



ONTARIO BY BIKE RIDE SEPTEMBER 2021 CATARAQUI KINGSTON CRUISER



What You Need to Know THE ESSENTIALS

Total Distance: 116km

Suggested Ride Time: 2 days, 1 night

Experience Level: Easy to Moderate (due to daily ride distances of 60km+)

Route Surfaces: Day 1: Mix of stone dust and gravel trails, Day 2: Paved on-road with sections that require caution.

Ride Start/Finish Location & Parking: This is a looped route. Suggested start location in the Napanee. If in a group and parking overnight, ensure you receive permission or permit. For our group tour we parked at the County of Lennox & Addington Building parking lot, 97 Thomas St East, Napanee.

Your Bike: Ensure you arrive to start with a bicycle in good working order, appropriate outerwear for conditions, and refreshments. Helmets are strongly recommended. Bike shops in the area have limited hours and are busy, should you require any major repairs. It is a good idea to travel with an extra tube for tire, should you have a flat. This ride is on a mix of unpaved and paved surfaces - the first day being mostly on well-maintained gravel and stone-dust rail trails (some loose sections), with the second day on paved roads with generous shoulders and quiet country roads. Some on-road sections require caution due to speed of traffic. A hybrid, gravel, or mountain bike is recommended due to the mixed surfaces, but the ride can also be done on a road bike with appropriate tires.

Digital Route Map:

- Full route – www.ridewithgps.com/routes/34882229
- Day 1 only - www.ridewithgps.com/routes/37297103
- Day 2 only – www.ridewithgps.com/routes/37350469

Suggested Overnight Accommodations:

- Ontario By Bike Certified Bicycle Friendly Businesses in Kingston: [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 and 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.

What You Need to Know

RIDE DETAILS

Day 1: Napanee to Kingston – 69km

Day 1 Digital route: www.ridewithgps.com/routes/37297103

Ride Recommendation:

- Start in Napanee.
- Please be aware there are limited washroom facilities enroute between Napanee start and Harrowsmith lunch stop.
- Before you set out consider a visit to the Lennox & Addington Museum, where you can learn about the history and development of local area and view exhibits showcasing historical textiles, furniture, domestic arts, tools and equipment.
- Follow the recommended route out of Napanee via Bridge St E/Camden Rd, turning right at Newburgh Rd/County Rd 1 E, following that road NE out of town for 6.2km. Turn left onto County Rd 16 (signs for Strathcona) and then right on Finlay St where you will find the start of the Cataraqui Trail in Strathcona. Ride 25km following the trail to the town of Harrowsmith. Turn left on Colebrook Rd and then a quick left onto Notre Dame St., where you will find the suggested picnic lunch stop at Centennial Park.

33km – Harrowsmith Lunch Stop – BYOPicnic – Centennial Park – 4500 Centennial Park Rd

- Pick up picnic supplies or take-out in Napanee or at Adams Bakery in Newburgh, turning off trail at approximately 11km.
- Access park from Notre Dame St. as per route.
- Suggested lunch location has picnic tables located at gazebo, public washrooms.
- After lunch, follow Notre Dame St back to Colebrook Rd and rejoin the Cataraqui Trail. After 2km you will find a fork in the trail, turn right onto K&P Rail Trail and follow trail for approximately 21km to the outskirts of Kingston.

66km – Downtown Waterfront Hotels – Overnight Accommodation

- There are a number of certified bicycle friendly hotels on the waterfront and in other Kingston areas.
- Follow recommended route through Kingston on K&P Trail leading to Kingston downtown and hotels. Exit the trail onto Wellington St just before the Kingston Marina, riding through Kingston downtown.

Evening

- Enjoy dinner at choice of locations within walking distance of hotels.

Day 2: Kingston to Napanee - 52km

Breakfast: Modified breakfast buffet in hotel dining room with option for grab and go.

Ride Start Location: Downtown waterfront hotels or other locations.

Day 2 Digital Route: www.ridewithgps.com/routes/14308828

Ride recommendations:

- Take in the scenic views of Lake Ontario as you cycle west 30km on the recommended route from Kingston along the Great Lakes Waterfront Trail/Loyalist Parkway, a shared on-road route with generous paved shoulders.
- Along the Loyalist Parkway learn more about the early settlers stopping at the numerous heritage landmarks and marveling at the well-preserved old limestone farmhouses.
- After lunch, stop for local goods at Schell's Market in Bath or have a craft brew at MacKinnon Brother's Brewing Company just north of Bath.

