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DAY 04 – WED, AUGUST 1, 2018

Kingston to Brockville: 83km

Howe About a Cruise?

TERRAIN NOTES

Today's ride features some hills – starting as soon as you leave Kingston. Be prepared for steeper rolling hills between Kingston and Gananoque with gentler rollers between Gananoque and Brockville.

Breakfast – Leonard Hall, Queens University – 7:30am to 8:30am [Point 1, Map1]:
150 Queen's Crescent Kingston, K7L2T2

Please note today's later breakfast start time.

- Bikes should be left in room during breakfast.
- Don't forget to return your room key to the Front Desk before departing for your ride – there will be a charge for unreturned room keys.

Luggage: Luggage truck departs at 8:30am. Please load your luggage before you depart for breakfast. All luggage should be loaded by 8:00 am at the latest.

17km – Optional Route – Howe Island [Point 2, Map 4]:
County Rd 2 & Howe Island Ferry Rd / Joyceville Rd intersection

Those looking for a new Great Lakes Waterfront Trail experience with more lovely views of the St. Lawrence can head south to Howe Island. New in July, 2018!

Note:

- The Howe Island route adds 9km to your travel day.
- The route is linear and requires 2 ferries to complete. There is a fee for each ferry. Cash only.

29 km — Rest Stop and Shuttle – Gananoque & Thousand Islands Visitor Centre – 9:45 to 11am [Point 3, Map 5]:

10 King St E, Gananoque.

- Shuttle vehicles will be on hand to pick up any purchases.
- Shuttle departs at 11am.

Park your bike and take the opportunity to explore beautiful, historic downtown Gananoque. Coffee lovers will enjoy a visit to the nearby Laverne's (formerly Socialist Pig) – a unique coffee shop and restaurant.

The Gananoque Brewing company opens at 11am in the summer- if you wish to purchase beer our shuttle vans will be on hand for pick up and delivery to the campground or hotel.

St. Lawrence Waterfront Trail - New Terminus!
Leaving Gananoque you quickly join the St. Lawrence Waterfront Trail: 37km of amazing separated bike path which takes you almost all the way into Brockville.

The Ministry of Transportation just finished work to extend the Trail to the bike lanes on HWY 2 eliminating a hazardous crossing of the parkway. This is an exciting improvement to this wonderful facility.

56km – Rest Stop/ Lunch stop/ Optional Thousand Islands Cruise/ GWTA shuttle – Rockport – 10:30am to 1pm [Point 4, Map 6]
2 Front St Rockport, ON K0E 1R0

Follow the signs off the St. Lawrence Bikeway and across the road to the charming little village of

Rockport in the Township of Leeds and Thousand Islands.

- Bike Corral hosted by the Township in the parking lot for the Angelican Church of Landsdowne
- Optional Cruise: Rockport Boat Lines are offering a 1 hour long 1,000 Islands Cruise and lunch special to GWTA riders.
- Shuttle departs at 1:15pm from Rockport for Brockville.

Heart of The Island Cruises run at 11am and 12 noon – we recommend booking for the 12 noon cruise.

Reservations should be made in advance: The special rate for the cruise is \$30.00 (Cruise \$18 and Lunch \$12) please pay on arrival on August 1st at designated window at the ticket booth. When reserving please use #GWTA2018 in "Additional Information" as the group code. Any dietary restrictions, such as gluten free or vegetarian/vegan should also be listed there.

The boxed lunch will consist of a sandwich, drink (juice/other than water), apple and cookie/treat and will also be available to purchase for non-cruising riders.

Sandwich options:

- Ham or Ham & Cheese on whole wheat or gluten-free bread
- Vegetarian/Vegan option: Baby Spinach, Black Beans, Corn, Tomatoes, Peppers & Cilantro on a soft Tortilla

Over 100 seats are available on the cruise but bikes must be left on shore in designated bike parking area – please bring your lock!

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Rockport attractions: There is also a restaurant, pub, hot dog cart, two general stores, ice cream and art galleries to entertain those who just want to pass through. We recommend that the village is walked for safety.

83km – Campground / Overnight - St.

Lawrence Park [Map 8]:

St. Lawrence Park, 525 King St W, Brockville, ON

- Please note that Comfy Campers will not be open until 3pm.
- A school bus shuttle will be running between St. Lawrence Park (campground), Brockville downtown [Point 5] and the Super 8 Motel
- First shuttle leaves St. Lawrence Park at 5:30pm, downtown Brockville [Point 5] at 5:45pm, Super 8 Motel at 6pm
- Last shuttle leaves St. Lawrence Park at 9:15pm (for Brockville dinner kayakers returning to hotel)

Hotel: Super 8 Hotel, 1843 Highway 2 East, K6V 5T1 Brockville, Canada (East side of Brockville).

Optional Brockville Dinner Kayak (additional fees apply)

- Start and finish at GWTA campground. St. Lawrence Park, 525 King St W, Brockville, ON, 5pm to 9pm
- Price – \$95.00
- Hotel shuttle from Super 8 Hotel to Campground at 4pm
- Hotel shuttle at end of the trip back to Super 8 Hotel (9:15pm)

Please register for the dinner kayak by phone with Thousand Islands Kayaking at 613-329-6265; full payment is required to secure the booking. Please book with at least 48 hours notice, to ensure that

the trip is properly staffed. Please mention the Great Waterfront Trail Adventure to receive the special pricing of \$95 per person.

What's Included:

- Sea kayaks
- All kayaking equipment (PFDs, pumps, ropes, drybags, wind breakers)
- Guides (on water, and on-land instruction, stories of the local ecology and islands)
- Dinner
- Storage facility at Brockville, if anyone wishes to leave anything behind
- Free photos: our guides will actively be taking photos throughout the tour, and we will send these photos via emails provided the following day).

GWTA 2018 Route Available on Ride with GPS

Download the GWTA 2018 route! Visit

www.ridewithgps.com → Find → Keyword: GWTA 2018

CAA Mobile Bike Assist - Download the App.

CAA's support goes beyond the incredible Mobile Bike Assist and Shuttle Services.

Many thanks to our partners:

CAA

RTO9

Frontenac County

Municipality of Frontenac Islands

Township of Leeds and the Thousand Islands

ABOUT THE GWTA - Honorary Tour Director & Ambassadors.

Every year we invite politicians and community leaders to join the GWTA as ambassadors. They meet mayors and councilors along the route to celebrate the 140+ community partnership that makes the Trail possible.

2016 Honorary Tour Director and Ambassadors

Steve Parish, Mayor of the Town of Ajax
Joanne Dies, Town of Ajax Councillor
Bev MacDougall, City of Sarnia Councillor
Peter Delanty, Retired Mayor of Cobourg
David Henderson, Mayor of the City of Brockville
Diane Freeman, City of Waterloo Councillor
Cindy Hillaby, CAA SCO
Stephanie Woodworth, Waterlution/TRCA
Keith Laushway, Chair, Waterfront Regeneration Trust

About the Charity

The **Waterfront Regeneration Trust's** mission is to **Protect, Connect and Celebrate** the earth's largest group of freshwater lakes by creating **the Great Lakes Waterfront Trail**. We envision a Trail that is an integral part of each ecosystem it connects, that contributes to the ecology, economy, heritage and well-being of every community that participates, and that serves as the first step towards a regenerated Great Lakes waterfront