

DAY 01 Trenton

DAY 01

Explore Quinte West

Home of some of the most beautiful landscapes in Eastern Ontario, this picturesque municipality has a lot to offer, from public art, to off-road and multiuse trails, to Front Street's farmer's market.

For today, you can take your pick from our suggested activities, or explore on your own.

Optional Rides and Heritage Attractions

- **Suggested Ride 1 - Self-guided Bike Ride to Brighton (50km round trip, 69km if you add Presqu'ile Provincial Park to your plans)**

Enjoy Brighton's heritage downtown! Check out some of the following lunch recommendations:

- [Lola's Café](#)
- [Harbourview Café](#)
- [Vito's restaurant](#)
- Northumberland Fine Foods
- Memorial Park food truck

Consider grabbing a takeout lunch and heading to the park to enjoy your meal.

Visit the unique shops along Main Street or cycle out to Presqu'ile Provincial Park to enjoy an ice cream.

- **Suggested Ride 2 - Self-guided Bike Ride to Frankford (32km) –** out and back (15.4km each way) along Highway 33 beside the Trent River returning on the unpaved Lower Trent Trail.
- **Suggested Ride 3 - Self-guided Bike Ride to Frankford along RCAF and Glen Miller Rds –** Visit the [Old Bank Café](#) for lunch or ice cream and cool off with a dip in the Trent River at Frankford Tourist Park. You'll find a food truck serving burgers, walking tacos and ice cream from the Park.

Heritage Attractions

- **National Airforce Museum of Canada**
220 RCAF Road, 8 Wing/CFB Trenton
<http://airforcemuseum.ca/eng/> admission adult \$12, senior \$10
- **Quinte Museum of Natural History**
Old Morton-Parker Building, 99 Dufferin Ave, Trenton: adult admission \$8 – Learn about the evolution of the Whale
<https://quintemuseum.ca>

Dinner Recommendations:

- [Tomasso](#)
- [Tiger Chicken and Ribs](#)
- [Thai-Sushi](#)
- Piper Arms at the Ramada Inn

Recommended Trenton Accommodations:

[Travelodge](#)

598 Old Highway 2, Trenton, ON

[Ramada Inn by Wyndham](#)

99 Glen Miller Rd, Trenton, ON K8V 5P8

NOTE: Daily routes will end near various options for accommodation, please make plans to reach your own nightly accommodations accordingly.

Taxis

Driven Taxi: (613) 394-1462

Sidney Courier: (613) 394-1470

Download Paper (pdf) Maps Day 1 to 6:

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5](#)

[Day 6](#)

[Ride With GPS Maps for this Route – Quinte to Quebec \(Route Keyword: GWTA23\)](#)

DAY 02

Quinte West to Kingston: 118–121km Approx.

DAY 02

Centennial Park Amphitheatre

(12 Couch Crescent, Trenton, ON K8V 1G8)
You'll start your day from Centennial Park Amphitheatre, cross the bridge on Dundas St W, and join up with the Millennium Trail.

9km – Decision Point [Map 1]

At Carrying Place, either follow the Great Lakes Waterfront Trail on the paved shoulder of HWY33 (The Loyalist Parkway) or ride the Millennium Trail across Prince Edward County to Picton.

The trails cross each other again in Consecon, Wellington and Bloomfield, allowing you to switch if you so choose.

36km – Wellington [Map 2]

Wellington is a charming little town with many food and beverage options, making for a good rest stop. Washrooms are available in Wellington Park.

47km – Pedego Electric Bikes [Map 3]

Located at 39 Stanley St. Unit C, Bloomfield, this store offers the region's biggest selection of e-bikes.

Public washrooms are available at Mill Pond Park, 17 Brick St (300 m).

47km – Bloomfield [Map 3]

A picture-perfect Prince Edward County small town. Enjoy a delicious ice cream from [Slickers](#) and visit the famous [Bloomfield Bicycle Company](#).

55km – Picton [Map 3]

From the Millennium Trail follow our maps to join Main Street. Washrooms available in the Public Library.

Make sure you stay on Hwy33 to take the hill towards the Glenora Ferry and Lake on the Mountain.

64km – Lake on the Mountain Brewing Company [Map 3]

(11369 Loyalist Parkway, Prince Edward County, Ontario K0K 2T0) This Craft Brewery with Beer Garden opens at noon.

64km – Glenora Ferry [Map 3]

The Glenora Ferry is a free 15-minute ride that runs between Lake on the Mountain and Adolphustown. It departs Glenora every 15 minutes. NOTE: maximum capacity on the ferry is 120 passengers and up to 21 vehicles. As such you may have a short wait for your ferry.

