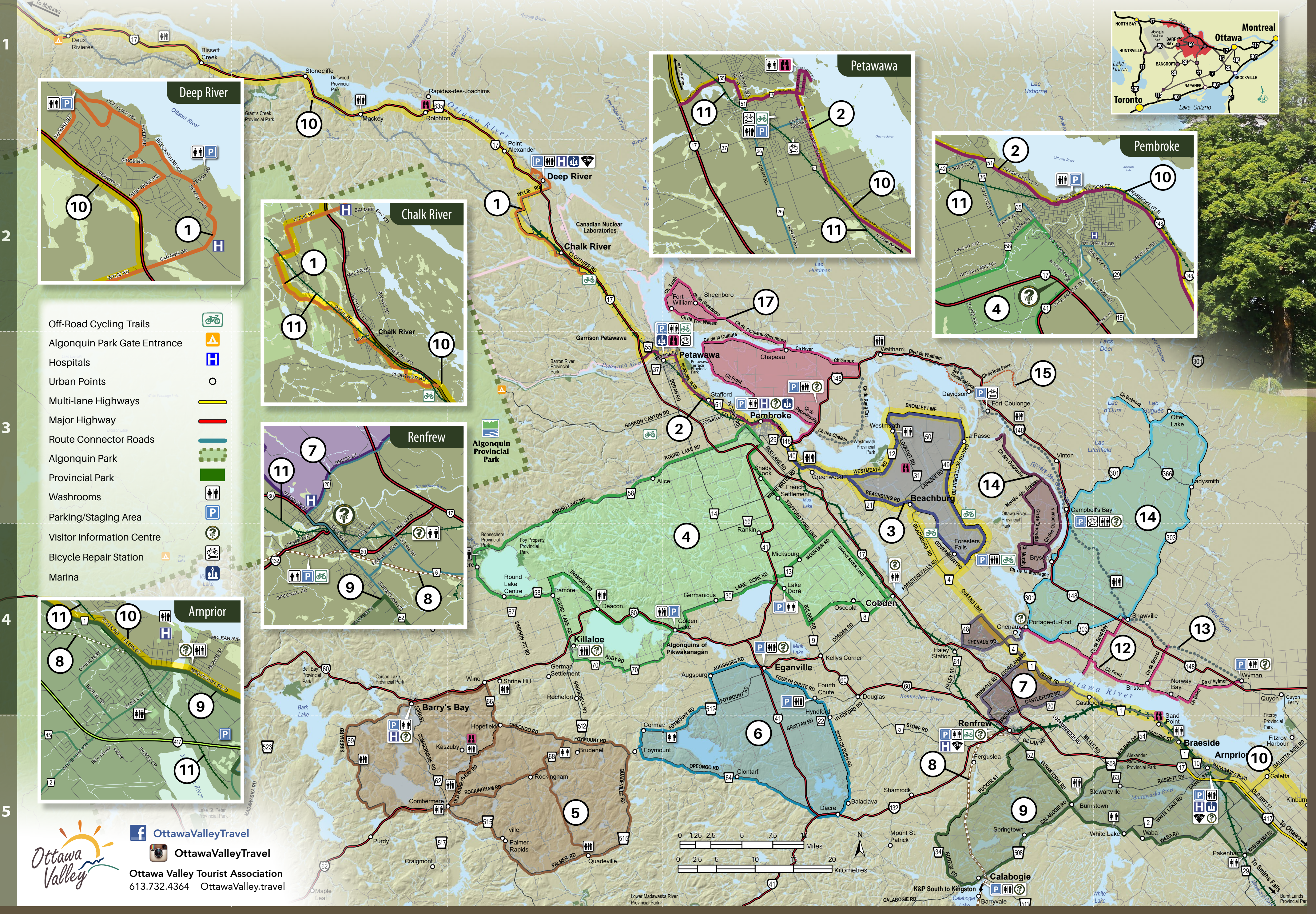
We have signature routes on scenic country roads, and mountain biking trails that lead to nowhere and back.



