

**Purpose:**

- Fun family ride through spectacular valleys, trails & historic landmarks of Brampton & Caledon
- Joy of cycling, learning about our environment, our history; not a race
- Keep on route; stay safe; return for lunch, prize chances & celebration
- Visit our Sponsor booths and Pavillions for information
- Bike the Creek Partners: City of Brampton, Toronto and Region Conservation (TRCA), Town of Caledon & BikeBrampton
- Title Sponsor: Region of Peel (Peel Walk+Roll)
- Silver Sponsors: WIKE, the Walk & Bike Company, The Cyclepath Brampton

**Route:**

- Follow route colour coding – it matches coloured hang tag on your bike!
- **CANADA 150, END-TO-END, CITY, NATURE, FAMILY**
- **Canada 150** – follow **City 1<sup>st</sup>**, then expanded minimally signed western section, **3<sup>rd</sup>**, final part of **Nature Ride**
- **End-to-End** – follow **Nature 1<sup>st</sup>**, **City 2<sup>nd</sup>**
- Follow temporary & permanent signs with coloured dots
- Follow coloured tape on trees, posts, chalk arrows on paved trails
- Follow maps in your Passport
- Route maps, turn-by-turn instructions <http://bikebrampton.ca/events/bike-the-creek/>
- Follow instructions from Volunteers on Routes & at Pavillions
- Use your head – despite our checking, there may be vandalism that disturbs signs! If in doubt, stop and ask the next rider
- Expect to average 10Km/hour (12 km/hour for End-to-End riders, 15km/hr for Canada 150)
- If you are falling way behind, consider turning around before the end, congratulate yourself on what you were able to accomplish and come back here for a good meal.

**Staying Safe:**

- Ensure your bike is working properly (visit our bike mechanic on site for mini tune-up, compliments of City of Brampton); no bike parts on route. Highly recommend professional tune-up ahead of event, as our on-site repairs are limited, with long line-ups!
  - Wear a helmet; mandatory for cyclists under 18
  - Wear sunscreen and bring water bottle – stay hydrated! Refill water bottles at every pavillion. Check out our [Heat Illness Information](#) on Bike the Creek webpage
  - Cycle without ear buds/headphones; listen for bike bells, horns & birds singing
  - Stop and pull off path to tweet **#bikethecreek** !
  - Put garbage into the bin or hold it until you get back to Peel Waste Pavillion, where all garbage is sorted for zero waste event
  - Staggered start; not a race – keep a reasonable distance so you can stop quickly
  - Pedestrians have the right of way – sound your bell/horn & pass cautiously
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- Keep right except to pass – on the path and on the road
- Ride in single file – it's the bylaw on Brampton's roads
- Yield to slower traffic
- Indicate LEFT, RIGHT turns, SLOWING or STOPPING
- Be cautious of narrow paths, blind curves and hills, particularly Nature Ride – slow down!
- Obey traffic laws and signs and lights
- Transition (temporary asphalt) ramps from pathway to roads – cross roads with care
- Choose one of 3 ways to make **left turns at road intersections**:
  1. Stop before intersection, dismount, walk bike across when safe, turn left, walk across when safe, mount and start riding when traffic clear
  2. Stay right, ride through the intersection, stop, turn left on signal or when way is clear, ride through intersection
  3. Shoulder check, when way is clear, signal, move to left lane, turn when clear, proceed, signal, pull back over to the right side of road
- In the event of trouble, there are volunteers stationed all along the route. Ask for help. Tell a passing rider.

**Pavillions:**

- Get your Passport stamped at each Pavillion
- Expect to spend about 5 minutes at each Pavillion (remember, it's not a race)
- Experts from **Toronto and Region Conservation, Brampton Heritage and Credit Valley Conservation, PAMA and Brampton Horticultural Society** will explain pavillion features.
- Pavillions will have water to top up your water bottle (no cups = no garbage generated!)
- Pavillion staff can tell you distance to next Pavillion, next toilet, how far you have come & how far until the end

**Lunch & Prize Draws at End of Ride:**

- Return to Jim Archdekin Recreation Centre
- Lunch is compliments of Region of Peel, Walk+Roll Peel, our Title Sponsor
- Visit Peel Waste Pavillion to get final stamp on your Passport
- Check in at Registration tent to get 1 prize draw ticket for every Pavillion stamp!
- Prizes to be drawn at 12:30pm and 1:30pm
- Rider must be present to win
- 12:30pm draw tickets will not be included in the 1:30pm draw
- Visit our Partner and Sponsor booths

**Voluntary Donation to Living City Foundation:**

- In support of Toronto and Region Conservation, responsible for Etobicoke Creek Trail!
  - See donation box at the registration tent to give whatever amount you choose!
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