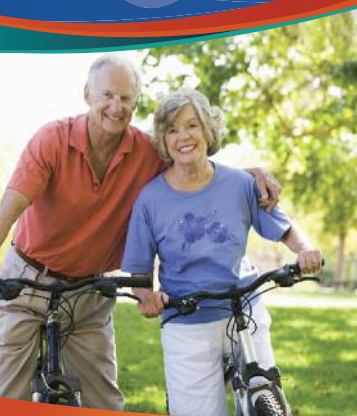
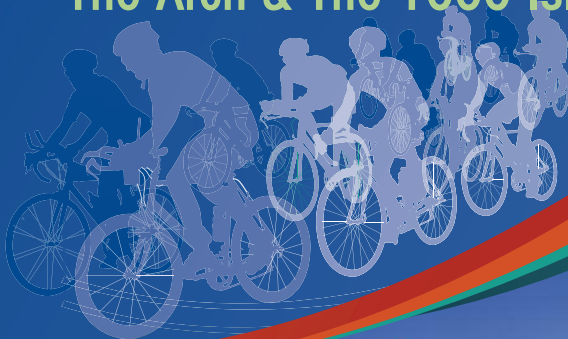




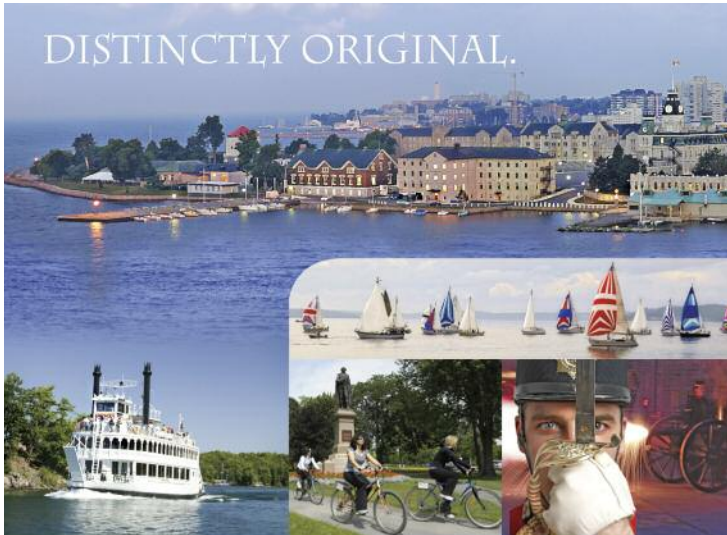
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Local Trails



Waterfront Trail

Waterfront Trail – Following Lake

Ontario's shoreline, from Niagara to Quebec, this well mapped and signed route offers a mixture of on and off-road paved trails covering

900km. Detailed route information is available at www.waterfronttrail.org



Rideau Lakes Heritage Route – Follow any portion of the 202 km long Rideau canal and UNESCO World Heritage route by bicycle. This is primarily an on road unsigned route, and includes multiple options for cyclists to plan their own route along quiet country roads. way. South end access from Waterfront Trail is just 4 km west of downtown Kingston, through Marshland Conservation Area, Cataraqui Bay area.

For more information www.rideauheritageroute.ca



Township of Rideau Lakes – Nine mapped cycling routes start and end in the town of Delta, (north from Kingston, south of Smith Falls). All varied in length, details such as cycling surface, attractions and useful touring information is included.

More information and downloadable maps: www.twprideaulakes.on.ca/cyclingtours.html



Limerick Forest Mountain Biking Trails –

Multi use trails with many single track options located north of Prescott, south of Kemptville. This large community owned forest is managed by United Counties of Leeds Grenville.

Maps and trail info at www.limerickforest.ca

Cataraqui Trail – 104 km four season rail trail traverses the region, Smiths Falls to Strathcona. With various trail materials it may not be suitable for all bike types. 80 km of the trail is designated a part of the Trans Canada Trail system.

Maps and trail info at www.rideau-info.com/cattrail/index.html

K&P Trail – The long abandoned Kingston to Pembroke rail bed is intended for a variety of recreational uses, including cycling.

For trail updates www.frontenaccountry.ca



Trans Canada Trail – A portion of this cross Canada trail runs through the region. Multi use trails with various surface types. Use the Trans Canada Trail locator to find access points. www.tctrail.ca

The Frontenac Arch Biosphere

Whether you're a day-tripper with kids in tow or an avid cyclist who lives to ride and explore, you'll find what you're looking for in the Frontenac Arch Biosphere.

