### BIKE 7

**FERGUSON & WEST HARBOUR**

**Downtown / Aldershot**

| Connection Points: | Downtown (Corktown Park at Ferguson Ave / Young St)  
Aldershot (Aldershot GO/VIA Station at Waterdown Rd / Hwy 403) |
<table>
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<tbody>
<tr>
<td>Distance:</td>
<td>14 km (1.5 hrs leisurely)</td>
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<tr>
<td>Route Design:</td>
<td>MODERATE</td>
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|                    | Combination of on-street and trail; All paved;  
Stairs with trough at High Level Bridge  
connecting Desjardins Canal to York Blvd  
**Take care** crossing Hwy 403 ramps and  
on Plains Rd; If travelling from Aldershot  
to Downtown do not cross York Blvd at  
the High Level Bridge |
| City Transit Access: | Downtown: many HSR routes  
Aldershot: HSR #18, Burlington Transit #1 |
| Inter-city Transit Access: | Downtown: Hamilton GO Centre  
(GO Transit, Coach Canada, Greyhound)  
Aldershot: Aldershot GO/VIA Station |
| Parking Access:    | See Map                                          |

### Attractions Along the Way:

Downtown shops, Waterfront Trail, HMCS Haida, Bayfront Park,  
Desjardins Canal & Fishway, Cootes Paradise, High Level Bridge Vistas,  
Royal Botanical Gardens (RGB)

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**High Level Bridge**

**HMCS Haida**

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For greater detail of mapping see “Bike Routes, Trails & Parks” map.