

Great Lakes Waterfront Trail



The Great Lakes Waterfront Trail is a signed bike route stretching over 2250 miles along the northern shores of the Great Lakes and St. Lawrence Seaway, and on this great tour we'll cycle the first 320-mile, eastern section of this incredible trail from Toronto to Montreal, traversing charming communities and taking in the breathtaking scenery. About 30% of the trail is off-road bike path, with the remainder being tranquil backroads following the remarkable St. Lawrence Seaway and the stunning shoreline of Lake Ontario.

Tour Includes: All lodging, full ride support including SAG van and ride guides, daily luggage transport, Thousand Island Scenic Cruise and much more! **Meals:** 5 breakfast; 2 Lunches

Duration: 9 Days / 8 Nights

Lodging: Hotels & Inns

Difficulty: Moderate

Total Miles: 300 miles

Avg. Daily Miles: 40 - 45

Hills: Easy to Moderate



Cornwall



Kingston



Cobourg

Getting Here

Tour originates in Bowmanville Ontario and ends at Montreal Trudeau International Airport.

If Flying for the tour: You'll want to fly into Toronto and out of Montreal. If you fly into Toronto, use taxi or rideshare to get to our hotel in Darlington/Bowmanville.

If Driving to Toronto: The Holiday Inn Bowmanville allows free parking for the duration of your tour. To return to Toronto you'll need to use either Via Rail Canada (<https://www.viarail.ca/en>). Please note that Via Rail does NOT transport bike. If you will travel with your bike, you may need to consider renting a car in Montreal for return to Bowmanville.

Shuttle from Burlington VT or Montreal: We offer shuttle for you, your bike, luggage and gear from Colchester VT and from Montreal (near Montreal Trudeau airport). Shuttle cost is \$75/person. You will need to secure your own lodging as needed.

VTrans Park & Ride: 623 Roosevelt Hwy, Colchester, VT 05446

Pickup Time: 9:00 AM on Day 1 (see below)

Indigo Parking - VIA Rail Dorval: 745 Bd Montréal-Toronto, Dorval, QC

Pickup Time: 11:15 AM on Day 1 (see below)

Day 1: Arrive Bowmanville

9:00 AM	Optional Shuttle from VTrans Park & Ride, Colchester VT
11:15 AM	Optional Shuttle from Via Rail Park & Ride Montreal

Check in under your own name at hotel. At 7:00 PM we'll gather at the hotel to make introductions and provide a full tour orientation.

Day 2: Scarborough to Bowmanville

40 Miles

8:30 AM Shuttle to Trailhead

The tour begins at Guild Park & Gardens where you'll have a chance to explore before we jump on our bikes for our first leg on the GLWT, and also our first taste of the spectacular views of Lake Ontario that will dazzle us for the next several days. At mile 30 we'll stop for a lakeside picnic lunch, then continue on to Port Darlington, our stop for the evening.

Day 3: Bowmanville to Cobourg

33 Miles

Today's ride is only 33 miles allowing plenty of afternoon time on the beautiful, sandy, swimming beach at Cobourg. After enjoying 33 miles of glorious cycling, we'll have a picnic lunch at the beach followed by a relaxing afternoon at the lake. In the evening stroll through town and enjoy dinner at one of the many great restaurants.

Day 4: Cobourg to Picton Harbor

45 or 62 Miles

The stunning lake views endure as we leave Cobourg behind enroute to beautiful Picton Harbor. You'll have the option to cycle either 63 miles, taking you directly to our gorgeous hotel on the Harbor, or opt for a shorter ride of 45 miles allowing more time to explore Picton Harbor with its colorful Main St. with lovely shops and restaurants, or to take a short walk to visit the unique Birdhouse City with over 100 remarkable, handmade birdhouses. Either way, today's ride and beautiful Picton Harbor will both delight you!

Day 5: Picton Harbor to Kingston

44 Miles

The cycling thus far has been spectacular, and today delivers more of the same. Enjoy easy, scenic cycling as we make our way to historic and kitschy Kingston! Our ride begins with a small but formidable hill, which brings us to a ferry crossing, a prelude to our next 43 miles of cycling, every mile of which is along the shoulder of gorgeous Lake Ontario. We drop the kickstand in lovely Kingston, our stop for the evening.

Day 6: Kingston to Brockville

35 Miles

Activity 1000 Island Scenic Cruise

Get ready for a fun filled day! We begin our cycling just outside of Kingston, on Howe Island with two short ferry crossings, before reaching Gananoque in 13 miles. Here we'll park the bikes and jump on a 1-hour, scenic cruise through the gorgeous Thousand Islands. After the cruise you'll have time to explore the charming town of Gananoque and to grab lunch. After lunch we're back on the bikes, with more incredible cycling and scenery as we make our way to Brockville for our overnight stay.

Day 7: Brockville to Cornwall

43 Miles

Today's ride begins with 16 miles of scenic cycling before reaching remarkable Upper Canada Village where you can explore authentic nineteenth-century buildings, participate in traditional craft activities and interact with costumed interpreters that bring the late Victorian era of Canada to life (recommend 3-hour visit). After a fantastic afternoon at UCV, you'll finish up your last 20 miles with cycling over the tops of the Lost Villages, which were "lost" with the building of the St. Lawrence Seaway, taking in views that will truly leave you breathless!

Upper Canada Village: <http://www.uppercanadavillage.com/>

Day 8: Cornwall to Montreal

45 Miles

It's our last day, but it certainly does not disappoint. In our first 28 miles we'll complete the Great Lakes Waterfront Trail. However, for our last 20 miles, we continue to enjoy great cycling along the Soulanges Canal Trail which takes us through charming St. Zotique before we drop the kickstand at beautiful Point-des-Cascades on the very outskirts of Montreal.

Day 9: Departure

8:30 AM Departure for those returning to Vermont

If not returning to Vermont, you'll depart at your leisure for homebound or other destinations.

If your car is parked in Dorval, we'll shuttle you to retrieve your vehicle.

Return to Toronto by Via Rail Canada (~4.5 hrs - \$54 they DO NOT take bikes) : <https://www.viarail.ca/en>

(315) 316-2453 :: www.CycleTheUSA.com