## Executive Summary

oth the ity of ttawa and the ity of ingston have outlined in their official plans that as part of their desire to become more sustainable they

indicated that the policies presented in the plan were 'weak' and a score closer to ' ' indicated that the policies presented were 'strong'

What was found was that in both cases the municipalities were lacking in some key policy areas n addition the two municipalities often qualified their policies with terms such as Ôwhere feasibleÕ and Ôwhenever possibleÕ which provided the municipality the ability to withdraw from their commitment to a specific policy

Ultimately both municipalities have begun to put considerable effort toward supporting cycling as a viable transportation option owever both municipalities have a long way to go in creating the comprehensive policy framework necessary to achieve the goals set out in their fficial Plans

The report concludes with the presentation of several recommendations to both municipalities that can help improve their plans and increase the strength and commitment to supporting cycling