



Forces@WORK



## 2015 Giro d'Hero Itinerary

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Welcome to the 1st annual **Giro d'Hero**, in support of Prospect Forces@WORK. We look forward to supporting you through this very unique 3-day cycling journey, during which you will be provided the exclusive opportunity to engage in “once-in-a-lifetime” experiences within the Canadian Armed Forces.

The pages that follow will provide you with a general outline of each day's itinerary, as well as the pertinent details around accommodations, timings and pre and post-Tour logistics. Contact information for the locations at which you will be finishing and/or staying each day is also provided.

The Tour will cover a total distance of approximately 320km from Toronto to Kingston, broken down as follows:

**Day 1** Toronto to Newcastle - 90km

**Day 2** Newcastle to Trenton - 105km

**Day 3** Trenton to Kingston - 127km

### A Few Noteworthy Details:

- Pre-paid accommodations have been arranged for on your behalf, but a credit card will still be required at check-in for each of the hotels you will be staying.
- Bikes will be securely stored on-site each night. Tour guides and on-route tech support will be provided by our professional Tour Crew throughout the duration of the ride. Your Tour Director will be **Ian Lobb**.
- On-route meals and refreshments will be provided each day. Breakfast will be offered at each hotel; and dinner at each of the military base or armoury Tour stops. A post-tour celebration will be held on the final day of riding.
- Transportation options back to Toronto are available for those who need them. Please contact Sean Roper at [sean@plhmanagement.ca](mailto:sean@plhmanagement.ca) for further information.

## **Pre-Tour - Wednesday September 9, 2015**

### **Hotel Information**

Strathcona Hotel  
60 York Street, Toronto  
Phone: 416-363-3321  
Check In Time: 2:00pm



### **Directions to Strathcona Hotel**

#### From the QEW:

From the QEW Toronto, continue to the Gardiner Expressway. Take the York Street exit and follow through to 60 York Street, just north of Front Street.

#### From the DVP / 401:

Starting from the 401 east or west, continue in your direction to the Don Valley Parkway (DVP). Travel south on the DVP all the way to the Gardiner Expressway. Take the York Street exit and follow through to 60 York Street, just north of Front Street.

#### From the Airport:

From the Airport follow the signs to the 427 south. Take the 427 to the QEW Toronto, and continue to the Gardiner Expressway. Take the York Street exit and follow through to 60 York Street, just north of Front Street.

#### From Union Station:

From Union Station, head north on Bay Street. Turn left on to Front St. (west) and then take a right on to York Street. (north). The Strathcona is on the west side at 60 York Street.

#### Not Driving?

Then take the Airport Express Shuttle Service. This convenient shuttle has departures every half hour from Pearson International, and drops you off just outside the Strathcona.

### **Parking at Strathcona Hotel**

Unfortunately, the Strathcona does not have its own parking lot. The following is a list of available public parking options in the immediate area of the hotel.

Lot A: Green "P" at 40 York St. (University Ave. Garage)

Lot B: Public Parking - 145 King St. W

Lot C: TD Centre - 66 & 95 Wellington St. W

Lot D: Canada Auto Parks - 180 Wellington St. W

Lot E: Metro Centre Parking



## **Day One – Thursday September 10, 2015**

## **Toronto to Newcastle**

### **Tour Launch – Fort York Armoury (660 Fleet Street, Toronto)**

Registration: 8:30am

Light breakfast and media interviews: 8:30 to 9:30am

Opening Ceremonies and Welcome: 9:30 am

Ride start: 10:00am

Start – Fort York Armoury, 10:00am

Lunch - available upon request via Tour support vehicle

Finish – Port of Newcastle (with transfer to the hotel)

Afternoon event – Tank and Armoured Personnel Carrier tours  
at The Ontario Regiment (Col RS McLaughlin Armoury), 5:00pm

Dinner - The Ontario Regiment Officers' Mess, 6:30pm

Overnight stay – Marriott Residence Inn Whitby

### **Col RS McLaughlin Armoury**

53 Simcoe St North

Oshawa, Ontario

Phone: 905-721-4000



### **Marriott Residence Inn**

160 Consumers Road

Whitby, Ontario

Phone: 905-444-9756



## **Day Two - Friday September 11, 2015**

## **Newcastle to Trenton**

Breakfast at the Marriott Residence Inn Whitby: 7:00 to 8:00am

Shuttle bus to start: 8:15am

Ride start: 8:45am

Start – Port of Newcastle, 8:45am

Lunch - available upon request via Tour support vehicle

Finish - 8 Wing RCAF at CFB Trenton (shower facilities on-site)

Afternoon event – C-17 Globemaster III tours  
at 8 Wing RCAF, 4:00pm

Dinner – Sergeant's Mess, 6:30pm

Overnight stay - Fairfield Inn by Marriott Belleville



### **CFB Trenton**

Highway # 2 and RCAF Road

Trenton, Ontario

Phone: 613-392-2811

### **Fairfield Inn Bellville Marriott**

407 North Front St.

Belleville, Ontario

Phone: 613-962 9211



## **Day Three - Saturday, September 12, 2015**

## **Trenton to Kingston**

Breakfast at the Fairfield Inn by Marriott Belleville: 7:00 to 8:00am

Shuttle bus to start: 8:30am

Ride start: 9:00am

Start - Duncan McDonald Memorial Centre, 9:00am

Lunch - available upon request via Tour support vehicle

Finish - Marriott Residence Inn Kingston

Afternoon event - tour of the Royal Military College and rigid-hull inflatable boat (RHIB) demonstrations with the HMCS Cataraqui Naval Reserve Unit

Dinner – Sergeant’s Mess, 7:00pm

Overnight stay - Marriott Residence Inn Kingston

**Royal Military College of Canada**  
13 General Crerar Cres.  
Kingston, Ontario  
Phone: 613-541-6000



**Residence Inn Kingston Marriott**  
7 Earl Street  
Kingston Ontario  
Phone: 613-544-4888



## **Sunday September 13, 2015**

Breakfast at the Marriott Residence Inn Kingston

Return to Toronto. There will be several different scenarios for the various riders, so please contact Sean Roper at [sean@plhmanagement.ca](mailto:sean@plhmanagement.ca) regarding transportation options should you need them.