



2020 Summer of Adventure!

DURHAM WEST

Rouge River to Oshawa Harbour

From the mouth of the Rouge River to Oshawa Harbour is 40 km of scenic Lake Ontario waterfront. Connected with a combination of dedicated trails and quiet neighbourhood roads, this is a great area to begin exploring with your family.

Whether you choose to do a 5-km walk, 20 km or 40 km bike ride you'll enjoy great waterfront views, bluffs, beaches where you can stop to cool off with a dip, many bridges including a cool metal catwalk and Thickson Woods, an old-growth White Pine conservation reserve with a wonderful loop hiking trail.

Terrain

Easy terrain, mostly paved trail with some sections on quiet streets and boardwalk.

Walkers-give yourself 45 to 60 minutes to do 5 km. Recreational cyclists: 10 to 15 km in one hour, since this is a popular trail, cyclists should be prepared to take it slow.

Start and Finish -- here are our suggestions for starting points and stops to take in this section of Trail. Select the distance that suits you.

0 km -- Rouge Hill GO Station (6251 Lawrence Ave. E, Toronto, ON) Just steps away from the Trail located in eastern Toronto. In fact, leave the car at home and take GO to the start.

2 km -- Rouge Beach -- Surprising how many people don't know about Toronto's eastern most beach now part of the Rouge National Urban Park.

3.8 km -- Petticoat Creek Conservation (1100 Whites Rd South Pickering, ON L1V 6K7)—Parking (paid). Pool closed during the pandemic. You know you've arrived as you travel over the stunning high level bridge over Petticoat Creek with wonderful views of the lake and the mouth of the Rouge River.

5.8 km -- Rotary Frenchman's Bay West Park and Beach (939 Beachpoint Promenade, Pickering L1W 2A4)--designated as an Environmentally Sensitive Area and is part of a restoration project led by the TRCA. It is one of the few remaining coastal ecological communities within the Greater Toronto Area. Limited parking here. There is a kilometre-long sandy beach with marram grass and eastern cottonwoods--essential to the protect this sand dune complex. Respect and enjoy.

Frenchman's Bay, Pickering—As the trail winds around Frenchman's Bay, it reaches Bayly Road, which has four-lanes of busy traffic. Trail users including cyclists are permitted to use the sidewalk instead of Bayly Rd. The Trail turns off Bayly at St. Martin's Drive. The length is .8km.

10 km -- Liverpool and Anland, Pickering, just north of Millennium Square. There are chip trucks, restaurants and shops on Liverpool Road near to the lake where you can grab a bite or refreshment. Unfortunately, the incredible waterfront park and boardwalk were destroyed by high lake levels in 2017 and 2019. The City has removed the damaged boardwalk and closed the trail in this area. A detour using quiet streets is marked on maps.

15.6 km — Rotary Park Pavilion (177 Lake Driveway W, Ajax, ON L1S 7J1)—Parking, washrooms. The Duffin's Creek bridge takes you across Duffin's Creek and Wetland and into Ajax's Rotary Park, a gorgeous park set under the shade of trees with stunning views of Lake Ontario. During Covid, the park facilities are closed; portable washrooms are available.

Continuing on the Trail eastward, you reach Lion's Point, which rises 20 metres from the shore. This is the highest elevation on the Ajax waterfront and affords a great view of Lake Ontario's curving shoreline.

17.4 km-- Veteran's Point Garden. Shaped to recall the prow of a battleship, the garden commemorates Ajax's contribution to the Second World War with interpretative plaques.

25.4 km -- Lynde Shores Conservation Area—limited parking. The Trail runs through this popular conservation area. It offers many lovely paths to viewing platforms overlooking the provincially significant wetland or other natural features.

29.6 km -- Rotary Sunrise Lake Park (Water Street, Whitby, Ontario)—Parking washrooms.

30 km -- Kiwanis Heydenshore Park (589 Water St, Whitby, ON L1N 9V9)—Parking and a wonderful **beach**.

33 km -- Thickson Woods-- Watch for the entrance to the hiking path through this last remnant of old-growth white pines on the south side of the Trail. It is a favourite location for birders and an enchanting walk. Once reserved for masts of sailing ships of the British Royal Navy, the towering pines provide a vital resting place for countless migrating songbirds each spring and fall. The forest stands today thanks to handful of naturalists who were determined to protect the stand from logging in 1983.

35.6 km -- Lakefront West Park (1221 Phillip Murray Ave, Oshawa, ON L1J 6Z8) Parking. Washrooms are closed.

40.6 km -- Lakeview Park, Oshawa (near Second Marsh)--55 Lakeview Park Ave. Beach, washrooms are closed during the pandemic. This park is at the heart of the City of Oshawa's waterfront park system. It was donated to the Town by General Motors of Canada in July 1920. The sprawling grounds are offer shade and great lake views.

Located on the west side of the park along the path and at a gazebo overlooking the lake you'll find a plaque commemorating Nelson Mandela's life. Then Oshawa Mayor John Henry said the spot is a place for reflection, where residents can gaze out at the changing lake on cloudy days, dark days and sunny days and think about Mr. Mandela's life and how he experienced cloudy days and dark days as a political prisoner and sunny days in his golden years.

What to bring:

Don't forget your sanitizer, snacks and water as facilities are not fully open.

Download the Printed Maps:

Map 2-14 in this bundle <https://waterfronttrail.org/maps/wt-zone2.pdf>

Maps 3-1 to 3-5 in this bundle <https://waterfronttrail.org/maps/wt-zone3.pdf>

Note on Map 3-1 Cyclists are permitted to use the sidewalk. Bayly Road does not have cycling facilities and high volumes of traffic.

Use our custom interactive Google map to check distances. And points of interest.

<https://waterfronttrail.org/map/interactive-map-2/>