19km –Fairfield House and Park, Amherstview – Optional Stop

- Original wood-framed, clapboard-covered house built in 1793 set beside waterfront park with views of Amherst Island - one of many interesting examples of houses built by Loyalists in Upper Canada in early years of colonial settlement. Please note the house is currently closed for tours due to COVID-19.

30km – Bath Lunch Stop – BYOPicnic - Centennial Park – 336 / 341 Main St, Bath

- Suggested lunch location has picnic tables and gazebo, public washrooms.
- Eat your picnic lunch overlooking the lake, after lunch loading up on local goodies at Schell's Market or taking in the many historic homes in town. Please note local museum is closed due to COVID-19.
- After lunch turn right and head north along Church St/Country Rd7 out of Bath through quiet country roads along recommended route back towards Napanee.

34km – MacKinnon Brother's Brewing Company – 1915 County 22 Rd, Bath – Optional Stop

- Stop for a local craft beer at this farmstead brewery specializing in traditional ales and unique and interesting brews.

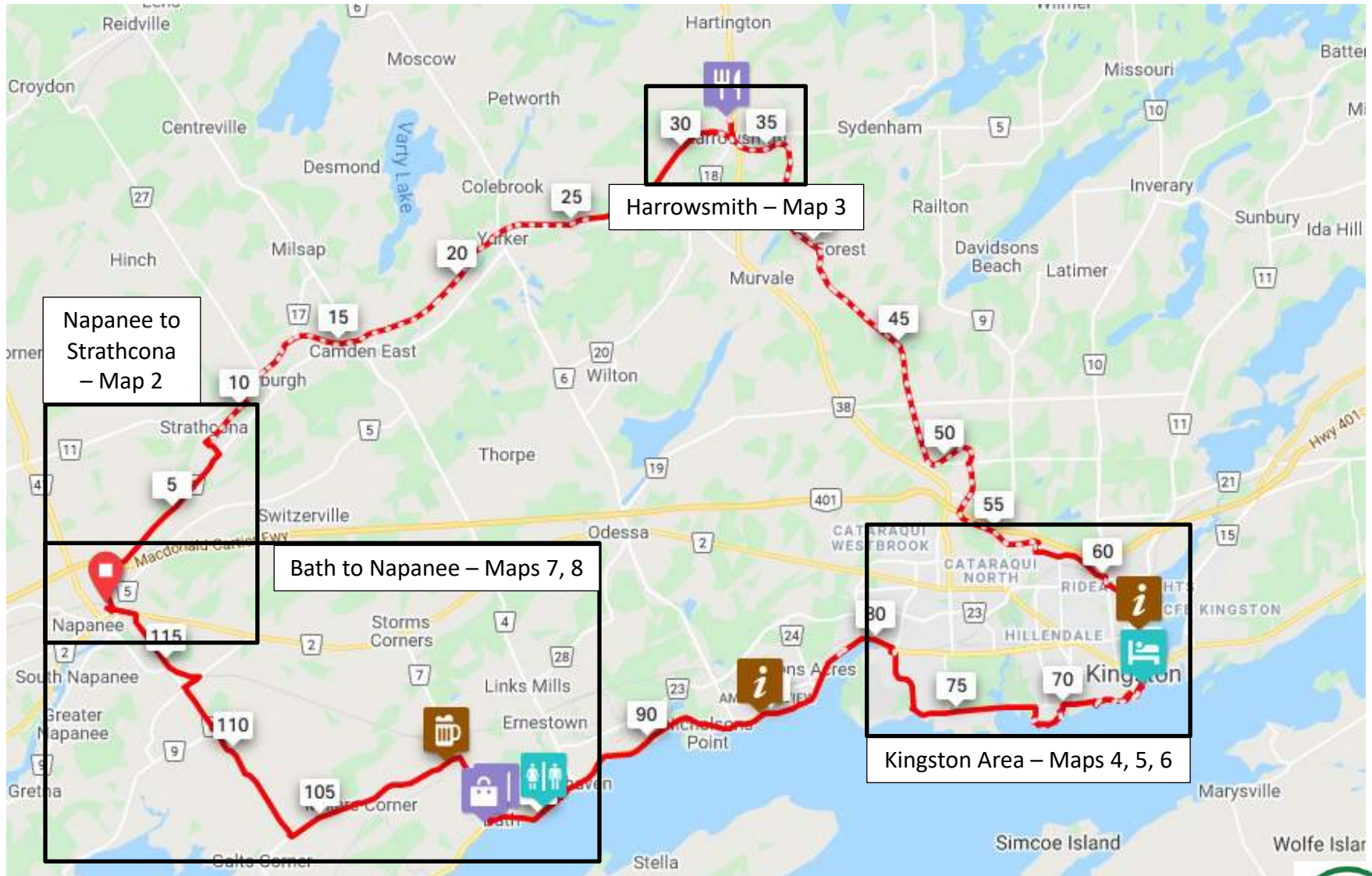
52km – End of Ride

Return to vehicle and parking lot at your choice of start location in the community of Napanee.