# Explore our country roads and discover our small-town charm.



- 1 The Cyclotron** Distance 29 km  
Cycle among the towering forests of the Petawawa Research Forest before meandering through the back roads of Chalk River to the sandy beaches of the Ottawa River in Deep River. Mostly paved roads with some gravel sections and light traffic. Food, accommodations and retail services available in Deep River.
- 2 Pembroke-Petawawa Commuter** Distance 26 km  
This multi-use active transportation route follows the Ottawa Valley Recreational Trail/Algonquin Trail between Pembroke and Petawawa. Stone dust surface. Food, accommodation, retail and bike repair services available in Pembroke and Petawawa.
- 3 The Whitewater Rush** Distance 81 km  
Discover the heart of Whitewater Region and the famous Ottawa River rapids. Access the BORCA trail system or stop for a break at the Westmeath Lookout. Paved roads with some widened shoulders and light to moderate traffic. Food and accommodations available in Beachburg and Foresters Falls.
- 4 Loop the Lakes** Distance 188 km  
Follow this route as it loops around Round Lake, Golden Lake and Lake Doré. Stop at a beach for a picnic and swim. Paved roads and some high traffic areas on Round Lake Road and Highway 60. Food and accommodation services available in Deacon, Killaloe, Golden Lake and Cobden.
- 5 Barry's Bay-Quadeville Quadbuster** Distance 146 km  
True to its name this route challenges riders with various elevation gains and a number of challenging hill climbs throughout the Madawaska Highlands. Beaches and picnic areas provide rest stops along the way. Paved roads and some high traffic areas along Highway 60. Food, accommodations and retail services available in Barry's Bay, Combermere, Palmer Rapids and Wilno.
- 6 The Opeongo Loop** Distance 80 km  
Stone and split rail fences lead cyclists to tackle the Foymount Hill Climb Challenge and historic Opeongo Road for sweeping views of the Bonnechere Valley. Paved roads, challenging hills and elevation gains with light to moderate traffic. Food, accommodation and retail services available in Eganville and Lake Clear.
- 7 The Renfrew Ramble** Distance 53 km  
This ride climbs Pinnacle Road to scenic farm country then descending into Whitewater Region and Horton Township before meandering back to Renfrew. Paved roads with some widened shoulders and moderate traffic. Food, accommodations and retail services available in Renfrew.
- 8 K&P / Millennium Rail Trail** Distance 62 km  
Part of the original Kingston to Pembroke rail line, this rail trail connects with the Ottawa Valley Recreational Trail in Renfrew and Calabogie where it continues south through Lanark and Frontenac counties to Kingston. Stone dust surface. Food, accommodations and retail services available in Renfrew and Calabogie.
- 9 Madawaska River Randonnée** Distance 127 km  
Travel through the Madawaska Highlands as this route winds through picturesque communities and quaint villages along the Madawaska River. Paved roads and some widened shoulders. High traffic areas along County Road 508. Food, accommodations and retail services available in Arnprior, Burnstown, Calabogie, Pakenham and White Lake.
- 10 The Voyager Route** Distance 269 km  
Connecting eastern and northern Ontario, the Voyager Route follows the Ottawa River through a combination of road and rail trail riding. Mix of paved roads, some widened shoulders and stone dust surface. Extreme caution should be taken when travelling in high traffic areas along Highway 17. Food, accommodations and retail services located in Arnprior, Beachburg, Pembroke, Petawawa, Deep River and Stonecliffe.
- 11 Ottawa Valley Recreational Trail/Algonquin Trail** Distance 296km  
Explore this multi-use rail trail between Lanark County and Mattawa, as it follows the Ottawa River shoreline weaving in and out of picturesque communities in Renfrew County. Mix of stone dust and ballast. Food, accommodations, retail and bike services available in Arnprior, Renfrew, Cobden, Pembroke and Petawawa.
- 12 Pontiac Beaches Tour** Distance 48 km  
Hop-scootch along the northern shores of the Ottawa River through farmland and cottage country to discover beaches along the way. Mix of paved and gravel roads with light to heavy traffic. Food, accommodations, retail and bike services available in Bristol, Portage-du-Fort and Shawville.
- 13 PPJ Cycloparc Rail Trail** Distance 92 km  
Open to cyclists and pedestrians between May 1 and October 15, the PPJ follows the abandoned rail line through Pontiac County connecting to Gatineau in the east. Stone dust surface. Food, accommodations, retail and bike services available in Campbell's Bay, Fort-Coulonge and Shawville.
- 14 Pontiac Lakes Tour** Distance 62 km  
This 62km route (one way) leads cyclists by a number of lakes as it travels north to the community of Otter Lake. Paved roads with light to heavy traffic. Food, accommodations and retail services available in Campbell's Bay, Otter Lake and Shawville.
- 15 Pontiac Tour of Calumet Island** Distance 49 km  
Enjoy a tour of Calumet Island as it loops around the riverfront village of Bryson. Mix of paved and gravel roads with light traffic. Food, accommodations and retail services available in Bryson.
- 16 Pontiac Heritage Tour** Distance 18 km  
The Pontiac Heritage Tour takes cyclists by a number of historic sites in and around Fort-Coulonge, including the Félix-Gabriel Marchand Bridge (longest covered bridge in Québec), Bryson House and the Chutes Coulonge falls. Mix of paved and gravel surfaces with moderate traffic. Food, accommodation and retail services available in Fort-Coulonge.
- 17 Pontiac Kichi Sibi Shores** Distance 73 km  
Find quaint villages nestled along the shores of the Ottawa River in the western region of Pontiac County and Allumettes Island. Mix of paved and gravel surfaces with light traffic. Food, accommodations and retail services available in Chapeau and Fort William.



