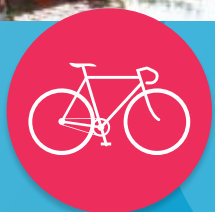
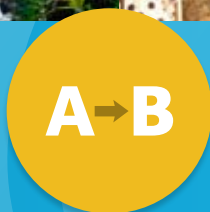


The Great Waterway Circle Tour

CYCLING ITINERARY



EXPERIENCE RATING
CHALLENGING



DISTANCE
730KM (454M)

The Great
Waterway

South Eastern Ontario

The Great Waterway Circle Tour

CYCLING ITINERARY



Cycling route:
730km (454 miles)
91km average cycling
distance per day

Cycling in: [The Great Waterway](#)

Number of days cycling: 8

Recommended number
of nights stay: 9

Experience rating:
[challenging, road cycling
experience required](#)

Offering a multi-day cycling experience and tour of the entire region, this 8 day looped cycling itinerary will take experienced road cyclists on select routes, riding day by day through a variety of natural beauty and to welcoming communities each night.

Inspired by the original Mohawk name 'Kaniatarowanenneh' (big water), this beautiful stretch of Ontario is entirely linked by water – from Cornwall on the St. Lawrence River to Kingston on Lake Ontario - Gananoque and the 1000 Islands - Belleville on the Bay of Quinte and Prince Edward County. In between, The Great Waterway also offers additional waterways to explore in the Land O'Lakes area. The Rideau Canal, a UNESCO World Heritage Site, plays an important role in this landscape as it winds its way north along the Rideau Heritage Route.

The Great Waterway Circle Tour cycling itinerary starts in Cornwall, travels northwest through Kemptville, Merrickville and Westport, before rejoining Lake Ontario and the Bay of Quinte with stops in Napanee and Trenton. From Trenton, the cycling itinerary takes a tour through Prince Edward County and on to Gananoque via the Glenora Ferry and Kingston, following the Waterfront Trail. Gananoque to Prescott and Prescott to Cornwall, following the Waterfront Trail east, will complete the loop at the end of day 8.

The Great Waterway Circle Tour

CYCLING ITINERARY

8 Day Cycling Itinerary Route Summary

There are a number of options to change the daily distances and itineraries making overnight or rest stops in alternate locations. The route can be cycled on a single trip, or broken up into smaller segments and completed over a longer span of time. To enjoy any part of this route as a linear trail Cornwall to Trenton or reverse, VIA Rail Bike Train can assist cyclists in returning to their start point or beyond.

The route is classified as challenging and recommended for experienced cyclists who have experience riding long distances and sharing roads with vehicle traffic. Where possible, the routing has incorporated roadways with paved shoulders and slower speed traffic; for some segments this was not possible. The return along the Waterfront Trail from Trenton to Cornwall is clearly signed and offers a mix of shared road, paved shoulder and off-road paved trails.

This is a self-guided cycling itinerary. Cyclists are advised to complete all accommodation bookings themselves. Each town or city recommended for an overnight stop has multiple accommodation options that include hotels, bed and breakfasts, motels and camping. The daily itinerary sheets provide information and links to sources for further information and recommendations. It is recommended that cyclists carry a GPS to assist with route navigation.

Distances

DAY ONE:	Cornwall to Merrickville ~133km/83m
DAY TWO:	Merrickville to Westport ~ 84km/52m
DAY THREE:	Westport to Napanee ~ 81km/50m
DAY FOUR:	Napanee to Trenton ~ 101km/63m
DAY FIVE:	Trenton to Picton ~ 80km/50m
DAY SIX:	Picton to Gananoque ~ 96km/60m
DAY SEVEN:	Gananoque to Prescott ~ 71km/44m
DAY EIGHT:	Prescott to Cornwall ~ 85km/53m

TOTAL: 730km (454 miles)

DAY 1: Cornwall to Merrickville



Cycling route:
133km (83 miles)

Cycling in: The Great
Waterway,
Stormont, Dundas and
Glengarry ~ Leeds Grenville

Experience rating:
challenging, road cycling
experience required

This is the first leg of a multi-day cycling getaway along The Great Waterway. The Great Waterway Tour begins in one of Canada's oldest settlements, Cornwall. The City of Cornwall sits on the banks of the St. Lawrence River, easy to get to from Montreal, Ottawa, Toronto or New York State.

The first day will introduce you to a section of the Waterfront Trail, taking you through the Lost Villages area and turning north just before Long Sault. The cycling tour will continue on old country roads to Spencerville and then to Old Town Kemptville and finally on to the jewel of the Rideau – Merrickville, for an overnight stop. Merrickville is a picturesque village with many art galleries, a number of accommodation choices and of course, outstanding restaurants and pubs to help carb up for day two's ride.

DAY 1: Cornwall to Merrickville: Logistics

Distance

133km (83 miles)

Roads

- Off-road paved Waterfront Trail, out of Cornwall.
- Country roads – quiet along most sections.
- Few paved shoulders – some wider than others.
- Rolling hills – flat.
- Suitable for all types of bicycles.

Cautions and Notes

- Road and paving on parts of Highway 18 can be rough.
- Highway 44 into Kemptville can have high volume of traffic.