64km – Adolphustown

Follow the Great Lakes Waterfront Trail along HW33 through Adolphustown.

73km – Bergeron Estate Winery [Map 4]

(9656 Loyalist Parkway, Bath, ON K0H)
This winery is a perfect lunch stop offering home baked pizza and wine.

78km – Loyalist Trading Company [Map 4]

(8682 Loyalist Parkway, Bath, ON K0H1G0)
Look out for the goats on the roof at the Loyalist Trading Co. Stop in for an ice cream, baked goods, or coffee.

92km – Bath [Map 4]

Bath offers a variety of places to stop for a snack or lunch. We recommend:

- [Lodge Coffee House](#)
- [MacKinnon Brothers Brewing Company](#)
- [The Beachside BBQ](#)
- [Welborne Commons](#)
- [Mike's Pizza and More](#)
- Fryway 33

Other attractions include the Lakeside Studio Gallery, the Anderwood Studio, Janassen Lifestyle, and the Bath Museum.

Kayakomat is a self-serve rental system offering kayak and stand-up paddle board (SUP) rentals at Centennial Park South.

118km – Queens University

Recommended Kingston Accommodations:

[Holiday Inn Kingston](#)
2 Princess St, Kingston, ON K7L 1A2

Dinner Recommendations:

- [Wooden Heads Gourmet Pizza](#)
- [Chez Piggy](#)
- [Kingston Brewery Company](#)

Taxis

Modern City Taxi: (613) 817-9537
Amey's Greenwood Taxi Ltd: (613) 546-1111

DAY 03

Choose Your Kingston Adventure: up to 77km Approx.

DAY 03

Today you'll stay in Kingston to explore the area by bike, foot, or water. Our suggested options:

OPTION 1

Frontenac K&P Trail from Kingston City Centre to Sydenham and Back

- 77km ride with lunch stop and bakery at the turnaround in Sydenham.
- Bring your swimsuit and enjoy the Sydenham Beach.
- Visit Trousdale's – the oldest general store in Canada.

OPTION 2

Ride to Wolfe Island and Back

- Up to 40km of Great Lakes Waterfront Trail on mainly gravel roads.
- Visit the beach for a swim.

Wolfe Island – Ferry Dock [Map 1]

(295 Ontario Street, Kingston Ontario)

- The free Wolfe Island Ferry travels from the Kingston Dock to the Dawson Point Dock every hour from 6 to 10am, and less frequently over lunchtime. [See Schedule Here.](#)

The ferry drops you off about 4 km from Marysville, a great place for lunch.

- Wolfe Island Pub and Pizzeria
- Wolfe Island Bakery
- The Hotel on Wolfe Island restaurant
- Wolfe Island Gallery in the Townhall
- Fishtail Shop

OPTION 3

Kingston Heritage Options

*May require booking in advance

- **Kingston Penitentiary – \$23.12**
(560 King St. West.)
45-minute guided tour offering an introductory experience of Kingston Penitentiary.
- **Fort Henry Historic Site – \$20**
(1 Fort Henry Drive.)
Enter the realm of 19th century military life, experience guided tours, scenic views, musical performances, and military demos by the Fort Henry Guard.
- **Explore Kingston**
Explore Kingston's heritage waterfront and downtown, where you will also find some incredible places to eat.
- **Gord Edgar Downie Pier**
Visit [Breakwater Park and the Gord Edgar Downie Pier](#), Canada's first deep-water urban swimming pier. The City of Kingston's restoration of the park includes a sandy beach, terraced steps into the Lake Ontario and wider path.

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Recommended Kingston Accommodations:

[Holiday Inn Kingston](#)
2 Princess St, Kingston, ON K7L 1A2

Dinner Recommendations:

- [Wooden Heads Gourmet Pizza](#)
- [Chez Piggy](#)
- [Kingston Brewery Company](#)

Tonight is a great opportunity to explore the City of Kingston. Check out the [Kingston City Guide](#) for things to do in town.

Taxis

Modern City Taxi: (613) 817-9537

Amey's Greenwood Taxi Ltd: (613) 546-1111

DAY 04

Kingston to Brockville: 83km

DAY 04

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 flatter terrain between Gananoque and Brockville.

32km – Gananoque [Map 2]

Beautiful, historic downtown Gananoque makes for an excellent rest stop. Coffee lovers will enjoy a visit to [Laverne's](#)—a unique coffee shop and restaurant.

