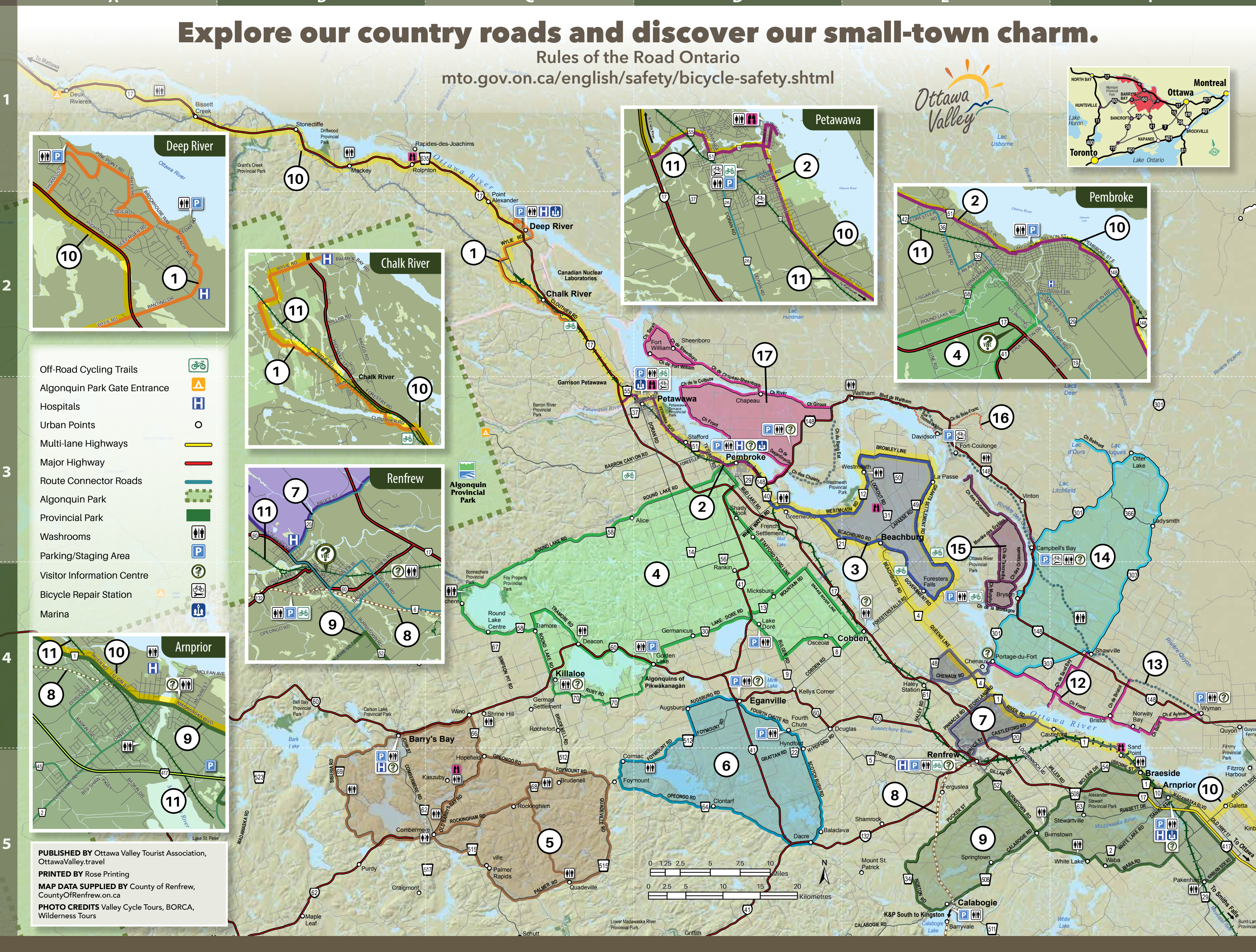


We have signature routes on scenic country roads, and mountain biking trails that lead to nowhere and back.

