



“Life is like riding a bicycle. To keep your balance you must keep moving”

→ ALBERT EINSTEIN ←

Did you know that Albert Einstein thought up the theory of relativity while riding a bicycle? Ride a bike – who knows what you will discover!



Let's Connect

Please share your ideas and comments with us at cycling@brampton.ca

Other Essential Contacts:

Have an Emergency? – Call 911

Need the police for a non-emergency? – Call (905) 453-3311

Want fixes for trails or bike lanes? – Call 311 or use the app

Looking for more info? – Visit brampton.ca/cycling



Brampton Bike & Hike Map

2026 Edition

Ride Your Bike. Discover Your City.



Ride your Bike, Discover Your City

We hope that this map of cycling routes and trails will help you ride your bike (or hike) and discover your city. Whether you're a long-time resident or a one-time visitor, Brampton's network of parks, roads and paths are a great way to get around, experience nature, see new things and meet your neighbours!

The City of Brampton has been working towards improving and advancing opportunities for cycling and walking to achieve our future goals of a walkable and sustainable city. We know that active modes of travel improves health, happiness and gives people a low cost way to get around. The city will continue to construct new trails, paths and bike lanes going forward.

Looking to learn?

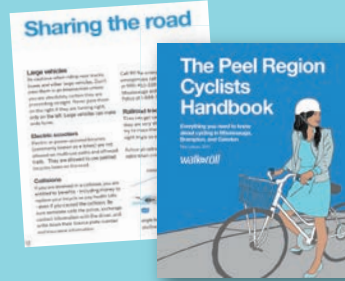
Bike Camp available

Learn to ride programs exist in the City! Brampton Recreation hosts free "Bike Basics" sessions for children in the summer, alongside "Camp Bike Adventure" for summer camp students aged 10 to 13. For more information and to register, please visit brampton.ca/recreation.



Peel Cyclist Handbook

Everything you need to know about cycling in Mississauga, Brampton and Caledon. This handbook will teach you about your bicycle, our traffic laws and safe cycling habits. When riding your bike, always remember to use your best judgement, take your time, and have fun!



Join thousands of people in Brampton, Mississauga and Caledon who ride bicycles because it's convenient, healthy, inexpensive and fun. Download a copy of the handbook at www.brampton.ca/cycling.



Walk + Roll Peel promotes Peel's bicycle and pedestrian initiatives and infrastructure as well as the benefits of active transportation. We are committed to getting more people walking and cycling - instead of driving - for everyday trips.

Find over 1,500 km of trails, bike lanes and paths in Peel! Plus:

- An interactive online map
- Walking & Cycling Projects
- Rules of the Road
- Event Calendar

www.walkandrollpeel.ca

Streets are for People

Adding bike lanes is about building "Streets for People" – an experience where everyone feels safe and comfortable no matter how they choose to travel. Bike lanes promote a safe and healthy mode of transportation and reduce speeding and "cut-through" traffic in your neighborhood. For more information www.brampton.ca/cycling



EXPERIENCE
BRAMPTON

Bicycle Friendly Businesses

Ontario By Bike has certified a number of businesses in Brampton as "bicycle-friendly." This means cyclists can count on secure bike lock-up areas, local cycling information on-hand, healthy local food options, access to rest areas with drinking water, and basic bicycle repair tool sets. For more information visit www.ontariobybike.ca

Start planning your next cycling adventure and see everything Brampton has to offer. Discover restaurants, attractions, events and hidden gems along your ride at ExperienceBrampton.ca.

Be Safe

How to Wear a Helmet – Use the "2 V 1 Rule"



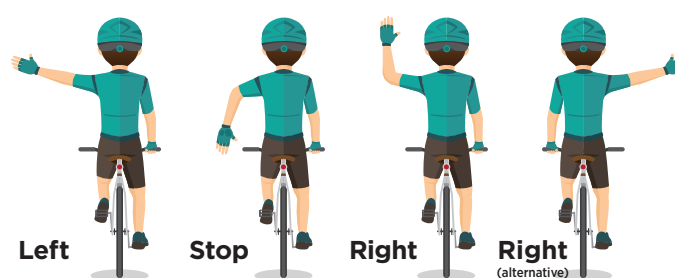
"2" – Take two fingers and place them above the eyebrow. The helmet should lay flat against the participant's forehead, with limited skin showing.

