It’s all in St. Catharines
Get in and get out there! Explore all the city has to offer, from manicured cycling paths to downtown tours and off-road trails.

Indulge yourself in art and local theatre or catch some live music downtown. Stroll along the waterfront in Port Dalhousie and enjoy bustling nightlife in the downtown heritage district, with pubs, nightclubs and bars to suit every taste.

Let us wine and dine you at one of the city’s many restaurants, wineries or bistros. Visit our Market Square, one of Ontario’s oldest enclosed farmers’ markets and enjoy a picnic of Niagara cuisine in beautiful Montebello Park. For explorers, there are wineries, fruit stands, farms and greenhouses to be visited throughout the city.

No matter what the season, it’s all in St. Catharines!
St. Catharines North Trail Systems

Bicycle Repair Kit Locations
* Please call before visiting, as hours vary seasonally
1. Boys & Girls Club of Niagara ... 905 937-1072
2. Happy Rolph Bird Sanctuary .. 905 688-5600 EXT. 1927
3. Lakeside Park Carousel (Summer) ................. 905 934-1221
4. St. Catharines Public Library
   Port Dalhousie Branch ............ 905 646-0220
5. Lake Street Works Yard ............. 905 935-3813
6. Parks & Recreation Offices ...... 905 688-5600 EXT. 1927
7. YMCA & GO Transit ................. 905 934-9665
8. Russell Avenue
   Community Centre ................. 905 685-6071
9. St. Catharines Centennial
   Public Library .................... 905 688-6103
10. City Hall (Tourism Services) .... 905 688-5601 EXT. 1731

Bicycle Shops
* Please call before visiting, as hours vary seasonally
A. Liberty! Bicycles
   2 Bond St. ............. 905 682-1454
B. Rapid City Cycle
   145 St. Paul. St. .... 905 684-9111
C. BikeFit
   184 Scott St. ........ 905 646-9396
D. GoGreen E-Cycles
   113 Cushman Rd. 905 650-3031

Staging Areas with Parking
- Morningstar Mill

Heritage
- Future Site of: Niagara Centre for the Arts
- Wineries
- VIA Rail Canada
- Staging Areas with Parking

Shopping
- Municipal Parking

Restaurants
- Private Parking

Arts & Entertainment
- Future Parking

Nightlife
- Bus Terminal

AgriTourism Activities
- GO Transit

Brock University
Bicycle Repair Kit Locations
* Please call before visiting, as hours vary seasonally

9. St. Catharines Centennial Public Library ............................. 905 688-6103
10. City Hall (Tourism Services) ...... 905 688-5601 EXT.1731
11. Welland Canals Centre
   @ Lock 3 ........................................... 905 984-8880
12. Merritton Library .......................... 905 682-3568
13. Burgoyne Woods at Swimming Pool ........................................... 905 682-1477
14. VIA Rail Station .............................. 905 685-6377
15. West Park Pool ............................... 905 685-4171
16. Brock University
   Schmon Tower ............................... 905 688-5550 EXT. 4636
AgriTourism Cycling Route
Cycle in Niagara’s Most Productive Agricultural City

Start at VIA Rail Station .................................................. km
Right (West) at St. Paul St. W. ................................................. 0.1
Left (South) at 1st St. Louth .................................................. 4.7
Right (South West) at Pelham Rd. ........................................ 6.9
Right (North) at 5th St. Louth ............................................... 11.0
Left (West) at 5th Ave. Louth .............................................. 11.8
Right (North) at 7th St. Louth .............................................. 16.2
Right (North East) at Lakeshore Rd. W.
(Turns into Main St.) ........................................................ 20.2
Right (East) at Lock St. ......................................................... 20.3
Left (North) at Lakeport Rd. .............................................. 21.4
(Stay right along Lakeside Park by water to end of pier)

RETURN
End of pier back to Lakeport Rd. ..................................... 22.4
Right (West) at Lock St. ....................................................... 22.5
Left (South West) at Main St. ............................................. 24.8
Left (South) at 3rd St. ......................................................... 26.1
Left (East) at 4th Ave. ......................................................... 28.4
Right (South) at Louth St. ................................................ 30.6
Left (East) at St. Paul St. W. ............................................... 32.8
End at VIA Rail Station ..................................................... 32.8
Wineries
1. Henry of Pelham Family Estate Winery
2. Hernder Estate Wines
3. Rockway Glen Golf Course & Estate Winery
4. 13th Street Winery
5. Harvest Estate Wines
Downtown Heritage Tour

1. Start
The City of St. Catharines has a rich and significant past. Take some time to explore, learn our history and see some of our valuable sites.

2. Market Square
Open year round, every Tuesday, Thursday and Saturday selling specialty cheeses, baked goods, crafts and flowers as well as traditional farmer’s fare.

3. Queen & Church Street Intersection

4. Welland House Hotel
In 1853 natural salt springs were found in the area and construction began on the Welland House Hotel.

5. From Yates Street
Yates Street is one of the oldest neighbourhoods in St. Catharines. Natural springs were found and many celebrities and dignitaries visited the city.