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

Rules of the Road Ontario  
mto.gov.on.ca/english/safety/bicycle-safety.shtml



**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

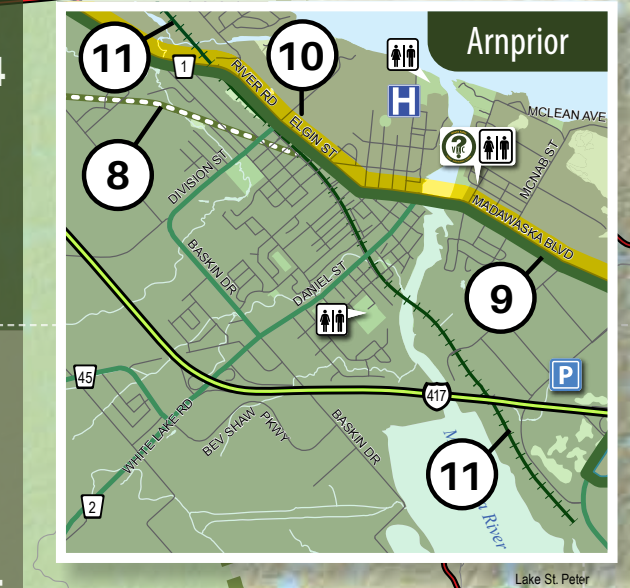
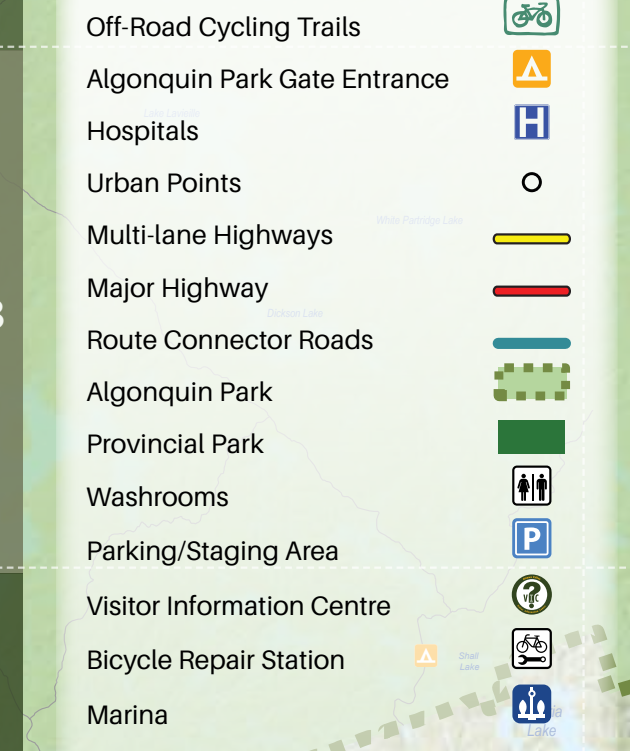
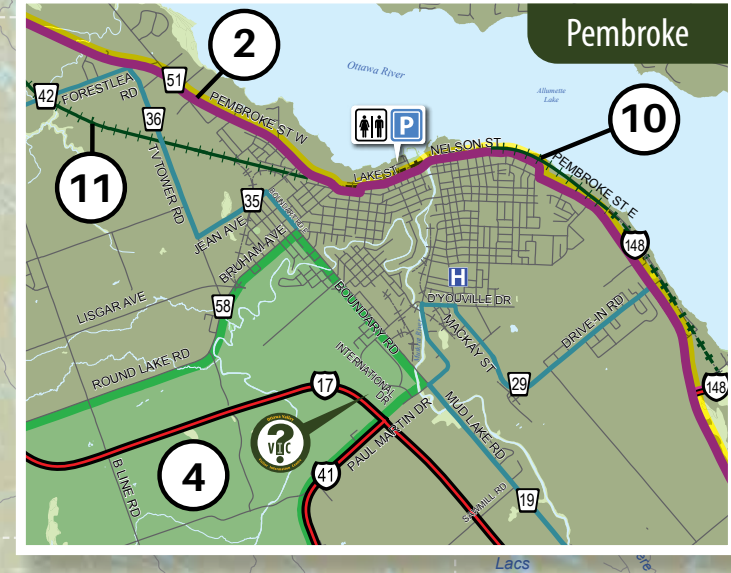
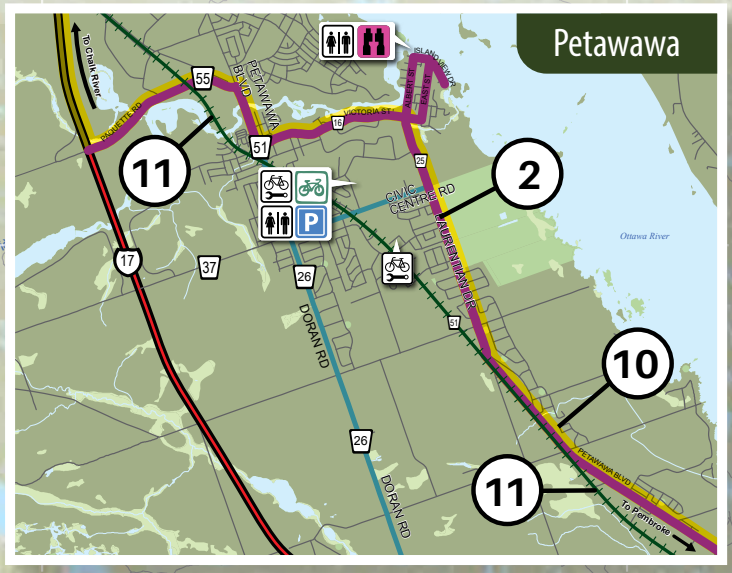
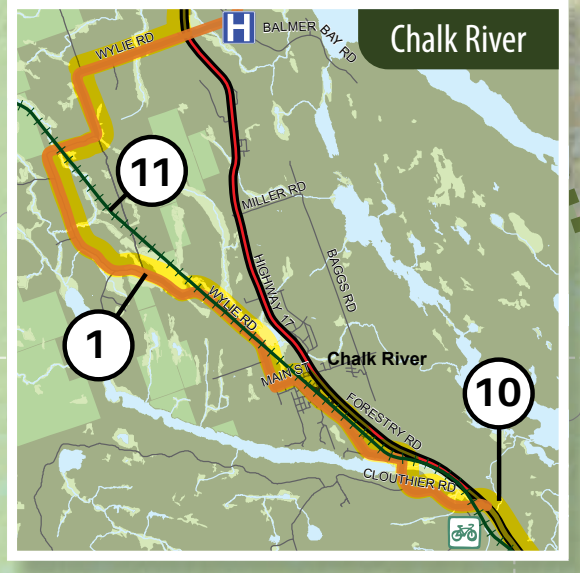
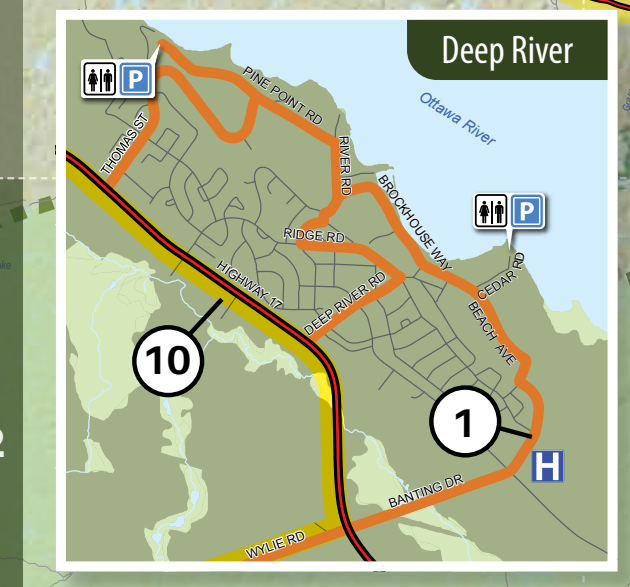
Part of the original Kingston to Pembroke rail line, this rail trail connects with the Ottawa Valley Recreational Trail in Renfrew and Calabogie where it continues south through Lanark and Frontenac counties to Kingston. Stone dust surface. Food, accommodations and retail services available in Renfrew 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 Voyageur Route**  
Distance 269 km

Connecting eastern and northern Ontario, the Voyageur 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 traveling in high traffic areas along Highway 17. Food, accommodations and retail services located in Arnprior, Beachburg, Pembroke, Petawawa, Deep River and Stonecliffe.



