



Two days from the 2014 Great Waterfront Trail Adventure itinerary

Kingston | Gananoque | Iroquois

Surfaces: Mix of dedicated trails and road cycling. Off-road option: Gananoque to Brockville (short sections on road until you access the St. Lawrence Parks Commission's Trail)

Day One -- Kingston

Distance: 33 km to Gananoque

Map: [map 6.3](#)

Start: Queen's University, 99 University Ave, Kingston, ON K7L 3N6

Kingston is a long-time favourite community for GWTA cyclists. Take the day to take in this beautiful historic city—shop, explore Fort Henry, the Woodworking Museum, venturing out on to Wolfe and Howe Island. Lots of accommodation options including major hotels on the Waterfront Trail.

Optional Activities, all kid friendly too:

- Cyclists will ride beside the [Pumphouse Steam Museum](#), open 10 am to 5 pm, and should you stop in, you'll experience the engineerium, model trains, and Steamship Phoebe.
- Located on the east side of town, [Fort Henry](#), open 9:30 am to 5 pm, has roots in the war of 1812 and served to protect the supply route between Montreal and Ottawa.
- Farther along the road, cyclists will pass the [Woodworking Museum](#), open 11 am to 5 pm. Learn all about the history, technology, and development of woodworking in Canada.

Two days from the 2014 Great Waterfront Trail Adventure itinerary

Wolfe Island Loop (43 km)

From the ferry docks, roll on board for a short, free, ride over to Wolfe Island. You land right in the village of Marysville where you'll find Wolfe Island Bakery, Cafe Tenago (that's for the Cappucino Cruisers out there), restaurants and pubs as well as shops and an art gallery. Be sure to pick up some beach supplies and snacks before pushing on along quiet country roads, past the fields of wind turbines (86 in total) to [Big Sandy Bay Beach](#). Park and lock your bike at the Gatehouse as bikes are not permitted on the 1.3 km path that takes you to a stunning and secluded beach. Cool down with a swim in the waters of Lake Ontario before heading back to cycle to the ferry and returning to the Waterfront Trail and onwards to Gananoque. There are other cycling routes on the island--drop into the tourist office for a map and suggestion.



Map: [click here](#) for a detailed map and cue sheet or view the map to the left.

WOLF ISLAND FERRY SCHEDULE	
From Kingston	From Wolf Island
6:15 a.m.	9:00 a.m.
7:15 a.m.	10:00 a.m.
8:30 a.m.	11:00 a.m.
9:30 a.m.	12:00 p.m.
10:30 a.m.	1:15 p.m.
11:30 a.m.	2:30 p.m.
12:30 p.m.	3:30 p.m.
2:00 p.m.	

Two days from the 2014 Great Waterfront Trail Adventure itinerary

33 km: Gananoque

Distance: 33 km

Map: [map 6.3](#)

Find out more about Gananoque and things to see and do by clicking [here](#).

Lots of accommodation options including hotels on the Waterfront Trail.

The name “Gananoque” has the distinction of having several meanings; “Water Rising over Rocks” or “Garden of the Great Spirit”. Equally colourful is the life of founder Joel Stone who arrived in 1793, a refugee Loyalist, who became a prosperous entrepreneur, who started with 700 acres and a flour mill, and by the early 19th century numerous mills, a tannery, tool manufacturing plant and harness and carriage factory were thriving industries.

Optional Activities:

- **Reserve in advance:** [1000 Islands Playhouse](#) offers boat cruise and play options. Any of the tours starting after 10:00 am will work well with the short ride from Kingston to Gananoque. Click on this [link](#) to view the schedule and pricing.
- **Reserve in advance:** Paddle and Pint, need we say more? [1000 Islands Kayaking](#) offers wonderful kayak tours and packages. You will need to register in advance via [e-mail](#) or phone 613-329-6265.
- Enjoy some time off the bike with a self-guided [historical walk](#) of Gananoque. Steeped in history dating back to 1792, stretch out the legs and learn about the beautiful old houses and buildings that you passed on the way in to town.
- Tour and taste at the [Gananoque Brewing Company](#) (9 King Street East). GBC founder Bruce Davis was tired of listening to tourists ask for a "local" beer. And there wasn't one. So he did something about it. They aspire to be the best in eastern Ontario, brewing quality beers in small batches using

natural ingredients. So take in a tour and try some Naughty Otter Lager, Rhubarb Witbie or SHIVER Eisbock. The tasting room is open and tours will be offered at Noon and 4:30 pm. Tours are about 45 minutes long.

