

WITH OVER 100 KILOMETRES
OF TRAILS, DISCOVER
NANAIMO ON A BICYCLE...

Whether you're a novice or an experienced cyclist, there is something for everyone to discover. CHILDREN can learn and develop cycling skills at the always popular Altrusa Park at Beban Park where the paved trails are

specifically designed to give them the confidence to ride in a safe environment. FAMILIES can enjoy time together while being active and riding along the E&N Trail, an 8 kilometre corridor that runs from

Rosehill Avenue to East Wellington Road. This trail is relatively flat and is well away from vehicular traffic. Other family-friendly trails include the Walley Creek Trail or Bowen Park. ADULTS will enjoy the many trail

opportunities found in the city. For the more ambitious rider, the Parkway Trail and E&N Trail loop is a challenging yet rewarding workout. Paved and unpaved trails can be found all over the city, including Westwood Lake

Park, Newcastle Island or even more informal trails found in Linley Valley (Cottle Lake) Park.



THE PARKWAY HIGHWAY 19 OFFERS 2 ROUTES: THE MULTIUSE TRAIL OR ALONG THE HIGHWAY.

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LEGEND

BIKE NETWORK

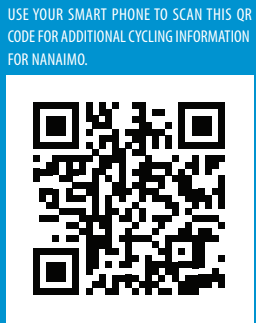
- ON ROAD BIKE USE
- HILLS (ARROWS POINT UPHILL)
- MODERATE
- STEEPER
- STEEPEST
- SHARED MULTI USE PEDESTRIAN & BIKE TRAILS

FAMILY FRIENDLY CYCLING ROUTES

- 1 PARKWAY TRAIL (20KM)
- 2 E&N TRAIL (8KM)
- 3 E&N TRAIL & PARKWAY LOOP (28KM)

PARKS / PLACES TO VISIT

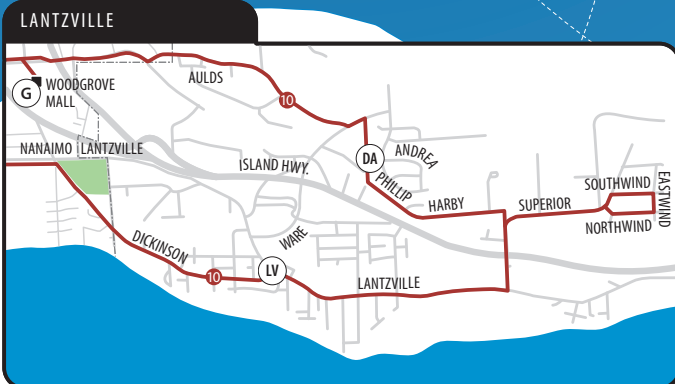
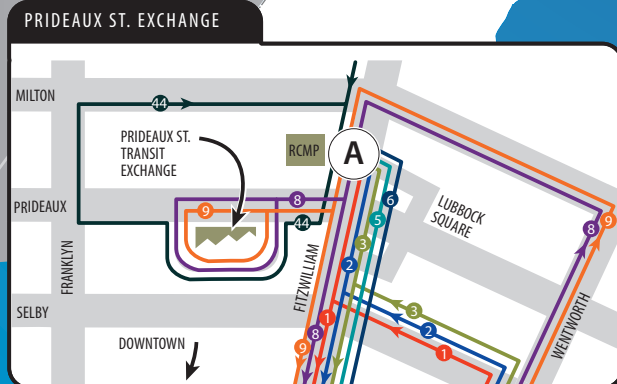
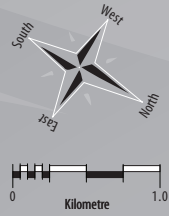
- 4 COLLIERY DAM PARK
- 5 BOWEN PARK
- 6 ALTRUSA PARK AT BEBAN PARK
- 7 WESTWOOD LAKE PARK
- 8 PIPER'S PARK & NECK POINT PARK
- 9 WALLEY CREEK
- 10 NEWCASTLE ISLAND
- 11 PROTECTION ISLAND



USE YOUR SMART PHONE TO SCAN THIS QR CODE FOR ADDITIONAL CYCLING INFORMATION FOR NANAIMO.

TO READ THIS QR CODE WITH YOUR SMARTPHONE, GO TO THE DOWNLOADABLE APPLICATION AREA FOR YOUR PHONE, DOWNLOAD A QR READER APP AND THEN HOLD YOUR PHONE'S CAMERA OVER THIS QR CODE.

THE REGIONAL DISTRICT OF NANAIMO TRANSIT SYSTEM HAS 57 BUSES WHICH TRAVEL OVER 200,000 KM A MONTH!!



- TRANSIT ROUTES**
- 1 WOODGROVE / DOWNTOWN
 - 2 HAMMOND BAY
 - 3 HOSPITAL
 - 44 UNIVERSITY
 - 5 FAIRVIEW
 - 6 HAREWOOD
 - 8 SOUTH
 - 9 NORTH
 - 10 LANTZVILLE
 - 12 DOVER CONNECTOR
 - 15 UNIVERSITY CONNECTOR

- TIMING POINT LOCATIONS**
- A PRIDEAUX ST. EXCHANGE
 - B BROOKS LANDING CENTRE
 - C BAY & GLENAYR
 - D COUNTRY CLUB EXCHANGE
 - E ROSS & COLLISHAW
 - F NANAIMO NORTH TOWN CENTRE
 - G WOODGROVE EXCHANGE
 - H MCGIRR & WALDBANK
 - I HAMMOND BAY & MALASPINA
 - J HAMMOND BAY & DEPARTURE BAY
 - K TOWNSITE AT TERMINAL
 - L HOSPITAL, BEAUFORT CENTRE
 - M BEBAN PARK
 - N PHEASANT & LABIEUX
 - O VICTORIA & NORWELL
 - P EIGHTH & PARK
 - Q BOWEN & EAST WELLINGTON
 - R BOWEN & HOWARD
 - U VANCOUVER ISLAND UNIVERSITY
 - V ARBOT & WESTWOOD
 - W ASHLEE & HOLLAND
 - Y UNIVERSITY VILLAGE ON FIFTH
 - Z VICTORIA & SEVENTH
 - FE BC FERRIES
 - MS MEREDITH & SPENCER
 - ND NORTHFIELD & DUGGAN
 - LD LABIEUX & DORMAN
 - PO PORT PLACE
 - SH SECOND & HOWARD
 - LS LONGWOOD STATION
 - EC EXTENSION & CINNABAR
 - CG CEDAR & GOULD
 - HN HALIBURTON & NEEDHAM
 - PA PHILLIP & ANDREA
 - EN EASTWIND & NORTHWIND
 - LV LANTZVILLE & DIKINSON
 - DA DOVER & APPLECROSS
 - UH UPLANDS & HAMMOND BAY RD.
 - RV RUTHERFORD & VANDERNEUK
 - MB MOSTAR & BOBAN

FOR MORE INTERESTING FACTS AND INFORMATION ABOUT THE RDN TRANSIT SYSTEM PLEASE CALL 250-390-4531 OR USE YOUR SMART PHONE TO SCAN THIS QR CODE.



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