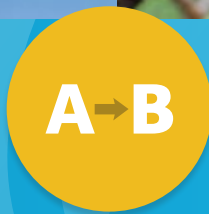


St. Lawrence Seaway

CYCLING ITINERARY



EXPERIENCE RATING
EASY



DISTANCE
96KM (60M)

St. Lawrence Seaway

CYCLING ITINERARY



Cycling route: 96km (60 miles)

Cycling in: South Eastern Ontario, Stormont, Dundas and Glengarry

Number of days cycling: 2

Recommended number of nights stay: 2

Experience rating: easy - leisure and family

This fun leisure ride along the St. Lawrence Seaway and Waterfront Trail makes for an excellent single or multi-day cycling vacation and can start in several locations providing options for shorter ride distances. A great starting point would be Cornwall, cycling your way to Morrisburg for an overnight stay or alternately camping on one of the islands at the Long Sault Parkway Park.

There are numerous points of interest, attractions and beautiful parkland en route so make sure you stop to enjoy. A great first stop on the west side of Cornwall along the Waterfront Trail, is the St. Lawrence Power Development Visitor Centre sharing interesting stories and history of the power project. Upper Canada Village is a reconstructed pioneer village, with over 40 buildings and activities to take visitors back to the 1860s. Nearby, cycle along the quiet trails and through the naturalized setting in the Upper Canada Bird Sanctuary. Sure to pique everyone's interest is The Lost Villages Museum with memorabilia from days gone by. Chrysler Park is a great destination to stop at a beach along the St. Lawrence Seaway for a midday picnic lunch or patio time at the marina. The Cornwall to Morrisburg route is approximately 50km one way, but for a shorter route you can just as easily start in Long Sault which would shorten your trip to Morrisburg to approximately 30km one way.

St. Lawrence Seaway

CYCLING ITINERARY

Logistics

Distance

96km (60 miles)

Roads

- This route takes you along the well signed and cycle friendly Waterfront Trail.
- Primarily paved, off-road.
- Some shared roadways, on park roads or with paved shoulders.
- Flat and smooth.
- Off-road portions, family friendly.

Caution and Notes

- Follow the Waterfront Trail signs from Cornwall to Morrisburg.
- Trail from Cornwall to Long Sault is all off-road paved.
- Shared roadway in Long Sault Park is a park road with very low speed limits and traffic limited to park visitors.
- Trail west of Long Sault Park to Chrysler park is all off-road paved.
- Portion of the off-road trail is unpaved through the Bird Sanctuary.
- Shared roadway from Chrysler Park to Morrisburg can be busy with high volumes of traffic and vehicles travelling at high speeds.

Parking & Transportation

- Cornwall Civic Complex (100 Water Street)
- The Lost Village Ault Park - Long Sault
- Waterfront Park - Morrisburg
- VIA Rail Bike Train service stops at Cornwall

Services

CORNWALL

- Bike Stores: [Bicycle World](#) - sales and service, bike rentals available; [Total Cyclery and Sports](#) - sales and service no rentals; [Kalrim Cycles and Sport](#) - sales and service, bike rentals available
- Accommodations
- Restaurants/cafés
- Food/grocery/convenience stores
- Gas stations
- Public washrooms
- ATM
- Shopping

LONG SAULT

- Accommodations
- Restaurants/cafés
- Convenience stores
- Public washrooms
- ATM

INGLESIDE

- Restaurants/cafés
- Convenience stores
- Public washrooms
- ATM

CRYSLER PARK/UPPER CANADA VILLAGE

- Restaurants/cafés
- Convenience stores
- Public washrooms

MORRISBURG

- Accommodations
- Restaurants/cafés
- Food/grocery/convenience stores
- Public washrooms
- ATM

St. Lawrence Seaway

CYCLING ITINERARY

Directions



Follow the Waterfront Trail signs

A

0km

Start at Cornwall Civic Complex



Join the Waterfront Trail behind the Cornwall Civic Complex and bike west

B

5.25km

St. Lawrence Power Development Visitor Centre



Stay on the Waterfront Trail into the Ault Park and the Lost Village



C

15.25km

Welcome to Long Sault



16km

Turn left at East Gate and enter Long Sault Park



Follow the Waterfront Trail signs

D

31.5km

Welcome to the Upper Canada Bird Sanctuary



E

36.25km

Welcome to Upper Canada Village



Continue on Highway 2 following the Waterfront Trail signs into Morrisburg

F

48km

Welcome to Morrisburg



A

96km

Return to Cornwall



St. Lawrence Seaway

CYCLING ITINERARY

Information Links

Waterfront Trail Maps:

www.waterfronttrail.org

South Eastern Ontario website:

www.southeasternontario.ca

For Cornwall visitor information:

www.cornwalltourism.com/

For Welcome cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.ontariobybike.ca/

For VIA Rail Bike Train service information:

www.biketrain.ca

For more information on St. Lawrence Parks, Upper Canada Village, Upper Canada Bird Sanctuary:

www.parks.on.ca

For more information on The Lost Villages Museum:

www.lostvillages.ca/

For more information on the St. Lawrence Power Development Visitor Centre:

www.opg.com/building-strong-and-safe-communities/our-communities/eastern-ontario/saunders-visitor-centre/

Disclaimer

This map has been developed to assist in planning bicycle trips throughout South Eastern Ontario. All routes are on shared roadways and cyclists must use these streets with caution. 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 in traffic, weather conditions, time of day, and any road obstacles. South Eastern Ontario does not assume any liability whatsoever for bicyclists travelling upon these routes.