Parking & Transportation

- Cornwall Civic Complex (100 Water Street)
- VIA Rail Bike Train service stops at Cornwall

Services

CORNWALL

- Bike Stores: [Bicycle World](#) - sales and service, bike rentals available; [Total Cyclery and Sports](#) - sales and service no rentals; [Kalrim Cycles and Sport](#) - sales and service, bike rentals available
- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Gas stations
- Public washrooms
- ATM
- Shopping
- Attractions

WILLIAMSBURG

- Convenience store
- Public washrooms

SPENCERVILLE

- Accommodations
- Restaurants/café
- Convenience store
- Public washrooms
- ATM
- Attractions

KEMPTVILLE

- [Sun Mountain Sports](#) - sales and service no rentals
- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Public washrooms
- ATM
- Shopping
- Attractions

MERRICKVILLE

- Accommodations
- Restaurants/café
- Convenience store
- Public washrooms
- ATM
- Shopping
- Attractions

DAY 1: Cornwall to Merrickville: Links

Day one ~ Cornwall to Merrickville route map:

www.mapmyride.com/routes/view/62678392

Waterfront Trail Maps:

www.waterfronttrail.org

The Great Waterway website:

www.thegreatwaterway.com

For more information on The Rideau Heritage Route:

www.rideauheritageroute.ca

For Cornwall visitor information:

www.cornwalltourism.com

For more information about Merrickville:

www.realmerrickville.ca

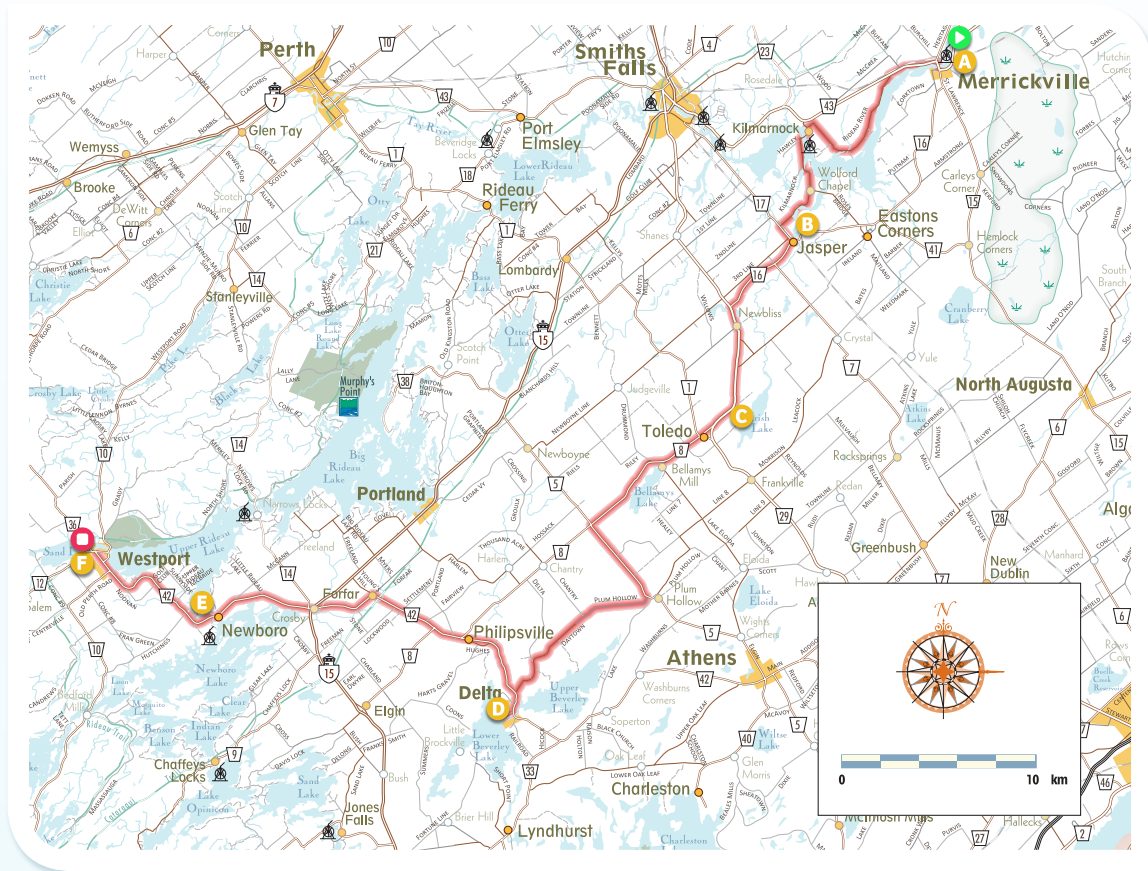
For Welcome Cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.welcomecyclists.ca

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DAY 2: Merrickville to Westport



Cycling route:
84km (52 miles)

Cycling in: The Great
Waterway,
Leeds Grenville

Experience rating:
challenging, road cycling
experience required

Day two of your Great Waterway Circle Tour is a shorter 84km. Cycling out of beautiful Merrickville, day two will take you along parts of the Rideau Heritage Route. The Rideau Heritage Route stretches from Ottawa to Kingston and is a celebration of the UNESCO World Heritage Site, the Rideau Canal, the oldest continuously operated canal in North America; the locks along the Rideau work today much as they did when it first opened in 1832.

Consider making some stops en route to taste some local flavours. Passing by the apple orchards in Kilmarnock and Jasper, ride into Delta for a lunch stop and tour of the historic Delta Mill where fresh milled flour and bread can still be bought. Continuing on, stop in Forfar for some fresh cheese curds from the Forfar dairy before making your way to the final destination of the day “The Heart of the Rideau Lakes”, Westport. The village of Westport offers several accommodation options as well as quaint shops, galleries, restaurants and pubs all nestled around the shores of the Upper Rideau Lake.

DAY 2: Merrickville to Westport: Logistics

Distance

84km (52 miles)

Roads

- Country roads – quiet along most sections.
- Few paved shoulders – some wider than others.
- Climbs - rolling hills – flat.
- Suitable for all types of bicycles.

Cautions and Notes

- Highway 43 out of Merrickville can have high volume of traffic especially during summer months.
- Highway 42, Crosby to Newboro to Westport can have high volume of traffic especially during summer months.

