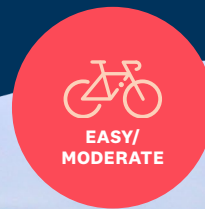


1000 Islands Parkway

Cycling Itinerary



1000 Islands Parkway

The 1000 Islands Parkway recreational trail is a traffic-free, fully paved, delightful ride for cyclists to enjoy the stunning water and island views along the St. Lawrence River. The off-road trail starts just east of Gananoque and goes as far as Brown's Bay for 37km each way. Cycle any distance that best suits your style. More experienced cyclists willing to go the full distance can add an extra 13km of road riding into Brockville.

This cycling adventure can begin at any number of park and ride locations along the trail, or alternatively with on road connections from downtown Gananoque or Brockville, following the Great Lakes Waterfront Trail, making stops along the way. Pull into Ivy Lea or Rockport for panoramic views, coffee, ice creams and more. Enjoy the parkland settings, beaches, swimming and picnic at Mallorytown Landing, part of the Thousand Islands National Park, or Brown's Bay, near where the trails eastern terminus.

Stay a night or two, as there is plenty to see and do. From bike tours, to boat tours, diving, hiking and kayaking, all great options to experience the beautiful 1000 Islands.

Route info

CYCLING ROUTE

37km (60m) to
75km (121m)

CYCLING IN

South Eastern Ontario,
1000 Islands Gananoque,
1000 Islands Rideau Canal
Waterways, Brockville

EXPERIENCE RATING

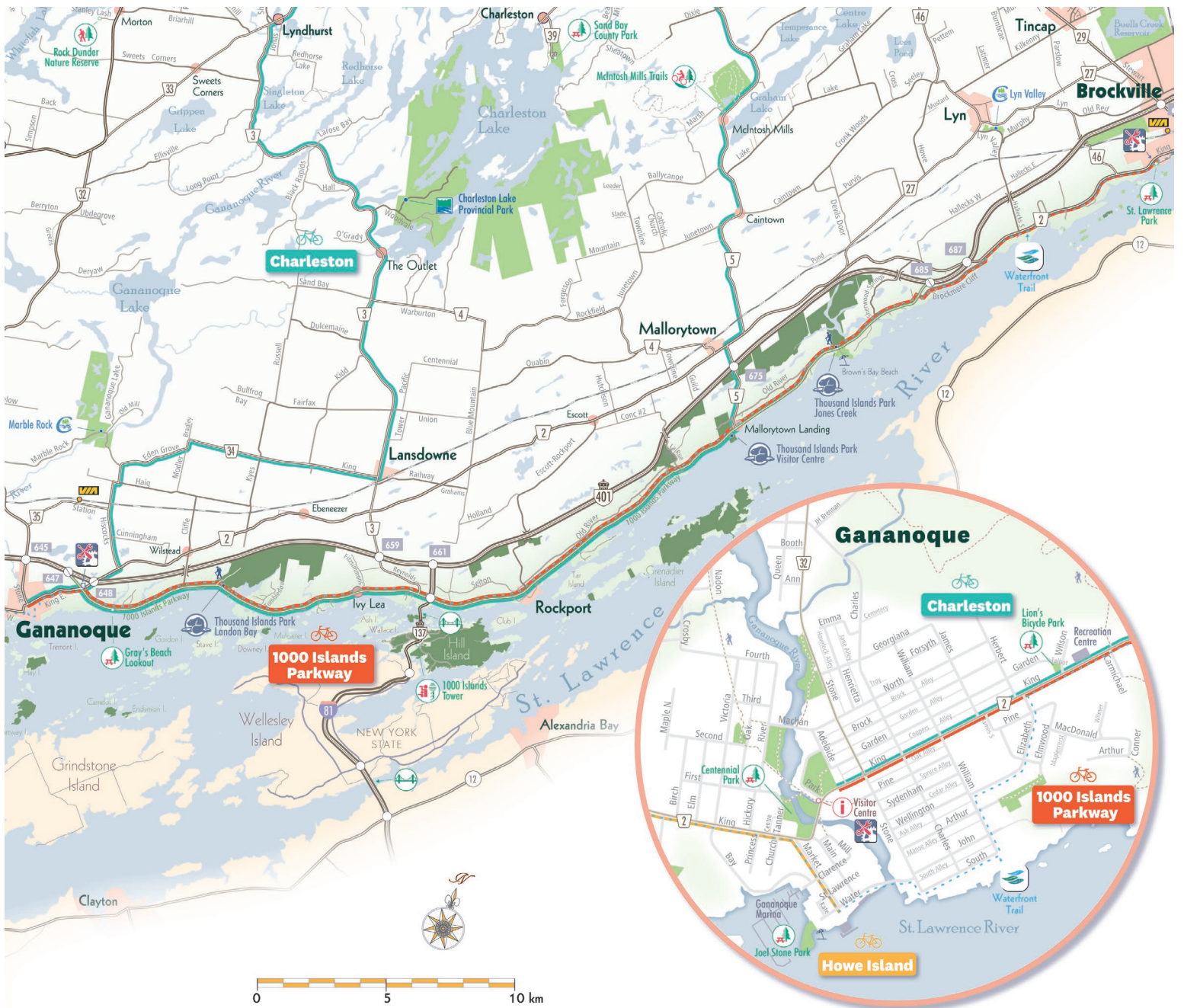
Easy to moderate,
cycle any distance

Digital maps

[1000 Islands Parkway –
Cycling Itinerary](#)

