



*Spin the
Lakes*

MUSKOKA

FOR MENTAL HEALTH

CYCLING FOR MENTAL HEALTH

STARTS AND ENDS AT HIDDEN VALLEY RESORT, HUNTSVILLE

2025 ROUTES: 180KM, 100KM, 57KM AND 20KM

**ASK US ABOUT OUR
EXCLUSIVE PROMO CODE**

**SATURDAY
MAY 24,
2025**

**Volunteers
Needed!**

**Buffet Lunch
Water Stations
Beverages/Snacks
Support Vehicles
First Aid**

**Be Part of
the Ride**

Community Volunteers - Please contact:

Kathy Stevenson: kstevenson@cmhamps.ca

Katherine Johnson: kjohnson@cmhamps.ca

