



Waterfront
Trail

The Great Waterfront Trail Adventure!

Adventure!

DAY ONE - Saturday July 14th, 2012
Niagara-on-the-Lake to Hamilton - 60 km

**Waterfront
Trail Maps**
1-1 to 1-9

The official start of the Waterfront Trail is in Niagara-on-the-Lake, and it is here where we will launch the 5th Annual GWTA! Note to returning participants, registration is at the Community Centre this year.

After the kick-off celebration we will roll out through the historic and beautiful town of Niagara-on-the-Lake, the first of 41 incredible communities to come. During the ride from Niagara-on-the-Lake to Hamilton, you will cycle country roads and paved paths accented by vineyards, orchards and lake views. Discover historic military forts, village shops, restaurants and wineries. For riders looking for an extra 16 km, consider the "Optional ride" a bit north to the town of Jordan to visit Balls Falls, the only waterfall on the Waterfront Trail.

Km	Description
0	<p>Registration and Start - July 14th - Niagara-on-the-Lake Community Centre For returning GWTA participants please note that registration is in a NEW location. The Niagara-on-the-Lake Community Centre will be where we meet, collect registration packets, and load up the luggage truck. Registration will open from 7 to 8:30 am.</p> <p>If you are camping at Shalamar Lake, you will collect your registration package the night of the 13th, load your luggage in to the luggage truck by 6:30 am the morning of the 14th, have breakfast at the campsite, then ride with volunteer guides the 13 km in to Niagara-on-the-Lake along the Niagara Parkway Recreation Trail to arrive by 8 am.</p> <p>There is a Second Cup in the Community Centre that serves all the goodies, including coffee, tea, fancy coffee and breakfast items; so it is a great place to have breakfast and meet the friends you will be riding with over the next week.</p> <p>The ride will begin at 9 am with a loop back around Fort George then on to St. Catherine's.</p> <p>Registration: 7-8:30 am Official Ceremonies: 8:30--Brief remarks by partners who make the Waterfront Trail possible Departure: 9 am Map 1-1 Address: 14 Anderson Lane, Niagara-on-the-Lake, L0S 1J0</p>

18

Rest Stop - Happy Rolph's Bird Sanctuary "Bonjour" and welcome all participants and *benevoles* to the first rest stop on the 2012 Great Waterfront Trail Adventure. Situated in the shaded evergreens of the 15 acre park, participants will be welcomed by Starbucks and have the time to explore the pathways and the petting farm to visit with the pigs, horses, sheep, goats, birds, and a donkey name "Hoti".

Optional Side Trip: Shortly after leaving the rest stop, take a right on Broadway, through Port Weller Estate Park to the George Nicholson Pier for impressive views of Lake Ontario. This will add 5 km to your daily mileage.

9:30 - 11:00 Map 1-3 Address: Read Road North, St. Catherine's, L2M 7M3

39

Lunch - Charles Daley Park August's Restaurant from Beamsville will be providing lunch for those who purchase the meal plan. Using ingredients from their garden, this lunch is full of colour and flavour and one of the reasons people return year after year. For those who choose lunch to be on their own, check in with the info tent in the morning for options.

Lunch **Meal Plan 10:30 – 1:00 Map 1-5 Address: North Service Road between Jordan Rd and Seventh Street.

41

(*Optional Side Trip) - Jordan Village** Swing a left on Jordan Rd (about 3 km west of Charles Daley Park) to make a side trip to the quaint Jordan Village (10 km return). The historic village has wineries, culinary delights, galleries, a museum, fabulous shopping, cool history, antiquing, and walking trails. It's worth the trip! When you're done, head back the way you came to rejoin the tour.

11:00- 2:00 Map 1-5

55

Rest Stop - Pumphouse Historical Plaque The town of Grimsby will be cheering on the riders and offering tours of their community as Adventurers stop to re-fill water bottles and enjoy the strawberries and ice cream. Each year this community shows why we keep coming back.

11:00 – 2:00 Map 1-8 Address: 447 Elizabeth St. Grimsby L3M 3K9

61

Camping - 50 Point Conservation Area, Hamilton (stay to the left of the road and turn right into the first parking lot.)

The beautiful grounds of the 80-hectare conservation area are known for swimming and spectacular views of Lake Ontario. Cyclists will be greeted by the Brass Quintet Flagarwood, presented by Platt Fine Homes, with performances from 3:00-3:45 and 4:15-5:00. Coast over to the guys at the Steamwhistle Brewery truck where they will offer you your first beer for free, but will have more on tap! (visit Vicki at the info tent for a beer ticket). Simone Babineau from Tourism Burlington will be on site to provide information about what was happening in the area during the War of 1812. Ryan Correy from Hammer Nutrition will offer advice on what to eat and drink while riding to stay energized for the rest of the week and Sean from Bike Hounds will be on-site with his mobile bike shop to help with any mechanicals. Showers and washrooms are a short walk away from the campsite.

There are restaurants within walking distance and a short cab ride away (20 km) is the Burlington Country and Blues BBQ Festival. Entertainment is from noon until 11 pm with Day 2 of the GWTA being a flat 82 km with shuttle vans, aka Party Vans, if you want a shorter riding day. **Dinner ** On Your Own (suggestions to be provided)**

Rita Kerry will be singing Saturday night from 8 to 11 at the Landing Restaurant

Map 1-9 Address: 1479 Baseline Rd, Stoney Creek L8E 5G4



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The Great Waterfront Trail Adventure!