"V" – Take two fingers; make a "V" shape. Place the two V's around your ears. These fingers represent the straps that lay flat around the ear.

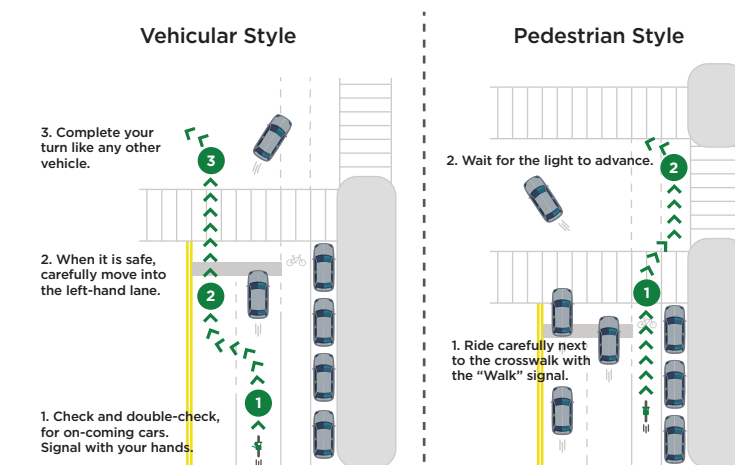
"1" – Take one finger, and place it between the chin, and the strap - that is all the space that should be allowed.

Once fitted properly, the helmet should not move more than 1 inch in any direction. All cyclists under 18 must wear a helmet in Ontario. All e-bike users must wear a helmet, regardless of age.

Turn Signals



Left Turning on a Bike



Know the Rules

Get your bike in biking shape!



Bikes are considered vehicles under the Ontario Highway Traffic Act. In addition to the general rules of the road for all vehicles, the act states:

- All bicycles must have a working brake and bell or horn. Use the bell/horn to alert pedestrians and other cyclists on the trail of your intention to pass, or to alert drivers of your presence.
- At night, all bicycles must have
 - a white light on the front
 - a red light (or reflector) on the back
 - white reflective tape on the front forks
 - red reflective tape on the back forks.

The City of Brampton Traffic By-law also states:

- No person while riding a bicycle shall indulge trick riding, or carry any articles in their hands, or otherwise ride so as to prevent so as to prevent the full use of both hands to operate or control the bicycle.
- No person shall operate a motor assisted bicycle or e-bike upon any sidewalk or multi-use trail.
- No person shall ride their bike on the sidewalk (unless designated as an MUP or if the wheels are smaller than 20 inches/50 centimetres).

E-Scooters and E-Bikes

Since 2023, Brampton has allowed e-scooters to use the city's cycling and trail infrastructure. Both e-scooters and e-bikes can be great ways to get around the city while reducing transportation costs and greenhouse gas emissions. That being said, be sure to follow these rules for riding in the City and the province:

- In Ontario, you must be 16 or older to ride. E-scooter riders must wear helmets if under 18. All ebike riders must wear helmets, regardless of age.
- Follow all road rules, signals and signs. Share the road with others and ring your bell to pass.
- In Ontario, the maximum assisted speed for e-bikes is 32 km/hr. The max speed for e-scooters is 24km/hr. Never modify a device to go faster.
- Slow down in trails, at curves, by blind spots and in crowded areas. Use a bell or call in these situations.
- Park e-scooters and devices responsibly; don't block sidewalks, paths or bike lanes.
- Never ride a device while texting, carrying heavy loads, racing others, or carrying passengers.
- No riding on the sidewalk in Brampton.



Events

Looking for a fun way to get active? Interested in cycling but need some help getting started? Or are you an avid cyclist who's passionate about all things bikes?

