

Park It and Parkway

Cycling Itinerary



Park It and Parkway

With so much to see and do along the St. Lawrence Seaway, in SDG Counties and Cornwall, plus plenty of options for shorter or longer ride distances, and plenty of other ride routes in the area, best plan for a multi-day cycling vacation and visit to the area.

Connect from off-road pathways to the spectacular park road and Long Sault Parkway that connects 11 islands, with many beaches, picnic spots, secluded inlets, wetlands and greenery, all along the water's edge and St. Lawrence River. Learn more about fascinating story of the islands' creation and 1950's flooding at The Lost Villages Museum, a trailside stop with memorabilia from days gone by following the Riverside Trail and Great Lakes Waterfront Trail. Add a ride further west on a bike path through the Upper Canada Migratory Bird Sanctuary and even as far as Upper Canada Village and Chrysler Park Marina.

Loop north from Ingleside to ride through quiet countryside past fields and farmland using the tall church spire in the small hamlet of St. Andrews as a beacon. Or simply return on the Parkway for an easy out and back pedal.

Route info

CYCLING ROUTE

52km (32m)

CYCLING IN

South Eastern Ontario,
SDG Counties, Cornwall

EXPERIENCE RATING

Moderate to challenging,
recommended for cyclists
with experience riding on
shared roads

Digital maps

[Park It and Parkway](#)



Upper Canada Village,
Morrisburg



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



St. Lawrence River,
Morrisburg



Places to Stop

- St. Andrews Church
- Lost Villages Museum
- Guindon Park
- Parkland and beaches,
Long Sault Parkway
- Upper Canada Migratory Bird Sanctuary
(nearby & bike repair station)
- Upper Canada Village (nearby)
- Chrysler Park Marina (nearby)
- Downtown Cornwall (nearby)

There are a number of options
to modify this itinerary:

- Start in alternate locations:
St. Andrews West, Cornwall,
Long Sault Parkway, Ingleside
- Ride out and back along trail and
Long Sault Parkway, 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



St. Raphael Ruins,
Williamstown



DISTANCE

52km (32m)



StoneCropAcres Winery and Vineyard,
Morrisburg

Logistics

Route

- Fully paved trail
- Paved park roads with paved shoulders
- Smaller quieter secondary roads, some with paved shoulders
- Relatively flat
- Suitable for all types of bikes

Cautions & Notes

- County Road 2, Ingleside
- Bridge crossings of Highway 401
- Route along the St. Lawrence River follows the Riverside Trail and Great Lakes Waterfront Trail
- Increased vehicle traffic on summer weekends and holidays

Park & Start

- Church parking lot, St. Andrews West
- Guindon Park, Cornwall
- Various parking locations, Long Sault Parkway
- Waterfront trail parking, Ingleside

Services

ST. ANDREWS

- Restaurant/café
- Gas station/convenience store
- Attractions

LONG SAULT

- Accommodations
- Restaurants/cafés
- Food/groceries/ convenience stores
- Gas stations
- Public washrooms
- Bank ATM
- Shopping
- Attractions

INGLESIDE

- Accommodations
- Restaurants/cafés
- Food/groceries/ convenience stores
- Gas stations
- Public washrooms
- Bank ATM
- Shopping
- Attractions

CORNWALL

- Bike shops: 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

Discover SDG Counties:
whereontariobegan.ca

Cornwall Tourism:
cornwalltourism.com

Additional Information

More cycling routes in SDG Counties:
whereontariobegan.ca/cycling

More cycling routes in Cornwall:
cornwalltourism.com/cycling

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 and the St. Lawrence Seaway, in SDG Counties and Cornwall do not assume any liability whatsoever for cyclists travelling upon these routes.