DAY TWO – Sunday July 15th, 2012
Hamilton to Toronto - 82 km

Waterfront Trail Maps
1-9 to 2-11. Maps 2-1 &
2-2 show optional ride
around Hamilton Harbour

Cyclists will ride tree canopied residential streets, off-road bike paths that meander along the shores of Lake Ontario, and will stay in single file on the sections that take them on Lakeshore as they visit Hamilton, Burlington, Oakville, Mississauga, and in to Toronto. Waterfront parks, harbours, formal gardens and beautiful homes will greet the cyclists before the CN tower becomes visible.

- 0 Morning launch - 50 Point Conservation Area, Hamilton Breakfast ** Meal Plan Breakfast**
6:30 to 8 at the Winona Pavilion--the Address: 1479 Baseline Rd, Stoney Creek L8E 5G4
Rise and Shine – Greet the morning and get stretched for the day while watching the sunrise from the beach. **Departure: 7:00 - 8:30 Map 1-9 Address: 1479 Baseline Rd, Stoney Creek, L8E 5G4**

- **Optional loop - Hamilton**
12 In May 2011 the pedestrian overpass from Confederation Park over the QEW highway to Globe Park opened, offering a valuable connection to Hamilton's waterfront. GWTA participants have the choice of staying on the Waterfront Trail and following Lake Ontario in to Burlington, or they can ride over the bridge, connect to Hamilton cycling routes and re-connect with the Waterfront Trail along Hamilton Harbour, which will loop around in to Burlington. Be sure to stop at the Carving Post at Pier 4 to read what other trail users have to say. This optional loop will add 20 km to your daily total.

Maps 1-11 / 2-1 / 2-2

- 20** Burlington enjoyed a strategic position during the war of 1812 for communication and transportation along the lake, between Newark (Niagara on the Lake) and York. It was also an important defensive position for the British encampment at Burlington Heights. Perhaps Burlington's most important contribution to the War of 1812 was the inhabitants who became valiant soldiers who left to fight in the conflict. One was John Brant, son of Captain Joseph Brant, who fought at Queenston Heights with General Brock, and also at Chippewa, Lundy's Lane and Fort Erie.
Cyclists will follow the red geraniums and local guides in to the Joseph Brant Museum before heading over to Discovery Landing for the infamous Burlington Butt Break hosted by Tourism Burlington. Starbucks will also be on site to offer refreshments.

8:30 - 9:30 Map 2-3 Address: 1340 Lakeshore Rd, Burlington, L7S 1Y2

Heritage Highlights: * Test yourself with the Whatzit quiz about soldier uniforms, food from 1812, and weapons. * Find out about events that are happening throughout the War of 1812 celebrations in the Western Corridors and the history of the area.

Lunch - Thomas House in Oakville

As we make our way into the historic downtown of Oakville, cyclists will see many loyalist flags hanging proudly from the 200 year old houses, back when Oakville was called the Trafalgar Township. At one time it was a final destination in the underground railroad whereby slaves would be hidden in boats while traversing across the lake where they would gain freedom.

The Oakville Historical Society will have an exhibition of the role of the Trafalgar Township in the War of 1812 and a Peace Garden which is part of the War of 1812 Trail initiative.

40

There are many options for the "on-your-own" lunch in downtown Oakville, a few blocks north of Thomas House; including sit down restaurants and coffee shops. Plus there are numerous stores to distract you as well.

Racer Sportif will be on site to help with any mechanicals that you may have.

10:30 - 1:00* Lunch On your Own**

Map 2-5 Address: Thomas House/Old Post Office, 144 Front Street, Oakville L6J 2Y5 Bike Corral located at Robinson and George.

Rest Stop - Port Credit Lighthouse, Port Credit Mississauga (on the west side of the pedestrian bridge near the lighthouse)

A featured stop since the beginning of the Great Waterfront Trail Adventure in 2008, participants enjoy the picturesque lighthouse and quaintness of Port Credit. This community is an option for the on-your-own lunch and will be hosting their popular annual Outdoor Art Show. Artists from all over showcase and sell a variety of media, there is live entertainment, and the local galleries will have special presentations and events. GWTA support vans can help with transporting purchases.

60

Gears Bike Shop will be on hand with some great gear for sale and Starbucks will be offering refreshments. **11:30 - 1:30*** Lunch On your Own**

Map 2-8 Address: 16 Front Street, Mississauga

Rest Stop - Marie Curtis Park, Etobicoke

There are lots of changes planned for Marie Curtis park including a BMX track, which Oxygen Bike Company (located just off the Waterfront Trail at 3731 Lakeshore Blvd) is excited about. They will have a tent set up near the washrooms in Marie Curtis Park and will be offering water and Mr. Christie cookies while cheering you on and helping to fix any mechanicals.

65

11:30 - 2:00 Map 2-9 Address: 42 Street and Lake Promenade, Etobicoke

Overnight: Fort York- Toronto

Fort York was an active locale during the War of 1812. An American force landed on the shores at York, Upper Canada (currently Toronto), defeating the British force then looted and set fire to the town before withdrawing. It was Major General Isaac Brock who lead his small British force to several victories by shifting between threatened points to defeat disjointed American attacks.

82

Major General Brock may have celebrated his victories with a beer, the cyclists will definitely be celebrating their victory by enjoying a bottle of Great Lakes Beer. At 3:30 and 4:45, David Arcus and Aline Morales will be playing 30 min sets, so sit back and enjoy the music.

Participants can learn more about the Fort on 30 min historical tours at 3 and 5 pm. The Summer Guard will also have a music demo at 2:30, the cannon blast at 3:30 and the flag lowering at 4:30.

GWTA participants will be camping within the fortified walls that are now surrounded by Canada's largest city with the option to sleep in the barracks for just \$10, just like the soldiers did. Shower facilities are at the armouries about 800 meters away from the Fort.

The Mobile Bike Shop will be on site to provide help with mechanicals.

The Harbourfront Centre, located 2.5 km from camp, will have an exhibition titled 1812-2012: A Contemporary Perspective on display.