Services

MERRICKVILLE

- Accommodations
- Restaurants/cafés
- Convenience store
- Public washrooms
- ATM
- Shopping
- Attractions

JASPER

- Public washrooms
- ATM

TOLEDO

- Public washrooms
- ATM

DELTA

- Accommodations
- Public washrooms
- ATM
- Historic attractions

NEWBORO

- Restaurant/café
- Public washrooms
- Shopping

WESTPORT

- Accommodations
- Restaurants/cafés
- Food/grocery/convenience stores
- Public washrooms
- Gas stations
- ATM
- Art galleries
- Shopping

DAY 2: Merrickville to Westport: Links

Day two ~ Merrickville to Westport route map:

www.mapmyride.com/routes/view/64176944

The Great Waterway website:

www.thegreatwaterway.com

For more information about the Rideau Heritage Route:

www.rideauheritageroute.ca

For more information about Delta:

www.deltamill.org

For more information about Westport:

www.village.westport.on.ca

For Welcome Cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.welcomecyclists.ca

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DAY 3: Westport to Napanee



DAY 3: Westport to Napanee



Cycling route:
81km (50 miles)

Cycling in: The Great
Waterway,
Leeds Grenville ~ Frontenac ~
Lennox and Addington

Experience rating:
challenging, road cycling
experience required

Cycling out of Westport and west from the Rideau Lakes, the beautiful and quiet countryside continues on possibly one of the most scenic roads in the area. Enjoy rolling hills, dips and peaks in and out of lush valleys, riding alongside rock walls, all shielding the hundreds of lakes tucked away from the roadside. As the route takes you further south, stop at one of the many hamlets along what was once a main thoroughfare for travellers. Refuel at a local store or café.

Follow the Napanee River south and into the town of Napanee for overnight accommodations at the end of day three. With several accommodation choices, pubs, cafés and great shopping, the scenic old town area has a lot to offer and welcomes visitors.

DAY 3: Westport to Napanee: Logistics

Distance

81km (50 miles)

Roads

- Country roads – quiet along most sections.
- Few paved shoulders – some wider than others.
- Climbs - rolling hills – flat.
- Suitable for all types of bicycles.

Cautions and Notes

- Road out of Westport to Godfrey (Westport Road/Regional Road 12) is a paved country road, with rough surface in some areas.
- Highway 38 can have high volume of traffic travelling at high speeds.

Services

WESTPORT

- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Public washrooms
- Gas stations
- ATM
- Art galleries
- Shopping

GODFREY

- Convenience store

VERONA

- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Public washrooms
- ATM

HARROWSMITH

- Restaurants/café
- Convenience stores

YARKER

- Restaurants/café
- Convenience stores
- ATM

CAMDEN EAST

- Restaurants/café
- Convenience stores

NAPANEE

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

DAY 3: Westport to Napanee: Links

Day three ~ Westport to Napanee route map:

www.mapmyride.com/routes/view/64194802

The Great Waterway website:

www.thegreatwaterway.com

For more information about the Rideau Heritage Route:

www.rideauheritageroute.ca

Lennox & Addington website:

www.lennox-addington.on.ca/tourism.html

For more information about Westport:

www.village.westport.on.ca

For more information about Napanee:

www.napaneechamber.ca

For more information on Land O'Lakes:

www.travellandolakes.com

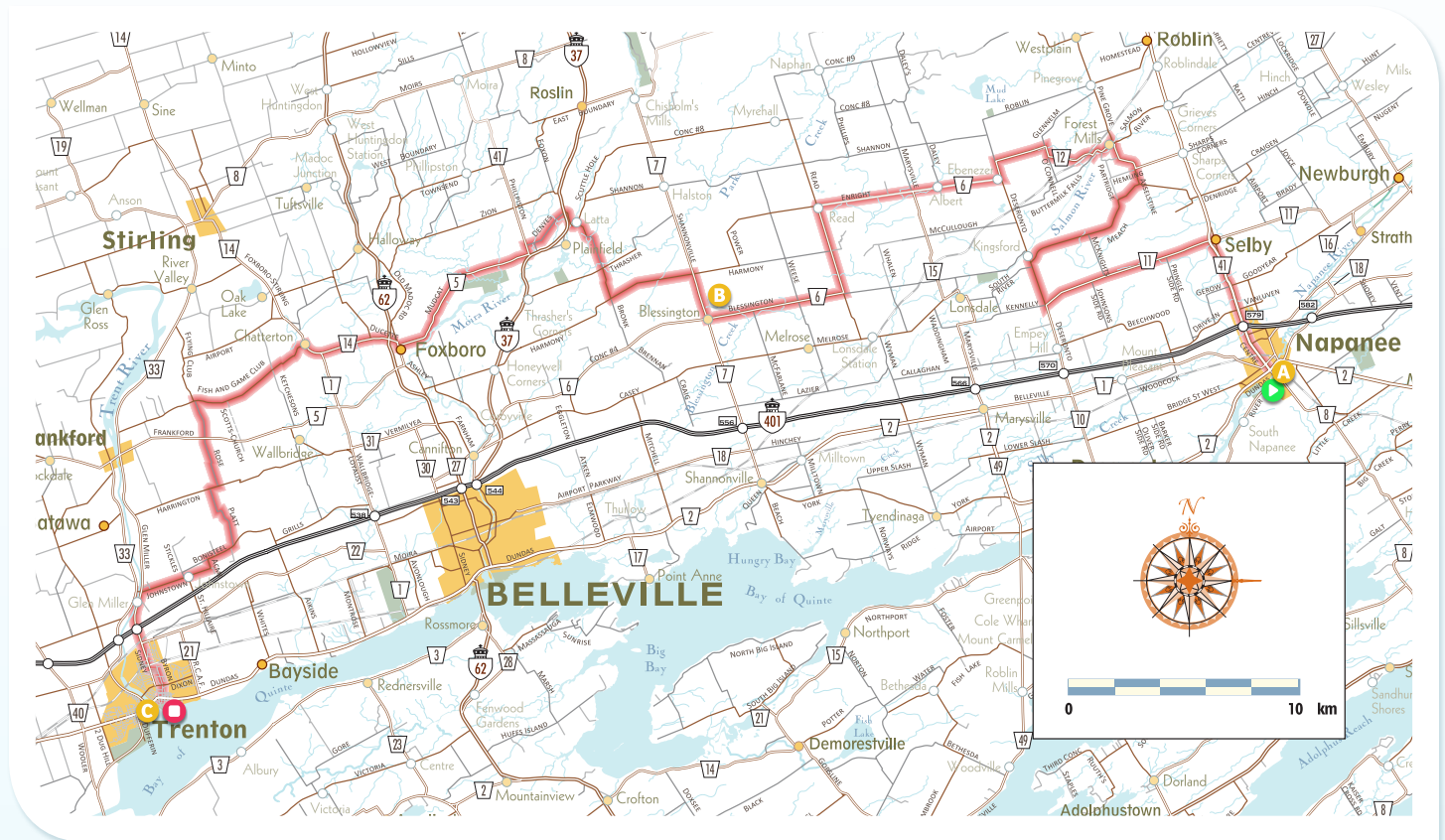
For Welcome Cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.welcomecyclists.ca

