

Kingston Trip List of Possible Activities

Please note that these are all possible options. Once leaders have had a chance to research and 'scout' the area, destinations may be added or removed. A final activity schedule will be available prior to the trip.

TRAIL RIDING:

Rides of both Levels will be offered over the duration of the trip.

Level 1 - average max 15 km/hr –More leisurely rides, (20-40km), with more frequent stops

Level 2 - average max 18 km/hr – Faster paced, with fewer breaks, these rides will vary from 40-60km with stops as needed

K and P Rail Trail Connector: A rail trail that starts in Kingston and continues north up to the town of Harrowsmith north of Kingston. The trail is 43.5 kms one way, with several access points along the way.

Catarauqui Trail: Begins at Smith Falls and goes through the Rideau Lakes, to just north of Napanee, covering almost 100 kms one way. The trail travels through several small communities north of Kingston and there are several access points along the way.

Thousand Islands Waterfront Trail: This is a dedicated paved bike way that begins in Gananoque (20 minutes east of Kingston) and travels parallel to the Thousand Islands Parkway and the St. Lawrence River, to Brockville. It is 37 kms one way. It is scenic and offers a variety of amenities and stops along the way.

Amherst Island: An island less than 30 minutes to the west from downtown Kingston, with regular ferry service. Cyclists can park and take the ferry with bikes, for a nominal fee. The island is flat, through farmland and has some paved but mostly gravel roads that are not well travelled. The distance is variable.

Wolfe Island: The island is accessible by Ferry (free) and the riding would primarily be on roads.

HIKING:

Hikes of varying length and varying degrees of difficulty will be offered over the duration of the trip. Some locations are close by and suitable for a half day while others are a full day destination.

Kingston Waterfront Trail: This is part of the Great Lakes Waterfront Trail along the waterfront of Kingston and is within walking distance of our accommodations at Queen's University. It is a lovely urban hike offering a great historical perspective of the city, including the penitentiary and Portsmouth. Suitable for a half day hike or evening ramble.

Little Cataraqui Creek Conservation Area: Located just above the 401, it is a 15-minute drive from downtown Kingston and offers a 14 km trail network. A small entrance fee is charged. Trails are suitable for a half day or full day hike.

Lemoine Point Conservation Area: Located in the west end of the city of Kingston on the shoreline of Lake Ontario, it is a 15-minute drive from downtown Kingston. It has 11 kms of trails and admission is free. Suitable for a half day hike.

Thousand Islands National Park / Landon Bay Located 20 minutes east of Kingston, this trail network offers wonderful views of the Thousand Islands. Parking and entry fees to be confirmed as park is currently closed. Suitable for a half day hike.

**** IDEA** A half day hike followed by a half day cycle along the Thousand Islands Waterfront Trail would make for a fun "duathlon" as they both start at the same place.**

Frontenac Provincial Park: Frontenac Park is about a 45-minute drive north from downtown Kingston and has over 100 km of gorgeous wilderness trails of varying lengths and distances. There is a day use fee in effect at the park. Due to the many trail options and travel distance, this is likely a full day destination.

Gould Lake Conservation Area: An area of pristine Canadian Shield wilderness about 40 minutes north of Kingston. There are 20 kms of rugged and beautiful trails, many of which are along Gould Lake. A small entrance fee is charged. Likely a full day destination.

Rideau Trail: This trail travels between Kingston and Ottawa and covers 327 km. The trail may be accessed at various locations, starting in Kingston and to areas north and beyond.

KAYAKING

Sea kayaking only, will be offered (no recreational kayaks or canoes). Paddle routes will accommodate either a Grade A or Grade B paddler skill level.

Grade A: Beginner Skills Level: Entry level (Forward stroke ability, Reverse stroke ability, Turning stroke ability, Wet exit).

Grade B: Comfortable Beginner Skills Level: Comfortable forward stroke; Comfortable reverse stroke, Comfortable turning strokes, Able to perform assisted rescue as swimmer and rescuer.

One half day (3 hours) and two full day (6 hours) destination paddles will be offered. For the half day, we will be using a guide and rental kayaks (fee required) for a Grade A paddle which will enable club members to come out to try a paddle in conditions that are friendly, relaxed

and fun. The two full day destination paddles will be BYOB (bring your own boat) and paddling gear.

Gananoque (1000 Islands) with Guide and Kayak Rentals: Half day destination and suitable for beginners and those who want to try kayaking for the first time. We will head off to the Admiralty Islands for three hours of paddling and exploring! Be ready to discover the treasures of the Admiralty Islands. Whether it is calm or a little windy, there is nothing more beautiful than the 1000 Islands. Fee required of approx. \$100.00 + hst includes guiding, instruction, and rentals. Registration and payment for this event will take place later, once trip registration is complete.

Frontenac Provincial Park: Full day destination. Big Salmon Lake in Frontenac Park is about a 45-minute drive north from downtown Kingston. There is a day use fee in effect at the park. Paddle distance is 18 km

Kingston Rideau Canal to Colonel By Lake: Full day destination. Located on one of the many islands on Big Rideau Lake, the Colonel By Island overlooks rolling lawns that slope down to the water. Drive 20 minutes east to launch site. Paddle distance is 16 km.

Sydenham Lake Region: Full day destination. Sydenham Lake east of the town of Sydenham. and drains into Lake Ontario through Millhaven Creek to the west. Drive 45 minutes north to launch site. Paddle distance is 16 km.

Opinicon Lake at Chaffey Lock: Full day destination. Opinicon Lake is located on the Rideau Canal. Drive 45 minutes through Rideau region, paddle through Chaffey Lock (fee required). Paddle distance is 18-20 km.