Dinner ** On Your Own (suggestions to be provided) 1:00 - 5:00

Map 2-11 Address: 250 Fort York Blvd., Toronto M5V 3K9



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**Waterfront
Trail Maps**
2-11 to 2-16
and 3-1 to 3-2

DAY THREE – Monday July 16th, 2012
Toronto to Oshawa - 82 km

Cherry Beach is a short ride from Fort York and while riding along the paved bike path it is easy to forget that you are still in Canada's largest city. You'll pass by some of Toronto's newest waterfront parks including the award winning Sugar Beach and Sherbourne Common. Both projects are part of Waterfront Toronto's bold plan for a transformation of Toronto's waterfront. The Beach is an old favourite of the city and the end of the boardwalk it is recommended to pick up a snack at one of the coffee shops, once you start the Scarborough hills there are not a lot of places to stop and refresh before reaching Pickering's rest stop. Lunch will be a meal plan bagged lunch.

- 0** **Breakfast: Fort York - Toronto** Riders will awake in historic Fort York. We start as a group at 7:30 am. Our adventure will take us along the Harbourfront, the new parks, and the construction that is in the works as the area is transformed in to a showcase.
Breakfast: 6:30 to 7:15 ** Meal Plan Registration: 7 to 7:30 am Departure: 7:30 am as a group
Map 2-11 Address: 250 Fort York Blvd., Toronto M5V 3K9
- 13** **Snack Stop - Scarborough** There are minimal places to stop between Toronto and Pickering, so we recommend stopping at the end of the boardwalk on Queen Street to pick up a snack if needed and for those who have not purchased the meal plan to pick up lunch. Our partner Welcome Cyclists recommends **Remarkable Bean** at 2242 Queen Street East. They have post and ring parking spots, plus you'll find a super Health Food store 3 doors over has a great corner spot with more post & rings. There are **not** a lot of options between the end of the Beaches and Ajax. **9:00 - 10:00**
Map 2-13
- 33** **Rest Stop - Guild Inn, Toronto**
This hidden Toronto Gem features gardens with over 70 architectural fragments and sculptures. Participants are encouraged to walk to the south side of the Guild Inn and discover this interesting park. Eventually the Waterfront Trail will be routed along the base of these bluffs. **9:00-12:00**
Map 2-15 Address: 191 Guildwood Parkway Scarborough, ON M1E 1P5
- 49** **Lunch: Pickering - Progress Park**
Overlooking Frenchman's Bay, [Progress Park](#) will be a lively rest stop with the sounds of the Caribbean from steel pannist Earl La Pierre Jr., relaxing mini-massages, and gift shop items for sale from the Pickering Museum Village. [Bay Cycle and Sports](#) will be on hand to fix any bike related issues. Snacks and water fill up will be available to all riders.
Lunch ** Meal Plan bagged lunch
10:00 - 13:30 Map 3-1 Address: 680 Front Road at Commerce
- 53** **Rest Stop: Ajax - Carruthers Marsh Pavillion**
Boasting the longest undeveloped waterfront in the Toronto Area, the Town of Ajax takes great pride in the picturesque landscape that offers amazing vistas and fantastic recreational opportunities. Discover the new public art entitled "Woodhaven Panels" designed by Mark Puigmarti. The four forged metal panels use whimsical stick figures to depict themes of adult and youth interaction, community and family, compassion and caring and playfulness in the outdoors. The panels are configured to mirror each other with the negative space in the centre depicting a tree.
Bananas and energy bars will be available to snack on and Northern Cycle will be there to help with everything bicycle related.
Greetings by Ajax Mayor Parish and Bike Friendly Community unveiling at 11:30am.
10:00 - 14:00 Map 3-2 Address: 55 Ashbury Blvd, Ajax, L1Z 1M8
- 71** **Rest Stop: Whitby - Ontario Shores Centre for Mental Health**
Although the Ontario Shores Centre for Mental Health did not begin construction until 100 years after the War of 1812, it does have strong military ties. The building was designed in 1911 and broke ground in 1912. When war broke out in 1914, construction slowed, but by 1917, large numbers of soldiers were returning from overseas and sought long term care at the facility. There are currently close to 1,200 staff members and another 150 volunteers.
Staff will be on hand offering water and snacks, as well as encouragement.

Whitby Ink: Get your Waterfront Trail tattoo at this rest stop!

10:30-14:30 Map 3-3 Address: 700 Gordon St., L1N 5S9

Overnight - Oshawa - Lakeview Park

Oshawa is a new GWTA overnight community and excited to host our group. Largely farm land in the 1800's, Oshawa became a hub for automobile production in the 1900's. We will be camping in Lakeview Park near a baseball diamond with shower facilities and there is swimming in Lake Ontario. There are houses a few steps away that are now part of the Oshawa Community Museum that have candy and fudge for sale, as well as free tours and costumed interpreters until 9 pm.

If you are up for a real adventure you can do some treasure hunting. During the War of 1812, the British sloop Mary Ann was transferring the military paychest from Kingston to York at the head of Lake Ontario where a post was maintained at Burlington Heights. It was pursued by American vessels, and being unable to fight them, put into the pond west of the present-day pumping station at Oshawa. Here, the Mary Ann was grounded and the crew carried the paychests ashore containing \$100,000 and buried it. The Americans followed the vessel and burned it, but the paychests were never recovered.

