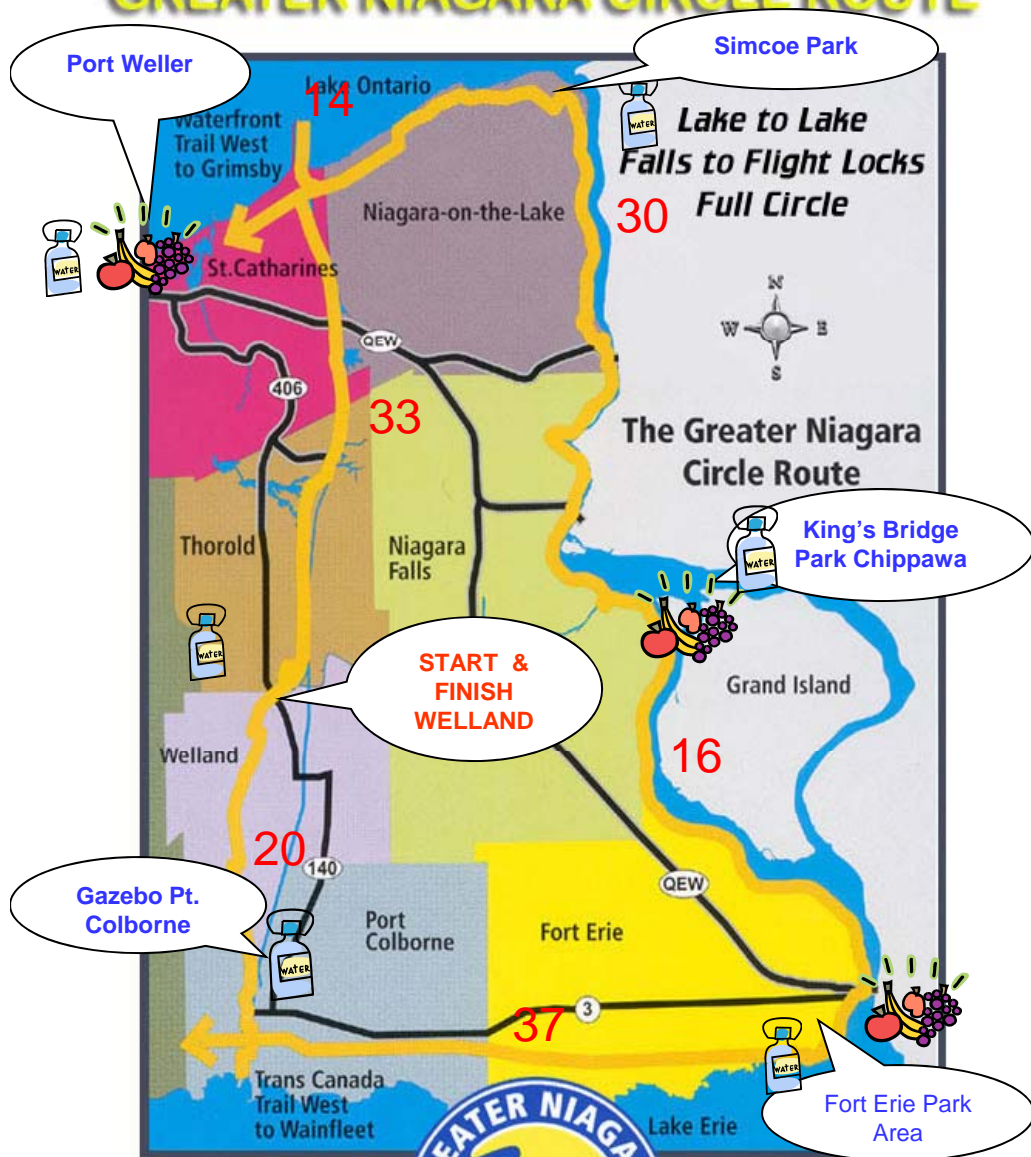


GREATER NIAGARA CIRCLE ROUTE

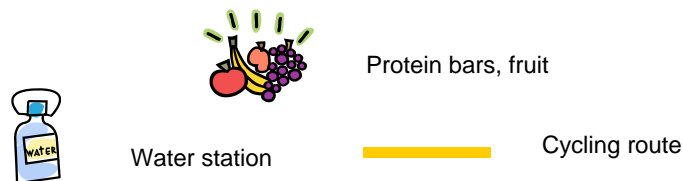


Friends of the GNCR
c/o Lock 7 Tourist Centre
50 Chapel St. South,
Thorold, ON
L2V 2C6



905-680-9477
campaignoffice@bellnet.ca

Full 150 km Route



Water stations will be set up at:

- Port Weller grass area before crossing the jack-knife bridge
- Entrance to Simcoe Park in N-O-T-L directly across from the Prince of Wales hotel near washrooms
- King's Bridge Park Chippawa (by washrooms)
- Park area along stone wall after going under Peace Bridge across from the Fort
- Gazebo- Clarence Street Bridge Pt. Colborne (east side of canal at Gazebo)
- Thorold Rd Welland – finish (end of Thorold Rd. on Canal Bank) PIZZA will be available there

Fruit and power bars will be available at::

- Port Weller, King's Bridge, Fort Erie Park Area