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DAY 05 – THURS, AUGUST 2, 2018

Brockville to Cornwall: 110km

If We Told You There Was a Spa at the End...

CAMPERS

Luggage: The luggage truck departs at 8:30am. Please make sure that your luggage is on the luggage truck before leaving for breakfast.

Breakfast & Shuttle Point - Brockville Country Club – Main Dining Room – 7am to 8:30am
[Point 1, Map 1]:
1548 King Street West, Brockville, Ontario K6V 5T7

Located just 650m to the west of the Campground on King St. (turn left from the campground parking lot).

Scoot Ahead Shuttle

- Departs Brockville Golf and Country Club 8:15 am
- Drop off: Prescott (21km)

HOTEL GUESTS

Luggage: Hotel Luggage drop off 7 to 7:30am. The van carrying your luggage will be parked outside the front lobby (near to breakfast). Bring your luggage to the van and make sure David has checked off your name.

Breakfast & Shuttle Point: The Super 8 is serving breakfast in its dining room from 6 to 9:30 am.

Scoot Ahead Shuttle

- Departs Super 8 Motel 8:30am approx.
- Drop off: Prescott (21km)

17 km - Recommended Stop – The Blue

Church [Point 2, Map 2]:
Meyers Point/County Rd 31 and County Rd 2 (the Trail)

- Located on the North side (left) of the Trail.

History buffs may want to take a moment to visit this quaint church built in 1845. Its doors are always open to offer visitors a lovely moment for reflection. The headstones in the cemetery provide a glimpse into the lives of early settlers.

21km - Water Stop and Shuttle Drop Off – RiverWalk Park – 8:30 to 10am [Point 3, Map 2]:
100 Centre Street

RiverWalk Park is the Town's newest park. It is home to an outdoor amphitheatre where the St. Lawrence Shakespeare Festival is held. The heritage Lighthouse sells ice cream.

Leaving Prescott, we'll pass nearby [Fort Wellington](#), built during the War of 1812 to defend the St. Lawrence River shipping route from attack by the United States.

37.5km – Water Stop – Cenotaph Park, Cardinal – 9:30 to 11am

[Point 4, Map 3]:
On County Rd 2, just west of Bridge Street

- Public washroom available in the mall.

The Township of Edwardsburgh/Cardinal hosts a water stop at the Cenotaph in the historic industrial Village of Cardinal. Just before the water stop, we pass by the Cardinal Deli where you can grab a great sandwich or an ice cream.

Opened in 1846, the Galop Canal ran 12 km from Iroquois to Cardinal. The canal bisects the Village and allowed ships to bypass three sets of rapids on the St. Lawrence River. The construction of the

Seaway in 1959 eliminated the need for the Canal for shipping. The waterway serves recreational uses, and is popular spot for divers.

48km - Rest Stop – Iroquois Civic Centre –

9:30 to 11:30am [Point 5, Map 3]:
Iroquois Civic Centre, 1 Dundas St., Iroquois, ON

Iroquois and Morrisburg were partially flooded to create the St. Lawrence Seaway in 1958. They were relocated to higher ground whereas nine other villages were inundated. The Lost Villages Museum at the 96 km mark does a great job describing the sacrifice made for this engineering feat.

Northumberland County (Day 2) may have the Apple Route, but the McIntosh Apple was discovered and cultivated in South Dundas near Williamsburg.

62 km – Recommended Stop / Water Stop – Docksyde Ice Cream – 10:30 to Noon [Point 6, Map 4]

1 Lakeshore Dr, Morrisburg, ON K0C 1X0

GWTA support van will be on-hand with water.

Docksyde's is operated by the local Lions service club, which donates proceeds to help many community projects including waterfront regeneration. What better reason to enjoy a generous serving of your favourite ice cream?

If you want to grab a quick lunch here, head north on CR 4 to CR 2 where you will find a Tim Horton's, Subway and Pizza place on the Main Street.

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65 km – Optional Lunch Stop - Crysler Park Marina – 10:30 to Noon [Point 7, Map 4]:
13480 County Road 2, Morrisburg, ON K0C 1X0,

Enjoy a fish and chip lunch on the patio at the Crysler Park Marina (not included).

72km – Recommended Stop – Upper Canada Village [Point 8, Map 5]

79km – Rest Stop & Shuttle Point – Humble Beginnings Brewery – 1:30 to 3pm [Point 9, Map 5]
25 Thorold Ln, Ingleside, ON K0C 1M0

Brand new craft brewery offering tastings. GWTA shuttles will transport all bagged and tagged brewery purchases to the NAV Centre.

- GWTA shuttle leaving for the NAV Centre at 2pm and 3pm
- This plaza also offers a Pizza restaurant and a grocery store.

Public washrooms available north of shuttle point at Ingleside Community Park, 60 Farran Dr.

83km - Long Sault Parkway

The Long Sault Parkway is a series of 11 islands that were created from high points of land left after the flooding of the St. Lawrence River during the construction of the Seaway in the 1950's. In fact, several villages once stood where the river now lies.

Public washrooms available near the eastern terminus of the Long Sault Parkway at Long Sault Community Park, 75 Simcoe St, Long Sault

96km – Recommended Stop - Lost Villages Museum

Located in Ault Park on Fran Laflamme Drive, 3km east of Long Sault, Ontario. The museum site consists of ten heritage buildings, moved and restored to Ault Park from The Lost Villages and surrounding townships by the members of The Lost Villages Historical Society.

110km – Overnight and Celebration BBQ - NAV Centre, Cornwall
1950 Montreal Rd, Cornwall

The **NAV Centre** is Canada's premiere facility for air traffic controllers.

Bikes will be stored overnight in one of the conference rooms. Please follow the signs on campus to bike parking and storage – park your bike before checking in.

Enjoy all the facilities of the NAV Centre:

- Jet Set Pub
- NAV SPA, & NAV FIT complete fitness center including a double size gymnasium and indoor 25 metre pool
- Tennis and pickleball courts
- Football and soccer fields
- Baseball diamond
- Beach Volleyball

Celebration Barbecue – 7pm to 10:30pm

Location: South Patio (behind the NAV Centre dining room)

- Soft drinks provided. A cash bar will be available
- Celebrate your cycling achievements with your fellow riders

GWTA 2018 Route Available on Ride with GPS

Download the GWTA 2018 route! Visit www.ridewithgps.com → 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

Township of Edwardsburgh/Cardinal

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