Picture circa 1900 courtesy of the Oshawa Community Museum

The Jubilee Pavillion, across the street from the campsite, will be open for drinks and a gathering spot to play games and socialize with dinner on-your-own in downtown Oshawa. Participants can walk, ride, or take a cab 5 km downtown for dinner where a bike corral will be set up and restaurants will be recommended. **11:00 - 15:30**

Map 3-5 Address: 55 Lakeview Park Avenue, Oshawa, L1J 7Z2

Optional Yoga Session at 8:30pm

82

A promotional graphic for the Waterfront Trail Adventure. It features a group of seven cyclists of various ages and genders, all wearing helmets and colorful cycling gear, posing with their bicycles. The background is a light blue gradient with stylized blue and green waves. In the top left, a blue banner reads "Do More on the Shore" above a logo of two fish. The text "Waterfront Trail" is written in a serif font. A large, bold, white sans-serif font across the middle reads "The Great Waterfront Trail Adventure!". In the bottom right, a white box with a blue border contains the text "Waterfront Trail Maps 3-5 to 3-10 and 4-1 to 4-12".

Do More on the Shore

Waterfront Trail

The Great Waterfront Trail Adventure!

Waterfront Trail Maps
3-5 to 3-10 and
4-1 to 4-12

DAY FOUR – Tuesday July 17th, 2012

Oshawa to Trenton - 66, 100, or 129 km

Continuing from the town of Oshawa and their incredible section of the Waterfront Trail, cyclists continue to see hidden gems and beauty that are best seen on a bike or foot. Lunch is on your own, though we recommend Port Hope or Cobourg. Riders will encounter a canopy of mature trees that will provide shade as participants continue their journey on a quiet and remote section of the Trail. The country roads will lead us into Trenton for the night.

Overnight - Oshawa - Lakeview Park

0 Awaken to the quiet sounds of the surrounding residential community and if you're up early enough, the sunrise. There are three official end-points today, but the option to get in to a support van - aka party bus - is available at any time. We will be riding through many communities that offer fantastic cafes, shopping and historical treasures. **Breakfast: 6:30 to 8 am** Meal Plan**

Departure: 7:00 to 8:30 Map 3-5 Address: 55 Lakeview Park Avenue, Oshawa, L1J 7Z2

Greetings from Oshawa Mayor Henry at 7:00 am.

Share the Road Bike Friendly Community Presentation at 7:00 – 7:30am

Rest Stop - Mill Street and Boulton Street (Newcastle Beach/Bondhead)

37 The Beech Street Spinners of the Clarington Older Adult Association, are back on board with their fun rest stop. This year they will be offering strawberries, ice cream and biscuits, along with their infectious enthusiasm.

It would be another 5 years after the War of 1812 that the bicycle would be invented by Baron von Drais; however, it's predecessor the célérifère may have been in use. It had two wheels set on a rigid wooden frame and a fixed bar to hold on to. With no steering, the user had to lean to change direction and with no cranks, the feet were used to alternately push off the ground. There are conflicting reports as to whether or not this contraption actually existed.

8:30 - 11:30 Map 3-9 Address: Foot of Mill Street South and Boulton Street

53 **Lunch Stop - Port Hope - Memorial Park** Historic Port Hope is renowned for its preserved downtown district, antiques and boutiques. One of Ontario's oldest and prettiest communities, it was settled by Empire Loyalists in the late 1700's. The pictures below are what main street and the waterfront looked like in 1812, thanks to the Port Hope Archives.

There are many cafes and restaurants on main street that offer delicious treats, lunch, and beverages. Tourism staff will be on site to watch your bike at the bike corral and recommend places for you to have lunch. **Lunch ** On Your Own 10:00 - 14:00 Website / Map 3-10 Address:** 56 Queen St, Port Hope, L1A 2Y8

66 **Rest Stop - Cobourg - Bandshell at Victoria Park** Relax to the sounds of waves lapping the shore. Here in Victoria Park you will enjoy a spectacular view of Cobourg's waterfront. The shuttle will also stop here and offer transportation in to the next rest stop where cyclists can venture back out on two wheels, stop and do some exploring, or stay in the shuttle for a ride to the end. Tourism staff will be on site offering trail mix and postcards to send home. There will be a bike corral set up to watch your bike should you decide to go in to town for ice cream or explore options for lunch.

Lunch ** On Your Own 11:00 - 14:30



The CAA Shuttles depart Cobourg from rest stop as needed

Map 4-2 Address: Victoria Park, Church St., K9A 3P3

Rest Stop – Wicklow Beach

88

What has become known as the Chocolate Stop, we will take a break from riding on the quiet country roads by enjoying a little of the World's Finest Chocolate and the enthusiastic encouragement from the Northumberland County representatives. **12:00 - 15:00**

Map 4-5 Address: Boat launch on Wicklow Beach Rd., Alnwich/Halldimand, K0K 1S0

Rest Stop - Cramahe/Colborne - Town Square

The picturesque Village of historic Colborne will invite people in to stop and relax in their quaint town square. You may know this area for it's "Big Apple" that is visible from the 401 Highway of Heroes, but it is a different impression that people experience from the heart of the community. The town did not exist until Joseph Keeler set up a store in 1819, but with the arrival of the railroad in 1850 it has continued to serve as an important service centre for the area.

100

There will be lots to see and listen to in the Town Square as there will be a Drum and Pipe band, costumed soldier, Native drummer, trappers, quilters and hookers, oh my! This stop will offer a peek in to what life was like in the area in the early 1800s and will also include a competition between the churches for the title of best apple crisp, so get ready to vote!



12:30 - 16:00 The CAA Shuttles depart Cobourg from rest stop as needed

Map 4-7 Address: 6 King West, Colborne, K0K 1S0

Unofficial Stop - Dougall's - Brighton

118

There is an inviting patio at Dougalls on the Bay, offering a perfect place to arrange a shuttle pick-up or spend some time with your feet up and a relaxing beverage in hand.

