



ONTARIO BY BIKE RIDE AUGUST 2019

1000 Islands St. Lawrence River Ride



What You Need to Know THE ESSENTIALS

Total Ride Distance: 158km

Suggested Ride Time: 3 days, 2 nights

Experience Level: Moderate

Route Surfaces: Mixed including on-road, some with paved shoulders, off-road paved trails and approximately 5km off-road unpaved, hard packed limestone surface.

Suggested Ride Start Location & Parking:

- No overnight parking allowed at municipal lots. Contact [Travel 1000 Islands](#) for further suggestions based on availability and options at the time of your trip.
- Overnight accommodations prior to start, with permission

Suggested Ride Finish Location (Owen Sound): Cornwall Civic Complex, 100 Water St E, Cornwall, ON K6H 6G4, in Lamoureux Park.

Getting back to Start: This is not a looped itinerary. Ride back along route or organize transportation back to start with ride partners or local taxi/bus companies or take VIA Rail train with baggage service, Cornwall to Kingston (see end of itinerary for more details).

Your Bike: Ensure you arrive to start with a bicycle in good working order, appropriate outerwear for conditions, and refreshments should you need them before. Helmets are strongly recommended. There are limited bike shops, should you require any major repairs or supplies.

Digital Route Maps: This route and ride itinerary was compiled for the August 2019 Ontario By Bike Ride, a small group tour and has been made available to share with individuals and groups that may be interested in the same ride.

- **Full Route - Gananoque to Cornwall** – www.ridewithgps.com/routes/18910907
- **Day 2 – Brockville to Morrisburg** - www.ridewithgps.com/routes/23579192
- **Day 3 – Morrisburg to Cornwall** – www.ridewithgps.com/routes/23579340

Print Maps for Download:

- **Gananoque to Brockville** - www.waterfronttrail.org/maps/wt-zone6.pdf
- **Brockville to Cornwall** - www.waterfronttrail.org/maps/wt-zone7.pdf

Suggested Overnight Accommodations:

[Super 8 Brockville](#) - 1843 Highway 2 East, Brockville / (613) 345-1622

[MacIntosh Country Inn](#) -12495 Highway 2 East, Morrisburg / 1(888) 229-2850

For more Ontario By Bike Certified Bicycle Friendly Businesses in the area and across The Great Waterway: [View Here](#)

***Disclaimer** – This route is a suggested route only. The route incorporates both multi-use trail and on-road riding. All cyclists are responsible for their own safety, must use both trails and streets with caution and do so at their own risk. Always wear the proper safety gear when cycling, ride sensibly and abide by all laws. Each route should be evaluated by each individual cyclist based on their level of experience, comfort level in cycling on trails and roads, weather conditions, time of day, and any road obstacles. Ontario By Bike / Transportation Options and all others involved in the development of this route do not assume any liability whatsoever for cyclists using this information and travelling upon this route.*

Day 1: Ganonoque to Brockville (55km)

Day 1 Ride Recommendation:

- Metro Grocery is located at 333 King St E, a good location to pick up last minutes supplies. Public washrooms available in Metro.

Ride Start – Connecting to the 1000 Island Parkway Recreational Bike Path:

- Riding out of Ganonoque, take King Street East and merge with 1000 Island Parkway.
- Using caution, cross over to the north side of the roadway to connect to the bike path.

~ 19km – Morning Rest Stop – Rockport

- Take detour into pretty village of Rockport, public restrooms available, and refreshments available for purchase.

~ 30km – Lunch Stop – Mallorytown Landing in Thousand Islands National Park (Visitor Centre), 1088 Thousand Islands Parkway

- Pack a picnic and enjoy eating lunch on the breezy banks of the St. Lawrence River. Visitors Centre has restrooms, interactive displays and opportunities to learn about local First Nations culture.

~55km Overnight Accommodations in Brockville (See options above and book ahead)

Day 1 Evening Recommendations (See options in Visitor Information below)

Day 2: Brockville to Morrisburg (55km)

Suggested Ride Start Location: Super 8 Brockville, parking lot

~ 16km – Morning Rest Stop – Prescott

- Katarina's Coffee Shop, 513 King St W, at St Lawrence St. Patio and refreshments available for purchase.
- Also visit nearby park Centennial Park for public restrooms.

~ 31km – Lunch Stop – Riverside Park & Parking Lot (15 Legion Way, Cardinal)

- Riding into community of Cardinal, turn right off Hwy 2 onto Dundas Street.
- Pack a picnic and enjoy eating lunch overlooking the St. Lawrence River.
- Public restrooms available on site.

