



# ONTARIO BY BIKE RIDE JUNE 2020

## 1000 Islands St. Lawrence River Ride

### Amended Itinerary: Loops & Out & Back



#### What You Need to Know THE ESSENTIALS

**Total Ride Distance:** 147km trail out and back (to 175km if looped routes chosen)

**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.

**Ride Start Location & Parking:** Brockville. Overnight accommodations or municipal parking lots.

**Ride Finish Location & Parking:** Morrisburg. Overnight accommodations or municipal parking lots.

**Transportation:** You will need to use your personal vehicle for transportation for:

- Getting to start day 1 in Brockville
- Getting to start day 2 in Morrisburg

**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.

**2020 Itinerary & COVID-19 Updates:** The itinerary was amended to create looped daily rides, rather than end to end which is also available [HERE](#). While trails remain open it is suggested that before you go you check local and provincial travel advisories and websites to ensure you have current information. Some businesses and attractions suggested, may have varied hours or be in different stages of re-opening, again check the linked websites for each location and any updates. Some on trail facilities, including washrooms, may not be open.

**Digital Route Maps:** This route and ride itinerary was compiled for the June 2020 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.

- **Day 1 – Brockville: Out and back or Loop** - Trail Option - [www.ridewithgps.com/routes/32611309](http://www.ridewithgps.com/routes/32611309); or Trail & Road Option – [www.ridewithgps.com/routes/32611401](http://www.ridewithgps.com/routes/32611401)
- **Day 2 - Morrisburg: Out and back – East – or Loop** - Trail Option - [www.ridewithgps.com/routes/32611453](http://www.ridewithgps.com/routes/32611453); or Trail & Road Option – [www.ridewithgps.com/routes/32611542](http://www.ridewithgps.com/routes/32611542)

- **Day 3 - Morrisburg: Out and back – West - or Loop - Trail Option -** [www.ridewithgps.com/routes/32611627](http://www.ridewithgps.com/routes/32611627); or Trail & Road Option [www.ridewithgps.com/routes/32611689](http://www.ridewithgps.com/routes/32611689); or Full Trail Option to Brockville, personal vehicle pick-up (see below for more details) [www.ridewithgps.com/routes/32611749](http://www.ridewithgps.com/routes/32611749)
- *Note: Trail option, out and back, distance may be extended if you choose to ride a further trail distance.*

#### Print Maps for Download:

- **Gananoque to Brockville -** [www.waterfronttrail.org/maps/wt-zone6.pdf](http://www.waterfronttrail.org/maps/wt-zone6.pdf)
- **Brockville to Cornwall -** [www.waterfronttrail.org/maps/wt-zone7.pdf](http://www.waterfronttrail.org/maps/wt-zone7.pdf)

#### Overnight Accommodations:

- **Saturday, June 27** – Super 8 Brockville, 1843 Highway 2 East, Brockville / (613) 345-1622 / Link [HERE](#).
- **Sunday, June 28** – The MacIntosh Country Inn, 12495 Highway 2 East, Morrisburg / 1(888)229-2850 / [www.mcintoshcountryinn.com](http://www.mcintoshcountryinn.com)
- **For more Ontario By Bike Certified Bicycle Friendly Businesses in the area and across South Eastern Ontario: View [HERE](#)**

## Day 1: Brockville & West

**Brockville Ride Start Location:** From your overnight accommodation or municipal parking lot. We started from Super 8 Motel, parking lot.

#### **25km – Lunch Stop – Mallorytown Landing in Thousand Islands National Park (Visitor Centre), served between noon and 1pm**

- Follow the Great Lakes Waterfront Trail west out of Brockville.
- Arrive at Thousand Islands National Park (Visitor Centre)
- **Address:** 1088 Thousand Islands Parkway.
- 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, if facilities are open.

#### **Afternoon Options (Pick One)**

##### **A) Brockville: Out and Back – Trail Option (50km)**

- [www.ridewithgps.com/routes/32611309](http://www.ridewithgps.com/routes/32611309)
- Return to Brockville using same route as morning ride. A trail never looks the same from both directions!
- Recommended stops: Browns Bay, park and beach (at 19km or 30km on return); Brockville downtown - railway tunnel, waterfront, Brock Trail, Fulford Place, St Lawrence Park.
- If you are enjoying the ride, extend your km and this trail option, by continuing further west, before returning using same route.

## **B) Brockville: Loop - Trail & Road Option (56km)**

- [www.ridewithgps.com/routes/32611401](http://www.ridewithgps.com/routes/32611401)
- Enjoy the morning trail ride, and loop north for the after lunch route, using quiet country roads, returning to Brockville.

**Overnight Accommodations in Brockville (See options above and book ahead)**

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

## **Day 2: Morrisburg & East**

**Morrisburg Ride Start Location:** From your overnight accommodation or municipal parking lot. We started from The McIntosh Country Inn, parking lot.

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

- Follow the Great Lakes Waterfront Trail east out of Morrisburg.

### **24km – Lunch Stop – Woodlands Beach and Picnic Area (on Long Sault Parkway**

- **Address:** 15001 Long Sault Pkwy, Ingleside
- Picnic here or find your own picnic area on this 10km long parkway and beautiful chain of park islands.