[OttawaValleyTravel](https://www.OttawaValleyTravel.com)  
[OttawaValleyTravel](https://www.OttawaValleyTravel.com)  
 Ottawa Valley Tourist Association  
 613.732.4364 [OttawaValley.travel](https://www.OttawaValleyTravel.com)



Explore more than 200kms of multi-use rail trail between Smiths Falls and Mattawa  
[OttawaValleyTrail.com](https://www.OttawaValleyTrail.com)





# Wander the Ottawa Valley on two-wheels.

Cyclists can choose from a variety of self-guided routes that follow quiet rural roads and wind through quaint villages and hamlets. Small town charm and Valley hospitality await at cycle-friendly businesses and services across the region.

Fully supported, guided cycling excursions are also available for cyclists looking for multi-day adventures across Ontario's Highlands. Visit [ValleyCycleTours.com](http://ValleyCycleTours.com) for more information.



## Off-Road Cycling

Abandoned logging roads and rail lines wind through forests and over classic Canadian Shield offering many opportunities for off-road cycling. Gravel riders will find hundreds of kilometres of gravel roads criss-crossing the Ottawa Valley accessing all sorts of wild and scenic places. A variety of mountain biking trails and bike parks caters to those looking for a challenge and to hone technical skills.

## K&P Trail

This 21km multi-use trail follows the original Kingston & Pembroke rail corridor between Renfrew, where it connects to the Millennium and Ottawa Valley Recreational Trails, and Calabogie, where it continues south to Kingston.

Trailhead locations: Renfrew and Calabogie [countyofrenfrew.on.ca](http://countyofrenfrew.on.ca)

## Ottawa Valley Recreational Trail/Algonquin Trail

Beginning in Lanark County, the trail stretches for more than 200km of abandoned rail line through Renfrew County and beyond to Mattawa. As a multi-use trail, both motorized and non-motorized users are welcome. Non-motorized users have the right-of-way at all times. Cyclists are to yield to walkers, hikers and horseback riders. Motorized users are to yield to more passive users.

Work continues to improve, upgrade and open sections of the trail between Cobden and Mattawa, users are encouraged to visit the website for a current trail map.

Location: Smith Falls to Arnprior, Renfrew, Petawawa, Pembroke and Mattawa [ottawavalleytrail.com](http://ottawavalleytrail.com)

## BORCA Trails

The BORCA (Beachburg Off-Road Cycling Association) Trail system boasts an incredible network of mountain biking trails thanks to a dedicated group of volunteers and a public/private land partnership. Trails remain open during the winter for fat biking. The purchase of a trail pass is required to access some trails.

Location: Beachburg, Whitewater Region [borcatrails.com](http://borcatrails.com)

## Forest Lea Trails

Discover more than 30kms of four season, single track trails offering multiple loops and varying difficulties. During the winter months, fat bikers are permitted to use the marked snowshoe trails.

While trails are free to ride, riders are encouraged to purchase an annual membership, volunteer or donate towards trail maintenance.

Location: 1846 Forest Lea Road, Pembroke [forestreails.blogspot.com](http://forestreails.blogspot.com)

## Petawawa Research Forest

The Petawawa Research Forest's extensive road and trail system spans 10,000 hectares of Canada's oldest operating research forest. Trails are open for use; however some roads are gated and vehicle access is limited.

Location: 1000 Clouthier Road, Chalk River [friendsoftheprf.com/maps](http://friendsoftheprf.com/maps)

## Ma-Te-Way Park

Ma-Te-Way Park offers a diverse mix of cycling opportunities including rail trails, mountain and fat biking trails accessible year-round and a BMX park that plays host to a number of races and events throughout the year.