- Brush up on your piano playing skills as well since Pianos in the Park will be returning, inspiring impromptu outdoor concerts like this one that we snuck up on.

Tots Time Out: The Pianos in the park and the kayaking mentioned above are fun. There is also ice cream in town and swimming at Joel Stone Park.

Day 2: Gananoque to Iroquois, South Dundas

Map: [map 6-8](#)

Enjoy 40 km of off-road, recently refurbished St. Lawrence Bikeway as we say goodbye to Gananoque and head towards Brockville. Thank the St. Lawrence Parks Commission and the United Counties of Leeds and Grenville for giving this facility a wonderful facelift. [Together with partners they invested \\$2 M to improve the Trail](#), which became part of the Waterfront Trail in 2005. The St. Lawrence Parks Commission manages a number of major attractions and parks along the St. Lawrence River including Fort Henry, Upper Canada Village, Upper Canada Migratory Bird Sanctuary. This year you will pass by each one--be sure to stop and visit.

14.5 km: Frontenac Arch Biosphere

Address: 19 Reynolds Rd. - Lansdowne, ON - K0E 1L0

Map: [map 6-9](#)

The [Frontenac Arch](#) is the ancient granite bridge from the Canadian Shield to the Adirondack Mountains. Its incredibly rich natural environment and history was recognized in 2002 when it became a UNESCO World Biosphere Reserve.

Two days from the 2014 Great Waterfront Trail Adventure itinerary

47 km: Brockville

Address: Railway Tunnel on Blockhouse Island Road

Map: [map 6-11](#)

The Armagh S. Price Park is a place to escape and relax during your visit to Brockville. At the end of Broad Street directly south of the War Memorial you can enjoy the greenery in the centre of Brockville; visit the historic Railway Tunnel; or look out over the mighty St. Lawrence River to Morris Town New York. You might see one of the huge Lakers travelling up or down the St. Lawrence Seaway. Heading out of Brockville the Trail follows secondary Highway #2. The Trail will go off-road again just east of Morrisburg.

Brockville is a great overnight stop as well, with a variety of hotels and a campsite at the western boundary

67 km: Prescott

Check out the Red George Public House. Named for the War of 1812 hero “Red George” MacDonnell, The Red George Pub was established as a quiet gathering spot with good food. It has quickly become a major gathering spot, with fantastic food, drink and atmosphere. Just to the east you’ll see Prescott emerging new waterfront and the outdoor Shakespeare theatre.

<https://www.prescottpark.org/events>

Address: Fort Wellington National Historic Site
370 Vankoughnet St, Prescott, ON K0E 1T0

Map: [map 7-1](#)

The Battle of the Thousand Islands was fought near the present location of Prescott in August 1760. During the War of 1812, troops stationed at [Fort Wellington](#) crossed the frozen river and burned Ogdensburg in retaliation for an American raid further up the river; the American citizens of Ogdensburg, who were profiting by supplying the British army with food and other necessities, drove out their own American military detachment after the raid so that they could continue doing business with the British army in Prescott.

Tots Time Out: A Tour Director favourite, Fort Wellington is all touch friendly. Visitors can sit on the beds, try on the uniforms, and really experience what life was like for families to live in a Fort in the 1800s.

90 km: Village of Iroquois in South Dundas

Map: [map 7-2](#)

Iroquois and Morrisburg (a community just east of Iroquois) were partially flooded by the creation of the St. Lawrence Seaway in 1958. Unlike the [Lost Villages](#) of Cornwall and Osnabruck Townships, (you'll pass by the Lost Villages Museum tomorrow), the two towns were relocated to higher ground in the same area to make way for what is still considered an amazing engineering feat. There are lots of attractions in the area, including a golf course, [model ship museum](#), Iroquois Locks, and [Prehistoric World](#). Iroquois has a popular beach as well, if you wish to take a swim in the mighty St. Lawrence.

Two days from the 2014 Great Waterfront Trail Adventure itinerary