### **Afternoon Options (Pick One)**

#### **A) Morrisburg East: Out and Back – Trail Option (47km)**

- [www.ridewithgps.com/routes/32611453](http://www.ridewithgps.com/routes/32611453)
- Return to Morrisburg using same route as morning ride. A trail never looks the same from both directions!
- Recommended stops: Crysler Park; Upper Canada Village; Bird Sanctuary trails and lookouts; explore Long Sault Park and Parkway, ride the park road, enjoy different view spots and beaches; Morrisburg beach.
- If you are enjoying the ride, extend your km and this trail option, by continuing further east to Cornwall, before returning using same route.

#### **B) Morrisburg East: Loop - Trail & Road Option (59km)**

- [www.ridewithgps.com/routes/32611542](http://www.ridewithgps.com/routes/32611542)
- Enjoy the morning trail ride, before returning part way on trail and then looping north for the after lunch route, using quiet country roads, returning to Morrisburg.

**Overnight Accommodations in Brockville (See options above and book ahead)**

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

## Day 3: Morrisburg & West

**Morrisburg Ride Start Location:** From your overnight accommodation or municipal parking lot. We started from The McIntosh Country Inn, parking lot.

### 25km – Lunch Stop – Cardinal Riverside Park

- Follow the Great Lakes Waterfront Trail west out of Morrisburg.
- Riding into community of Cardinal, turn left off Hwy 2 onto Dundas Street, stay right and head towards waterfront.
- **Address:** 15 Legion Way, Cardinal (parking lot of Royal Legion Branch 105).
- Enjoy eating lunch overlooking the St. Lawrence River.
- Public restrooms available on site, if open.

### Afternoon Options (Pick one)

#### A) Morrisburg West: Out and Back – Trail Option (50km)

- [www.ridewithgps.com/routes/32611627](http://www.ridewithgps.com/routes/32611627)
- Return to Morrisburg using same route as morning ride. A trail never looks the same from both directions!
- Recommended stops: Iroquois beach, Iroquois dam & lock station. Views and vistas along the route.
- If you are enjoying the ride, extend your km and this trail option, by continuing further west, before returning using same route.

#### B) Morrisburg West: Loop - Trail & Road Option (56km)

- [www.ridewithgps.com/routes/32611689](http://www.ridewithgps.com/routes/32611689)
- Enjoy the morning trail ride, and loop north after lunch route, using quiet country roads, returning to Morrisburg.

#### C) Morrisburg West to Brockville – Trail 1-Way & Personal Vehicle Pick-Up Option (60km)

- [www.ridewithgps.com/routes/32611749](http://www.ridewithgps.com/routes/32611749)
- After lunch stop continue following trail route west to Brockville
- This route option can only be taken with personal vehicle pick-up (ie. someone in your party drives to Brockville to pick you up. The rider in your party that chooses to do this may do so after other route option completed and vehicle pick-up in Morrisburg, or should they choose to have a rest day).

**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.

## Visitor Information - Brockville

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Brockville is 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.



- Brockville – [www.brockvilletourism.com](http://www.brockvilletourism.com) & [www.downtownbrockville.com](http://www.downtownbrockville.com)
- South Eastern Ontario / The Great Waterway – [www.southeasternontario.ca](http://www.southeasternontario.ca)
- Ganonoque - [www.travel1000islands.ca](http://www.travel1000islands.ca)
- St. Lawrence Parks - [www.stlawrenceparks.com](http://www.stlawrenceparks.com)
- Cornwall - [www.cornwalltourism.com](http://www.cornwalltourism.com)

For additional cycling info and certified bicycle friendly businesses, including accommodations visit [www.ontariobybike.ca/southeasternontario](http://www.ontariobybike.ca/southeasternontario)

**COVID-19 Update:** Please note that due to current restrictions some restaurants/eateries and attraction locations may or may not be open, and hours are subject to change. Check the linked websites for each location and any updates.

### **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. [www.brockvillerrailwaytunnel.com](http://www.brockvillerrailwaytunnel.com)

**Location:** 1 Block House Island Rd, Brockville

**Aquatarium** - The Aquatarium is a 27,000+ square foot climate-controlled aquarium and discovery centre on the shores of the St. Lawrence River! [www.aquatarium.ca](http://www.aquatarium.ca)

**Location:** 6 Broad St, Brockville

**Telephone:** (613) 342-6789

**Fulford Place** - Located just east of downtown, its 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.

[www.heritagetrust.on.ca/en/index.php/properties/fulford-place](http://www.heritagetrust.on.ca/en/index.php/properties/fulford-place)

**Location:** 287 King Street East, Brockville

**Telephone:** (613) 498-3003

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

**1000 Island Brewery** - [www.1000islandsbrewery.ca](http://www.1000islandsbrewery.ca)

Traditional pub food and a variety of craft beers are served at this iconic local brewpub.