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DAY 4: Napanee to Trenton



Cycling route:
101km (63 miles)

Cycling in: The Great
Waterway,
Lennox and Addington -
Hastings County

Experience rating:
challenging, road cycling
experience required

From Napanee, take this route north, arching over the Bay of Quinte through Lennox and Addington and Hastings Counties before connecting back to the Bay of Quinte in Trenton. Gently rolling hills and farms new and old dot the countryside on this route. With limited services, it is suggested that cyclists travel prepared with food, water and all other requirements for the day. By contrast, there are full services and accommodations awaiting your arrival in Trenton, with a number of attractions to stop at if time permits.

For cyclists wishing to end the route here and return to Cornwall, the VIA Rail Bike Train has limited stops in Trenton, and more frequent stops in Belleville.

DAY 4: Napanee to Trenton: Logistics

Distance

101km (63 miles)

Roads

- Paved shoulders – some wider than others.
- Smaller secondary roads quieter, most but not all, have paved shoulders.
- Mix of climbs, rolling hills, flat.
- Suitable for all types of bicycles.

Cautions and Notes

- Exercise caution crossing larger roads, such as Highways 62 and 37, vehicles travelling at high speeds.
- The section of Shannonville Road North of Blessington can be a busy stretch, with a sharp drop at the shoulder due to slab construction.
- The main roads in and out of Napanee and Trenton have shoulders for the most part, but due to the volume of traffic should be cycled with caution.

Services

NAPANEE

- Accommodations
- Restaurants/café's
- Food/groceries/convenience stores
- Gas stations
- Public washrooms
- ATM
- Shopping
- Attractions

BLESSINGTON

(SHANNONVILLE ROAD AND BLESSINGTON ROAD)

- Convenience store
- Public washrooms

TRENTON

- Accommodations
- Restaurants/café's
- Food/groceries/convenience stores
- Gas stations
- Public washrooms
- ATM
- Shopping
- Attractions

DAY 4: Napanee to Trenton: Links

Day four ~ Napanee to Trenton:

www.mapmyride.com/routes/view/64198074

The Great Waterway website:

www.thegreatwaterway.com

Lennox & Addington website:

www.lennox-addington.on.ca/tourism.html

For more information on Land O'Lakes:

www.travellandolakes.com

For more information on Bay of Quinte Country:

www.bayofquintecountry.com

For Welcome Cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.welcomecyclists.ca

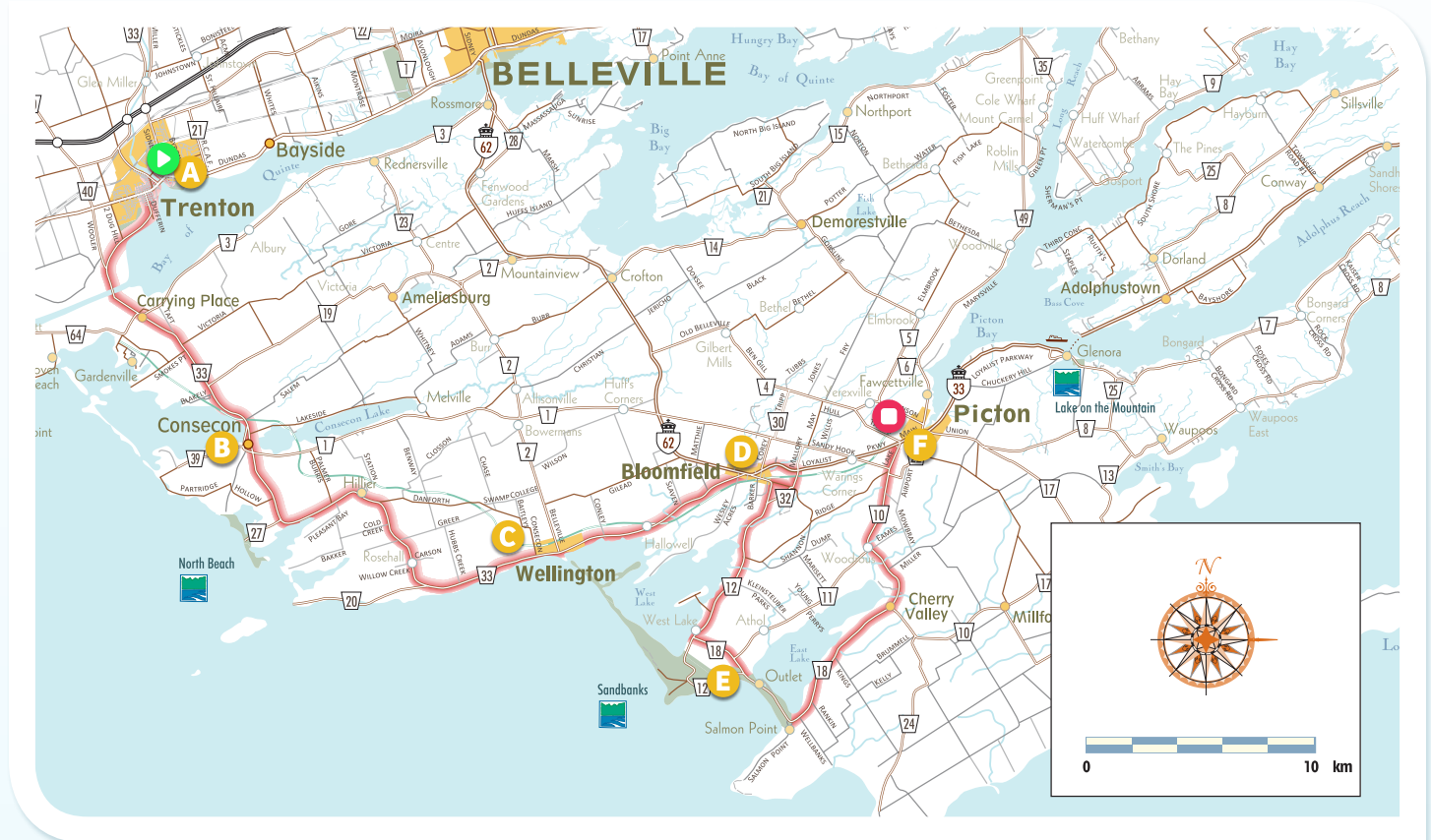
For VIA Rail Bike Train service information:

www.biketrain.ca

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DAY 5: Trenton to Picton



Cycling route:
80km (50 miles)

Cycling in: The Great
Waterway,
Hastings County ~ Prince
Edward County

Experience rating:
challenging, road cycling
experience required

The cycling adventure on day five of The Great Waterway Circle Tour will provide a great tour of Prince Edward County, showcasing the scenic views, quiet countryside, culinary and arts trails. A popular summer destination, Prince Edward County is a great place to cycle with short distances between towns that have everything you need.

Follow the well signed Waterfront Trail enjoy a wide paved shoulder and add some stops to the day to cool down. Stop at the beach or try samples at one of the many wineries en route to Picton and your overnight accommodations.

Consider taking an extra day and adding Sandbanks Cycling Itinerary to your visit to Prince Edward County and enjoy another day of cycling nearby.

DAY 5: Trenton to Picton: Logistics

Distance

80km (50 miles)

Roads

- Highway 33 - Loyalist Parkway, mostly paved shoulders, some wider than others.
- Flat.
- Suitable for all types of bicycles.

Cautions and Notes

- Follow the Waterfront Trail signs from Trenton to Picton.
- Whilst there are mostly paved shoulders on Highway 33, vehicle traffic can be heavy on summer weekends and holidays, and travelling at high speeds.
- Potential for strong headwinds.

Services

TRENTON

- Accommodations
- Restaurants/café
- Food/groceries/convenience stores
- Public washrooms
- ATM
- Shopping
- Attractions

CONSECON

- Accommodations
- Restaurants/café
- Convenience store
- Public washrooms
- ATM

WELLINGTON

- Bike service: [Kal's Cycle & Beach Shop](#) - limited sales and service
- Accommodations
- Restaurants/café
- Public washrooms
- Food/groceries/convenience stores
- ATM
- Shopping
- Beach

BLOOMFIELD

- Bike shop & rentals: [Bloomfield Bicycles](#) - sales and service, bike rentals available; [Sandbanks Vacations](#) - bike rentals.
- Accommodations
- Restaurants/café
- Convenience store
- Public washrooms
- ATM
- Shopping

SANDBANKS PROVINCIAL PARK

- Accommodations/camping
- Restaurants/café
- Convenience store
- Public washrooms
- ATM
- Beach

PICTON

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

DAY 5: Trenton to Picton: Links

Day five ~ Trenton to Picton:

www.mapmyride.com/routes/view/64633946

Waterfront Trail Maps:

www.waterfronttrail.org

The Great Waterway website:

www.thegreatwaterway.com

For more information on Bay of Quinte Country:

www.bayofquintecountry.com

For information on Prince Edward County:

www.prince-edward-county.com

For information on Sandbanks Provincial Park:

www.ontarioparks.com/english/sand.html

For Welcome Cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.welcomecyclists.ca

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DAY 6: Picton to Gananoque



Cycling route:
96km (60 miles)

Cycling in: The Great
Waterway,
Hastings ~ Prince Edward
County ~ Lennox and
Addington ~ Frontenac ~
Leeds Grenville

Experience rating:
challenging, road cycling
experience required

Day six of The Great Waterway Circle Tour will depart from Picton and Prince Edward County via the Glenora Ferry and head east onto the Waterfront Trail. Enjoy the quiet countryside and sweeping waterviews on this relaxing route between Adolphustown and Amherstview. Stop midday in Kingston – a world heritage destination. Stop into one of the many pubs or restaurants along the waterway or venture up to Fort Henry for a picnic lunch and view of where the St. Lawrence River meets Lake Ontario.

Continuing east, the route takes you along shared roadway into Gananoque known as the gateway to the 1000 Islands. This will be your final stop for the day so be sure to soak in as much of the local charm, or flavours ‘Gan’ has to offer. With lots to do, consider taking in a play or going out on a kayak trip, before tomorrow’s ride along the 1000 Islands Parkway.

