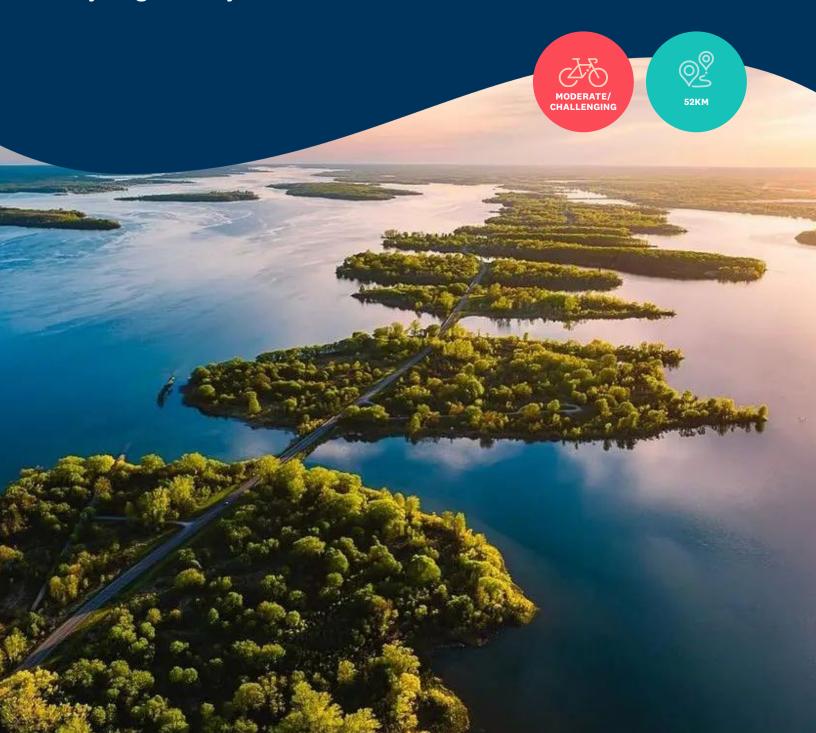


# **Park It and Parkway**

**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 Crysler 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, Cornwalll

#### **EXPERIENCE RATING**

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

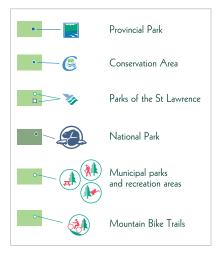
# **Digital maps**

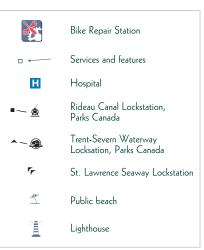
Park It and Parkway











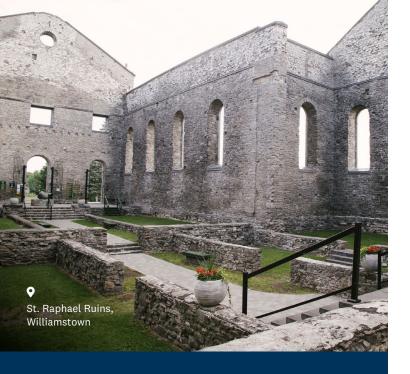


# **Places to Stop**

- 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)
- Crysler 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





DISTANCE 52km (32m)



# **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.