12:30 - 16:00 Map 4-9 Address: 75 Harbour St, Brighton, K0K 1H0

Overnight – Trenton - Centennial Park

The last time we spent the night in Trenton was 2009 and we are excited to be back. First settled by Europeans in the 1780's, Trenton grew due to it's port location and lumber industry. The Royal Canadian Air Force Base was created in 1929 and continues to contribute to the thriving community.

129

Trenton, the largest community in Quinte West, is excited to host GWTA participants and show off their community. Staff will be on hand to recommend highlights, including tours of the aviation museum, and restaurants for dinner with camping in the park and washrooms and showers in the arena across the street. **Dinner ** On Your Own 13:30 - 18:00**

Map 4-12 Address: 8 Couch Cres., Trenton, K8V 1H2

Optional Yoga Session at 8:30pm



Waterfront
Trail

The Great Waterfront Trail Adventure!

**Waterfront
Trail Maps**
4-12, 5B-4, 5B-5,
and 5-2 to 6-1
Side trip to Amherst
Island: 8-8

DAY FIVE – Wednesday July 18th, 2012

Trenton to Amherstview- 116 km

The ride from Trenton to Belleville is not part of the official Waterfront Trail and is on some busier roads; however, the new waterfront Parks and hospitality in Belleville are not to be missed! From Belleville we will connect with route 2 where we will pick up the Waterfront Trail in Wellington. The communities of Wellington, Bloomfield, and Picton are charming and offer many places to stop for lunch.

The ride on HWY 33 from the ferry landing to the United Empire Loyalist campground is quiet, green and lovely, and steeped in Loyalist heritage. Loyalists first arrived to the area in 1784. Their landing spot and site of the first cemetery is on these grounds and has been preserved by the Loyalist descendants to this day.

Breakfast - Centennial Park - Trenton

0 One of the first landmarks riders will see as they ride from Trenton to Belleville is the Canadian Forces Base. Operating under the motto "Per Ardua ad Rem," or "Through Adversity to the Good", it was a major training centre during World War II and continues to operate its strategic airlift aircraft from CFB Trenton.

The route in to Belleville is not signed and on busier roads. Riders not comfortable are encouraged to get a ride in the support van to the first rest stop.

Breakfast ** Meal Plan 6:30 to 7:00 location TBD Departure: 7:30 as a group, everyone must leave together. Map 4-12 Address: 8 Couch Cres., Trenton, K8V 1H2

Rest Stop - West Zwicks Centennial Park - Belleville

22 Belleville has been busy re-creating their waterfront and an open space with inviting bike paths offer views of the Bay of Quinte. **8:00 - 10:00 Map 5B-4 Address: Mary Street and Baybridge Rd.**

Unofficial Lunch Stop- Wellington

60 Explore the quaint and artsy town on your own.

Lunch ** On Your Own 9:30 - 12:30 Map 5-2

65 **Lunch - Bloomfield**

Bloomfield Bicycle Co, right on the Waterfront Trail is always a popular stop for GWTA participants. The friendly staff will assist you with all your cycling needs and if it's hot they'll hose you down!.

There are many bakeries and cafes in Victorian style houses and with outdoor porches to choose from for lunch. Need more then lunch time to explore this quaint town? Then spend as much time as you like exploring and hop in to the CAA Party Van for a lift to the campsite.

Lunch On Your Own 10:00 - 13:30 Map 5-3 Address: 225 Main St., Bloomfield, K0K 1G0

Unofficial Lunch Stop – Picton

70

Picton will be the final location to pick up supplies, snacks, and water until the rest stop in Bath. There are also many places to stop for lunch.

Lunch ** On Your Own 10:30 - 14:30 Map 5-4

Ferry to Glenora

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Riders and support vehicles will have to cross the Bay of Quinte on a ferry. Leaving every hour and half hour, the ferry runs from 6 am to 1:15 am and is free of charge. While waiting for the ferry, you can take a quick ride up to Lake on the Mountain to take in the incredible view of the Bay of Quinte, or check out the Lake on a Mountain and learn about the mystery surrounding it.

Be careful approaching the ferry as there is a steep downhill and metal grates at the bottom.

11:00 - 15:00 Map 5-5

Worth stopping - Adolphustown United Empire Loyalist Heritage Centre - Greater Napanee

96

The first Loyalists settlers arrived at Adolphustown on 16th June, 1784. Landmarks relating to their history in the area are found throughout the park in the historic house that has been converted in to a museum. The site of the Loyalists first cemetery, there is also a boat on site to show how they crossed the waters. Attached is a haunting tale of a boat of children that capsized and drowned all on board while their parents watched from the shore, unable to do anything to help rescue them.

Bergeron Estate Winery is located 9 km from the U.E.L. Heritage Centre and is cyclist friendly. Offering wine tastings and pizza made from locally grown ingredients, it can be a yummy stop. Our support vehicles will stop buy to pick up any wine purchases and transport them to the campsite for you, or if you are ready to call it a day you can hop in the Party Van as well.

12:00 - 16:30 Map 5-6 Address: 9 km east of Glenora Ferry on Hwy 33

Unofficial Rest Stop - Water Treatment Plant – Bath Traditionally this has been a popular place to take a dip in the Bay of Quinte to cool off at the Bath Water Plant.

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Optional Side Trip: Just after Bath, about 3 km to the east, participants can catch the ferry to Amherst Island. Steeped in history, the island was populated with wealthy Loyalists, a proportion of French Canadian fisherman and then a wave of Irish immigrants when the population peaked at 2,000 in 1842. Maps will be available at the info tent in the morning. **12:30 - 17:00 Map 5-8**

Address: Shore Dr, Bath, K0H 1G0

Overnight - WJ Henderson Recreation Centre - Amherstview

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Amherstview is a new overnight host to the GWTA. Located 1 km off the Waterfront Trail, there are views of Lake Ontario, Amherst Island, and the Fairfield House Historical Museum.