[1000 Islands Parkway –
Gananoque to Brockville
Return – Cycling Itinerary](#)





Legend

	Limited access
	Multi-lane highway
	County road, paved
	Paved surface
	Hard surface
	Loose surface
	Gravel lane
	Unmaintained road
	Rail
	Ferry
	International bridge

	Provincial Park
	Conservation Area
	Parks of the St Lawrence
	National Park
	Municipal parks and recreation areas
	Mountain Bike Trails

	Bike Repair Station
	Services and features
	Hospital
	Rideau Canal Lockstation, Parks Canada
	Trent-Severn Waterway Lockstation, Parks Canada
	St. Lawrence Seaway Lockstation
	Public beach
	Lighthouse



Places to Stop

- Island and river lookouts, Grays Beach & Halsteads Bay
- Thousand Islands National Park – Landon Bay, Mallorytown Landing, Jones Creek
- The Ivy Restaurant & Coach House café, Ivy Lea
- Shops, restaurants, 1000 Islands cruises, Rockport
- Brown’s Bay Beach, St. Lawrence Parks
- 1000 Islands Tree Top Trekking
- Downtown Gananoque & Downtown Brockville

There are a number of options to modify this itinerary:

- Start in alternate locations along trail or from downtown Gananoque or Brockville, using on road connections to trail
- Ride exclusively on trail any distance that best suits your style
- Follow the Great Lakes Waterfront Trail further east and west
- Combine this itinerary with other cycling routes nearby 1000 Islands Gananoque, 1000 Islands Rideau Canal Waterways, Brockville



Thousand Islands National Park,
Mallorytown



DISTANCE

**37km (60m) to
75km (121m)**



Gananoque

Logistics

Route

- Alternate start locations can ensure trail only experience
- Trail is fully paved
- Flat, limited elevation
- Trail is family friendly
- Suitable for all types of bicycles

Cautions & Notes

- Trail crossings at roads
- Crossing Parkway road to waterside
- Vehicle traffic can be heavy on summer weekends and holidays
- If connecting to trail from downtown Gananoque or Brockville expect busier roads with some paved shoulders and bike lanes

Park & Start

- Highway 2 & The Parkway, trailhead, Gananoque
- Recreation Centre, Rockport
- Thousand Islands National Park – Mallorytown Landing, Jones Creek, Landon Bay
- St. Lawrence Parks, Brown’s Bay
- Trailhead, Butternut Bay
- Municipal parking lots, downtown Gananoque or Brockville

Services

GANANOQUE

- Bike repair stations:
Highway 2 & The Parkway,
trailhead
- 10 King Street East, Visitor
Information Centre
- Accommodations
- Restaurants/cafés
- Food/grocery/
convenience stores
- Gas stations
- Public washrooms
- Bank ATM
- Shopping
- Attractions

IVY LEA

- Bike repair station:
Visitor Centre, Ivy Lea
Campground
- Accommodations
- Restaurants/cafés
- Convenience store
- Public Washrooms
- Attractions

ROCKPORT

- Accommodations
- Restaurants/cafés
- Convenience store
- Public Washrooms
- Attractions

BROCKVILLE

- Bike rentals: [Dive
Brockville Adventure
Centre](#)
- Bike repair station:
525 King Street,
St. Lawrence Park
- Accommodations
- Restaurants/cafés
- Food/grocery/
convenience stores
- Gas stations
- Public washrooms
- Bank ATM
- Shopping
- Attractions



Information Links

Visitor Information

South Eastern Ontario website:
southeasternontario.ca

1000 Islands Tourism:
1000islandstourism.com

1000 Islands Rideau Canal Waterways:
discover.leedsgrenville.com

Rockport:
rockportthousandislands.com

Brockville Tourism:
brockvilletourism.com

Additional Information

More cycling routes near 1000 Islands
Gananoque:

- Howe Island:
ridewithgps.com/routes/46563804
- Charleston Lake Loop:
ridewithgps.com/routes/46563830

1000 Islands Gananoque Visitor Centre:
travel1000islands.ca/plan/visitor-centre

Great Lakes Waterfront Trail maps:
waterfronttrail.org

For cycling routes, maps and certified
bicycle friendly places to eat, visit & sleep:
ontariobybike.ca/southeasternontario

Disclaimer: The maps and itineraries have been developed to assist in planning bicycle trips throughout South Eastern Ontario. The majority of routes are on shared roadways and cyclists must use these streets, as well as any trails, 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, the 1000 Islands Parkway, and City of Gananoque do not assume any liability whatsoever for cyclists travelling upon these routes.