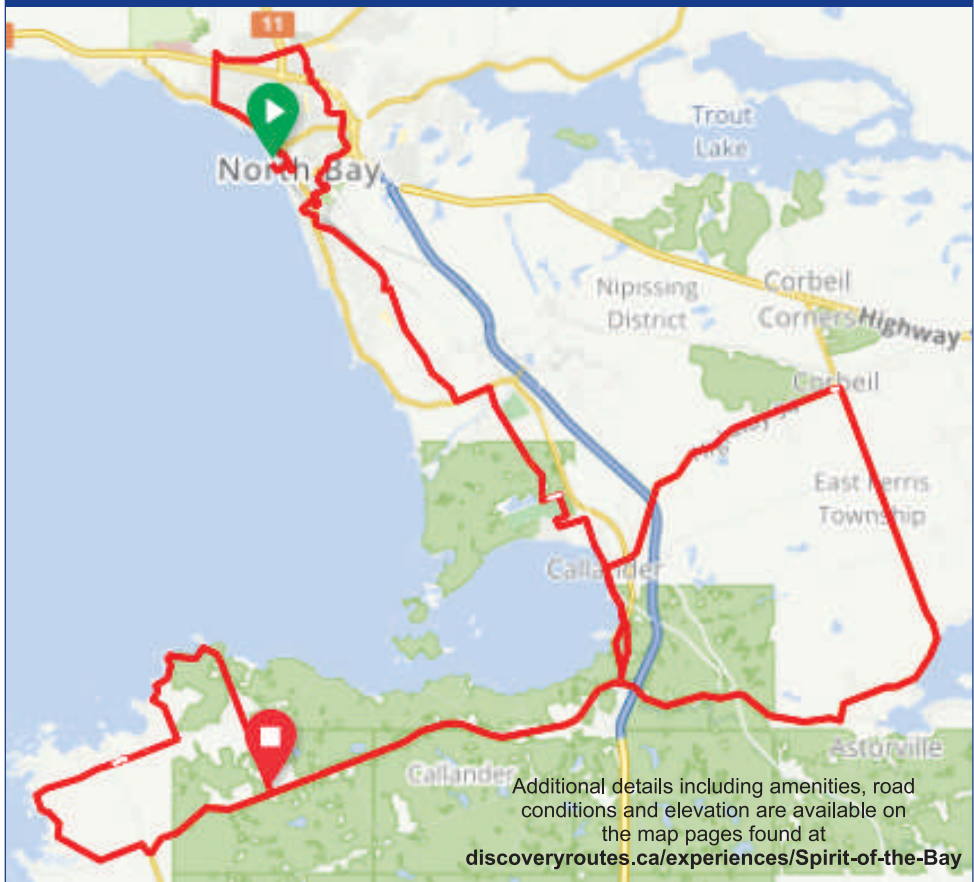


RIDE THE SPIRIT OF THE BAY



A slow roll through the heart of North Bay presents cyclists with a mosaic of creative spaces reflecting the community's cultural identity and uniqueness.

Cycling Route Overview



Engage with the local arts community while cycling through a secret garden, taking in a performance on the shores of Lake Nipissing, exploring colourful murals throughout the downtown, meeting the makers selling their wares at a local studio and savouring the flavours of local cuisine.

North Bay offers a full day of exploration on paved pathways and city streets or, for cyclists who prefer a longer ride, there are a few options looping from Lake Nipissing's North Bay to its rugged South shore along municipal roads and quiet secondary highways.

ROUTE BASICS

COMMUNITIES	North Bay, Callander, Astorville, Corbeil
ROUTE TYPE	paved trail, roadways
DISTANCE	30-50 km
DIFFICULTY	easy
ROAD/TRAIL CONDITIONS	paved trail, city streets, secondary highway
SUGGESTED EQUIPMENT	all bicycle types



Discovery Routes is a not-for-profit organization that celebrates an expansive network of trails winding through the rugged landscapes of Ontario's Near North.

Find your next adventure at discoveryroutes.ca/experiences

PLANNING YOUR TRIP

Two paved, multi-use trails, the Kate Pace Way and Kinsmen Trail, take cyclists through the heart of the city. Linger downtown with its colourful murals and unique shops and galleries celebrating local arts, hand-crafted wares and Northern cuisine. The ride to the city's North end follows municipal roads with moderate traffic.

For a longer ride there are a few options looping from Lake Nipissing's North Bay to its rugged South shore. The bicycle-friendly village of Callander has a number of delightful, locally-owned patio restaurants.

The route follows quiet secondary highways with wide paved shoulders and gentle ups and downs. Heading east towards Astorville along the Voyageur Cycling Route is another option with a loop back through the community of Corbeil along the wide paved shoulders of Hwy 94.



Downtown North Bay has colourful murals and unique shops and art galleries celebrating local arts, hand-crafted wares and Northern cuisine.

POINTS OF INTEREST

- **North Bay Waterfront** - With a band shell for community activations, the Heritage Carousel & Railway two beautiful, hand-carved carousels that grace the waterfront. Or set out on a sunset cruise with live music on the Chief Commanda II.
- **Downtown North Bay** - Colourful murals, art galleries and unique shops. Check the schedule for the historic Capitol Centre to take in a performance. Also home to the Farmer's Market twice weekly. Download the It Happened Downtown podcast for hilarious, heartfelt and downright quirky tales of North Bay's downtown and the waterfront.
- **Sweetman's Garden** - Known as the secret garden this hidden space is the perfect blend between nature and art.
- **Aanmitaagzi - Big Medicine Studio** - On the shores of Lake Nipissing on Nipissing First Nation you'll find a special place for the creation, development and exhibition of performing and visual arts.
- **Art Galleries** - WKP Kennedy Gallery and White Water Gallery in downtown North Bay. Alex Dufresne Gallery in Callander.



North Star Diner in the historic Demarco's building with its quirky artwork and eccentric décor, is well worth a visit.

DIGITAL MAPS AVAILABLE

Map My Ride	Spirit of the Bay	Google Maps	Spirit of the Bay
Ride With GPS	Spirit of the Bay		



Fill up your water bottle at many of the public parks in North Bay.



Several bicycle-friendly restaurants in North Bay and Callander



Throughout North Bay, Callander



Cell service is excellent throughout North Bay, may be intermittent in rural areas



Outdoor bike stands with basic tools are located in Callander and Astorville. Full service bike shops in North Bay.



Lake Nipissing is a great inspiration to the arts community.