Location: 1 Ma-Te-Way Park Drive, Renfrew [renfrew.ca](http://renfrew.ca) [renfrewbmx.com](http://renfrewbmx.com)

## The Construction Yard Bike Park

Riders looking to improve or learn new skills will want to make their way to The Construction Yard in Petawawa. This park offers a variety of experiences including a beginner course, skills area, multi-level jumps, pump tracks and wall ride.

Location: 33 Civic Centre Road, Petawawa [petawawa.ca](http://petawawa.ca)



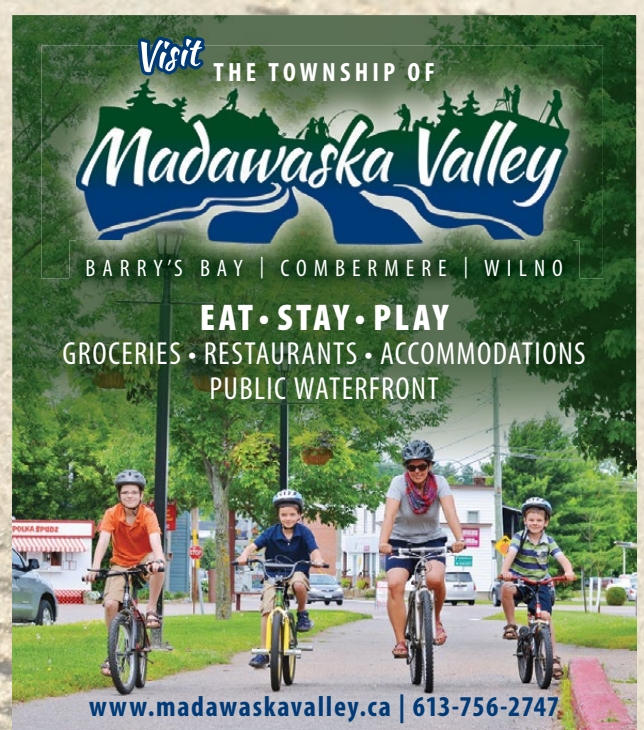
Ottawa Valley Tourist Association  
613.732.4364 [OttawaValley.travel](http://OttawaValley.travel)



## Wilno Tavern Restaurant



17589 Highway 60, Wilno  
613.756.2029 [wilnotavern.com](http://wilnotavern.com)



## Food and Drink

- **Café OWL** ..... Map: E4  
located at OWL Rafting)  
40 OWL Lane, Foresters Falls, Ontario, K0J 1V0  
613.646.2263 [owlrafting.com](http://owlrafting.com)
- **Charlie D's** ..... Map: B4  
19349 Opeongo Line (Hwy 60),  
Barry's Bay, Ontario, K0J 1B0  
613.756.7162 [charlieds.com](http://charlieds.com)
- **O'Kenny Craft Spirits** ..... Map: D3  
2 International Drive, Pembroke, Ontario, K8A 6W5  
613.281.1825 [okenny.ca](http://okenny.ca)
- **Ottawa Valley Mrs Grocery**  
613.877.1000 [mrsgrocery.com](http://mrsgrocery.com)
- **Riverside Shop & Café** ..... Map: B5  
247 River Road, Barry's Bay,  
Ontario, K0J 1B0  
613.756.3620 [mkc.ca](http://mkc.ca)
- **Square Timber Brewing Company** ..... Map: D4  
800 Woito Station Road, Pembroke, Ontario, K8A 6W5  
613.732.2739 [squaretimber.com](http://squaretimber.com)
- **The Boathouse Fries** ..... Map: D4  
(located at The Cottage Cup)  
3 Kokomis Road, Golden Lake, Ontario, K0J 1X0  
613.625.2992 [thecottagecup.ca](http://thecottagecup.ca)
- **Tim Horton's** ..... Map: B4  
19407 Opeongo Line (Hwy 60), Barry's Bay, Ontario, K0J 1B0  
613.756.0008 [timhortons.ca](http://timhortons.ca)
- **Wilno Tavern Restaurant** ..... Map: C4  
17589 Highway 60, Wilno, Ontario, K0J 2N0  
613.756.2029 [wilnotavern.com](http://wilnotavern.com)

## Farmers' Markets

- **Ottawa Valley Mrs Grocery**  
613.877.1000 [mrsgrocery.com](http://mrsgrocery.com)

At time of printing, due to COVID-19 some facilities and services may be limited or temporarily unavailable. When possible, verify hours of operation in advance.