~55km Overnight Accommodations in Morrisburg (See options above and book ahead)

Day 2 Evening Recommendations (See options in Visitor Information below)

Day 3: Morrisburg to Cornwall (47km)

Suggested Ride Start Location: McIntosh Country Inn, parking lot

~ 10km – Morning Rest Stop –Crysler Park / Upper Canada Village

- Visit the war and battlefield memorial.
- Plan an hour or more for a visit to Upper Canada Village.

~ 23km – Lunch Stop – Woodlands Beach and Picnic Area (on Long Sault Parkway), 15001 Long Sault Pkwy, Ingleside

- Pack a picnic and enjoy beach and park area on this 10km long parkway and beautiful chain of park islands.
- Public washrooms and all park facilities available.

~ 47km – Cornwall Civic Complex – End Location

- Enjoy shops and attractions in downtown Cornwall or rest in the Lamoureux Park and enjoy the views over the St. Lawrence River.
- The routing brings cyclists directly into Lamoureux Park. The Civic Complex is located at the eastern end of the park.

Getting Back to Start

This is not a looped itinerary and it is suggested to always organize and/or confirm reservation and timing of transportation services prior to departure to ensure availability of services.

Call local taxi companies to arrange pick up time, location and passenger numbers:

Veteran's Blue Line - (613) 932-7311 – Mini-van's available, approximate cost 1-way to Gananoque \$249 incl. tax

Choice Taxi - (613)938-8899 - Mini-van's available, approximate cost 1-way to Gananoque \$263 incl. tax

VIA Rail:

Bike transportation is an option only on trains with baggage car service and to staffed stations. Gananoque station is unstaffed, hence no baggage service. Nearest return station in Kingston, approximately 30km ride from Gananoque start. In addition to passenger travel ticket, bike transportation fee is \$25.

www.viarail.ca/en/bike, 1 888 VIA-RAIL or 1-(888) 842-7245

For larger groups, chartering a bus for bike and rider transportation is an option:

Howard Bus Service, www.howardtravel.ca, (613) 924-2720



Brockville Visitor Information

The first overnight stop is in Brockville located in the famous 1000 Islands area. With a thriving downtown along the St. Lawrence River, the city features Canada's first railway tunnel - now a unique pedestrian tunnel with a million dollar light and sound show.



For additional information in the area visit:

- The Great Waterway – thegreatwaterway.com
- Ganonoque - travel1000islands.ca
- Brockville – brockvilletourism.com & downtownbrockville.com
- St. Lawrence Parks - stlawrenceparks.com
- Cornwall - cornwalltourism.com

For additional cycling info and certified bicycle friendly businesses visit www.ontariobybike.ca/thegreatwaterway

WHAT TO DO:

Downtown Brockville – Visit the shops and cafes strung along King Street East in downtown Brockville.

Brockville Waterfront – Ride your bike out Blockhouse Island Parkway for waterfront park on St Lawrence River, and visit the nearby Railway Tunnel.

Location: 1 Water St W, Brockville

Brockville Railway Tunnel – Canada's first Railway tunnel was built in 1860. In 2017 a state-of-the-art light and music show was added to highlight the Tunnel's architecture and geology. The Tunnel is part of the city's Brock Trail recreational pathway and admission is free. More information [HERE](#).

Aquatarium – Open until 5:00pm, the Aquatarium is a 27,000+ square foot climate-controlled aquarium and discovery centre on the shores of the St. Lawrence River!

Location: 6 Broad St, Brockville

Telephone: (613) 342-6789

Fulford Place – Located between downtown and Super 8 accommodations and open until 5pm, the \$6 admission charge is worth the look inside this 20,000 square-foot Edwardian mansion with priceless artifacts and extensively restored gardens designed by the Olmsted brothers of NYC Central Park fame. Originally built by patent holder of "Pink Pills for Pale People" medicine, it is now an Ontario Heritage Trust building. Link [HERE](#) for more information.

Location: 287 King Street East, Brockville

WHERE TO EAT (Brockville): Note: More local retail and food services are located in Brockville. For more information visit: downtownbrockville.com

The Brockberry – www.brockberry.com

Take out only. Sit and eat on the patio! Fresh cooked & gluten-free options. Licensed.
Location: 64 King St. East, Brockville **Telephone:** (613) 498-2829

The Mill - www.themillrestaurant.ca

Situated in historic old Grist Mill, serving Italian style food.
Location: 123 Water Street West, Brockville **Telephone:** (613) 345 7098

Buds on the Bay - www.budsonthebay.com

Traditional pub foods and more with large patio overlooking the St. Lawrence River.
Location: 17 Broad Street, Brockville **Telephone:** (613) 345-4341

Buell Street Bistro - www.buellstreetbistro.com

Located in an old stone building, large courtyard patio, serves Mediterranean cuisine.
Location: 27 Buell St, Brockville **Telephone:** (613) 345-2623