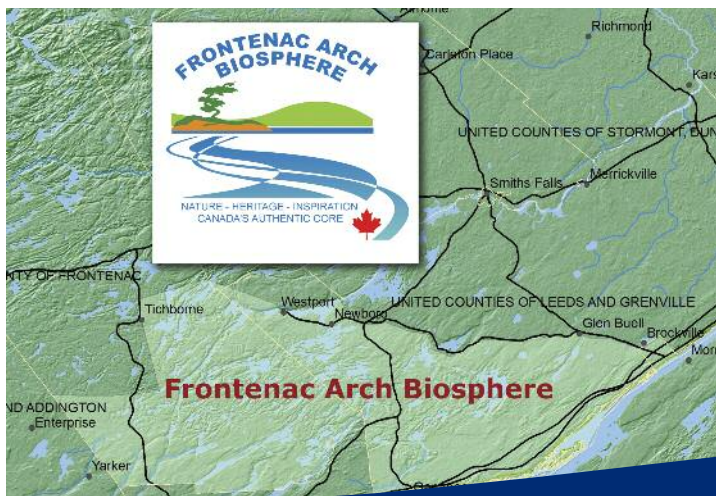
The Frontenac Arch Biosphere is perhaps one of the most bio-diverse regions in Canada. The Frontenac Arch, from which the biosphere takes its name, is an ancient granite ridge linking the Adirondack Mountains in the United States to the Canadian Shield. One of just 15 UNESCO-designated biospheres in Canada, the Arch extends roughly 2,700 square kilometers through the south-eastern portion of Ontario.

Exploring the Arch by bicycle is an ideal way to experience the rich diversity of terrain. Five forest regions merge and intermingle in the Arch, which is characterized by countless lakes, rivers, fields, and wetlands. The area is home to hundreds of species of plants, fish, birds and animals, many of which are species at risk that have found refuge in the Arch due to the fact their essential habitat still exists here.

The Frontenac Arch is also home to scenic villages, great food, and world-class entertainment. While every public road is a potential cycling route, the terrain is vast and changing. Visit www.cyclethearch.ca to help plan your route in accordance with your ability, ambition, and interests. Routes include family and casual routes, countryside cruising and tours, cycle transit routes, and mountain bike trails.

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Brockville



Brockville, the “City of the Thousand Islands,” is a picturesque town situated on the banks of the majestic St. Lawrence River. First settled in 1785, Brockville is rich with heritage. Cycle through the quaint downtown core and you’ll feel as if you’ve stepped back in time. From charming heritage homes and buildings to Canada’s first railway tunnel, Brockville is steeped in history. Beautifully landscaped waterfront parks beckon you to stop and enjoy the view.

Brockville is also a town of good food and great entertainment. From fine dining to casual pubs, you’ll find somewhere to rest and re-energize. While you’re there, why not stay in a historic bed and breakfast and enjoy a show at the newly refurbished Brockville Arts Centre. There are also world-class museums and quaint shops to visit, so plan to stay for a few days.

Brockville is a popular destination for cyclists. The scenic Brock Trail, a 6-kilometer cycling and pedestrian path that threads its way from Brockville’s downtown to the waterfront, is dotted with historic plaques that describe the town’s early years when railways and industry dominated the waterfront. Numerous cycling groups and organized tours pass through the area every summer, with Brockville a favorite stop-over.

Countryside cycling routes starting and ending in Brockville can be found at www.cyclethearch.ca.

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Cycling Clubs and Organizations in Ontario

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 Bloomfield Bicycle Club . www.bloomfieldcycles.ca
 Brockville Cycling Club
 www.brockvillecycling.com
 Brockville Endo Mountain Bike Club
 www.endo.newpublishing.com
 Canadian Cycling Association
 www.canadian-cycling.com
 Citizens For Safe Cycling www.safecycling.ca
 Cycle Kingston. www.cyclekingston.ca
 Explore The Arch. www.explorethearch.ca
 International Mountain Bicycling Association
 www.imba.com/canada

Kingston Bicycling Advisory Committee
 www.kingston.org/kbac
 Kingston Multisport Club
 www.kingstonmultisport.com
 Kingston Velo Club www.kvc.ca
 Lake Ontario Waterfront Trail
 www.waterfronttrail.org
 Ontario Cycling Association
 www.ontariocycling.org
 Ontario Share The Road Coalition
 www.sharetheroad.ca
 Ottawa Bicycle Club. . . . www.ottawabicycleclub.ca
 The Bike Train www.biketrain.ca
 Welcome Cyclists www.welcomecyclists.ca

Gananoque



Gananoque, known as the “Gateway to the 1000 Islands,” may be small in size, but it is big in adventure. Perched on the shore of the St. Lawrence River, this picturesque town of just over 5,000 inhabitants is rich in cultural and natural attractions. From quaint shops and beautiful museums to fresh-water diving and horseback riding, Gananoque is sure to please. You’ll also find great pubs, spas, theatre, romantic B&Bs, and even a casino!