St. Lawrence River Waterfront Trail

Leaving Gananoque you quickly join the St. Lawrence/Thousand Island Waterfront Trail: 37km of separated bike path.

54km – Rockport, Suggested Lunch Stop [Map 3]

2 Front St Rockport, ON K0E 1R0
Rockport is located across the road from the trail, on the lakeside of the roadway.

- **Rockport Attractions:**

There is a restaurant, pub, hot dog cart, two general stores, ice cream and art galleries. We recommend that the village is walked for safety.

Between Rockport and the Brockville.

Watch for parks on the **south** side of the road including:

- **64 km Thousands Islands National Park Visitor Centre** (1121 Thousand Islands Pkwy, Mallorytown, ON)
Washrooms are available at the Visitor Centre. There is no charge for cyclists to enter the park.
- **69 km Brown's Bay Beach and Picnic Area** (1259 - 1000 Islands Parkway, Mallorytown)
The park is open even as it undergoes construction for major upgrades. Limited portable washroom facilities and no potable drinking water.
- **72 km MTO Waterfront Trailhead** 1323 Waterfront Trail, Mallorytown, ON K0E 1R0
Public washrooms available.

83km – Campground - St. Lawrence Park [Map 4]

St. Lawrence Park, 525 King St W, Brockville, ON
Stop at one of Brockville's beautiful parks and campground. The campground canteen Café Fiore Brockville offers a menu of great \$5 meals- Italian Sandwich, Sausage on a Bun, homemade mini-quiche, gelato, cannoli, and Italian sodas.

Maps include directions from St. Lawrence Park to the Holiday Inn (using the Brock Trail and Steward Blvd) and the Super 8 (using the Brock Trail and Waterfront Trail). These routes are not included on Ride with GPS.

NOTE: Daily routes end near various options for accommodation, please make plans to reach your own nightly accommodations accordingly.

Recommended Brockville Accommodations:

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

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

Holiday Inn Express
7815 Kent Blvd, Brockville (North end of Brockville)

Dinner Recommendations & Attractions

- [Fat Les Waterfront Patio](#)
- [The Mill Restaurant](#)
- [1000 Islands Restaurant & Pizzeria](#)
- Chuck's Roadhouse Bar & Grill
- [The Brockville Tunnel](#) - a local attraction

Taxis

Executive Taxi: (613) 342-2000
City Taxi: (613) 345-5888

DAY 05

Brockville to Cornwall: 105 to 119km approx.

DAY 05

You'll leave Brockville in the morning via Highway 2 E, along the Waterfront Trail.

10km – Maitland Lookout, Augusta [Map 2]

A popular spot to take in the St. Lawrence River.

17km – The Blue Church, Augusta [Map 2]

(Meyers Point/County Rd 31 and County Rd 2. Located on the North side (left) of the Trail.) This quaint church built in 1845 always has its doors open to visitors.

22km – Prescott, Suggested Rest Stop [Map 2]

- [Katarina's Coffee Shop](#) (Winner of an Ontario By Bike bike-friendly business award)
- [Outpost Cafe](#)

Leaving Prescott, we'll pass nearby [Fort Wellington](#).

37km – Cardinal Waterfront Park Suggested Stop [Map 2]

(105 Legion Way.)

Take a quick ride on the paved path following the waterfront, where you can see the top of the Conestoga shipwreck protruding from the water.

48km – Iroquois Beach, South Dundas [Map 2]

Public washrooms at Iroquois beach, ~0.5 km off the Trail, and at the Tim Hortons in the plaza on Elizabeth Dr. S.

62 km – Docksyde Ice Cream [Map 3]

(1 Lakeshore Dr, Morrisburg, ON K0C 1X0) For a quick lunch, head north on CR 4 to CR 2 to visit a Tim Horton's, Subway, or Pizza place on the Main Street.

74km –Upper Canada Village [Map 3]

Washrooms and a water fountain are available at the front entrance to the Village. Where the trail uses the operations road, please ride with caution.

84km – Humble Beginnings Brewery [Map 3]

25 Thorold Ln, Ingleside, ON K0C 1M0

- Craft brewery
- Pizza restaurant and a grocery store.
- [Ingleside Bakery & Gourmet Food](#)
- Public washrooms available at Ingleside Community Park, 60 Farran Dr.

83km – Long Sault Parkway

A series of 11 islands left after the flooding of the St. Lawrence River in the 1950s.

