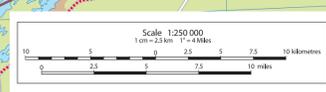


Ontario Bicycling Routes

- 14. **Whitney to Eganville**
From Whitney take Hwy 50 east through Barry's Bay to Eganville.
- 15. **Eganville to Pembroke**
Hwy 60 east to Kelly's Corners
MR2 and MK7 through Cobden to MR21
MR21 and MK2 south to Hwy 148 into Pembroke
Note: On-Road Alternative: Eganville to Harwood Lake
Eganville south westerly to Harwood Lake via MR 112 through Cormac and Foynt, MR 313 through Quadeville. South at Latchford Bridge to MR 514, pass Schutt to Hwy 28 at Harwood Lake.
- 16. **Eganville and Pembroke to Ottawa**
From Eganville - MR5 and MK7 through Cobden to MR21
From Pembroke - Hwy 60/6021 into Amperior
Follow Madawaska Blvd. (Old Hwy. 17) south to MR22 (Galeita Side Rd.)
MR22 (Galeita Side Rd.) east to MK5 (Carp Rd.)
South on Carp Rd. through Carp into Old Carp Road to Second Line
Turn right (south) onto Second Line to Kloodike Rd., then left (east) on Kloodike Rd. to Sandhill Rd.
South on Sandhill Rd., left on Shirley's Brook, right on Hemetdale Dr. to Terry Fox Dr.
Left turn on Terry Fox Dr. and follow southeast to Herterberg Rd.
Turn left on Herterberg Rd. and proceed south to March Rd.
Turn left on March Rd. to Carleton Place
Turn left on Carleton St. and proceed west on Ottawa Queensway, Hwy 417 and proceed east across Moodie Dr. which parallels the Ottawa Queensway Parkway
Turn left on Carling Ave. and proceed to Western Ottawa River Parkway
This turns into Wellington St., proceed past Parliament Buildings, turn left on Sussex Dr. (one-way north, for southbound direction take Mackenzie St.) which turns into Rockcliffe Parkway
- 17. **Bancroft to Ottawa**
Hwy 28 Hwy 41 Hwy 132 through Denbigh and Renfrew
From Renfrew take Hwy 60 north to MR20 and follow east into Castledale
Follow MR10 into Bancroft
Follow into Madawaska Blvd. (Old Hwy. 17) south to MR22 (Galeita Side Rd.)
MR22 (Galeita Side Rd.) east to MK5 (Carp Rd.)
South on Carp Rd. through Carp into Old Carp Road to Second Line
Turn right (south) onto Second Line to Kloodike Rd., then left (east) on Kloodike Rd. to Sandhill Rd.
South on Sandhill Rd., left on Shirley's Brook, right on Hemetdale Dr. to Terry Fox Dr.
Left turn on Terry Fox Dr. and follow southeast to Herterberg Rd.
Turn right on Herterberg Rd. and proceed south to March Rd.
Turn left on March Rd. to Carleton Place
Turn left on Carleton St. and proceed west on Ottawa Queensway, Hwy 417 and proceed east across Moodie Dr. which parallels the Ottawa Queensway Parkway
Turn left on Carling Ave. and proceed to Western Ottawa River Parkway
This turns into Wellington St., proceed past Parliament Buildings, turn left on Sussex Dr. (one-way north, for southbound direction take Mackenzie St.) which turns into Rockcliffe Parkway
- 18. **Tweed to Perth**
MR1 (Markham Rd.) to Ennville, turn south on MR41 for 1km to MR4
MR4 east to Tarnworth, then south on MK4 to Camden East
At Camden East turn east on MR1 to Yorkton
MR2 north to Cobden, Cobden Rd. east to Harrowsmith,
Then a short skip west on MR28 to MR5
MR5 (Harrowsmith and Rutledge Rds.) east to MR10
MR10 north through Westport to MR1 then north into Perth
Note: Off-Road Alternative
An off-road trail is available for hybrid or mountain bike users on the Cataragau Trail at Camden East on MR1 and proceeds east through Yorkton, Harrowsmith and Sylvania to MR10 (Perth Rd) just north of Perth Road Village. Also, a more direct off-road trail extends from Perth, mostly parallel to Hwy 7, to just west of Perth at Glen Tay, as part of the CP Line and Trans Canada Trail.
Note: On-Road Alternative
