



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.



Visitor Information – Kingston

Our overnight stop will be in historic Kingston set on Lake Ontario at the mouth of the Cataraqui and St. Lawrence rivers. Known as the 'Limestone City' for its grand 19th century buildings, Kingston has a vibrant downtown with dynamic cultural and restaurant scenes. The city's lakeshore location has earned it a reputation for some of the best freshwater sailing in the world and, as one of the oldest cities in the country, Kingston is also home to the UNESCO-designated Rideau Canal and Fort Henry, as well as the infamous, now decommissioned, Kingston Penitentiary.



For visitor information on Kingston and area, visit www.visitkingston.ca

For additional cycling info and certified bicycle friendly businesses visit 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.

ACCOMMODATIONS:

Residence Inn by Marriott

Hotel has indoor bike storage, indoor swimming pool, outdoor patio and other amenities

Location: 7 Earl St, Kingston

Telephone: (613) 544-4888

WHAT TO DO:

Downtown Kingston - Visit the shops and cafes along Princess and Queen Streets and surrounding area.

Kingston Waterfront –Take a picturesque walk or bike from the downtown core to Lake Ontario Park (5km west of hotel). Along this path you will have the opportunity to see Kingston City Hall, Murney Tower, Kingston Penitentiary, and many other historic locations.

The Pump House – www.kingstonpumphouse.ca

Kingston's first waterworks in operation from 1851 to 1952, now a community museum. Indoor museum tours occur at 1:00pm, 2:00pm, 3:00pm, and 4:00pm, if you are early riding into Kingston. View industrial water pumps, huge model train room, and current exhibit on refugees. Museum tours must be booked in advance for groups. On waterfront, 0.6km west of hotel. Tickets \$15-25 per group.

Location: 23 Ontario St, Kingston

Telephone: (613) 544-7867



Agnes Etherington Art Centre – www.agnes.queensu.ca

Art gallery located at Queen's University campus with large collection of contemporary and Indigenous art, Canadian, European and African historical art. Admission is free. Sept Sat/Sun hours 1-5pm.

Location: 36 University Ave, Kingston

Telephone: (613) 533-2190

Murney Tower National Historic Site – www.murneytower.com

This 19th-century defense tower features a canon and military barracks, plus various exhibits, just 1km west of waterfront. By appointment/tour booking only with groups up to four people staggered every hour. Saturday hours – noon to 6pm, last tour at 5pm.

Location: 2 King St W, Kingston

Telephone: (613) 507-5181

Kingston Penitentiary – Canada's oldest and most notorious maximum security prison. Closed in 2013 and designated as a National Historic Site, an amazing historical building, predating Canada's confederation in 1867. **(Unfortunately tours will not be available weekend of Sept 11/12 due to movie filming).**

Fort Henry – UNESCO World Heritage Site. **(Unfortunately the fort will end their visitor season on September 5, 2021).**

Public Market – www.kingstonpublicmarket.ca

Open Saturday 8am-4pm, The Public Market of Kingston is the oldest organized market in Ontario. Find local handmade goods, crafts, and local and organic produce.

Location: 216 Ontario St, Kingston

WHERE TO EAT:

Note: *We recommend calling ahead to reserve a table, especially if you're planning to dine outdoors on a patio.*

Chez Piggy – www.chezpiggy.com

Well known up-scale Kingston establishment with an international-inspired menu housed in historic limestone former stable with patio. Menu includes duck confit, seared meat and scallops, oysters, Thai and Korean menu items and some good vegetarian options and salads. Call ahead to make a reservation.

Location: 68 Princess St, Kingston

Telephone: (613) 549-7673

Tango Nuevo - www.tangonuevo.ca

Tapas and wine bar with European flare and patio. Lots of vegetarian options with fresh ingredients and creative recipes – menu includes marinated and roasted vegetable plates and creative meat and seafood tapas.

Location: 331 King St E, Kingston

Telephone: (613) 548-3778

Olivea - www.olivea.ca

Popular establishment with a patio featuring refined Italian cuisine – menu includes fresh pasta, sauces and ragùs, antipasti boards and salad options.

Location: 39 Brock St, Kingston

Telephone: (613) 547-5483

**Wooden Heads Gourmet Pizza** – www.woodenheads.com

Gourmet pizzeria with patio with large menu of wood-fired pies (good veg options) and classic Italian eats.

Location: 192 Ontario St, Kingston

Telephone: (613) 549-1812

Black Dog Tavern - www.bdtavern.com

Featuring upscale eclectic, fresh and seasonal 'New Canadian' dishes, along with dry-aged steaks, tavern fried chicken, fish and chips, burgers, duck confit poutine, and mussels.

Location: 69 Brock St, Kingston

Telephone: (613) 549-5635

Kingston Brewing Company - www.kingstonbrewing.ca

The Kingston Brewing Company is Ontario's oldest brew pub, established in 1986, with beers, ciders and soda pops made on the premises. Food is pub standard with unique twists and beer used in many of the recipes. Courtyard and street-front patios.

Location: 34 Clarence St. Kingston

Telephone: 613-542-4978

Miss Bão Restaurant + Cocktail Bar - www.missbao.ca

Creative and sustainability-focused Asian fusion restaurant with patio specializing in Bao (steamed bun with fillings), unique small and large veg and meat plates, and innovative cocktails.

Location: 286 Princess St, Kingston

Telephone: (613) 545-0123

Harper's Burger Bar - www.harpersburgerbar.com

Burger place with patio serving sustainably raised beef, chicken, salmon, or veggie burgers as well as poutine and hand-spun milkshakes.

Location: 93 Princess St, Kingston

Telephone: (613) 507-3663

Amadeus Café - www.amadeuscafe.ca

Cozy, family-operated restaurant with patio serving German and Austrian dishes including Schnitzel, some veg options (tofu schnitzel!) plus European beers on tap.

Location: 170 Princess St, Kingston

Telephone: (613) 546-7468

Coffee Shops:

Find a variety of small coffee shops downtown for an early morning coffee or later treat including: [Kingston Coffee House](#); [CRAVE Coffee House](#); [Balzac's Kingston](#); [Pan Chancho](#).

Grocery Store: Food Basics - 33 Barrack St or the Grocery Basket (specialty and prepared foods) – 172 Ontario St.

Contact details for Ontario By Bike:

Phone: 416-827-2774 or 1-866-701-2774

Email: info@OntarioByBike.ca

Website: www.OntarioByBike.ca