The pool will be open for those looking for a refreshing swim and the library has computers with internet access so you can boast of your achievement in having ridden 466 km to friends and family via e-mail. Pictures from each day so far will be posted on our website so you can get a taste of what photographer Goh Iromoto offers on his Great Waterfront Trail Adventure in Pictures

CD that will be available for purchase.

Massage therapists will be on site to knead out your aching muscles and get your legs ready to walk the downtown streets of Napanee for some retail therapy or a stroll to the Fairfield House Historical Museum.

There will be "Retail Therapy" with a bus leaving the campsite at 4 pm to go in to Napanee and browse the stores and learn a bit about the historical highlights of the area on the way back to camp in the evening. If you are interested in this option you will need to reserve a spot as space is limited by e-mailing Petrina at tourdirector@wrtrust.com. You will be back for dinner at 7 pm.

The meal plan dinner option is Chinese food in Amherstview. Though the Chinese immigration to Canada happened largely in the latter part of the 19th century, Amherst Island was originally named Isle Tonti after Frenchman Henri Tonti, LaSalle's lieutenant, who searched for China. We might be starting to reach a bit with our 1812 historical significance, but we're in an area where a large footprint was left by the Loyalists. Dinner will be at 6 pm for those not on the bus tour.

Dinner ** Meal Plan with 2 seating's at 6 and 7pm.

12:30 - 18:00 Map 6-1 Address: 322 Amherst Drive, Amherstview, K7N 1V3

Do More on the Shore

Waterfront Trail

The Great Waterfront Trail Adventure!

Waterfront Trail Maps
6-3 to 7-1
Side trip to
Rockport: 6-9

DAY SIX – Thursday July 19th, 2012

Amherstview to Prescott – 52, 100, 116 km

This section of the Waterfront Trail is steeped in 1812 history. Riders will pass Fort Henry when they leave Kingston, stop at Joel Stone Heritage Park, wander around Brockville - named after the Canadian Hero of the war - pass houses that have tunnels leading from Lake Ontario to their basements where they hid alcohol during prohibition, ride over tunnels in Brockville that extend from the water to the churches that served as the final steps to freedom for many slaves traveling in the underground railroad, and finally end in Fort Wellington where we go back in time and experience what Fort life was like.

Start - WJ Henderson Recreation Centre - Amherstview

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We'll be well fueled with a healthy breakfast and ready to tackle the last 256 km of Trail!

Breakfast ** Meal Plan 6:30 to 8:00 location TBD Departure: 7:00 - 8:30

Map 5-6 Address: 322 Amherst Drive, Amherstview, K7N 1V3

Rest Stop –Confederation Park - Kingston

22

The Kingston Velo Club will be on the Waterfront Trail to Welcome cyclists in to Kingston and help marshal the route. Established in 1972, the non-competitive club members will be providing support and encouragement and have enforced signage in the community. Kingston served as the main British naval base and shipyard in the province during the war of 1812 and although fortifications that were built were destroyed after the war, riders will pass Fort Henry, which still stands tall, when they leave the city. The Kingston Public Market, established in 1802, has served as a gathering place for residents for over 2 centuries. GWTA participants will be able to park their bikes in the K-Town Tri Bike Corral receive a drink from Starbucks then venture downtown to one of many cafes for a snack. Kingston Tourism will be on hand to offer great suggestions!

8:00 - 10:30 Map 6-2 Address: 209 Ontario Street, Kingston, K7L 2Y7

Heritage Highlight--Fort Henry - Kingston

Before leaving Kingston, be sure to stop into Fort Henry at the top of the hill. Bike racks are available and the St. Lawrence Parks Commission is offering participants a special price to take in this fantastic heritage attraction as well as Upper Canada Village, which we visit on Day 7. Price to visit both Fort Henry and Upper Canada Village is **\$14.40 including HST--that is just \$7.20 per site**. You'll enjoy the exhibits and support a valuable heritage site at the same time

Optional End Point: Joel Stone Heritage Park - Gananoque

52

In 1812 Gananoque was a small, unfortified hamlet. It was the target of the first American raid on September 21st, 1812. They seized goods and burnt down the only military depot there, built by town founder Joel Stone during the previous summer. The Joel Stone Heritage Park has been revitalized to honour the United Empire Loyalist and prosperous entrepreneur and is the location where we will be stopping for a rest. A bike corral will be set up for those wanting to spend more time eating, drinking and being merry.

The CAA shuttle will be offered for those who are ready to get off their seat and take alternate transportation in to Brockville.

Lunch ** On Your Own 9:00 - 12:00

Map 6-8 Address: Intersection of Kate and Water Streets, Gananoque

Rest Stop: Frontenac Arch Biosphere - Ivy Lea

73

The 1000 Islands region is included in a UNESCO Biosphere Region, stretching from Kingston to Brockville and north to Westport (2,700 square km). The Frontenac Arch Biosphere is known for its welcoming rest stop. Located just before the bridge to cross in to the USA, look for the flags blowing in the wind. **10:00 - 14:00 Map 6-9, Address:** 19 Reynolds Rd, Lansdowne, K0E 1L0

Optional Side Trip: Rockport

76

Rockport has quaint stores and eateries that you may enjoy stopping at, including a patio to enjoy a cold beverage and admire the view. **10:00 - 14:00 Map 6-9 Address:** about 3 km after the last rest stop head south on Rockport Escott Rd.

100 **Optional End Point: St. Lawrence Park - Brockville**

With beautiful historic manor homes and a story to tell, this will be the ideal place to kick back and enjoy a pint and some lunch on a local patio. Brockville, originally called Elizabethtown, is the oldest incorporated city in the province whose name was chosen as a patriotic act in the summer of 1812 to honour the great commander General Brock. During the war, Brockville was attacked by a force of 200 regulars and militia who released prisoners from the jail, took a quantity of arms, horses and cattle, and carried off a number of residents. The resentment aroused by this raid led to the successful British attack on Ogdensburg a fortnight later.

