



EDMONTON

Recommended Routes

Make the most of your month-long cycling challenge and mix up your cycling routine with these recommended routes in Calgary. There are a variety of distances and sights to see while you help kids get back to being kids. Looking for some extra motivation? Join the Life Cycle community on Instagram at **@LifeCycle4Kids** and share your routes using **#LifeCycle4Kids!**



Route 1: Millennium Place / Centennial Park

Start point: Mattamy Homes Wellness Centre - Millennium Place

Distance: 3.9 KM

Time required: 10 min

A family-friendly ride that starts and ends at Millennium Place, and a perfect way to ease into Life Cycle!

Millennium Place is the largest multi-purpose recreation centre in Strathcona County and features a modernized wellness facility, aquatics centre with a wave pool, twin ice surfaces and a leisure ice with skate rentals, gymnasium and an indoor playground. There is also a unique skate park in the parking area adjacent to competition size soccer fields.

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Route 2: Fort Edmonton Park to Terwillegar Park (Loop)

Start point: Fort Edmonton Park

Distance: 13.6 KM

Time required: 1 hr 15 min to 1 hr 30 min

Start your ride from the east end of Fort Edmonton parking lot. The trailhead sign is 'River Loop Trail.' Get rolling towards the river and turn left to ride west along the North Saskatchewan. Travel the entire length of Fort Edmonton Park then join up with a residential road that will lead you to the Fort Edmonton Footbridge. This will lead you through Oleskiw River Valley Park to your next bridge at Terwillegar Park. Once the trail splits head right on the gravel path towards the river. Take a rest and say hello to the friendly pups at the off-leash park! In Terwillegar Park choose your loop (hint: the inner loop is the shortest) and eventually make your way back to the open area and towards the parking lot. Head back on the paved trail to the Terwillegar Park Footbridge, through Oleskiw Park, and finish the loop back at Fort Edmonton Park.

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Route 3: Sir Wilfrid Laurier Park (Loop)

Start point: Sir Wilfrid Laurier Park

Distance: 2.7 KM

Time required: 41 min

Located in the heart of the river valley, Sir Wilfrid Laurier Park shares space with the Edmonton Valley Zoo. Along the trails you'll also see picnic sites so pack a snack and stay a little longer! Washrooms are available in the amenity building. The trail is a mix of paved and gravel but in great shape and mostly level. This trail is not too challenging and fun for the kids!



Route 4: Mill Creek Ravine to Louise McKinney Riverfront Park

Start point: Mill Creek outdoor pool parking lot (or Peace mile parking lot)

End point: Louise McKinney Park

Distance: 8.2 KM (return trip)

Time required: 1 hr

Start your ride at the Mill Creek outdoor pool parking lot and hit the trails heading north. Going through Mill Creek Ravine North is an easy ride, but if you're wanting to make the most of the trip you can stop at the Muttart Conservatory for extra plant therapy or a treat at the restaurant. On the other side you'll make your way up and over the new pedestrian bridge. This route combines the beautiful natural beauty of the ravine along with encountering iconic landmarks like the Muttart Conservatory and the new Tawatinâ pedestrian bridge. Remember to LOOK UP as you cross the bridge, you won't want to miss it.

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Route 5: Victoria Park (Loop)

Starting point: Grant Notley Park

Distance: 4.5 KM (round trip)

Time required: 50 min

This route is a bit more challenging, but worth the effort. From Grant Notley Park head west down Victoria Park Hill until you reach the path that directs you east into the river valley. When you reach a fork in the trail stay right and continue down the small hill. This leads you to River Valley Road where you can follow it until you reach the crosswalk to the entrance of Victoria Park Golf Course. Cross and follow the paved path north past the clubhouse until you reach a set of stairs. Don't worry – there's a bike ramp! At the top of the stairs follow the sidewalk east back to the start of the loop.



Route 6: Devonian Trail, Parkland County

Starting and ending point: Prospector's Point parking lot

Distance: 12 KM (round trip)

Time required: 2-3 hours — moderate difficulty

If you'd like to ride outside of Edmonton city limits, the Devonian Trail is a top choice. It's an in-and-out ride that begins at Prospector's Point and ends at the U of A Botanical Gardens. Along the route you'll experience gravel paths, gorgeous views of the river valley, and open countryside. Next the path turns to boardwalk and after that stretch you'll reach your destination at the gardens and the perfect opportunity to stop and explore! You'll return on the same route but with a new perspective as you reach Prospector's Point.