Ontario By Bike Ride September 2021 Maps – Cataraqui Kingston Cruiser

Digital maps available at www.ridewithgps.com/routes/34882229

Full Route – 116km – Ride Start and Finish in Napanee with Overnight in Kingston

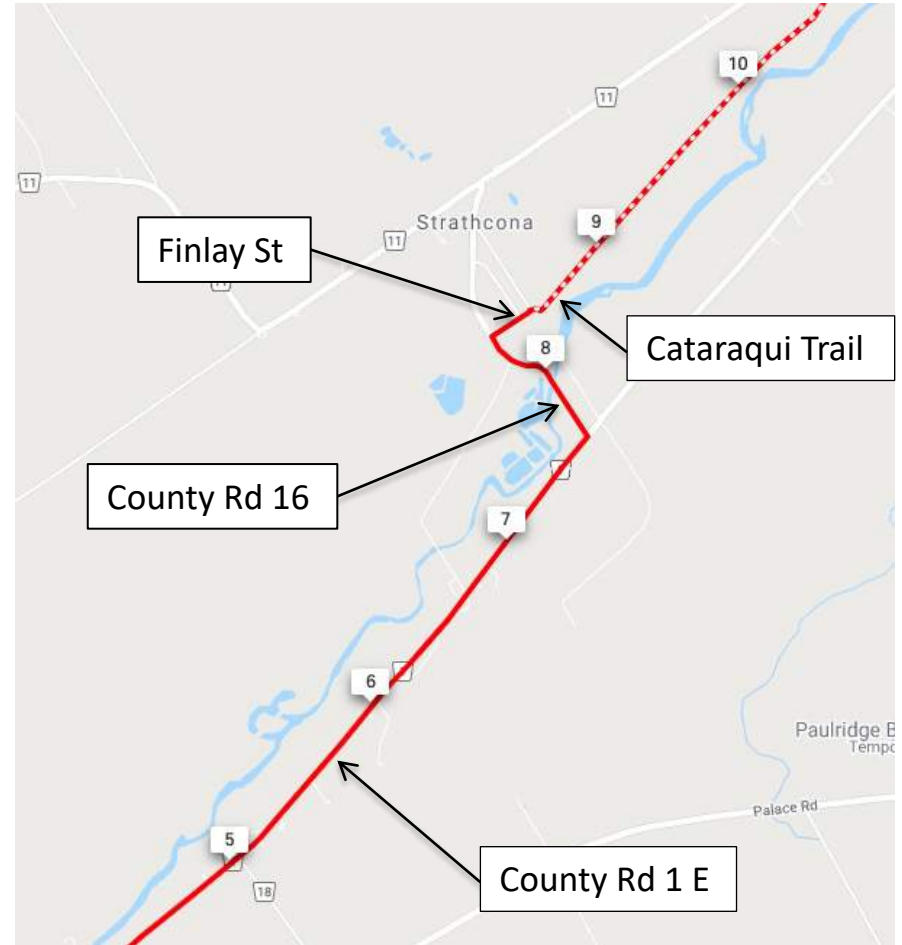
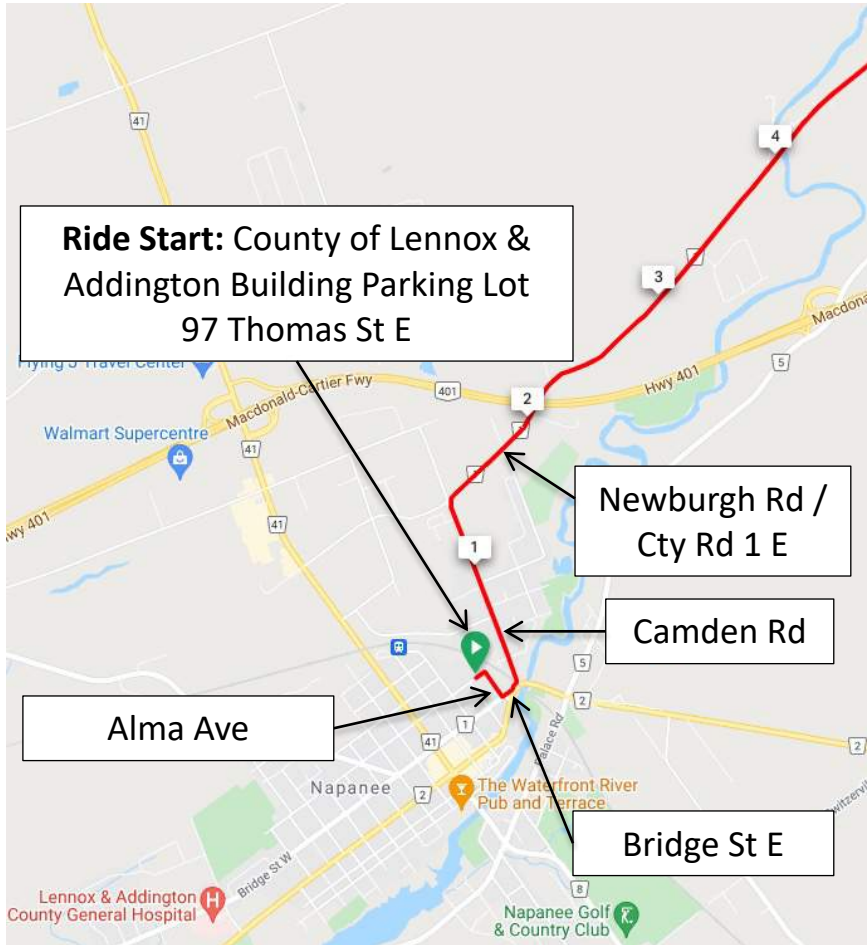