Brockville has been active during prohibition and served as an important stop on the underground railroad where tunnels lead from the docks to the surrounding churches. Although you will not see these tunnels, kayaking, always a popular side trip, offers a different perspective of the beauty of the area and the St. Lawrence River from the water's side. There will be a guided trip going out on the water from 1 to 3:30 pm with a late lunch included. Cost is \$85 and reservations can be made by phoning the 1000 Islands Kayaking Company at 613-329-6265.

People wishing to spend more time exploring the local history, railway tunnel, other sites or who are simply ready to end their ride for the day can get in to the CAA shuttle for Prescott.

Lunch ** On Your Own 11:00 - 16:00 Map 6-11 Address: TBD

Overnight - Fort Wellington - Prescott

The section of Canada along the St. Lawrence River was prone to attacks from the United States as it was a narrower crossing than Lake Ontario. There are many plaques from Brockville to Prescott explaining the history of the area. Fort Wellington was built during the War of 1812 to defend the St. Lawrence River shipping route between Montreal and Kingston from possible attack by the United States. Cyclists will be greeted at the Fort by fiddlers between 3 and 5 pm and can snack on fruit and juice.

116 There will be lots to do this night starting with welcome activities at the new Fort Wellington visitor centre, then a reception at the Red George pub starting at 5 pm. The Shakespeare Festival is also on with tickets available for a Midsummer's Night Dream and there will be a free outdoor movie at the Fort once the sun goes down at 9 pm. You will want to bring your chair to both performances. The fireflies have been known to put on quite the show as well.

Camping will be just outside the fortified walls of the Fort with the arena across the street being used for washroom and shower facilities. Those wishing to swim can do so in the river, just a short walk from the campsite.

Dinner ** On Your Own to explore the downtown

12:00 - 17:00 [Website](#) / [Map 7-1](#) Address: 370 VanKoughnet Street, Prescott



Waterfront
Trail

The Great Waterfront Trail Adventure!

**Waterfront
Trail Maps**
7-1 to 7-5

DAY SEVEN – Friday July 20th, 2012
Prescott to Cornwall - 96 km

Traveling along the rolling countryside, cyclists will visit the rural villages that dot the St. Lawrence River and experience Canadian history as it comes alive at Upper Canada Village. Built with re-claimed buildings, the village staff are dressed in the fashion of the 1860s as they perform the village duties of blacksmiths, farmers, and guides. The Lost Villages Museum will offer a glimpse into the life of Canadians a century later as it tells the story of the ten villages that were permanently submerged when the area was flooded to create the St Lawrence Seaway in 1958.

Breakfast: Fort Wellington - Prescott

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The history along this route continues with views of the windmill from the infamous Battle of the Windmill. During a four-day period in November, 1838 British troops and local militia defeated an invasion force of 300 American " Hunters " and Canadian rebels. The Battle of the Windmill victory prevented the invasion force from capturing Fort Wellington, Ontario, and cutting the St. Lawrence communications link, which would have left Upper Canada open to invasion

Breakfast ** Meal Plan 6:30 to 8 am Group Departure: 7:30 Police escort Map 7-1 Address:
370 VanKoughnet Street, Prescott, K0E 1T0

Rest stop -Civic Centre - Iroquois

30

Did you know the McIntosh apple was invented in South Dundas? John McIntosh moved to Upper Canada from Scotland and while clearing his land that had been acquired in 1811 he discovered several apple seedlings. John's son Allan established a nursery and promoted the apple extensively, making it a household name, not only in produce but inspiring technology too!

8:30 - 11:00 Map 7-2 Address: 1 Dundas St. KoE 1K0

Unofficial Rest Stop - Morrisburg

42

Since the Waterfront Trail first extended to Morrisburg in 2006 it has become tradition to stop in Morrisburg for ice cream. The Docksyde was created by the Lions Club with proceeds used to

enhance their waterfront. Projects completed over the past few years include installation of lights along the waterfront, the design and construction of the Lions Memorial Pavilion and the building of a walkway from the Docksyde around the cenotaph to the Pavilion.

Lunch ** On Your Own - If you are ready for lunch at this point, there are restaurants on Highway 2 between Highway 31 and Canada Way Dr.

9:00 - 12:00 Map 7-3

Rest Stop - Upper Canada Village

Cyclists will ride through Crysler's Farm Battlefield on their way to Upper Canada Village. Crysler's Farm played an important role in the war of 1812 with an army half the size of the Americans but better trained and more organized. Dubbed the "Battle that Saved Canada", it was a crucial moment in the history of Upper Canada and marked the end of the most serious attempt to that time to invade Canada.

52 Lunch ** On Your Own - There is a cafe in Upper Canada Village to stop at for lunch. If you purchased your day pass at Fort Henry you have access to the grounds. This is a must-see along the Trail.