**Location:** 65 King Street West, Brockville

**Telephone:** (613) 342-3772

**Buell Street Bistro** - [www.buellstreetbistro.com](http://www.buellstreetbistro.com)

Located in an old stone building, large courtyard patio, serves Mediterranean cuisine.

**Location:** 27 Buell St, Brockville

**Telephone:** (613) 345-2623

**Moose McGuires Pub & Grill** - [www.moosemcguires.ca](http://www.moosemcguires.ca)

Open 11 a.m. til late, with a laid-back atmosphere and inviting pub menu.

**Location:** 6 Broad Street, Brockville

**Telephone:** (613) 345-5050

**Noshery** - [www.facebook.com/stefandkaren](https://www.facebook.com/stefandkaren)

This small locally owned restaurant serves a variety of changing menus made of fresh ingredients from local sources and vendors.

**Location:** 209 King Street West, Brockville

**Telephone:** (613) 498-3000

**1000 Island Pizza** – [www.1000islandspizza.com](http://www.1000islandspizza.com)

Traditional family run pizza place that has been open since the 70's serving quality pizzas with fresh ingredients.

**Location:** 226 King Street West, Brockville

**Telephone:** (613) 345-1103

**Tandoori Mint** - [www.tandoorimint.ca](http://www.tandoorimint.ca)

Authentic Indian Cuisine, freshly cooked daily

**Location:** 48 King St.E Brockville

**Telephone:** (613) 865-7518

**The Mill** - [www.themillrestaurant.ca](http://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](http://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

**O'Mally Kourt Fudgery** - [www.facebook.com/OMally-Kourt-Fudgery](https://www.facebook.com/OMally-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

#### **Fast Food:**

Find an array of fast food chains open for takeout around Hwy 401 interchange on Stewart Blvd.

**Grocery Store:**

The Metro Brockville grocery store offers a variety of pre-cooked dishes and snacks on top of the general groceries selection.

**Location:** 237 King Street West, Brockville

## Visitor Information – Morrisburg

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Morrisburg is a small town set along the waterway in an area rich in history. Once known as Upper Canada, it is surrounded by beautiful countryside all bordered by the St. Lawrence River.



For additional visitor information about the area, visit:

- South Eastern Ontario / The Great Waterway – [www.southeasternontario.ca](http://www.southeasternontario.ca)
- St. Lawrence Parks - [www.stlawrenceparks.com](http://www.stlawrenceparks.com)
- Cornwall - [www.cornwalltourism.com](http://www.cornwalltourism.com)

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### **WHAT TO DO:**

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

**Location:** 52 Canada Way, Morrisburg

**Upper Canada Playhouse** – This Theater has a resident company that specializes in comedies, musicals & holiday shows. [www.uppercanadaplayhouse.com](http://www.uppercanadaplayhouse.com)

**Location:** 12320 County Rd 2, Morrisburg

**Telephone:** (613) 543-3713

**Upper Canada Village** - Is one of the largest living-history sites in Canada. Learn more about life in a rural English Canadian in the 19th century. The Village features over forty historical buildings. [www.uppercanadavillage.com](http://www.uppercanadavillage.com)

**Location:** 13740 County Road 2, Morrisburg

### **WHERE TO EAT (Morrisburg):**

**Macintosh Country Inn Restaurants** - [www.mcintoshcountryinn.com/the-inn/dining](http://www.mcintoshcountryinn.com/the-inn/dining)

- **Orchard Restaurant** - Traditional foods and flavours as well as some more exotic options. Casual dining.

- **Mac`s Tavern** - Relaxing environment with tasty pub fare

**Location:** McIntosh Country Inn

**Telephone:** (888) 229-2850

**Golden City Restaurant** - [www.facebook.com/Golden-City-Restaurant](http://www.facebook.com/Golden-City-Restaurant)

Family owned restaurant offering Szechuan and Cantonese style food options.

**Location:** 39 Main St

**Telephone:** (613) 543-3145

**Pizza Castle** - [www.thepizzacastle.com](http://www.thepizzacastle.com)

This small town business features a variety of different gourmet pizzas.

**Location:** 55 Main St

**Telephone:** (613) 543-0025

**Quesada Burritos & Tacos** - [www.quesada.ca](http://www.quesada.ca)

Mexican chain restaurant serving burritos, tacos and other tex-mex influenced dishes.

**Location:** 123 Main St

**Telephone:** (613) 543-0707

**Milano's** - [www.milanopizza.ca](http://www.milanopizza.ca)

Pizza restaurant with a variety of pizzas, poutine, subs and other classics.

**Location:** 147 Main St

**Telephone:** (613) 643-2222

### **Fast Food:**

There are also a variety of chain and fast-food locations such as McDonalds, Tim Horton, Subway and Pizza Hut located in Morrisburg.

## **Cornwall & Nearby**

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About 50 kilometres east of Morrisburg, the city of Cornwall, with the largest waterfront park in Eastern Ontario combines small town warmth with big city services.



### **WHERE TO EAT (Cornwall):**

**Truffles Burger Bar** – [www.trufflesburgerbar.com](http://www.trufflesburgerbar.com)

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

**Location:** 155 Pitt St, Cornwall

**Telephone:** (613) 933-9112