The Thousand Islands area was once the summer playground of the rich and famous, so be sure to take a cruise through the islands on the Gananoque Boat Lines. Victorian mansions and awe-inspiring castles abound, so bring your camera.

Gananoque is also the western gateway to the St. Lawrence Recreational Trail, an off-road 37-kilometer multi-use trail along the St. Lawrence River heading east to Brockville. See

www.cyclethearch.ca for more information on this family-friendly route.

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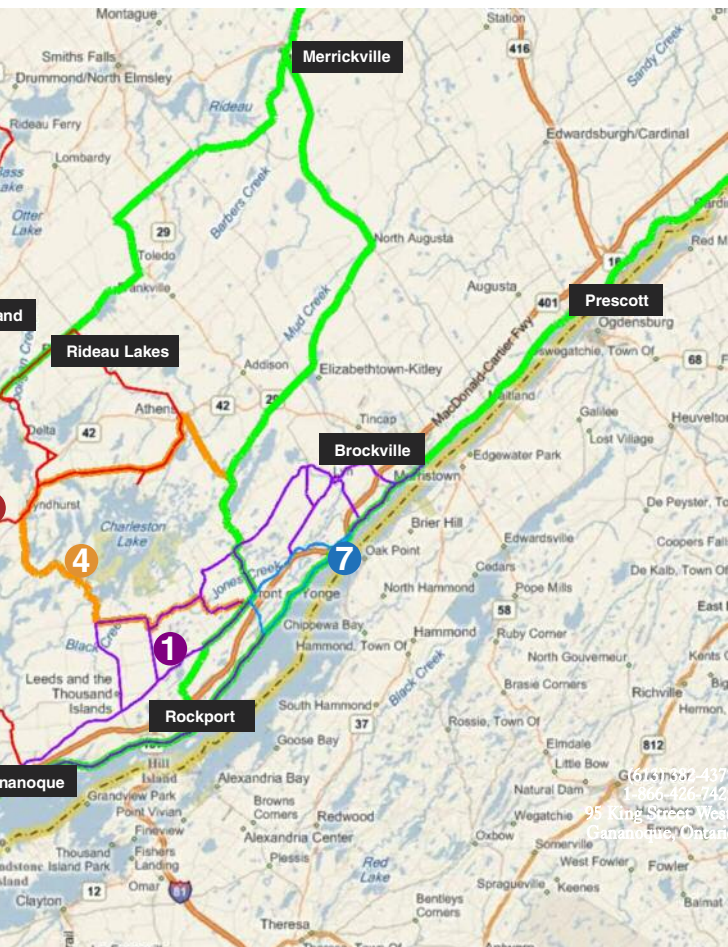
www.1000islandsgananoque.com

Cycling Routes Suggestions



Legend

- | | |
|---|--|
| 1 The Brockville West collection, ranging from 27km to 102km | 7 River and Ridges (27km) |
| 2 Howe Island Loop (38km) and Marble Rock Roll (23km) | 8 Transit-Kingston to Montreal via the Ontario Waterfront Trail routes
-Kingston to Merrickville and on to Ottawa via Battersea and Toledo
-Ivy Lea to Merrickville and on to Ottawa
-Kingston to Ivy Lea to Merrickville and on to Ottawa |
| 3 Desert Lake Loop (43km) | |
| 4 Charleston Lake Loop (60km) | |
| 5 Portland-Westport-Perth Loop (93km) | |
| 6 Edge of the Arch (54km) and Jones Falls Tour (40km) | |



For more information www.explorethearch.ca



www.biketrain.ca
www.viarail.ca/en/bike
www.viarail.ca/fr/velo



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Rockport & The 1000 Islands Parkway

Running parallel to the St. Lawrence Recreational Trail is the 1000 Islands Parkway, arguably one of the most beautiful roads in the area. As you cycle along, keep an eye out for the historic settlements of Ivy Lea and Rockport. Just to warn you ... they're easy to miss.

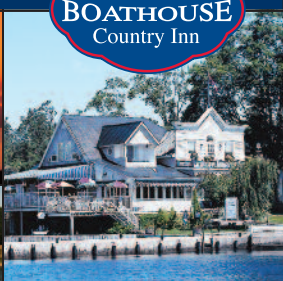
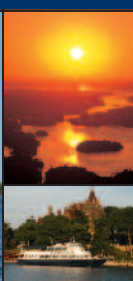
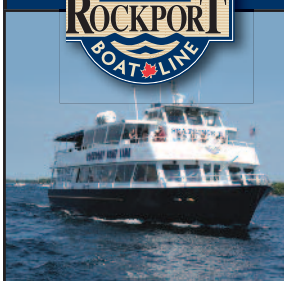
If you love architecture, the hamlet of Ivy Lea provides some fine examples of late Victorian cottage architecture for which the Thousand Islands is famous. Ivy Lea also provides an opportunity to take a break and hop aboard a one-hour cruise of the islands with the Gananoque Boat Line.

