

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 Lake and St. Lawrence River, and on this great tour we'll cycle the first 350 mile, eastern section of this incredible trail from Montreal to Toronto 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.

Getting Here: Tour originates from Montreal Airport and ends in Scarborough Ontario. Roundtrip shuttle from Burlington, VT is available \$100 per person. Return to Montreal Via Rail Canada: <https://www.viarail.ca/en>. Uber to Pearson Airport Toronto approx. \$80

Tour Includes: All lodging, full ride support including SAG van and ride guides, daily luggage transport, Thousand Island Scenic Cruise and much more!

Meals: 6 breakfast; 2 Lunches; 2 Dinners

Duration: 9 Days / 8 Nights

Lodging: Hotels & Inns

Difficulty: Moderate

Total Miles: 320 miles

Avg. Daily Miles: 40 - 60

Hills: Easy to Moderate



Cornwall



Prescott



Cobourg

Luggage Limits

Luggage is limited to 2 bags per guest. Please carefully review our detailed luggage requirements which are defined in our "Get Ready" document.

Day 1: Arrive Montreal

2:00 PM Optional Shuttle from Vermont - VTRANS Park & Ride, 623 Roosevelt Hwy, Colchester, VT
7:00 PM Orientation at Hotel

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: Dorval to Cornwall

8:30 AM Shuttle to Trailhead
Cycling 50 Miles

Our tour begins in just west of Montreal cycling along the lovely Soulanges Canal Trail for our first 15+ miles. From there, we're on quiet riverside roads as we follow the beautiful St. Lawrence River as we make our way to Cornwall and our stop the night.

Day 3: Cornwall to Prescott

Cycling	43 or 54 Miles
Dinner	Pizza on the Deck

Today's ride sure has a lot to offer! We cycle from our hotel and in 5 miles we reach the Lost Villages Museum. Its name designation comes from the villages "lost" when they were flooded to create the St. Lawrence Seaway. Several buildings from these small towns were moved to their current location to preserve their history. We continue cycling and at mile 20 we reach the Upper Canada Village with more than 40 historic buildings which were moved to this site for preservation, and where period-dressed staff actively portray rural Canadian life in 1866. Riders have the option to spend a few hours touring Upper Canada Village then continuing on to the 43 mile pickup location, or to cycle the full 54 miles to our amazing lodging at Dewar's Inn on the River, where we'll host pizza night and enjoy the sunset from their beautiful deck!

Attractions: Lost Villages Museum (free) : <http://lostvillages.ca/>
Upper Canada Village (\$20) : <http://www.uppercanadavillage.com/>

Day 4: Prescott to Gananoque (Overnight Kingston)

Cycling	33 Miles
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Our day begins with a short shuttle to Brockville to avoid traffic on busier roads, and where you can check out the cool Brockville Rail Tunnel. You'll be on road for approx. 5 miles before connecting with the 1000 Islands Scenic Trail providing outstanding views of the St. Lawrence River and the Thousand Islands in every direction. In Gananoque we stop for lunch and treat you to a scenic cruise of the Thousand Islands. After the cruise you'll spend the remainder of the afternoon exploring the charming town of Gananoque before hopping in the van for shuttle to lively and historic Kingston, our night's stay.

Day 5: Kingston to Picton

Cycling	41 Miles
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today's ride is easy and relaxed as we cycle a nearly straight line from Kingston to picturesque Picton. Once in town spend time exploring this colorful community with its Bird House City, beautiful harbor and charming main street, with wonderful shops and restaurants.

Day 6: Picton to Cobourg

Cycling	61 Miles
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Today's ride ends with in lovely Cobourg with it's fabulous beach, so you have the option for a shorter day of cycling (48 miles) and a leisurely afternoon enjoying the beach, or kick in for the full 63 miles. No matter your choice, you're sure to enjoy the charming town of Cobourg with its quaint main street and beautiful lake views. You'll also enjoy our night's lodging in the historic King George Inn which is an old colonial jail that has been converted into a charming and kitschy inn!

Day 7: Cobourg to Whitby

Cycling	50 Miles
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Today is ride & glide day with easy scenic cycling as you coast along the northern shore of Lake Ontario. We drop the kickstands at Darlington Beach for a picnic lunch and relaxing on the beach before continuing on to Oshawa, our stop for the night.

Day 8: Whitby to Scarborough

Cycling	25 Miles
Dinner	End of Tour Dinner Social

Our last day of cycling does not disappoint as the gorgeous scenery and outstanding views of Lake Ontario continue as we knockout our last 30 miles taking us to Guild Park. In the evening we'll enjoy a group dinner social as we celebrate our completion of this incredible tour!

Day 9: Departure

8:00 AM Optional return shuttle to Burlington VT (6 hrs.)

Return to Montreal is Via Rail Canada : <https://www.viarail.ca/en>

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