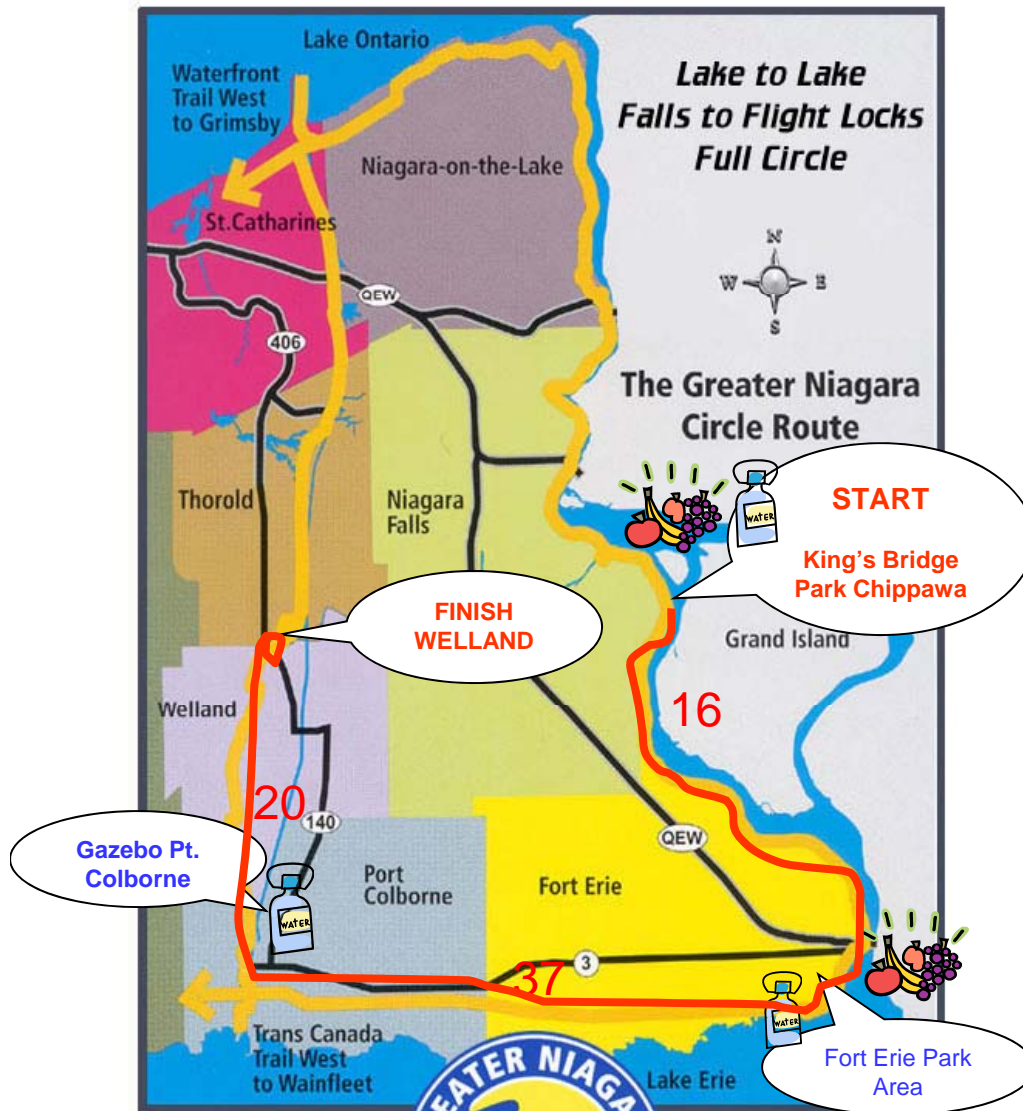


GREATER NIAGARA CIRCLE ROUTE

75 km Intermediate Route



Water station



Cycling route



Protein bars, fruit

Water stations will be set up at:

- 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::

- King's Bridge, Fort Erie Park Area

Friends of the GNCR
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