ONTARIO BY BIKE RIDE
1000 Islands St. Lawrence River Ride

What You Need to Know
THE ESSENTIALS

Total Distance: 163km
Suggested Ride Time: 3 days, 2 nights

Your Bike: Ensure you arrive to start with a bicycle in good working order, appropriate outerwear for conditions, and refreshments. Helmets are strongly recommended. Bring a lock so you can stop along the way. Hybrid bikes, mountain bikes, gravel, and only road bikes with wider tires are suitable.

Experience Level: Moderate. Riders on this ride need to have some experience riding on roads with vehicle traffic as the route is approximately half on roads and half on trails or park roads. The route does follow a signed bike route, the Great Lakes Waterfront Trail, but not all segments have bike lanes or paved shoulders to ride in. Some of the road route is on very quiet country roads, other segments are busier. Off-road trails do incorporate some segments of unpaved surfaces, which are hard packed so easy to ride. The majority of ride is on flat terrain, paved surfaces, and combined with limited elevation changes.

Ride Start Location & Parking: Gananoque is located in south eastern Ontario; from Toronto 3 hours; Ottawa 1.5 hours; Montreal 2.5 hours.
Arrange and obtain permission for overnight parking.
We parked at the Kinsmen Community Hall/Thousand Islands Youth Boxing Club at 400 Stone St. N., Gananoque. Contact Gananoque & Thousand Islands Visitor Centre or Tourism 1000 Islands for assistance.

Getting To/From Start: This is a **one-way linear route** – you will need to arrange your own transportation back to start location. Options include dropping off a vehicle at either end; have someone pick you up; take a taxi; rent a bus for passengers / van for bikes; ride to/from start and finish; ride and return to same start location daily.
In 2025, VIA Rail will be offering bike transportation on select trains.
www.viarail.ca or www.biketrain.ca

Digital Route Maps:
FREE digital route navigation courtesy of our Ride with GPS Tourism Account. Using the links below, and downloading the Ride with GPS app on your mobile device, you can enjoy full turn by turn directions for each route using a free Ride with GPS account.

Full Route - Gananoque to Cornwall – ridewithgps.com/routes/46538261

- **Day 1 – Gananoque to Brockville** - ridewithgps.com/routes/46538169
- **Day 2 – Brockville to Morrisburg** - ridewithgps.com/routes/46538166
- **Day 3 – Morrisburg to Cornwall** – 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

Overnight Accommodations:

- Consider an overnight option at one of Ontario By Bike's certified bicycle friendly accommodations in Southeastern Ontario – www.ontariobybike.ca/southeasternontario
- **Accommodations we used:**
  Night 1 – Super 8 Brockville, 1843 Highway 2 East, Brockville / (613) 345-1622 / Link HERE. **Night 2 –** The McIntosh Country Inn, 12495 Highway 2 East, Morrisburg **/** 1(888) 229-2850 / www.mcintoshcountryinn.com

Day 1: Gananoque to Brockville (55km)

Ride Start Location: Gananoque

Ride Recommendation:

- Washrooms and last minute supplies available at various locations in Gananoque.

Connecting to the 1000 Island Parkway Recreational Bike Path:

- Riding east out of Gananoque, take King Street East and under roadway bridge for 1000 Island Parkway to join bike path trail on northside or roadway.
- Using caution, in traffic as crossing on/off ramps, before joining trail.

~ 20km – Morning Rest Stop – Village of Rockport - Optional

- A few hundred metres past kilometre 20 turn right toward the Village of Rockport waterfront for first rest stop of the day. Washrooms available.

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

- **Address:** 1121 Thousand Islands Parkway
- Pack a picnic lunch to enjoy eating lunch on the breezy banks of the St. Lawrence River. Visitors Centre has washrooms, interactive displays and opportunities to learn about local First Nations culture. No entry/parking fee for bicycles.
- There are also a number of marina's and restaurants at various locations along the Parkway.

~55km Overnight Accommodations: Super 8 Brockville - 1843 Hwy 2, Brockville, (613) 345-1622 www.bit.ly/2uy8h31

- Super 8 approximately 2.5km east of downtown, on route.

Day 2: Brockville to Morrisburg (60km)

Ride Start Location: Super 8 Brockville

~ 16km – Morning Rest Stop – Prescott

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

~ 31km – Lunch Stop – Riverside Park

- **Address**: 15 Legion Way, Cardinal (parking lot of Royal Legion Branch 105).
- Riding into community of Cardinal, turn right off Hwy 2 onto Dundas Street.
- Stay right and head towards waterfront.
- Pack a picnic lunch to enjoy lunch overlooking the St. Lawrence River.
- Public washrooms available on site.
- There are also several other places to eat and restaurants at various locations on route.

~ 60km Overnight Accommodations: McIntosh Country Inn and Conference Centre - 2495 Hwy 2 East, Morrisburg www.mcintoshcountryinn.com

- Inn is approximately 1.5km east of downtown.

Day 3: Morrisburg to Cornwall (48km)

Ride Start Location: McIntosh Country Inn, parking lot

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

- Upper Canada Village has water, drinks and other refreshments for purchase.
- Facilities and washrooms open at 9:30am (hours may vary, open seasonally).

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

- **Address**: 15001 Long Sault Pkwy, Ingleside
- Pack a picnic lunch to enjoy lunch here or elsewhere in park, bike on to find your own picnic area on this 10km long parkway and beautiful chain of park islands.
- Public washrooms and all park facilities available.

~ 47km – Cornwall Civic Complex

- Address: 100 Water St E, Cornwall
- 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.

Return to Gananoque start location by pre-arranged transportation (taxi, car shuttle, rented bus/van, cycle back, or use VIA Rail – available in 2025).

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