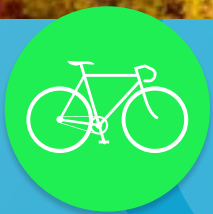
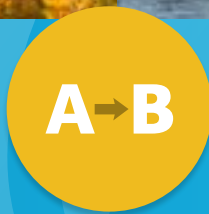


1000 Islands

CYCLING ITINERARY



EXPERIENCE RATING
EASY



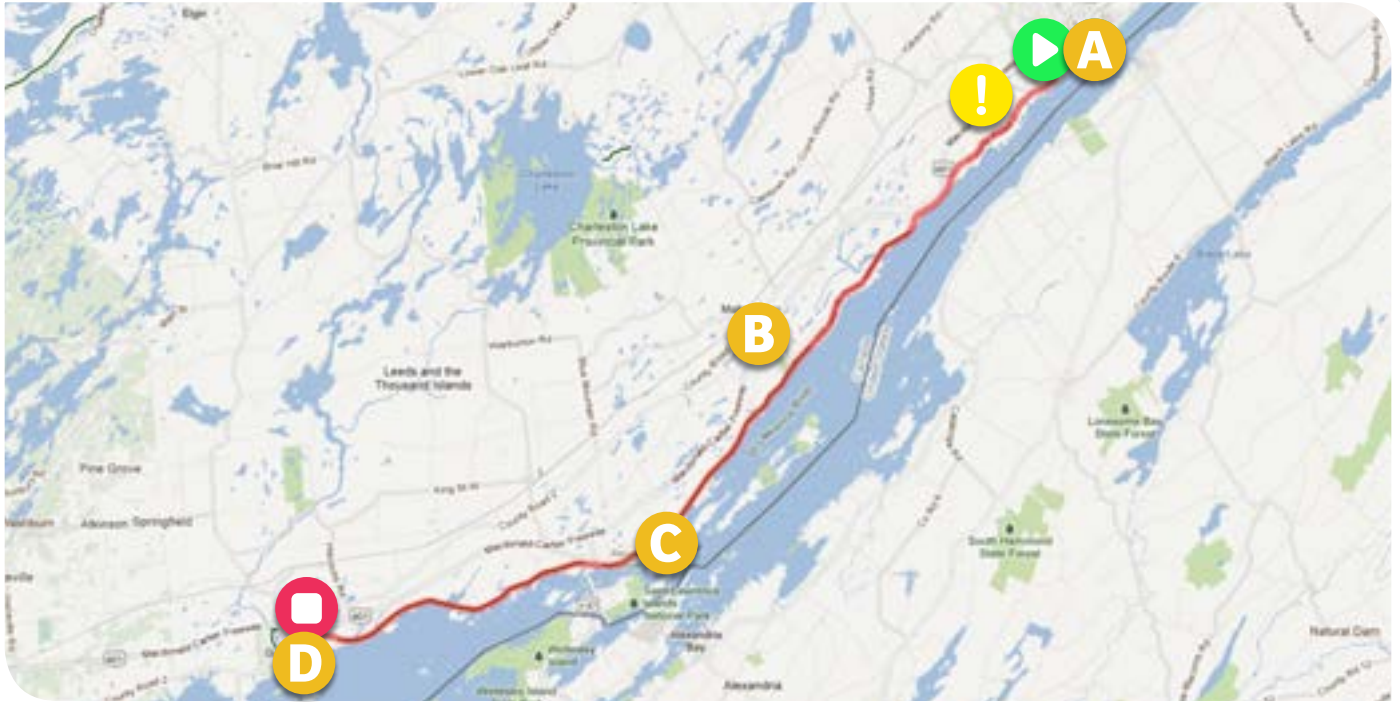
DISTANCE
100KM (62M)

The Great
Waterway

South Eastern Ontario

1000 Islands

CYCLING ITINERARY



Cycling route: 100km (62 miles)

Cycling in: [The Great Waterway, Leeds Grenville](#)

Number of days cycling: 2

Recommended number of nights stay: 2

Experience rating: easy

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 Brockville and Gananoque a popular touring route. This cycling adventure begins in the beautiful city of Brockville, on the St. Lawrence River, and heads west along the Waterfront Trail, connecting to the off-road cycling trail just past Butternut Bay. Plenty of beach, swim, picnic and lookout stops will easily see you through till sunset, with recommended stops at Brown's Bay, Mallorytown Landing, Rockport and picturesque Ivy Lea.

With plenty of overnight accommodation options, 50km of cycling will take you into charming Gananoque where you can stop at one of the many warm and comforting pubs and cafés for a meal before turning around and making your way back to Brockville. Alternately you can stop for the night in Gananoque, take a 1000 Islands boat tour, see a play or go kayaking, spending the night in one of the many B&Bs or Inns located in town. There are a number of options to complete a small portion of this route by parking at one of the picnic areas and cycling out and back from there.

1000 Islands

CYCLING ITINERARY

Logistics

Distance

100km (62 miles)

Roads

- This route takes you along the well-signed and cycle friendly Waterfront Trail.
- Departing from Brockville, paved, off-road trail begins 8km west of town near Brown's Bay.
- Departing from Gananoque, paved off-road trail begins 2.5km east of town.
- Flat and smooth.
- Kid friendly.

Cautions and Notes

- From Brockville, short section on Highway 2 between Brockville and Butternut Bay is busy.
- From Gananoque, short section on 1000 Islands Parkway.
- Paved off-road trail needs some maintenance.

Parking

- Brockville or Brown's Bay ~ St. Lawrence Parks Commission
- Mallorytown Landing ~ Environmental Awareness Centre
- Picnic and parking spots along the 1000 Islands Parkway
- Gananoque harbour and marina

Services

BROCKVILLE

- Bike Stores: [Cranks Bicycle Shop](#) - sales and service no rentals; [Todd's Place Bikes & Skis](#) - sales and service no rentals

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

MALLORYTOWN LANDING

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

ROCKPORT

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

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

1000 Islands

CYCLING ITINERARY

Directions



Follow the Waterfront Trail signs



0km

Start at Brockville



0km

Park at St. Lawrence Park and head southwest on King Street West



1km

Continue onto County Road 2



7km

Turn left onto Brockmere Cliff Drive



BUSY ROAD



10km

Turn left onto the Waterfront Trail



Stay on the Waterfront Trail



20km

Welcome to Mallorytown Landing



30km

Welcome to Rockport



Continue on the Waterfront Trail



48km

Continue on to King Street West into Gananoque



50km

Welcome to Gananoque



100km

Return to Brockville



1000 Islands

CYCLING ITINERARY

Information Links

1000 Islands cycling itinerary route map:

www.mapmyride.com/routes/view/64644620

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 Brockville:

www.brockvilletourism.com

Disclaimer

This map has been developed to assist in planning bicycle trips throughout The Great Waterway. All routes are on shared roadways and cyclists must use these streets 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. The Great Waterway does not assume any liability whatsoever for bicyclists travelling upon these routes.

For more information on Rockport:

www.rockportthousandislands.com

For more information on Gananoque:

www.1000islandsgananoque.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

For information on St. Lawrence Parks Commission sites:

www.parks.on.ca