6. Oak Hill
Oak Hill was the former home for the Honourable William Hamilton Merritt and is now home to local radio stations.

7. Shipbuilding in St. Catharines
St. Catharines became an important part of the shipping industry due to the building of the Welland Canals and its location between two Great Lakes.

8. Mansion House
Originally built as a home and store, the Mansion House is the oldest tavern in St. Catharines.

9. Industry Along the Canal
Industries and businesses found many advantages in the St. Catharines location, including an available workforce, a growing city and the canal.

10. Notable People in History
Dr. Theophilus Mack, Mr. Richard Pierpoint and Mrs. Laura Sabia.

11. Fighting for Equality
St. Catharines was one of Canada’s most significant sites in the history of the Underground Railroad and was home to one of the largest settlements of fugitive slaves.

12. Follow the North Star
A large number of American runaway slaves began emigrating north through the Underground Railroad to Canada. Many settled in St. Catharines, establishing a large Black community.

13. BME Church
The Salem Chapel, British Methodist Episcopal Church was the first Black church in St. Catharines.

14. Also Known As...
St. Catharines has been known by a number of names in its history.

15. Did You Know?
Trivial Pursuit, A Christmas Story, Electric Streetcar Route and Supermodel Linda Evangelista are all a part of St. Catharines.

16. Grantham Academy
Grantham Academy was the first high school established in the Niagara Peninsula.

17. Religion in St. Catharines
Like many growing communities in the 1800’s and 1900’s religion played a major role in the everyday life of citizens in St. Catharines.

18. City Hall
Built on the site of the previous City Hall, this building was officially opened in August 1937 and was a hallmark of what was hailed as the dawn of a new era.

19. Old Courthouse
Built in 1848-49 the Old Courthouse was the centre of political, cultural and social life in St. Catharines.
Heritage

Legend

Downtown Heritage Tour
1. Heritage Tour Starting Point
2. Market Square
3. Queen & Church Street Intersection
4. Welland House Hotel
5. From Yates Street
6. Oak Hill
7. Shipbuilding in St. Catharines
8. Mansion House
9. Industry Along the Canal
10. Notable People in History
11. Fighting for Equality
12. Follow the North Star
13. BME Church
14. Also Known As...
15. Did You Know?
16. Grantham Academy
17. Religion in St. Catharines
18. City Hall
19. Old Courthouse

Bike Shops
Bike Repair
Kit Locations
Sharrows

Do Not Cross
Primary Trails
Secondary Trails
Club Trails
Future Trails

Bike Lanes on City Streets
Bike Lanes on Regional Road
Future Bike Lanes 2010
Primary Wine Route
Proposed Wine Routes
Shopping

Legend

1. Dinh Dinh Asian Foods
2. Budget Rent-A-Car
3. Mostly Comics
4. Niagara Central Hobbies
5. Tony's Fish Market & Oriental Foodmart
6. Niagara Records
7. Out of the Past
8. Park's Furniture
9. Hannelore's Downtown Fine Books
10. George Coppel Jewellers Ltd.
11. Walters
12. Rock Universe
13. Mixed Styles
14. Christopher's Smoke Shop
15. Auds N' Ends Quality Recycling
16. Lousje & Bean Design Studio
17. Williams Jewellers
18. Boot Shop Ltd.
19. Critelli's Fine Furniture
20. Simply White
21. The Beauty Spa
22. Audrey Rose
23. Jewellery By Catherine
25. Justin Gill Interiors
26. Transitions New Lifestyle
27. Kloz Etc.
28. Thre3 Interiors
29. The Right Stuff.ca
30. Verity
31. Honey's
32. Zoe Anti-Aging & Wellness Spa
33. Not Just Art
34. Sud Skates
Arts & Entertainment

Legend

1. St. Barnabas Church, home of Primavera Concerts & Gallery Players of Niagara
2. Ostanek’s Music Center
3. DMZ Paintball & Laser Tag
4. Niagara Conservatory of Music
5. TAG Art Gallery
6. Niagara Dance Company
7. Niagara Artists Centre
8. Suitcase in Point Theatre Company
9. Gallery 145
10. Sullivan Mahoney Courthouse Theatre, home of Carousel Players & The Niagara Symphony
11. St. Catharines & Area Arts Council (Essential Collective Theatre Company & The Niagara Dance Company)
12. Galerie Cram Collective
13. Niagara Ice Dogs
14. Niagara Wine Festival
15. A Mano Libera Gallery
16. Rodman Hall Arts Centre
17. AHA Gallery

Future Site Of:
Niagara Centre for the Arts
**Legend**

1. The Beer Store
2. LCBO
3. White Haut
4. Stella’s
5. The Office Tap & Grill
6. L3 Nightclub
7. Cask 22
8. Merchant Ale House
9. Kaz’s Saint Paul Street Pub
10. Mikado Café & Bar
11. Patrick Sheehan’s Irish Pub
12. Rockford’s Nite Club & Resto
13. Red Hot Chili Pepper Bar & Grille
14. The Mansion House
15. Barracuda Pretty