Here are some amazing and fun events for you. Check out the events page on www.brampton.ca/cycling to learn about the many organized bike rides and cycling events taking place in Brampton!



Community Rides

The City's Active Transportation Advisory Committee hosts community bike rides! Everyone is welcome. Bring your bike, helmet, and a sense of adventure. These group rides provide opportunities for residents and visitors to explore Brampton on their bicycles, meet other cyclists and enjoy a FREE refreshment.

For route details and registration, please visit brampton.ca/communityrides.ca



Bike the Creek is a free event for people of all ages and abilities to discover the natural and historic gems of Brampton and Caledon by bike. Easy family fun rides to longer more challenging rides guarantee the joy of experiencing spectacular valleys, winding trails and heritage landmarks on two wheels. Register at trca.ca/bike-the-creek



Brampton's Bike Hub

Brampton is home to Different Spokes, a bike hub supported by the City of Brampton and the Region of Peel. Different Spokes is open in Downtown Brampton at 8 Nelson Street West. The hub offers paid and free programming, including repair workshops, bike rides, loans from their "bike library" and a learn-to-ride club! Visit in person and repair your own bike with their "DIY sessions". Go to linktr.ee/BCbikehub for more information.



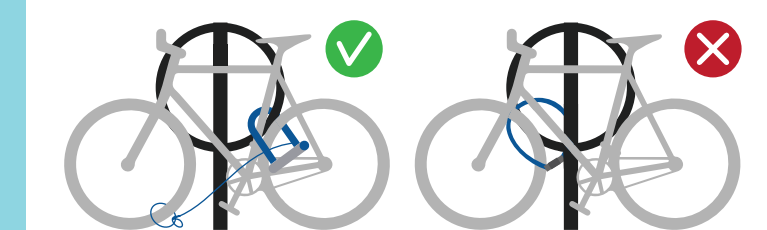
Bike and Ride

All Brampton Transit and ZUM buses have a bike rack that can carry two bicycles. Combining your bike ride with a transit trip is an environmentally friendly way of expanding your travel horizons like never before! For more information visit www.brampton.ca/transit.



Lock It Up

Biking is a great way to get around and run errands, but that requires a good lock! Secure a strong lock (like a U-lock) through the frame and rear wheel to a bike rack, and use another cable to secure the front wheel. Also, opt to secure items with a quick "quick-release" lever like your bike seat.



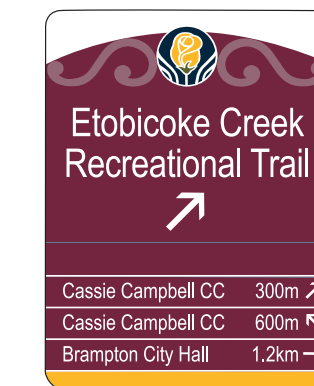
U-Lock secures rear wheel and frame, with additional cable to secure front wheel.

Easy-to-cut cable lock secures front wheel only, leaving rest of bicycle vulnerable to theft.

Recreational Trails

Wayfinding Signage

Some of Brampton's primary pathways have wayfinding signage to help orient users along the recreational trails and to nearby parks and recreational facilities. Look for these signs to guide you along in your ride.



Repair Stations

Brampton has installed a number of bicycle repair stations around the city! Pump up your flat tire and more!

For videos on how to use a repair stand, check out: www.gogreenspoke.com/how-to-videos

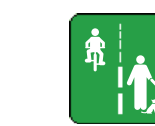


Trail Etiquette

It is the responsibility of every person who uses public parks and trails to maintain a safe and friendly atmosphere for all. The trails are a safe place for people of all abilities to enjoy.



Be Courteous: Brampton's trails are for anyone of any ability. Pedestrians always have right of way. Walk/bike on the right side of the trails and watch for oncoming traffic. Do not block paths.



Ride Safe: Always share the path with pedestrians, especially around kids, pets, crowds, playgrounds and narrow areas/blind spots. Ride more slowly, especially around kids, crowds, and pets. Ring your bell or call out well before reaching blind spots, tunnels, or when passing on the left, slowing down as needed.