Support Vehicle Number: 416-827-2774 / 1-866-701-2774

Map 1 of 8



Day 1 – 1-10km - Riding NE from Napanee to Cataraqui Trailhead in Strathcona

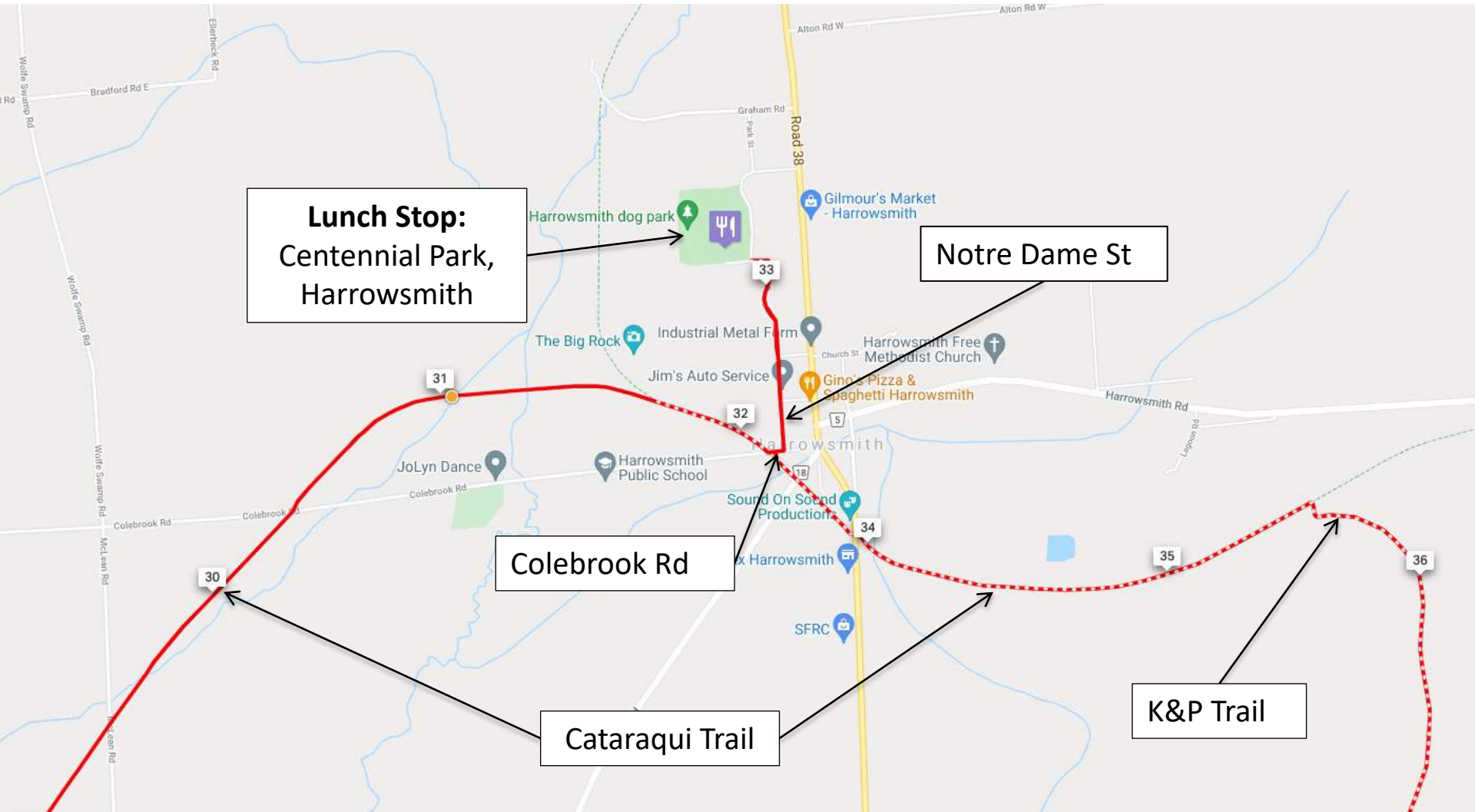


Support Vehicle Number: 416-827-2774 / 1-866-701-2774