An alternative on-road route can be taken of MR4 at MR14 east to Ennville. Then take MR4 and MK5 to Verona and north to Godfrey. East on MK8 and MR12 to MK26. Then north to Godfrey, and east on MK5 into Perth.
- 19. **Kingston to Perth**
From downtown Kingston go north on Division St. which leads into MR10 (Perth Road) north.
Note: On-Road Alternative to Perth Rd.
Bellevue Rd. (MR1) north to Hwy 15, Hwy 15 north to Elgin. MK5 east to Hwy 42, then jog south to pick up MK5 east through Chantry to Hwy 29 and MR16 to Jasper. From here connect with Route #22 and go northwest to Perth as per #22.
- 20. **Adolphustown Ferry to Kingston**
Hwy 33 (Leontine Parkway) easterly into Kingston (on Bath Rd.)
Kingston turn right off Bath Rd. onto Kingston St. and east to East St.
Take Front Rd. east which turns into King Street West and East to East St.
From East St. turn right onto Kingston St. and east to Kingston St.
Note: Marine Ferry to Wolf and connection to USA: Just before the LaSalle Causeway, a Marine Ferry is available to take you to Kingston Harbour in Wolf Island. Cross Wolf Island on MK55 to Fort Alexandria where the Horse Ferry (not required) goes to Cape Vincent, N.Y.
- 21. **Kingston to Quebec Border**
Take MK2 east to Cataraugus
Thousand Island Parkway just by Lea to Barretts Bay
MK2 through Brockville, Prescott and Johnsons to Morrisburg
St. Lawrence Recreational Parkway and Long Sault Parkway to Cornwall
MK2 south to Lanark
South Service Rd. to Quebec border
Note: Off-road paths available along the Thousand Island, St. Lawrence and Long Sault Recreational Parkways.
Three International Bridge crossings between Ontario and Upper New York State should be contacted for local crossing requirements.
Thousand Island Bridge (315-525-2511)
by Lea Ont. to Alexander Bay N.Y.
Ogdensburg Precast Bridge (315-329-4088)
Johnston, Ont. to Ogdensburg, N.Y.
Scowry International Bridge (613-522-5001)
Cornwall, Ont. to Massena, N.Y.
- 22. **Perth to Merrickville**
MK1 south through Rideau Ferry to Tower Rd.
Tower Rd. to Hwy 417
Golf Club Rd./Eric Hutchinson Rd. to MK29
MK29 to Smiths Falls
MK17 south to Jasper
MK16 north to Merrickville.
- 23. **Merrickville to Ottawa**
MK23 (Rive Rd.) southerly along south shore of Rideau River to MR44 outside of Kemptonville
MK44 to MK5
MK5 and turn right into Dillworth to MR13 across Hwy 416
MK13 north along the Rideau River into Manotick
MK5 east to Spruit Rd.
Spruit Rd. to Lansdowne Rd.
Rideau Rd. to Lansdowne Rd.
Lansdowne Rd. to Merrickville
Right onto Prince of Wales Dr.
Prince of Wales to Hog's Back
Turn right onto Hog's Back
Colony By turn left and follow the Rideau River
Colonel By into Sussex Dr. which turns into Rockcliffe Parkway
- 24. **Ottawa - Hawkesbury - Quebec Border**
Rockcliffe Ferry to St. Joseph Blvd. in Ottawa
St. Joseph Blvd./MR34 (Queen St.) through Cumberland into Old Smead Rd. to Beckett's Creek
Jog north to MR17 (Laurier St.) into Rockland; along Laurier St./Mre Ottawa/laTucker St. to MK8
MK8 north to Clarence
At Clarence join Old Hwy 17 and follow through Wendover (Rue Principale) to Mt MK17 at Clarence Falls
Across MR17 to MK25 (Prescott/Russell Rd.) to Plantagenet
Take MK5 (Laurier and Tremblay Rds.) north to Tremblay
At Tremblay follow MR24 (Alfred Concession/Roy Rd. & Front Rd.) through L'Orignal to Mt MK17
MK17 through Hawkesbury to Jet. Hwy 417
Follow MK14 (Gagnon Rd.) south to St. Eugene
Take MR10 east to Quebec border
Marine Ferry crossings of Ottawa River into Quebec with connection to "La Route Verte"
At Cumberland just east of Ottawa,
From MR10 go north on La Grande Motte Rd., across Hwy 417 to Pointe-Fortune, or proceed easterly from MR10 to Rigaud then south to Hudson.