19407 Opeongo Line (Highway 60), Barry's Bay  
613.756.0008 [timhortons.ca](http://timhortons.ca)



613.877.1000 [mrsgrocery.com](http://mrsgrocery.com)

## Outfitters & Recreation

- **Gearheads** ..... Map: D3  
3067 Petawawa Boulevard, Petawawa,  
Ontario, K7S 1R6  
613.623.4902 [gearheads.ca](http://gearheads.ca)
- **Yantha Cycle** ..... Map: D3  
499 TV Tower Road, Pembroke,  
Ontario, K8A 6W6  
613.635.7433 [yanthacycle.com](http://yanthacycle.com)

## Whitewater Adventures

- **Madawaska Kanu Centre** ..... Map: B5  
247 River Road, Barry's Bay,  
Ontario, K0J 1B0  
613.756.3620 [mkc.ca](http://mkc.ca)
- **Madawaska Rafting** ..... Map: B5  
247 River Road, Barry's Bay,  
Ontario, K0J 1B0  
613.756.3620 [mkc.ca](http://mkc.ca)
- **OWL Rafting on the Ottawa River** ..... Map: E4  
40 OWL Lane, Foresters Falls,  
Ontario, K0J 1V0  
613.646.2263 [owlrafting.com](http://owlrafting.com)

## Retail

- **Ottawa Valley Mrs Grocery**  
613.877.1000 [mrsgrocery.com](http://mrsgrocery.com)
- **The Cottage Cup** ..... Map: D4  
3 Kokomis Road, Golden Lake, Ontario, K0J 1X0  
613.625.2992 [thecottagecup.ca](http://thecottagecup.ca)

## Attractions

- **Arnprior & District Museum** ..... Map: F5  
35 Madawaska Street, Arnprior,  
Ontario, K7S 1R6  
613.623.4902 [arnprior.ca/museum](http://arnprior.ca/museum)
- **Champlain Trail Museum and Pioneer Village** ..... Map: D3  
1032 Pembroke Street East, Pembroke, Ontario, K8A 6Z2  
613.735.0517 [champlaintrailmuseum.com](http://champlaintrailmuseum.com)

## Real Estate Services

- **Mark Ryan — Via Capitale Diamont**  
217, rue Montcalm, bureau 201, Gatineau, Québec, J8Y 6X1  
613.614.7150 [viacapitaleventu.com/en/brokers/ryan-mark-3206](http://viacapitaleventu.com/en/brokers/ryan-mark-3206)

## Accommodations

- **Quality Inn Arnprior** ..... Map: F5  
70 Madawaska Boulevard, Arnprior, Ontario, K7S 1S5  
613.623.7991 [arnpriorqualityinn.com](http://arnpriorqualityinn.com)



Look for this symbol to know you are visiting a cycle-friendly business



Map: E3

Explore the beauty of the Ottawa Valley on two wheels. We offer bike rentals, e-bike rentals, picnic lunches, luggage transfers, guide services and good times!

1739 Beachburg Road, Beachburg  
613.582.7011

[valleycycletours.com](http://valleycycletours.com)



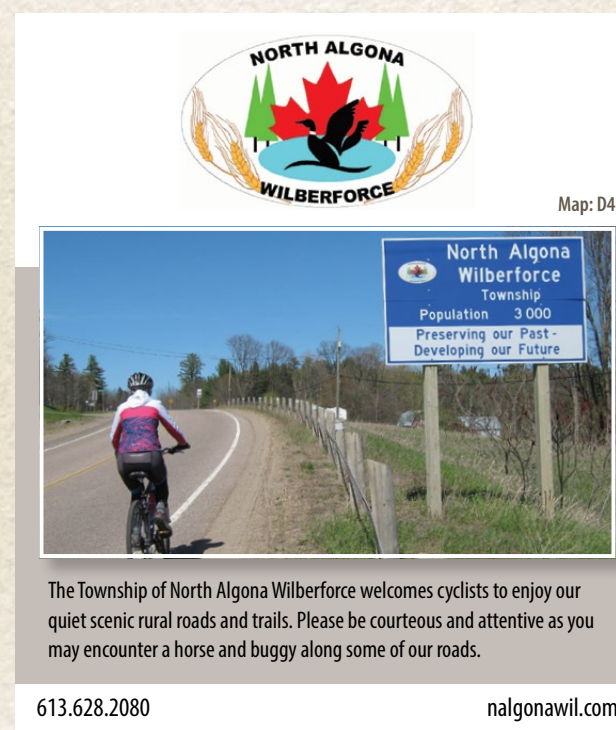
Depending on your ride, visit us at our Lakeside Brew Pub in Cobden or Riverside Brew Pub in Foresters Falls. We offer locally sourced, seasonal menus, award-winning beer and hand-crafted cocktails, and high-quality lifestyle apparel.