Washrooms available by the eastern terminus of the Long Sault Parkway at Long Sault Community Park, 75 Simcoe St, Long Sault.

100km – Lost Villages Museum [Map 3]

Located in Ault Park on Fran Laflamme Drive, 3km east of Long Sault, Ontario.

105km – Best Western Parkway Hotel

Continue along Vincent Massey Drive towards your hotel.

Camping at the Conservation Area – Turn south on Power Dam Drive and continue along the Cornwall Waterfront Trail passing Lamoreaux Park.

119km – Gray's Creek Conservation Area

Recommended Cornwall Accommodations:

Best Western Parkway

1515 Vincent Massey Drive, Cornwall, ON K6H 5R6

Camping at Gray's Creek Conservation Area

6589 Boundary Road, South Glengarry.

Dinner Recommendations:

Camping

We recommend the following on Pitt Street:

- Carrots 'n Dates - vegan restaurant
- Schnitzels European Flavours
- ESCA Gourmet Pizza
- Lola's Pub and Grub

Best Western

- Hops & Barley – in the hotel
- Winners Sports Bar – in the hotel
- Boston Pizza
- East Side Mario's
- Casa Palo - Fine Dining - reservations recommended [\(613\) 938-3706](tel:6139383706)

Taxis

Choice Taxis of Cornwall: (613) 938-8899

Tip Top Taxi: (613) 932-2727

DAY 06

Cheese 'n Crankers Loop with Optional Extension to the Quebec Border: 50–80km

DAY 06

Today's route starts and ends at the Gray's Creek Conservation Area. If you are beginning your ride from one of our suggested hotels, follow the Pipeline Trail from the Eastern side of Brookdale Ave opposite the Best Western Hotel—this will lead you to Industrial Park Dr and Boundary Rd to Gray's Creek Conservation Area.

3km – Sheep's Head Bistro [Map 2]

(18299 County Road 2, Cornwall, On K6H 5R5)

This restaurant is a local favourite. It's too early for lunch but worth considering after finishing your loop or on another visit to the area. Reservations recommended.

4km – Blue Anchor Restaurant [Map 2]

(18396 Stormont, Dundas and Glengarry County Rd, Cornwall)

Another option for lunch to return to after finishing your loop or on another visit. Reservations recommended.

18km –Cooper Marsh Conservation Area [Map 2]

Take a short walk out to the visitor centre to view the gorgeous wetlands and learn about the Cooper Marsh Biodiversity Project. Public washroom available.

22 km – Lancaster [Map 2]

You'll find a Tim Hortons, Subway, and Dairy Queen just south of the highway.

DECISION POINT

OPTION 1

Completing the Cheese'n Crankers Loop

- Head north, where you will find the Bordeau Perch restaurant, Loretta's chip wagon and Sheehans Pub and Pizza.
- Turn left onto Pine Street to continue the Cheese'n Crankers Loop. Note that the Glengarry Fine Cheese store is closed on Sunday.

34km – Portapotty Available at Summerstown Forest [Map 2]

49km – Gray's Creek Conservation Area

End of the Cheese 'n Crankers loop.

OPTION 2

Head to the Quebec Border

- Continue east along the Great Lakes Waterfront Trail at Lancaster for another 14 km.

25 km Glengarry Park [Map 2]

(20800 South Service Road, Lancaster)

Public washrooms and lovely beach view available. Note: There are no public washrooms at the border.

36 km – South Glengarry Trailhead and Official Start of the Waterfront Trail [Map 2]

(22208 Stormont, Dundas and Glengarry County Road 2, Bainsville)

Suggested Cornwall Activity: The Historic SDG Jail—Self-guided Tour

(11 Water Street West, Cornwall, ON)
The Historic SDG Jail was constructed in 1833 and was active until 2002.

Dinner Recommendations:

Camping

We recommend the following on Pitt Street:

- Carrots 'n Dates - vegan restaurant
- Schnitzels European Flavours
- ESCA Gourmet Pizza
- Lola's Pub and Grub

Best Western

- Hops & Barley – in the hotel
- Winners Sports Bar – in the hotel
- Boston Pizza
- East Side Mario's
- Casa Palo - Fine Dining - reservations recommended [\(613\) 938-3706](tel:6139383706)

Taxis

Choice Taxis of Cornwall: (613) 938-8899

Tip Top Taxi: (613) 932-2727

Congratulations on completing 520km of cycling!

92% of GWTA 2023 riders rated this route as a great cycling experience.



Let us know what you think!
Email info@wrtust.com