DAY 6: Picton to Gananoque: Logistics

Distance

96km (60 miles)

Roads

- Paved shoulders – some wider than others, until just west of Kingston.
- Shared roadway with limited paved shoulders east of Kingston until Gananoque.
- Flat - some rolling hills.
- Suitable for all types of bicycles.

Cautions and Notes

- Follow the Waterfront Trail signs from Picton to Gananoque.
- Glenora Ferry from Prince Edward County to Adolphustown runs frequently, no fee for cyclists.
- Highway 33 approaching Kingston has heavy vehicle traffic travelling at high speeds.
- Downtown Kingston has heavy vehicle traffic and very few bike lanes.
- Highway 2 departing Kingston also has heavy vehicle traffic travelling at high speeds.
- Potential for strong headwinds.

Services

PICTON

- Accommodations
- Restaurants/café
- Corner Stores
- Gas Stations
- Public Washrooms
- ATM
- Attractions

ADOLPHUSTOWN/GLENORA FERRY

- Accommodations
- Public washroom

BATH

- Accommodations

- Restaurants/café
- Food/groceries/convenience store
- Public washrooms
- ATM
- Historic attractions

MILLHAVEN

- Restaurants/café
- Convenience store

AMHERSTVIEW

- Restaurants/café
- Food/groceries/convenience store
- Public washrooms
- ATM
- Shopping
- Historic attractions

KINGSTON

- Bike stores & rentals: [Ahoy Rentals](#) - rentals; [B.B.'s Cycle](#) - service, sales, rentals; [Cycle Path Kingston](#) - service, sales; [Frontenac Sport & Cycle](#) - service, sales, rentals; [Gears & Grinds](#) - service and sales; [J&J Cycle](#) - service, sales.
- Accommodations
- Restaurants/café
- Food/groceries/convenience stores
- Public washrooms
- ATM
- Shopping
- Attractions

GANANOQUE

- Bike store & rentals: [T.I. Cycle](#) - sales and service, bike rentals available; [Misty Isles Lodge](#) - bike rentals.
- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Gas stations
- Public washrooms
- ATM
- Shopping
- Attractions

DAY 6: Picton to Gananoque: Links

Day six ~ Picton to Gananoque:

www.mapmyride.com/routes/view/65922484

Waterfront Trail Maps:

www.waterfronttrail.org

The Great Waterway website:

www.thegreatwaterway.com

For information on Kingston:

www.tourism.kingstoncanada.com

www.visitkingston.ca

For more information on Gananoque:

www.1000islandsgananoque.com

For Welcome cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

<http://welcomecyclists.ca/>

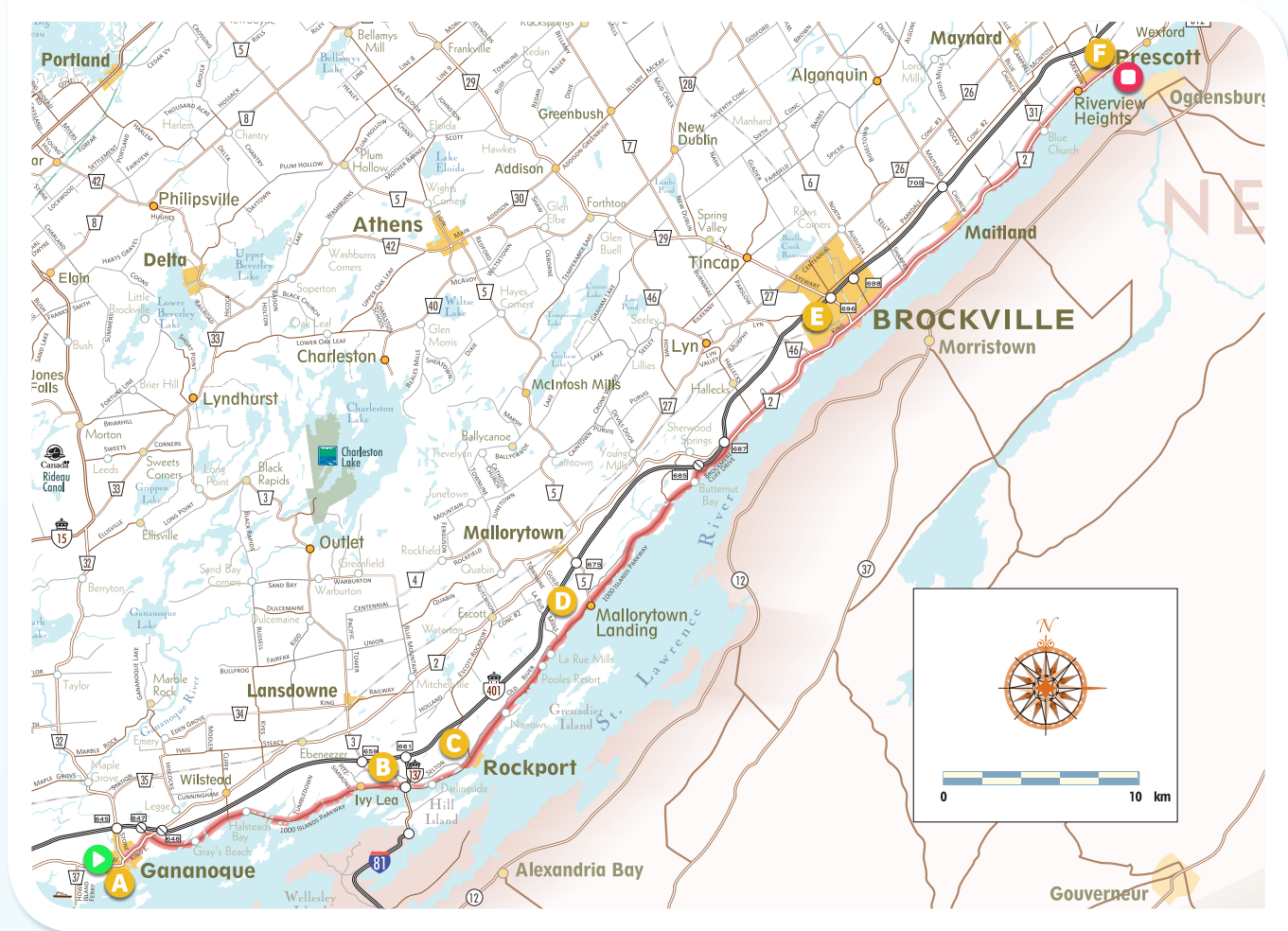
For Glenora Ferry information:

www.mto.gov.on.ca/english/traveller/ferry/

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DAY 7: Gananoque to Prescott



Cycling route:
71km (44 miles)

Cycling in: The Great
Waterway,
Leeds Grenville

Experience rating:
challenging, road cycling
experience required

The Waterfront Trail running alongside the 1000 Islands Parkway provides a traffic-free option for cyclists to enjoy the stunning water and island views that make the stretch between Gananoque and Brockville a popular touring route. Plenty of stopping options en route, with enough beach, swim, picnic and lookout spots to easily see you through until sunset. If you were unable to get out on the water in Gananoque or Rockport, Brockville makes for a great mid-ride stop, and offers many additional adventure options along the St. Lawrence River.

Enjoy a peaceful last night of the cycling tour in the Town of Prescott. With a variety of accommodations and historic attractions, this small community overlooking the narrows of the St. Lawrence River and across to the United States, less than two kilometres away, is a perfect stop after a long ride and multi-day cycling trip.

DAY 7: Gananoque to Prescott: Logistics

Distance

71km (44 miles)

Roads

- Some paved shoulders – some wider than others.
- Some shared roadway without paved shoulders.
- Departing from Gananoque, paved off-road trail begins 2.5km east of town.
- Arriving in Brockville paved off-road trail ends 8km west of town near Brown's Bay.
- Flat - few rolling hills.
- Suitable for all types of bicycles.

Cautions and Notes

- Follow the Waterfront Trail signs from Gananoque to Prescott.
- Shared roadway sections around Gananoque and Brockville can be busy with high volume of traffic and vehicles travelling at high speeds.
- 1000 Islands Parkway from Gananoque to Brockville can be busy especially in summer months, use the off-road paved trail and exercise caution.
- Paved off-road trail needs some maintenance.

Services

GANANOQUE

- Bike store & rentals: [T.I. Cycle](#) - sales and service, bike rentals available; [Misty Isles Lodge](#) - bike rentals.
- Accommodations
- Restaurants/cafés
- Food/grocery/convenience stores
- Gas stations
- Public washrooms
- ATM
- Shopping
- Attractions

IVY LEA

- Accommodations
- Restaurant/café
- Convenience stores
- Public washrooms
- ATM

ROCKPORT

- Accommodations
- Restaurants/cafés
- Convenience stores
- Public washrooms
- ATM

MALLORYTOWN LANDING

- Accommodations
- Restaurants/cafés
- Convenience stores
- Public washrooms
- ATM

BROCKVILLE

- Bike Stores: [Crank's Bicycle Shop](#) - sales and service no rentals; [Todd's Place Bikes & Skis](#) - sales and service no rentals
- Accommodations
- Restaurants/cafés
- Food/grocery/convenience stores
- Public washrooms
- ATM
- Shopping
- Attractions

PRESCOTT

- Accommodations
- Restaurants/cafés
- Food/grocery/convenience stores
- Public washrooms
- ATM
- Historic attractions

DAY 7: Gananoque to Prescott: Links

Day seven ~ Gananoque to Prescott route map:

www.mapmyride.com/routes/view/67934630

Waterfront Trail Maps:

www.waterfronttrail.org

The Great Waterway website:

www.thegreatwaterway.com

Leeds Grenville website:

<http://www.leedsgrenville.com/en/visit/thingstodo/Cycling.asp>

For more information on Gananoque:

www.1000islandsgananoque.com

For more information on Brockville:

www.brockvilletourism.com

For more information on Rockport:

www.rockportthousandislands.com

For Prescott visitor information:

