

# North of the Nith

Why it's so  
important to me



CHRISTOPHER  
STEWART



# Agenda

Cycling History for me

Location Location Location

Tending to the Garden

Being apart of something bigger that endures time



# Introduction

I have been cycling in Brant county all my life, I'm a child of the 80's, we would grab our bikes first thing in the morning and then ride around looking for bikes piled up at our friends houses. Once the whole gang was together we would ride until dusk. In my teenage years I would compete in the Paris to Ancaster. I have been doing that race since 1995. The second year the race was held. I have been on a bike my whole life, this area ignited that fire for me.

In 2017 I contracted Myopericarditis. At the time the cardiologists @ the BGH told me I had the highest levels of troponin he had ever seen someone survive. I only survived due to my strong heart from cycling. I owe everything in my life since 2017 to cycling. I have to fight for this, I have competed in the worlds longest mountain bike race since then just to prove I'm still alive and can do impossible things.





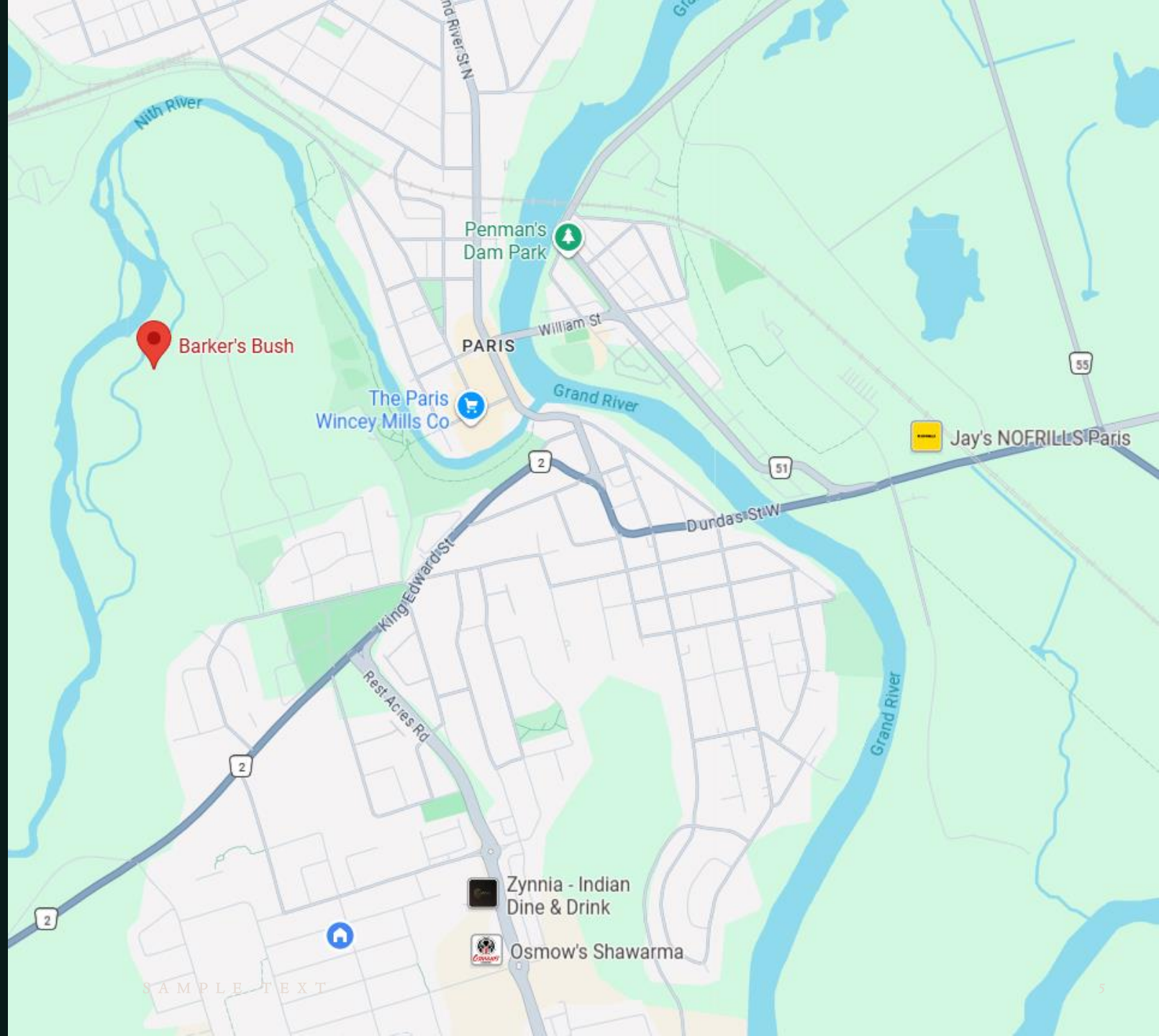
Location Location Location

It's so close it just needs  
some love and attention

# I live exactly 800m from Barkers Bush

My family has been in our current house for over 15 years now. We have had countless walks through Barkers Bush with my young ones along the river and then on to down town for a bite to eat or ice cream or a stop in Lions Park

I ride my bike constantly through Barkers Bush on my way to the other trails in the Paris area



The way to get started is to quit talking and begin doing.

Walt Disney



2026



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# Summary

In this crazy world with so much out of control, so much bad news that we do not have any power, influence or control to change, this can be a piece of the community that we do have control over and we can create an outdoor place for everyone in the community to enjoy.

We can be the people that will be looked at years from now that started something big, bigger than us that took the first step.



# Thank you

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