Map 2 of 8



Day 1 – 30-36km - Riding NE on Cataraqui Trail to Harrowsmith Lunch Stop, then SE to Kingston on K&P Trail



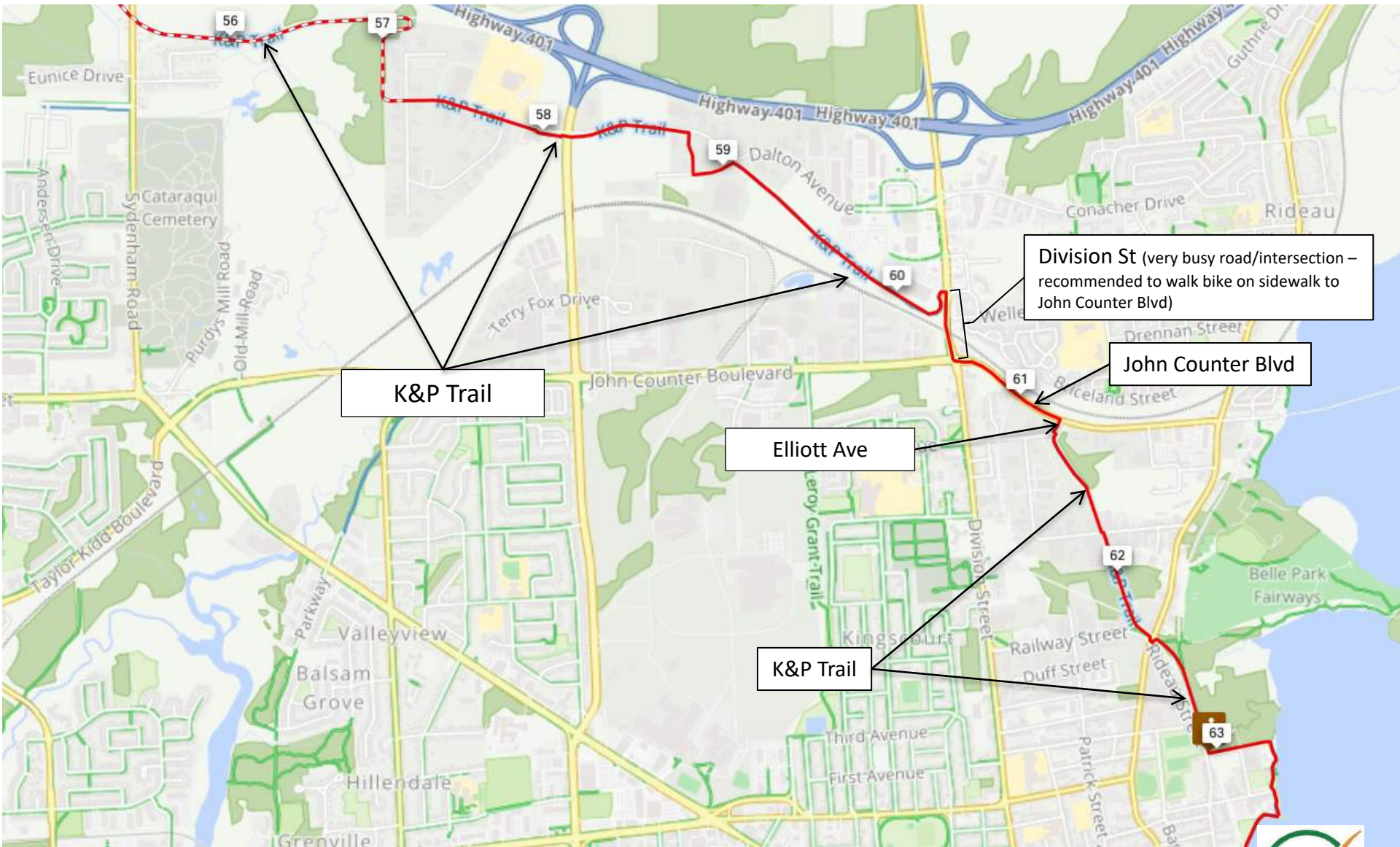
Support Vehicle Number: 416-827-2774 / 1-866-701-2774