Don't forget we offer take-out!  
78 Pembroke St., Cobden | 22 Fletcher Rd., Foresters Falls  
[ENJOYWHITewater.ca](http://ENJOYWHITewater.ca)



OCVATA is a voice for cyclists and all active transportation enthusiasts in the Ottawa Valley, advocating for safety and good conditions, bringing people together, and encouraging participation. Our website [ocvata.ca](http://ocvata.ca) includes routes, info, and a free membership form.

1247 Fourth Chute Road, Eggonville  
613.623.2283



The Township of North Algonia Wilberforce welcomes cyclists to enjoy our quiet scenic rural roads and trails. Please be courteous and attentive as you may encounter a horse and buggy along some of our roads.

613.628.2080 [nalgonawil.com](http://nalgonawil.com)



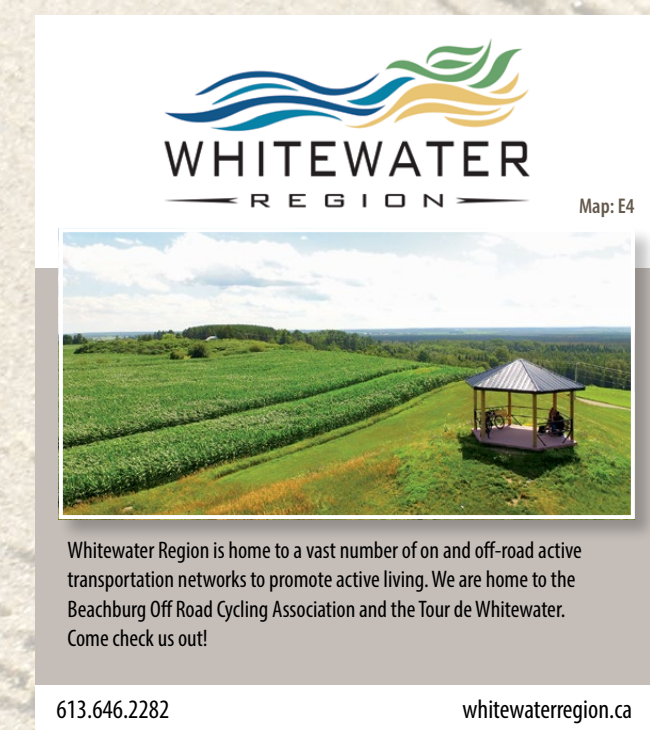
Your next two wheel adventure starts here!  
Trails - Pump Track & Skills Park - Road Biking - Multi-use Trails  
613.687.5678 [petawawa.ca](http://petawawa.ca)



Begin your Ottawa Valley cycling adventure in the Town of Renfrew! Explore the Renfrew Millennium Trail, the Old K&P, or challenge yourself year-round on our mountain and fat biking trails at Ma-Te-Way Park.  
613.432.4848 [renfrew.ca](http://renfrew.ca)



Bike from our parking lot anytime you care to. Ask at our Ticket Kiosk for an area map and directions to great cycling routes!  
1247 Fourth Chute Road, Eggonville  
613.623.2283 [bonnecherecaves.com](http://bonnecherecaves.com)



Whitewater Region is home to a vast number of on and off-road active transportation networks to promote active living. We are home to the Beachburg Off Road Cycling Association and the Tour de Whitewater. Come check us out!  
613.646.2282 [whitewaterregion.ca](http://whitewaterregion.ca)



## Rules of the Road Ontario

Cycling is a fun and healthy activity, it's a low-cost way to get around, and it's good for the environment.

Before you head out on a bike, learn the rules of the road, helmet information and safety tips for cyclists of all ages.

As a cyclist, you must share the road with others: cars, buses, trucks, and motorcycles.

Under Ontario's Highway Traffic Act (HTA), a bicycle is a vehicle, just like a car or truck.

Cyclists: must obey all traffic laws; have the same rights and responsibilities as drivers; and, cannot carry passengers — if your bicycle is only meant for one person.

### Riding on the Right

You must stay as close to the right edge of the road whenever possible, especially if you're slower than other traffic.

For more rules visit:  
[mto.gov.on.ca/english/safety/bicycle-safety.shtml](http://mto.gov.on.ca/english/safety/bicycle-safety.shtml)