Obey The Signs: All trails are clearly marked with signage. Stay on designated trails and follow all traffic rules when crossing at intersections.



Control Your Pets: Pets are to be on a leash at all times within public parks and trails. Always Stoop and Scoop.



Leave No Trace: Keep our trails clean! Throw away all trash and animal waste in designated bins.

Explore Local Trails

1 Etobicoke Creek Trail - Brampton's premier trail, running from Caledon down to Lake Ontario. Ride through lush valleys, tour the airport gardens, and visit lovely Downtown Brampton. Easy access from Brampton GO.



2 Mount Pleasant Trail - Hop off at Mount Pleasant GO Station to take this wonderful trail from the quaint town centre, past the soccer park and up into Caledon!



3 Esker Lake Trail - As part of the Brampton Loop, check out our Esker Lakes and Heart Lake Conservation Area, with a jaunt over the Franceschini Bridge.



4 Chinguacousy Trail - The premier trail of Bramalea! Visit our beautiful neighbourhoods and the always-entertaining Chinguacousy Park. Close to Bramalea GO Station.



5 Claireville - Humber Trail - Visit the tranquil conservation area and tour the Humber. A detour on Gorewood Drive and the Finch MUP can get you south to Lake Ontario!



6 Flower City - Stephen Llewellyn Trail - The City's main east-west trail along the Transcanada Pipeline. A convenient way to get from A to B, with a beautiful ravine in the east end!

Multi-Use Paths

Multi-use Paths are paved and located within the roadway boulevard (in place of a sidewalk) and are shared by both pedestrians and people on bikes.

Multi-use Paths



Recreational Trails

Recreational Trails are located through parks, adjacent to rivers/ ravines or along hydro corridors. Can be paved or unpaved and are shared by pedestrians and bikes.

Paved Surface
Natural Surface



Minor Recreational Trails

Minor Recreational Trails are paved paths through parks or connections between two streets.

Paved Surface
Natural Surface



Boulevard Bike Paths

Boulevard Bike Paths are paved and located within the roadway boulevard. These paths are adjacent to sidewalks and intended for people on bikes exclusively.

Boulevard Bike Paths



Bike Lanes

Bike Lanes are traffic lanes that are reserved for people on bikes only. These lanes are marked and signed (bicycle symbol and diamond).

Dedicated Bike Lanes



Signed Routes

Signed routes are identified as routes that are preferred for bicycling. These routes are typically signed along quiet residential streets.

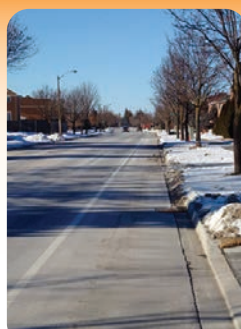
Signed Route



Urban Shoulder

Urban Shoulders are similar to bike lanes but are not designated in the by-law. These preferred cycling routes can be used for both cycling and short-term parking.

