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June is Bike Month: Get outside and explore Mississauga on two wheels

The City is celebrating Bike Month throughout June with cycling activities all month long.

Entertainment and activities | May 30, 2024

It's time to dust off your helmets, pump up your tires and oil those chains. As part of [Mississauga's 50th anniversary](#), the City is celebrating Bike Month this June with cycling activities all month long. It's the perfect chance to hop on your bike, learn new skills and connect with other cyclists in your community. No matter your skill level, cycling is a great way to get outdoor exercise, boost your mood and explore the city.



Join Bike Month activities taking place throughout June

Get your bike checked out at Fix-it events

You can get your bike checked by a mechanic for free. Checks can include the basic ABC (air, brakes/bell and chain/crank arm) bicycle check and other basic repair needs like flat tire fixes.

Make sure to look for the blue Mississauga pop-up tent on the trails at the following parks and community centres during Bike Month:

- Wednesday, June 5 from 11 a.m. to 2 p.m. at Mississauga Valley Community Centre [[MAP](#)]
- Thursday, June 13 from 5 to 8 p.m. at Clarkson Community Centre [[MAP](#)]
- Wednesday, June 19 from 11 a.m. to 2 p.m. at Streetsville Memorial Park [[MAP](#)]
- Thursday, June 27 from 5 to 8 p.m. at Erin Meadows Community Centre [[MAP](#)]

Join a guided Community Ride

[Community Rides](#) are guided group bike rides taking place in various neighbourhoods from now until October. They are the perfect opportunity for those new to cycling to get more comfortable on their bike, experience Mississauga's cycling infrastructure and meet others in the community. Choose from eight or 16-kilometre routes.

Three Community Rides will be taking place in June:

- Saturday, June 1: Starting at River Grove Community Centre at 10 a.m. | [Register now](#)
 - The first 50 attendees who arrive at the start will receive a complimentary access to the Bread and Honey Festival.
- Saturday, June 15: Starting at Malton Community Centre at 10 a.m. | [Register now](#)

- Saturday, June 29: Starting at Meadowvale Community Centre at 10 a.m. | [Register now](#)



Learn about cycling safety

Skills and Drills Circuit for children

Tuesday, June 11 from 5 to 7 p.m., Mississauga Valley Community Centre, rear parking lot (near the splash pad) [[MAP](#)]

Recommended for children ages five to 12.

Come join us for a fun and interactive drop-in workshop. Geared towards children, this in-person circuit mini-course teaches you how to improve your skills and become a more confident rider. You'll learn bicycle safety by riding through different stations. Bring your bicycle and helmet to practise your skills.

Gear Up and Get Rolling workshop

Tuesday, June 18 from 5 to 7 p.m., [Mississauga Valley Community Centre](#), Taylor Auditorium classroom inside

Recommended for ages 13 and up.

The workshop will cover bike safety, how to take care of your bike and improve your cycling experience. Learn how to fix a flat tire and make adjustments on your bike. You are encouraged to bring in your bike and helmet. There will be time to practise your skills at the end.

Join the [2024 Bike Challenge](#)

To participate, simply log the kilometres you ride on your bike from May to September. Your entry will be added to the total. For every 50 kilometres you log, the City will plant one tree to count towards the One Million Tree program. [Log your distance](#).^{11.3}

Bike to school

During Bike Month, consider getting exercise by biking to school. If you live too far away, consider parking your car five to 10 minutes away and biking the rest of the way. Not only will you get a good workout, but you'll also improve your mood, promote a healthier lifestyle and reduce your carbon footprint.

The City has a [School Walking Routes Program](#) to encourage walking, cycling, scootering or any other form of active transportation to get to and from school. Use the [map](#) created for your school to plan your route to school.

Join the 50 for 50 challenge

As part of [Mississauga's 50th anniversary](#), we are encouraging residents to give back to the community by participating in the [50 for 50 challenge](#). You can do your part by showing your appreciation for the benefits of cycling – whether you bike 50-kilometres or bike for 50-minutes to help reduce your carbon emissions or simply stay active. Once you complete the challenge, [download your 50 for 50 certificate](#) to show off your civic pride.



Cycling etiquette and road rules

When out for a bike ride, remember to follow the rules of the road, be courteous to other trail users and obey all shared trail etiquette. Cyclists who are under the age of 18 must wear a helmet; however, everyone is encouraged to wear a helmet when riding their bike.

Plan your bike route

Whether you prefer wooded trails, waterfront views or riding your bike as your main form of transportation, there's a trail for everyone.

Use Mississauga's [cycling map](#) to locate trails and discover ideas on where to cycle. Here are a few trails to get you started:

- Visit Etobicoke Creek Trail to escape the city and surround yourself with nature. Enjoy a short ride to Centennial Park or challenge yourself to bike to Brampton or Caledon.
- Take in waterfront views on the Lakefront Promenade Waterfront Trail. Bike along the lakefront and enjoy the breeze.
- Bike along the Culham Trail for something with rougher terrain. This trail is perfect for hybrid and mountain bikes.
- Explore Erin Woods Trail. Enjoy the shade and chirping birds on this short one-kilometre trail through the woods.



For more information on cycling safety, where to ride your bike and cycling events happening in Mississauga, visit mississauga.ca/cycling

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June is Seniors' Month and Mississauga is shining the spotlight on a range of existing services and programs to help older adults, ages 55+, make the most of their days in the city.

May 31, 2024



Dust off your cowboy boots and hats – Sauga Sunday is headed to Celebration Square

Mississauga's first outdoor country concert featuring an all-women artist line-up on the Celebration Square main stage on Sunday, June 2.

May 29, 2024



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