Map 3 of 8



Day 1 – 56-63km - Riding Through Kingston on Roads and K&P Trail Segments

Note: Please use caution when cycling through Kingston as there are limited bike lanes and roads can be busy

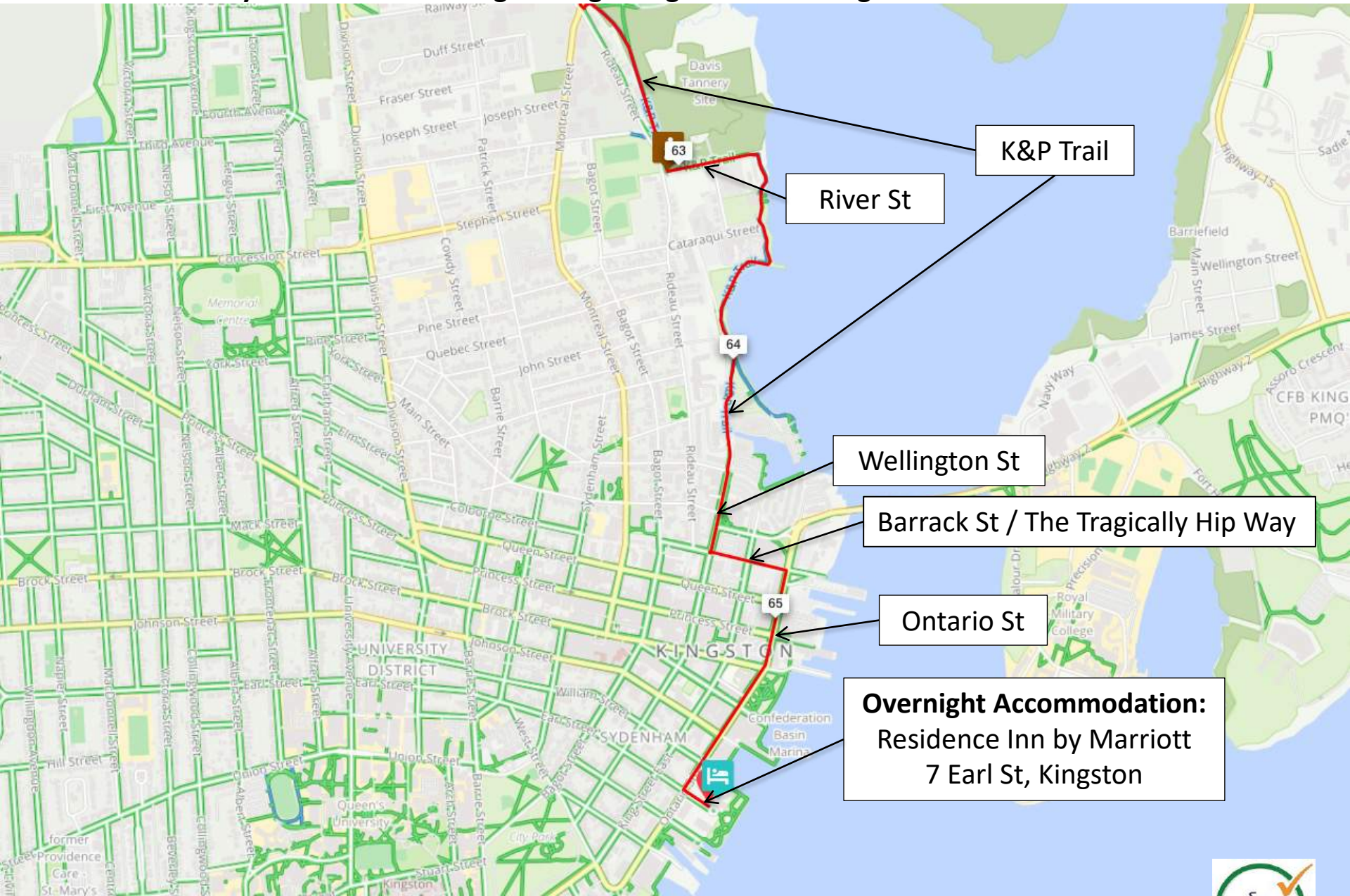


Support Vehicle Number: 416-827-2774 / 1-866-701-2774

Map 4 of 8