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**11 Ottawa Valley Recreational Trail/Algonquin Trail**  
Distance 296 km

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-scotch 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.

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## Cycling Events

### Wendigo Fatbike Ultra

wendigoultra.blogspot.com

### Spring Chicken Mountain Biking Race

borcatrails.com

### Forest Lea Enduro Mountain Bike Race

wateranddirt.ca/events

### Deep River Triathlon

facebook.com

deeprivertriathlon

### Garrison Petawawa Triathlon/Duathlon

facebook.com/garrison-petawawa-triathlonduath-

lon-284670395210023

### Tour de Bonnechere

tourdebonnechere.blogspot.com

### Tour de Poutine

mcnabraeside.com

### Tour de Whitewater

facebook.com/tourdewhitewater

For more information visit:



SCAN ME



## Food and Drink

**River Barn** ..... Map: 3E  
22 Fletcher Rd, Foresters Falls, ON, K0J 1V0  
613-963-0749 ottawariverbarn.com

## Whitewater Adventures

**Wilderness Tours** ..... Map: 4E  
1260 Grants Settlement Rd, Foresters Falls, ON K0J 1V0  
1.888.723.8669 wildernessstours.com

**OWL Rafting** ..... Map: 4E  
40 Owl Ln, Foresters Falls, ON K0J 1V0  
1.800.461.7238 owlrafting.com

## Attractions

**Lazy River Tubing** ..... Map: 4E  
1260 Grants Settlement Rd, Foresters Falls, ON K0J 1V0  
1.888.723.8669 wildernessstours.com

**Hugli's Blueberry Ranch & Market** ..... Map: 3D  
2139 Greenwood Rd, Pembroke, ON K8A 6W2  
613.638.1288 blueberryranch.ca

**Bonnechere Caves** ..... Map: 4D  
1247 Fourth Chute Rd, Eganville, ON K0J 1T0  
613.628.2283 bonnecherecaves.com

**Whitetail Golf Club** ..... Map: 4D  
7113 Hwy. 60, Eganville, On. K0J 1T0  
613.628.3774 whitetailgolfclub.ca

## Accommodations

**Wilderness Tours** ..... Map: 4E  
1260 Grants Settlement Rd, Foresters Falls, ON K0J 1V0  
1.888.723.8669 wildernessstours.com

**Quality Inn Arnprior** ..... Map: F5  
70 Madawaska Boulevard, Arnprior, Ontario, K7S 1S5  
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## 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.

**Off Road Cycling**

Abandoned logging roads and rail lines in the Canadian Shield offer extensive off-road cycling. Gravel riders can explore hundreds of kilometers in the Ottawa Valley for scenic routes. Diverse mountain biking trails and parks cater to those seeking challenges and technical skills.

**K&P Trail**

**Trailhead locations:** Renfrew and Calabogie  
countyofrenfrew.on.ca

**Ottawa Valley Recreational Trail/Algonquin Trail**

**Location:** Smith Falls to Arnprior, Renfrew, Petawawa, Pembroke and Mattawa  
ottawavalleytrail.com

**BORCA Trails**

**Location:** Beachburg, Whitewater Region  
borcatrails.com

**Forest Lea Trails**

**Location:** 1846 Forest Lea Road, Pembroke  
forestleatrails.blogspot.com

**Petawawa Research Forest**

**Location:** 1000 Clouthier Road, Chalk River  
friendsoftheprf.com/maps

**Ma-Te-Way Park**

**Location:** 1 Ma-Te-Way Park Drive, Renfrew  
renfrew.ca

**The Construction Yard Bike Park**

**Location:** 33 Civic Centre Road, Petawawa  
petawawa.ca

**Wilderness Tours Mountain Biking**

**Location:** 1260 Grants Settlement Rd, Foresters Falls  
wildernesstours.com/adventures/mountain-biking