



The 1000 Islands Parkway provides an excellent opportunity to see the islands by being in the midst of their beauty. Try biking some or all of the 37-kilometre pathway adjacent to the 1000 Islands Parkway which runs parallel to the mighty St. Lawrence River.

The bike path runs between Gananoque and Brockville and also forms a section of the Waterfront Trail. There is no fee to ride the path.


It is a paved surface path with bicycles, walking and in-line skating allowed. Points of interest along the way include St. Lawrence Islands National Park, many campgrounds, lodging, marinas and the Landon Bay Centre which also has trails, beautiful gardens and a superb natural lookout over the river.


There are rest stops located at several points along the trail, with picnic areas overlooking the St. Lawrence River. Camping is also available on route at a variety of campgrounds with a combined total of more than 300 sites.

**Getting to the trail:** Access the trail at any of the towns along its route from Exit 645 to 696 of Highway 401. VIA Rail service between Toronto and Montreal stops at both Gananoque and Brockville.

Let this guide help plan your cycling excursion along the path. Keep in mind that it's important to match the length of your ride with your physical condition. Locations in the text are referred to on the map.


Both east and west entrances to the Parkway and bike path have ample parking. Orientation maps are provided at both entrances and displayed on natural and cultural features. This map suggests starting at the Gananoque end of the bikepath, however it is also possible to begin your journey at the eastern end. The trail is generally flat, but the predominant southwest breezes compose a challenge cycling westbound. Don't forget that half-way through, you still have to bike back to your car, so you'll need to save ample energy for the return trip! Enjoy your ride!


 1 & 2. Starting at the west end of the path near Gananoque, Gray's Beach is a nice place for a swim before starting the day on a bicycle. If you keep going, just before the bridge there is a super look-out of Halstead's Bay. It's another great spot for a picnic or a swim off the rocks. There are excellent walking trails across the road at Landon Bay Centre.


 3. Landon Bay has been recognized by the provincial government as an area of significant wetland habitat. From Landon Bay Bridge, there's a great view south to the St. Lawrence River with Horseblock Point on the left and north to Fitzsimmons Mountain. Fishermen enjoy this area and are often seen on the bridge.

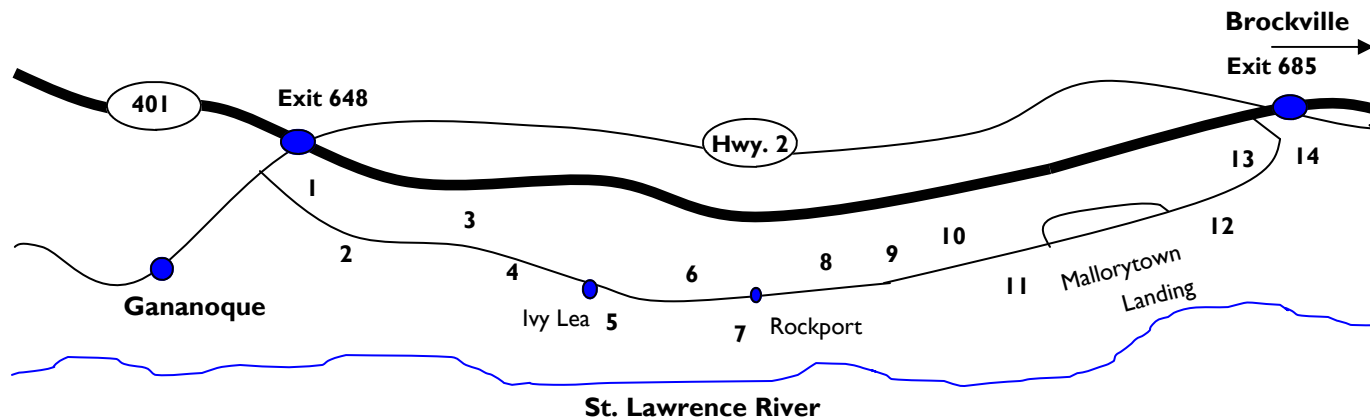


The view of a portion of Ivy Lea. This historic town is nestled along the St. Lawrence River.

 4. Just before Ivy Lea, the bikepath swings away from the river and passes by a few marinas where a cool drink may be purchased. Much of the undeveloped land along the Parkway is provincially owned by the St. Lawrence Parks Commission. (Parks of the St. Lawrence 1-800-437-2233)


 5. Continuing east, you will reach the hamlet of Ivy Lea. A short trip into the village on the river will give you a chance to view some fine examples of the late Victorian cottage architecture that has made the 1000 Islands famous.