Wetland en route: about 5 km past Upper Canada Village, you'll find yourself riding through the Upper Canada Migratory Bird Sanctuary, a beautiful natural space with lots of wildlife. There are some great photo opportunities on this path, and it's not uncommon to see deer in the area! **9:30 - 12:30**

Map 7-3 Address: 13740 City Rd, Morrisburg, K0C 1X0

Unofficial Rest Stop - Lost Villages Museum

78 The Lost Villages Museum tells the story of the ten villages that were permanently submerged when the area was flooded to create the St Lawrence Seaway in 1958, and is the last rest stop of the day with washrooms. Their gift shop is open if you need a snack or water. **10:30 - 14:00 Map 7-**

4 Address: 16361 Fran Laflamme Dr., Long Sault, ON K0C 1P0

Overnight: Armoury- Cornwall

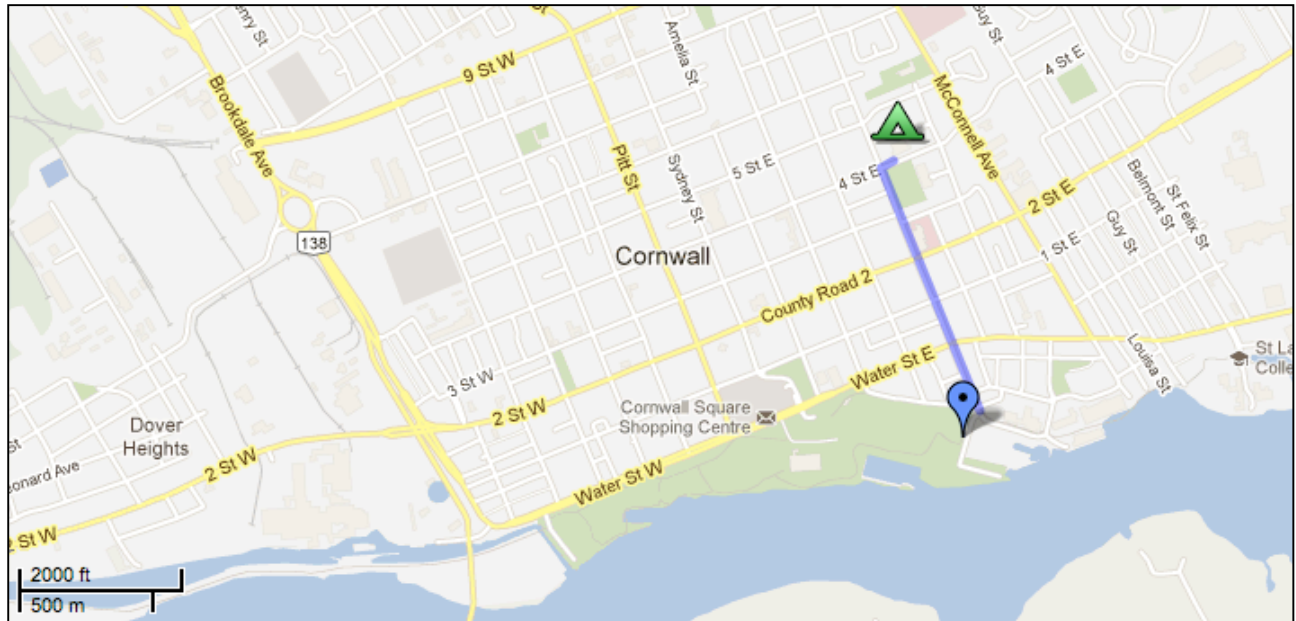
After settling in to the Armoury, participants will often get gussied up for our last night together. We will have cocktails and a wrap up dinner before heading out on the town.

96 Participants will be camping in the fields around the Armoury and will have access to the building for washrooms and showers. Make sure your bike is marked with the correct colour tape (available at the luggage truck) before heading out to dinner so that your bike gets loaded in to the correct truck at the end of the ride tomorrow.

****Dinner included in registration**

Arrive: 12:00 - 16:00 Celebration Dinner: 18:30 Map 7-5 Address: Navy Club 30 60th Street East, 1.2 km from the Armoury across from the Giant Tiger.

Directions to Armoury



Do More on the Shore

Waterfront Trail

The Great Waterfront Trail Adventure!

Waterfront Trail Maps
7-5 to 7-7

DAY EIGHT – Saturday July 21st, 2012
Cornwall to Riviere Beaudette - 45 km

Participants can reminisce about their journey along the Canadian shores of Lake Ontario and the St. Lawrence River as they meander towards the finish point just outside Riviere Beaudette. New

friendships and experiences may be celebrated at the wrap up party at the Par 3 Golf Course and plans for a return trip may begin for the Great Waterfront Trail Adventure 2012! **Brockville Mayor David Henderson, the Honorary Tour Director will receive his final pin for the Waterfront Trail sash.**

Breakfast: Armoury - Cornwall

Enjoy a catered breakfast at the Armoury.

0 If you are registered to take the shuttle from the finish then you will load your luggage in to the correct bus at the Armoury before making your way to the finish. You may want to stow a day bag on a seat in the bus so you will have something to change in to at the end rather than riding home in your cycling clothes.

Breakfast Included in all end-to-end registrations 7 to 8 in the armoury mess Departure: 7:30 - 8:30**

Map 7-5 Address: 505 4th Street East

Rest Stop - Charlottenburgh Park

19 Keep your eyes open for the entrance to the final rest stop for the Adventure! Nestled on the picturesque north shore of the St. Lawrence River, Charlottenburgh Park encompasses a total of 234.7 acres of green space, including white pine and spruce plantations, and a mixed hardwood forest. Cyclists will have water, snacks and restrooms available to them.

8:00 - 9:30 Map 7-7 Address: Highway 2 west of Fraser Rd.

Finish Line: Par 3 Golf Course - South Glengarry

45 The Great Waterfront Trail Adventure will come to an end at Par 3 Golf Course which sits on the North side of Route 2 just outside the Quebec border. Cross the finish line to the sounds of bagpipes while being presented with an end-to-end finishers medal. Enjoy the pizza party while exchanging contact information with friends made along the way, celebrate achievements, and meet up with friends and family before the journey home.

South Glengarry will bring their flair for hospitality and celebration!

Lunch ** included in registration 10:30 - 11:30

Map 7-7 Address: 22163 Old Highway 2, Bainsville, K0C 1E0

Congratulations on Finishing the Great Waterfront