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1000islandstourism.com

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Tel: 800-214-8524, (613)724-6776
www.worldofmaps.com

Eastern Ontario Cycling Loops
Ottawa Area
1. - Blackfoot - 25 km - Travel the Ottawa River path or the Eastern Parkway through the beautiful community of Blackfoot and around the River Conservation Area.
2. - Bancroft - 65 km - Enjoy the scenic Ottawa River and see the beautiful Riverbank in Bancroft.
3. - Carleton Place - 25 km - Enjoy the scenic Ottawa River and see the beautiful Riverbank in Carleton Place.
4. - Lanark/Appleton - 25 km - The scenic Ottawa River, quiet country roads and picturesque village farming towns.
5. - Nepean - 25 km - Enjoy the scenic Ottawa River and see the beautiful Riverbank in Nepean.
6. - Prescott - 25 km - Ride along the Ottawa River in the lovely farming town of Prescott and the wind back along the beautiful Mackay Road.
7. - Richmond Hill - 48 km - The Richmond Bakery alone is worth the trip. Windy country roads through farms and forests.
8. - Richmond Hill/Oranville - 118 km - More rugged country with scenic views.
Lanark Area
9. - Appleton - 25 km - Enjoy the scenic Ottawa River and see the beautiful Riverbank in Appleton.
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provides area views of the Ottawa River.
25. - Gull Road Circuit - 17 km - Scenic year loop on this short tour through the countryside just outside of Hawkesbury.
Cornwall Area
26. - St. Lawrence Recreational Path - 15 km (one way) - Path follows the St. Lawrence River from Cornwall west, across the island of the Long Sault Parkway, to historic Upper Canada Village and on to the village of Morrisburg.
27. - Lanark and Riverview - 10 km - This loop follows the beautiful Riverbank in Lanark and Riverview.
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K&P TRAIL
IN FRONTENAC
Clarendon Station (90km)
Sharbot Lake (75km)
Tichborne (62km)
Verona (39km)
Hartington (34.5km)
Harrowsmith (30km)
Kingston
ATV access north of Verona
Snowmobile access north of Verona
1191 Wellington St. W., Ottawa
Tel: 800-214-8524, (613)724-6776
www.worldofmaps.com

Recreational Trails & Cycling Routes
Trans Canada Trail (dotted lines are proposed)
Rail trail
Driving Route
ATV trail
Ontario's Greenbelt
Waterfront Trail
Greenbelt Route
Trans Canada Trail
Greater Niagara Circle Route
Park to Park Trail
Blue Flag
OTTAWA RIVER
613 646-2283
ottawariver.com
MADAWASKA RIVER
613 756-3620
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from serene to extreme.

Thanks to the following whose efforts made this map possible:
Almonte Bicycle Club, Brockville Cycling Club, Cornwall Bicycle Club, The City of Hawkesbury, Ottawa Bicycle Club, Kingston Valley Club, Kingston by Bike, the volunteers of the Recreation and Transportation Committee, Ross Bertolone, Andy Huggli, Will Wallace, Bill Syrett, Lorraine Syrett, Diane McPherson, Bryan Howard, Brad Green, Patrick Connor, Dan Andrews, David Hunt, Claudia Van Wijk.