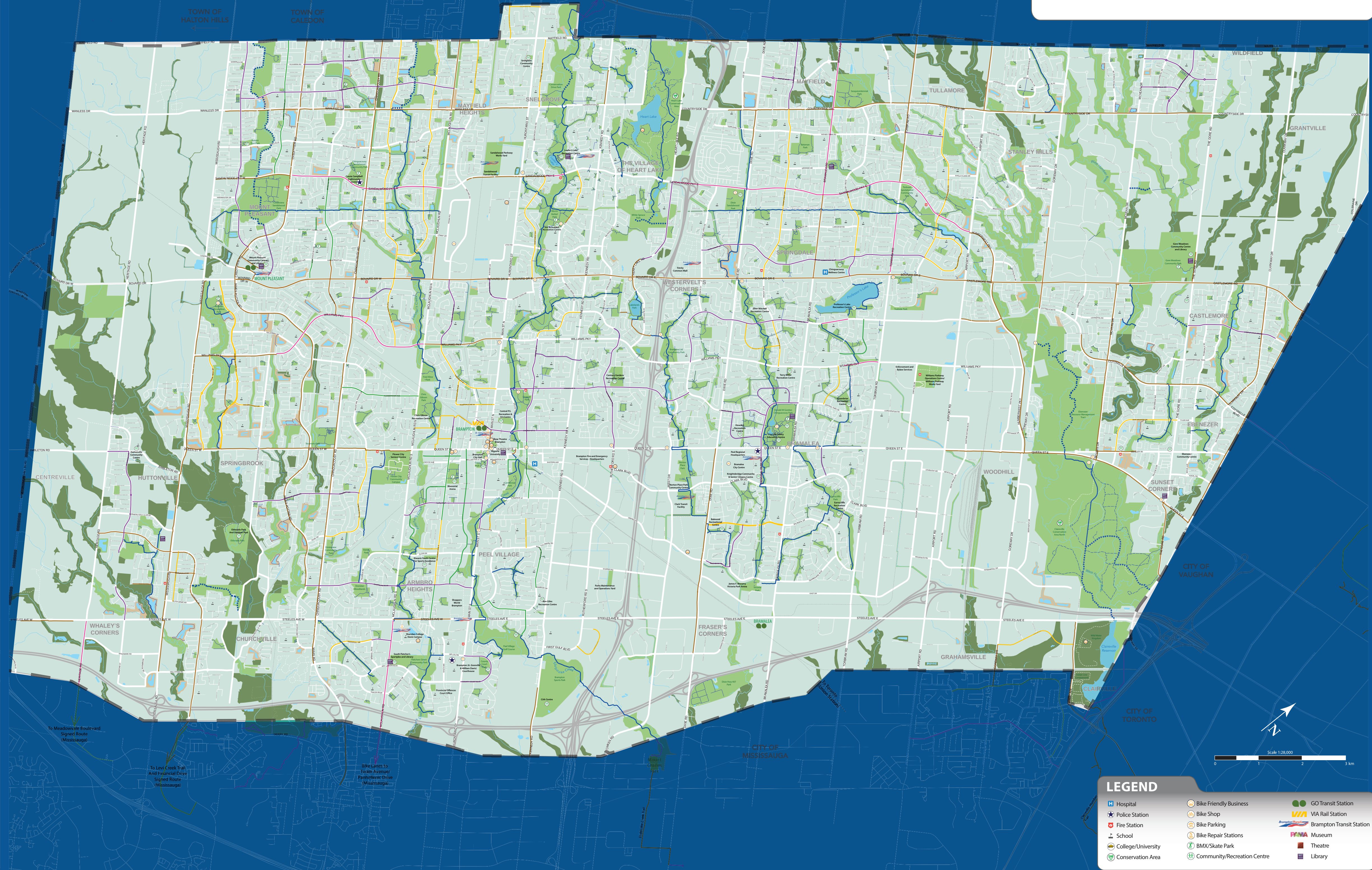
Urban Shoulder
Signed Routes



DISCLAIMER

The City of Brampton has developed this map to increase awareness of the cycling and trail network and help individuals plan their trips. Route planning must factor in comfort riding in traffic, levels of cycling experience, weather conditions, the time of day (regarding both brightness and levels of traffic) and road conditions (like construction, travel speed, surface quality, and steepness). Cyclists must know the rules of the road and have basic levels of cycling skill.

The City of Brampton makes no warranties of any kind concerning the accuracy, reliability or completeness of this map, or the condition of any road, route, trail, or facility shown on it. Users of this map are solely responsible for the risks associated with this map's use and their safety while using the map. All cyclists must comply with the Highway Traffic Act and are advised to wear a helmet. The City is not responsible for any offences committed by users of this map and/or third parties which may cause a hazard or injury to map users.



LEGEND

- Hospital
- Police Station
- Fire Station
- School
- College/University
- Conservation Area
- Bike Friendly Business
- Bike Shop
- Bike Parking
- Bike Repair Stations
- BMX/Skate Park
- Community/Recreation Centre
- GO Transit Station
- VIA Rail Station
- Brampton Transit Station
- Museum
- Theatre
- Library