

Rideau Canal Waterway West & East

Cycling Itinerary



Rideau Canal Waterway West & East

Discover the Rideau Canal Waterway, the many communities and sites along the way on this epic cycling route west and east with distances set to challenge the more experienced road rider. Make it a multi-day adventure or ramp it up for a single day century plus ride.

The west route starts and ends in Westport, Foley Mountain Conservation Area or in Delta. At Foley Mountain take a few moments and explore Spy Rock Lookout where you can have a spectacular view of Westport below and the route that lies ahead. Slow down the pace in Delta to visit the Old Stone Mill where heritage wheat is still milled into flour today. Return to Westport where there are many spots for refreshments and a ride recap or bed to lay your head.

The east loop route can start in various locations including Kemptville, Jasper or Merrickville, and offers cyclists a gentler ride and introduction to the Rideau Canal and historic locks as it passes by several of the smaller lockstations along the Rideau Canal Waterway. Consider stopping at apple orchards and a visit to one of eastern Ontario's hot spots for artists and art galleries - the pretty village of Merrickville.

Route info

CYCLING ROUTE

84km (52m) and
121km (75m)

CYCLING IN

South Eastern Ontario,
1000 Islands Rideau Canal
Waterway

EXPERIENCE RATING

Challenging, recommended
for cyclists with experience
riding on shared roads and
longer distances

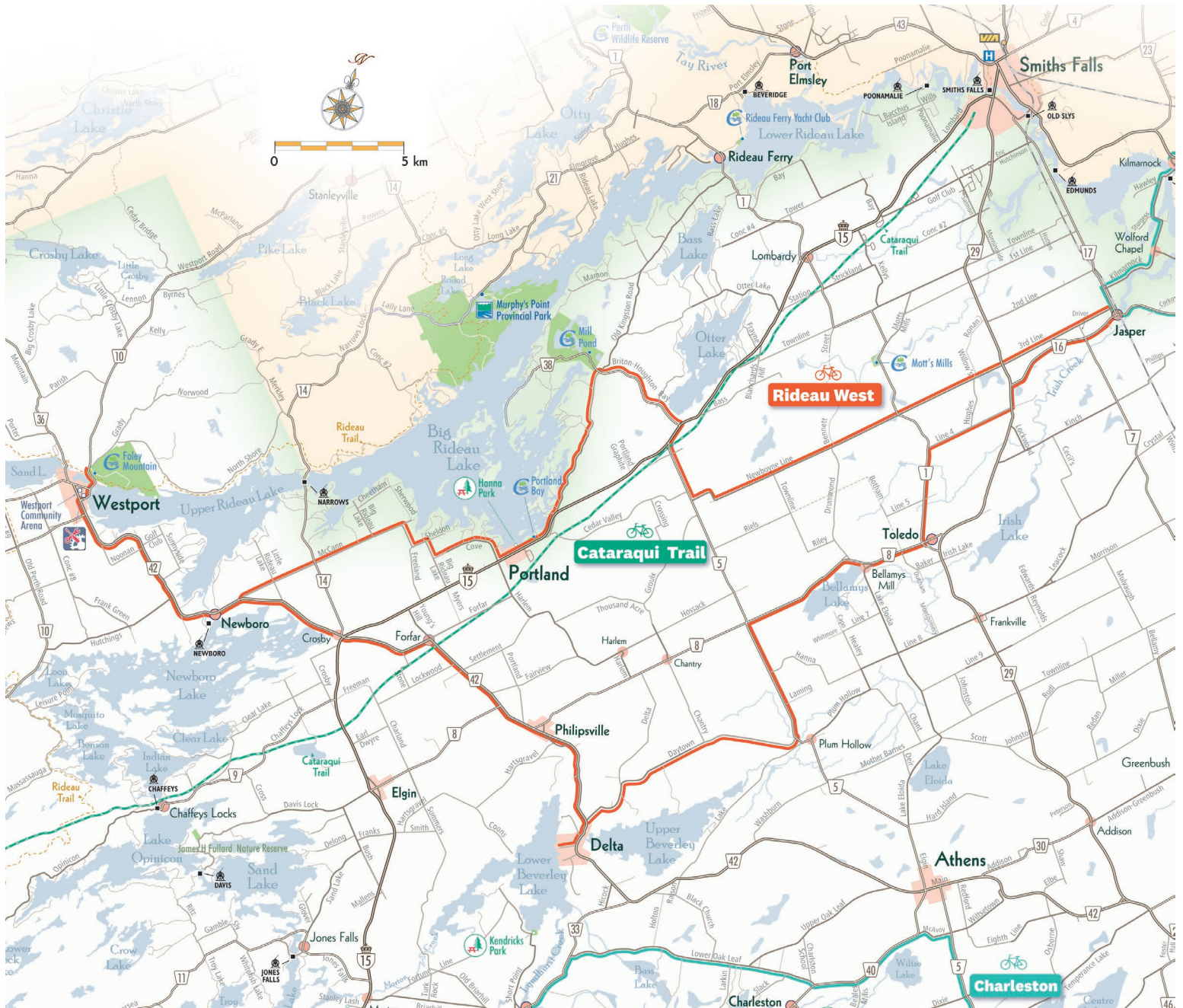
Digital maps

[Rideau Canal Waterways West:
Westport, Jasper, Delta – Cycling
Itinerary](#)