The village of Rockport, the larger of the two settlements, at one time boasted a cheese factory, two general stores, two inns, and a boat building shop. In the 1880's, Rockport was an important steamboat building, transportation and cord-wood refuelling centre. Now a sleepy little village, it comes alive in the summer with bus loads of tourists stopping to eat at the historic inn and to take a cruise on the 1000 Islands Cruises Boat Line.

Continuing down river, the St. Lawrence Recreational Trail will lead you to incredible vistas and one of Canada's first national parks, St. Lawrence Islands National Park. Mallorytown Landing is the park's base, right off the Trail. This is a great place to take a little break on a hot summer day.

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Kingston, established in 1643 as a fort and later named the first capital of Canada, is an extremely bike-friendly city. The vibrant and historic downtown core is a mix of trendy bistros and boutiques—and bike racks—and is just minutes from the multi-use waterfront trails. A city with a strong intellectual, political, and military history, it buzzes with energy. In the summer and fall, Kingston is a city that plays outdoors: music festivals, art shows, concerts, movies, theatre, and patios abound. For a unique cycling tour showcasing Kingston's downtown heritage and the stories behind the buildings, check out www.wellbredfractals.com/KingstonbyBike!.htm.

If you're looking to explore some of the trails in another area of the city, like the K&P trail, why not hop on the bus? During cycling season Kingston runs its Rack and Roll program, with all city transit busses equipped with easy-to-use bike racks at no extra charge. You can also take the free pedestrian and car ferry to Wolfe Island, the largest of the Thousand Islands, where you will find both easy and challenging routes. For more information on Wolfe Island and suggested cycling routes, visit www.wolfeisland.com.

Kingston is also the jumping-off point (or destination, if you're coming from the other direction) for the Kingston-Ottawa Rideau Route that roughly follows the Rideau waterway from Kingston to Ottawa. See www.cyclethearch.ca for more information on this route.

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Merrickville

Although many communities are camera-worthy, Merrickville was actually voted Canada's most beautiful village in a nation-wide Communities in Bloom competition. With tree-lined streets, Victorian architecture, and a vibrant downtown, Merrickville is a treasure-trove of pubs, artisan shops, and antique stores. Built right on the Rideau Canal, it has more designated heritage buildings than any other Ontario community of similar size, making it a history buff's delight.

On a hot day, you'll want to rest beside the canal while you watch the boats go through the hand-operated locks, which are a focal point of the downtown. Back on your bike, a short ride downstream following the quiet and scenic River Road will take you to Burritt's Rapids, a beautiful spot to watch the boats go through a second set of hand-operated locks.

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Westport & Rideau Lakes

The village of Westport is nestled in the heart of the Rideau Lakes region and is the largest village in the Rideau Lakes area. Westport is an annual stop on the Ottawa Bike Club's Rideau Lakes Cycle Tour and a favourite lunch stop on longer bike tours between Kingston and Ottawa, and you'll see why as soon as you arrive. Arguably one of the prettiest villages in Ontario, it is known in the surrounding area as a shopping destination and the perfect day-trip.

The Township of Rideau Lakes, which surrounds Westport, covers just over 800 square kilometers of area, presenting you with endless opportunities for exploring by bike. With campgrounds, cottages, B&Bs, and historic inns at every turn, not to mention pristine lakes and waterways, consider staying for a few days. Routes through the countryside can be found at www.cyclethearch.ca and www.twprideaulakes.on.ca/cyclingtours.html. Don't forget to take your bathing suit with you. You just never know when you'll have an opportunity to take a quick dip before heading back out on your bike to the destination.

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Frontenac Arch Biosphere

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The Biosphere's UNESCO mandate is to help preserve this globally important region by helping build sustainable communities. The Explore the Arch web site www.explorethearch.ca introduces you to this region, at your own pace, in ways you like to explore. Hiking, cycling, paddling, heritage walking routes, driving tours, cross-country skiing, diving - these routes on the site are designed to introduce you to the environment, culture and community here.

Through the site, you can explore local food, art, history, geology, ecology, and a community proud of its heritage. Visit often - new routes and new pages are constantly added.

Learn More about the Frontenac Arch Biosphere at www.fabr.ca



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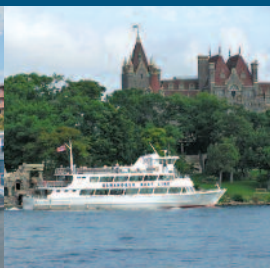
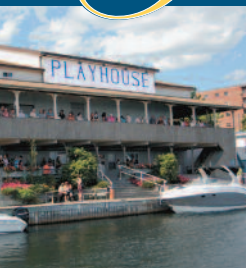
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