Brimstone Wood Fired Pizza – www.brimstonewoodfiredpizza.com

A local favourite with some unique flavours, like the nacho pizza.
Location: 15 Broad Street, Brockville **Telephone:** 613-345-4000

Fat Les Waterfront Patio - <https://www.facebook.com/pg/30blockhouseisland/about/>

Enjoy a fresh meal outside on Blockhouse Island. Ice Cream too! Licensed.
Location: 30 Blockhouse Island Pkwy **Telephone:** 613- 498-3000

Moose McGuires Pub & Grill - <https://www.facebook.com/MooseMcGuiresBrockville/>

Open 11 a.m. til late, with a laid-back atmosphere and inviting pub menu
Location: 6 Broad Street, Brockville **Telephone:** 613-345-5050

O'Mally Kourt Fudgery

One of three designated bike welcome centres in Brockville, meaning access to washrooms, rest areas and water for cyclists. Also famous fresh fudge made in store, baked goods, ice cream, local foods and artwork.

Location: 55 King Street West, Brockville **Telephone:** (226) 662-6000

Tandoori Mint - www.tandoorimint.ca

Authentic Indian Cuisine, freshly cooked daily
Location: 48 King St.E Brockville **Telephone:** 613-865-7518

BIKE SHOP (Brockville):

Cranks Bicycle Shoppe – Open until 4:00pm on Saturday

Location: 81 King Street West, Brockville **Telephone:** (613) 342-7666
www.cranksbicycleshoppe.wixsite.com/cranks

Morrisburg and Cornwall Visitor Information

For visitor information, visit:

- The Great Waterway – thegreatwaterway.com
- St. Lawrence Parks - stlawrenceparks.com
- Cornwall - cornwalltourism.com

For additional cycling info and certified bicycle friendly businesses visit

www.ontariobybike.ca/thegreatwaterway

Morrisburg

Second recommended overnight stop is in Morrisburg, a town rich in history and surrounded by beautiful countryside and bordered by the St. Lawrence River.

WHAT TO DO:

Upper Canada Playhouse – August 6 show at 2:00pm - This Theater has a resident company that specializes in comedies, musicals & holiday shows.

Location: 12320 County Rd 2, Morrisburg

Telephone: (613) 543-3713

Morrisburg Waterfront – Relax and go for a swim in the St. Lawrence at Morrisburg's parklands and waterfront

Location: 52 Canada Way, Morrisburg

WHERE TO EAT (Morrisburg):

Orchard Restaurant - www.mcintoshcountryinn.com/the-inn/dining

Traditional foods and flavours as well as some more exotic options. Casual dining.

Location: McIntosh Country Inn and Conference Centre **Telephone:** (888) 229-2850

Mac's Tavern - www.mcintoshcountryinn.com/the-inn/dining

Relaxing environment with tasty pub fare

Location: McIntosh Country Inn and Conference Centre **Telephone:** (888) 229-2850

There are a variety of other restaurants, including chain and fast-food locations, located in downtown Morrisburg.

Cornwall & Nearby

Final destination for this tour is in Cornwall, with the largest waterfront park in Eastern Ontario and combining small town warmth with big city services.

WHAT TO DO:

Lost Villages Museum

Located just east of Long Sault Park, 34km into day's ride, don't miss stopping at this fascinating free museum with information and displays on the villages that were relocated and covered by water in the 1950's to expand the St. Lawrence Seaway and hydro electric project.

www.lostvillages.ca

Location: 16361 Fran Laflamme Dr, Long Sault

Historic Self-Guided Walking Tour of Cornwall

Three separate tours each beginning in Lamoureux Park and features three distinct historic areas of the city.

Link to Tour Map – www.cornwalltourism.com/explore/cornwall-historic-walking-tour

Lamoureux Park

This large park runs along the shoreline of the St. Lawrence River in the Downtown area of Cornwall and is a great place to relax at the end of the ride watching the river pass by.

WHERE TO EAT (Cornwall):

Truffles Burger Bar – <http://www.trufflesburgerbar.com/>

Cornwall's number one Burger Restaurant offers vegetarian and gluten free options as well.

Location: 155 Pitt St, Cornwall

Telephone: +1 613-933-9112

Love Love Food – www.lovelovefood.com

Café, Bistro and Bakery in downtown Cornwall

Location: 15 1/2 Second Street East, Cornwall

Telephone: (613) 935-3662

The Grind Cafe & Wine Bar - www.facebook.com/the grind cornwall

Location: 35 Second St E, Cornwall

Telephone: (613) 938-3849

In addition to the options above, a larger variety of local retail and food services are located in Cornwall and depending on budget or preference may be suited for guests. For more information visit www.cornwalltourism.com



ENJOY THE RIDE