www.prescott.ca/tourism

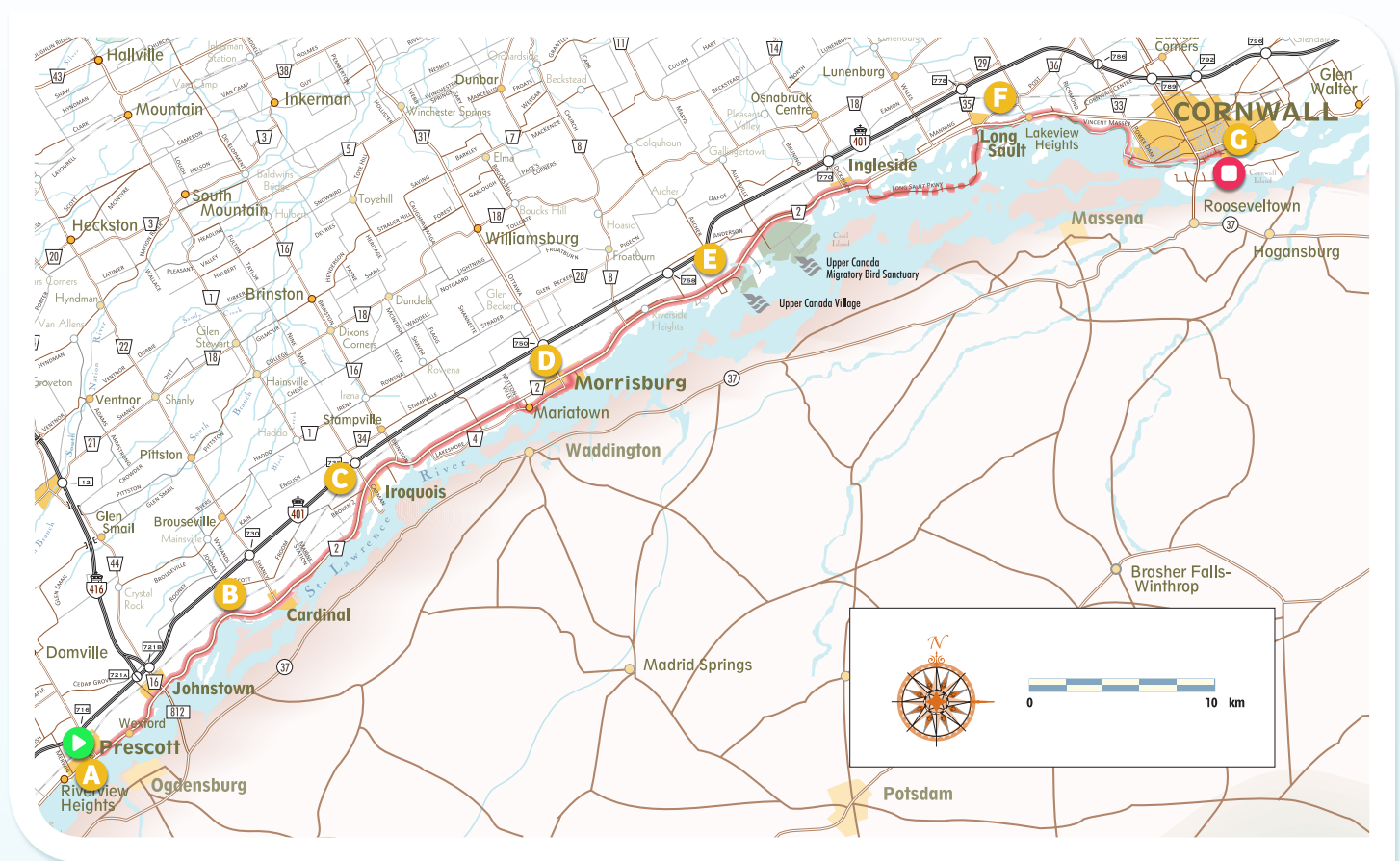
For Welcome Cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.welcomecyclists.ca

Disclaimer

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DAY 8: Prescott to Cornwall



Cycling route:
85km (53 miles)

Cycling in: The Great
Waterway,
Leeds Grenville ~ Stormont,
Dundas and Glengarry

Experience rating:
challenging, road cycling
experience required

On the last day of The Great Waterway Circle Tour, take a leisurely ride and enjoy stops en route to Cornwall or use the extra hours for travel time.

There are numerous points of interest, attractions and beautiful parklands en route starting with Chrysler Park, the historic battlefield and Upper Canada Village, a reconstructed pioneer village taking visitors back to the 1860's. Nearby, cycle along the quiet trails and through the naturalized setting in the Upper Canada Bird Sanctuary. Sure to pique everyone's interest is The Lost Villages Museum with memorabilia from days gone by.

With the off-road paved Waterfront Trail winding its way into Cornwall, consider making a last stop at the St. Lawrence Power Development Visitor Centre to learn the history of the power project which has had an enormous impact on the area.

As the cycling adventure ends, start planning for a return tour to cycle the routes you missed this time around, take in the attractions and revisit the communities en route. We can hardly wait for your return!

DAY 8: Prescott to Cornwall: Logistics

Distance

85km (53 miles)

Roads

- Some paved shoulders – some wider than others.
- Some shared roadway without paved shoulders.
- Flat.
- Suitable for all types of bicycles.

Caution and Notes

- Follow the Waterfront Trail signs from Prescott to Cornwall.
- Shared roadway sections from Prescott to east of Morrisburg can be busy with high volumes of traffic and vehicles travelling at high speeds.
- Portion of the off-road trail is unpaved through the Bird Sanctuary.

Parking & Transportation

- Cornwall Civic Complex (100 Water Street)
- VIA Rail Bike Train service stops at Cornwall

Services

PRESCOTT

- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Public washrooms
- ATM
- Historic attractions

CARDINAL

- Convenience store
- Public washrooms

IROQUOIS

- Accommodations
- Food/grocery/convenience stores
- Public washrooms
- ATM

MORRISBURG

- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Public washrooms
- ATM

CRYSLER PARK/UPPER CANADA VILLAGE

- Restaurants/café
- Convenience stores
- Public washrooms

LONG SAULT

- Accommodations
- Restaurants/café
- Convenience stores
- Public washrooms
- ATM

CORNWALL

- Bike Stores: [Bicycle World](#) - sales and service, bike rentals available; [Total Cyclery and Sports](#) - sales and service no rentals; [Kalrim Cycles and Sport](#) - sales and service, bike rentals available
- Accommodations
- Restaurants/café
- Food/grocery/convenience stores
- Gas stations
- Public washrooms
- ATM
- Shopping

DAY 8: Prescott to Cornwall: Links

Day eight ~ Prescott to Cornwall:

www.mapmyride.com/routes/view/67935796

Waterfront Trail Maps:

www.waterfronttrail.org

The Great Waterway website:

www.thegreatwaterway.com

For Cornwall visitor information:

www.visit.cornwall.on.ca

For Welcome Cyclists certified bicycle friendly accommodations, cafés, restaurants and more:

www.welcomecyclists.ca

For VIA Rail Bike Train service information:

www.biketrain.ca

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