[Rideau Canal Waterways
East: Kemptville, Merrickville,
Jasper – Cycling Itinerary](#)



Bubba & Bugs Coffee Bar,
Kemptville



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

WEST ROUTE

- Downtown Westport
- Foley Mountain Conservation Area & Spy Rock Lookout, Westport
- Forfar Cheese Factory, Portland
- Old Stone Mill, Delta
- Rideau Canal locks: Newboro

EAST ROUTE

- Downtown Kempville
- Downtown Merrickville
- Rideau River
- Rideau Canal locks: Burritts Rapids, Nicholsons, Clowes, Merrickville, Kilmarnock

There are a number of options to modify this itinerary:

- Start in alternate locations: Westport, Delta, Newboro, Jasper, Merrickville, Kemptville
- Combine the west route and east route for a multi-day ride
- West route – Distance can be reduced by taking County Road 5 between Newboyn and Plum Hollow; or ride the Cataraqui Trail between Forfar and County Road 5
- East route – Distance can be reduced by taking County Road 15 in Merrickville between route north and south of Rideau River

Logistics

Route

- West route – majority paved roads, some smaller unpaved sections, elevation, and busier roads
- East route – full paved roads, flatter with less elevation
- Limited paved shoulders
- Busier roads, near towns
- Smaller quieter secondary roads
- Suitable for road and gravel bikes

Cautions & Notes

- Busier road sections in and out of Westport, Merrickville and Kemptville with limited paved shoulders
- Vehicle traffic can be heavy on summer weekends and holidays, especially along the Rideau River and near Big Rideau Lake
- Limited services outside of major towns centres
- Camping for cyclists, with no vehicle, is allowed at most Rideau Canal Lockstations
- West route - Highway 15 and County Road 42



DISTANCE

**84km (52m) and
121km (75m)**

Park & Start

WEST ROUTE

- Downtown or community arena or Foley Mountain Conservation Area, Westport
- Delta
- Newboro
- Jasper

EAST ROUTE

- Municipal parking lots, downtown Kemptville; Public Library/Bike Welcome Centre or Riverside Park, North Grenville
- Municipal parking or community centre, downtown Merrickville
- Jasper

Services

WESTPORT

- Bike repair station: 1 Spring Street, Visitor Information Centre
- Accommodations
- Restaurants/cafés
- Food/grocery/convenience stores
- Public washrooms
- Gas stations
- Bank ATM
- Shopping
- Attractions

DELTA

- Accommodations (camping only)
- Restaurant/café
- Public washrooms
- Attractions

TOLEDO

- Convenience store/gas station

JASPER

- Convenience store/gas station

NEWBORO

- Accommodations
- Restaurant/café
- Public washrooms
- Shopping
- Attractions

PORTLAND

- Accommodations
- Restaurant/café
- Food/grocery/convenience stores
- Public washrooms

KEMPTVILLE

- Bike shop: [Wheels in Motion](#) – sales and service
- Accommodations
- Restaurants/cafés
- Convenience stores
- Gas stations
- Public washrooms
- Bank ATM
- Shopping
- Attractions

MERRICKVILLE

- Bike repair station: Main Street West, Lions Club
- Accommodations
- Restaurants/cafés
- Convenience stores
- Public washrooms
- Bank ATM
- Shopping
- Attractions



Information Links

Visitor Information

South Eastern Ontario website:
southeasternontario.ca

1000 Islands Rideau Canal Waterways:
discover.leedsgrenville.com

Parks Canada – Rideau Canal:
parks.canada.ca/rideau

Village of Westport:
villageofwestport.ca/discover

Visit Merrickville:
merrickvillechamber.ca

Kemptville & North Grenville Tourism:
northgrenville.ca/explore

Additional Information

More cycling routes from Westport:
villageofwestport.ca/cycling

More cycling routes in Rideau Lakes:
rideaulakes.ca/experience/things-to-do/trails-routes/cycling

Cataraqui Trail maps:
cataraquitrail.ca

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 Rideau Canal Waterway do not assume any liability whatsoever for cyclists travelling upon these routes.