## Rides in Canada:

## To Coaticook:

From Jackson Lodge Road, take Route 114 West 9.5 miles from the lodge to Norton border crossing. JUST after you cross into Canada, look for a small gravel road to your left. Ride down that road and it will intersect with Chemin de Stanhope. This will turn into Chemin de Baldwin Mills-Stanhope. This road is partly paved and partly gravel. Veer left onto Chemin May into Baldwin Mills. There's a general store in Baldwin Mills, and also a beautiful hike up Mont Pinnacle that looks over Lac Lyster. From center of Baldwin Mills, go right on Chemin Cabana. Follow directions on attached map from there to Coaticook. As you near Coaticook, you can look to your right off of Chemin Ladd's Mills (at sawmill) or off of Rue Merrill to see signs for the bicycle path that runs through Coaticook. It takes you down to the river and winds you through the city streets and out again to the gorge and to the Laitierre de Coaticook (creamery for great ice cream and cheese made with local milk).

On the return ride, I like to make a loop by going through Barnston. See the map for directions.

This ride is 52 miles when you go all the way to the creamery and you loop back through Barnston. You can do it in 42 miles if you just return the way you came.

## To Compton:

Follow the directions above to get to Coaticook. In Coaticook, take Chemin La Fond to Chemin Cotnoir to Chemin Cochrane into Compton. There is a bakery in Compton, also a good restaurant called the Fifth Element that serves local foods. If you do this ride and return the same way you came, it is about 65 miles there and back.

## Ride from E. Hereford to Saint-Venant-de-Paquette:

If you want a short, flat and pleasant ride on back roads, this is a beautiful one. Take your bikes over the border to E. Hereford and park near the church in town. You can then ride out of town on Rue de L'Eglise to Route 253. After a mile or less on Route 253, take a left turn onto Chemin de la Riviere. This is a flat gravel road that takes you along the river to St. Venant. In St. Venant, there is a beautiful old church museum and some wonderful walks throughout the Sentiers de Poetique (poetry path). A round building that houses information about the poetry path and museum (pay a small fee to go into the museum) also serves plates of local cheeses and meats and drinks. Sit out on the deck at this building and enjoy some refreshments looking out over the hills and fields. The ride is about 10 miles round trip.