

**FRONTENAC**

[www.frontenacounty.ca](http://www.frontenacounty.ca)

**KINGSTON**

[www.cityofkingston.ca](http://www.cityofkingston.ca)

- Length of this segment: 21km
- Cross Slope: Maximum 2%, Average 1%
- Running Slope: Maximum <4%, Average 2%, Steep >4%
- Trail width: Minimum 1.5m, Average 3m
- View
- Tunnel
- Bench
- Parking
- Access Point
- Old Railway Station
- 0 km marker
- km 0 = Confederation Park



FRONTENAC

K&P trail



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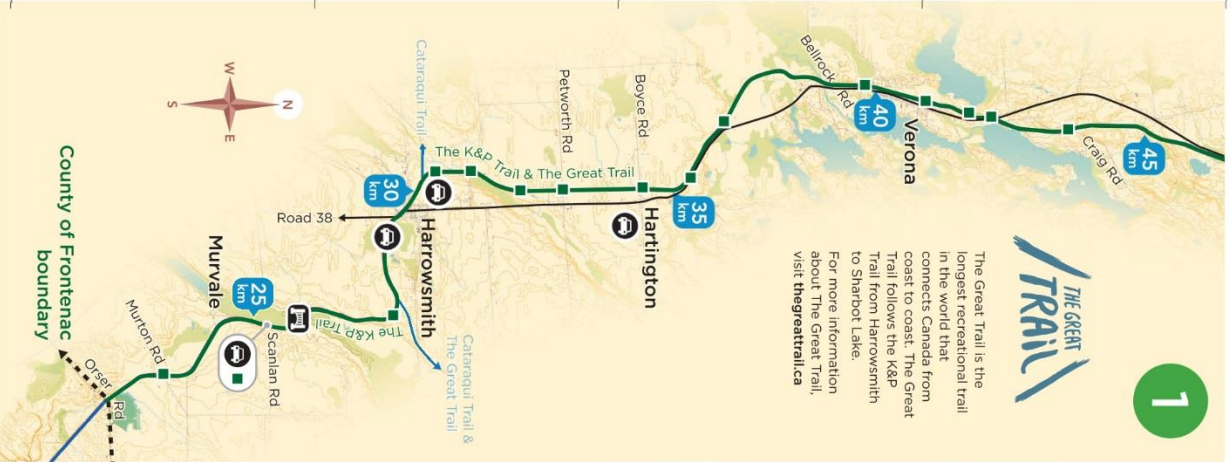
- Parking
  - 0 km = Kingston  
km 78 = Sharbot Lake
  - Railway Crossing
  - Bridge
  - Gate
  - Trail Rest Stop
- [www.frontenaccounty.ca](http://www.frontenaccounty.ca)

- Length of this segment: 55km
- Surface type: Gravel
- Running Slope: Maximum <5%  
Average 2%  
Steep >5%
- Cross Slope: Average <1%
- Trail width: Minimum 1.5m,  
Average 3m

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THE GREAT TRAIL

The Great Trail is the longest recreational trail in the world that connects Canada from coast to coast. The Great Trail follows the K&P Trail from Harrowsmith to Sharbot Lake. For more information about The Great Trail, visit [thegreattrail.ca](http://thegreattrail.ca)



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No ATVs permitted on K&P Trail south of Craig Road



ATVs Permitted on K&P Trail north of Craig Road