Day 1 –63-66km - Riding Through Kingston to Overnight Accommodation



K&P Trail

River St

Wellington St

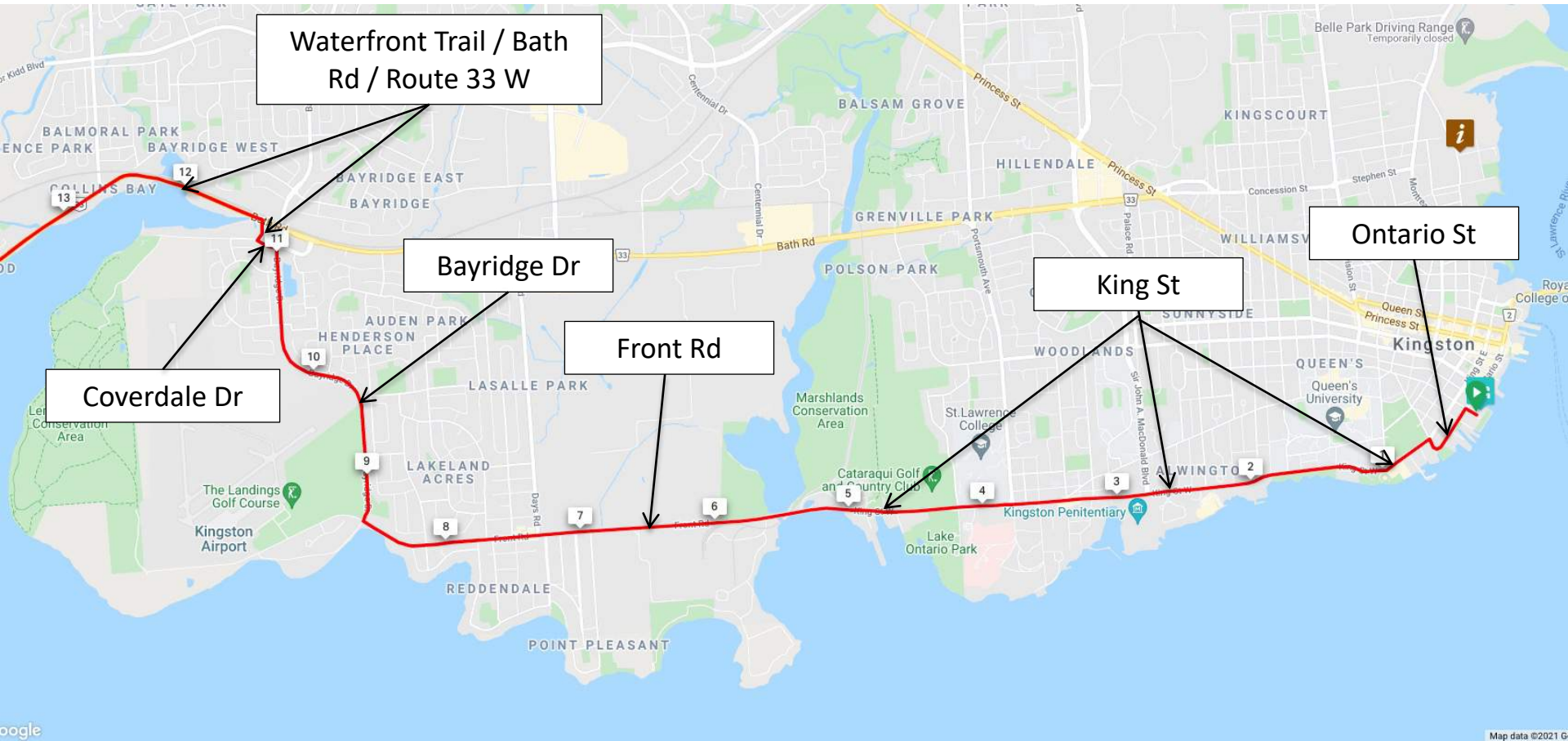
Barrack St / The Tragically Hip Way

Ontario St

Overnight Accommodation:
Residence Inn by Marriott
7 Earl St, Kingston



Day 2 – 1-13km - Riding West from Hotel in Kingston to Bath Lunch Stop

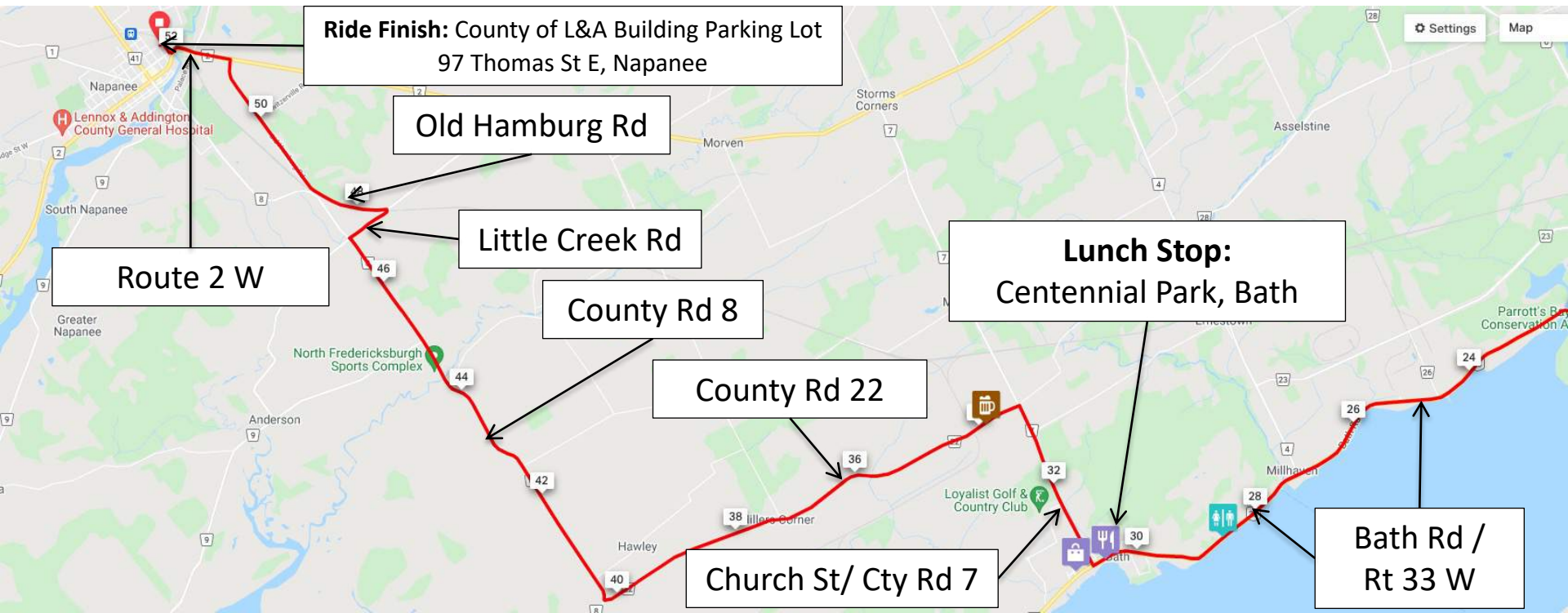


Support Vehicle Number: 416-827-2774 / 1-866-701-2774

Map 6 of 8



Day 2 – 24-52km - Riding NW from Bath Lunch Stop to Ride Finish in Napanee



Support Vehicle Number: 416-827-2774 / 1-866-701-2774

Map 7 of 8



Day 2 – 51-52km - Ride Finish in Napanee



Support Vehicle Number: 416-827-2774 / 1-866-701-2774

Map 8 of 8

