

# Cornwall Urban Loop

Cycling Itinerary



# Cornwall Urban Loop

Starting from downtown Cornwall and the vast waterfront Lamoureux Park, follow the scenic and paved Riverside Trail that winds its way along the old canals that once were used for ships to bypass the Long Sault Rapids. Learn more about the marine history reading the plaques and stopping to enjoy the views at the scenic lookout areas. Ride under the Seaway International Bridge, Ontario's most easterly bridge crossing to the USA.

Marvel at the massive Saunders Power Dam from the trail and learn more at the nearby bicycle friendly Saunders Hydro Dam Visitor Centre. Continue on the trails through fields and forest before looping east and south through the north and eastern parts of the city. Use on road bike lanes and paved shoulders for 2km to connect to the meandering trails and a peaceful ride through Gray's Creek Conservation Area. Rejoin the Riverside Trail and ride the last few kilometres alongside the St. Lawrence River for a return to Downtown Cornwall and its numerous shops and restaurants.

## Route info

### CYCLING ROUTE

27km (17m)

### CYCLING IN

South Eastern Ontario,  
Cornwall

### EXPERIENCE RATING

Easy to moderate,  
some shared road  
cycling connections

## Digital maps

[Cornwall Urban Loop –  
Cycling Itinerary](#)



Lamoureux Park,  
Cornwall



**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

- Downtown Cornwall
- Lamoureux Park
- Cornwall Civic Complex
- Cornwall Museum
- Historic SDG Jail
- Cornwall Canals
- Saunders Hydro Dam Visitor Centre
- Guindon Park
- City paths and trails
- Gray's Creek Conservation Area

There are a number of options to modify this itinerary:

- Start in alternate locations
- Ride out and back along the Waterfront Trail, any distance that best suits your style
- Connect to Great Lakes Waterfront Trail heading west or east
- Combine this itinerary with other cycling routes in SDG Counties and Cornwall



Cornwall Community Museum,  
Lamoureux Park



**DISTANCE**

**27km (17m)**



Saunders Hydro Dam Visitor Centre,  
Cornwall

## Logistics

### Route

- Fully paved trail and some in boulevard bike trail
- Some on shared road connections using paved shoulders
- Flat
- Trail is family friendly
- Suitable for all types of bikes

### Cautions & Notes

- Trail crossings in urban areas include some busier intersections
- Some short on road connections using paved shoulders

### Park & Start

- Cornwall Civic Complex
- Municipal parking lots, downtown Cornwall
- Saunders Hydro Dam Visitor Centre
- Optimist Park
- Grey's Creek Conservation Area

# Services

## CORNWALL

- Bike shops and rentals: [Bicycle World](#) – sales and service; [Total Cyclery & Sports](#) – sales and service; [Marina 200](#) – bike rentals (seasonal)
- Accommodations
- Restaurants/cafés
- Food/groceries/convenience stores
- Gas stations
- Public washrooms
- Bank ATM
- Shopping
- Attractions



# Information Links

## Visitor Information

South Eastern Ontario website:  
[southeasternontario.ca](https://southeasternontario.ca)

Cornwall Tourism:  
[cornwalltourism.com](https://cornwalltourism.com)

Discover SDG Counties:  
[whereontariobegan.ca](https://whereontariobegan.ca)

## Additional Information

More cycling routes in Cornwall:  
[cornwalltourism.com/cycling](https://cornwalltourism.com/cycling)

More cycling routes in SDG Counties:  
[whereontariobegan.ca/cycling](https://whereontariobegan.ca/cycling)

Great Lakes Waterfront Trail maps:  
[waterfronttrail.org](https://waterfronttrail.org)

For cycling routes, maps and certified bicycle friendly places to eat, visit & sleep:  
[ontariobybike.ca/southeasternontario](https://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 and the City of Cornwall do not assume any liability whatsoever for cyclists travelling upon these routes.