 6. Coming up next is Rockport. Before the village, watch for lookouts along the way where you can catch a glimpse of the Thousand Islands International Bridge. You must leave the bike path at the bridge interchange to cross the highway. Please use caution if crossing the Parkway.




The Boathouse Restaurant in Rockport as seen from the cliffs by St. Brendan's Church.





 7. Soon, the gates for Rockport will appear nestled off the parkway on the right. This quaint village was established as a port in Loyalist times and once was a bustling community with a cheese factory, two general stores (one of which is now the Boathouse Restaurant), two inns, the Islandview and Hickory Lodge and Andress Boatworks. You may enter the western gates, bike through the village and return to the bike path via the eastern gateway. After this be prepared for a long stretch of biking.


 8. Continuing east, you will begin to see summer homes which have withstood the test of time. Built at the turn of the century, these mansions and cottages have contributed to making this area of the 1000 Islands a long-standing summer haven. Residents opened their houses to guests and adopted names like The Willow Beach Resort and Poole's Resort. There is a lookout at Poole's Resort where you can view Poole's Island and its large summer home built in the 1890s. Grenadier Island is visible in the distance to the south.


 9. The islands provide a feast for the eyes again, as geology comes alive in this stretch of the bikepath. View the "potholes" during a short stop.


These potholes are located on the north side of the bike path across from Poole's Island, just west of the Poole's Resort lookout. Boulders ground holes metres deep into the granite rock as they were swept down great waterfalls during the last ice age.

 10. Coming up on Mallorytown Landing, you come across La Rue Mills Road, but you will have to trek up a small hill to the community of La Rue Mills. Nestled by the creek is a Loyalist farmhouse built by Billa La Rue, a millwright who provided flour to the British during the War of 1812. La Rue and his family are buried in the cemetery plot just west of the house. Weathering has effaced names on the tombstones, but area residents have erected a plaque listing the family.

 11. Once a steamboat landing, Mallorytown Landing is today the land base of St. Lawrence Islands National Park (1-613-923-5261). Facilities include washrooms, a picnic area, displays and exhibits of natural and cultural interest. Vehicle parking fees may apply. The Visitor Centre is open daily throughout the summer months. There is a pay phone at the Landing. If you turn north on the road to Mallorytown and hang a right again on Old River Road, you'll parallel the bike-way on a dirt road that takes you through some beautiful forested area, eventually bringing you back to the parkway just before Brown's Bay. If it's windy, this may be a more pleasant option than continuing on the bike path.

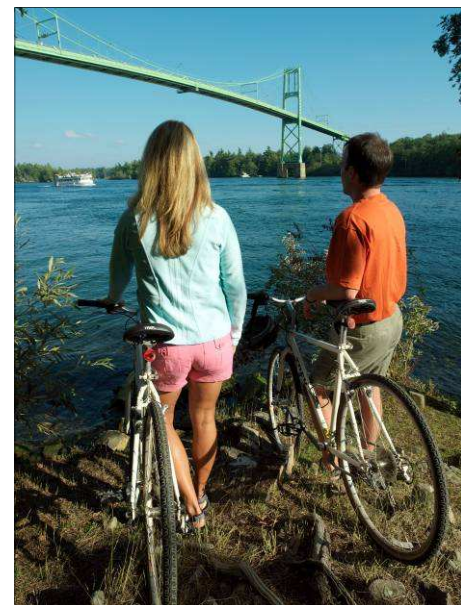
 12. Further east on your right (south) day-use facilities at Brown's Bay Provincial Park provide a break for a snack and a swim at the beach. (1-800-437-2233)

 13. Descending the hill towards Jones Creek, you pass under an interesting structure. It's a horse bridge which was constructed by the province in the 1930s to allow safe access to properties adjoining the parkway.

 14. Heading further east, before a long hill, you come across Jones Creek. This is a popular fishing spot and each spring the night air is filled with the glow of lanterns as fishermen drop their lines from the old bridge in hopes of a bullhead catch. This is the last sight to see before the bikepath ends near Butternut Bay.

Now that you're tired, it's time to think about home or at least relaxing with your feet up.

Thanks for taking an interest in touring the 1000 Islands bikepath by bicycle! Find out more about Gananoque and the 1000 Islands by visiting us online at [www.1000islandsgananoque.com](http://www.1000islandsgananoque.com)



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