



New City Bike Route Brochure Available

For Immediate Release

July 28th, 2009- The City of Nanaimo Parks, Recreation and Culture Department would like to announce the arrival of a new bicycle route brochure. The publication identifies routes for bicycle commuters, weekend riders looking for longer riding routes, and families looking for safe training routes out of the way of traffic. The guide also includes a collection of ten popular rides for all abilities of cyclists and some important safety tips.

“The Parks, Recreation and Culture Commission is pleased to add this publication to our lineup of great services and programs to encourage residents, and visitors to be active in Nanaimo. We hope the new guide helps people get out there, have fun and be safe on the trails and bike routes,” says Larry McNabb, Chairman Parks, Recreation and Culture Commission.

Nanaimo has a variety of on and off street cycle routes. The E & N trail, Parkway Trail and Walley Creek are widely known, in addition to these, the new brochure identifies some of the other on-street biking routes. It also identifies connections between on-street and trail routes for safe and efficient route planning.

The brochure is available at City recreational facilities, City Hall, Tourism Nanaimo and online at www.nanaimo.ca within the Parks, Recreation and Culture pages. Additional distribution points are being explored. For more information about the cycling publication please contact Parks, Recreation and Culture at 250 756 5200 or email parks@nanaimo.ca

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