

## Kingston Trip List of Possible Activities 2024

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

### KAYAKING

**Sea kayaking:** Sea kayaking only will be offered (kayaks with sealed fore and aft bulkhead compartments). No recreational kayaks or canoes.

**Required Skills Level:** Paddle routes will accommodate either a Grade A or Grade B skill level, depending on the destination:

- Grade A Skills Level, Beginner: Capable of forward, reverse and turning strokes. Able to wet exit.
- Grade B Skills Level, Comfortable Beginner: Comfortable forward, reverse and turning strokes. Able to perform an assisted rescue as a swimmer and a rescuer.

**Overview:** One half day professionally guided tour and two full day HOC member lead destination paddles will be offered.

**Guided Tour of Admiralty Islands and Kayaks Rentals:** This paddle is suitable for beginners and those who want to try kayaking for the first time in conditions that are friendly, relaxed and fun. It is a half day (3 hours) on the St. Lawrence River, departing from Gananoque and heading off to the Admiralty Islands for three hours of paddling and exploring. Skills level rating is Grade A. A fee is required for guiding, instruction, and rentals (approximately \$110.00 + HST, reduced rate if bring own boat and gear). Registration and payment for this event will take place later, once the overall Kingston trip registration is complete.

**Seeleys Bay to Jones Falls Locks:** This is a full day paddle (6 hours) on the Rideau Canal. We launch from Seeley's Bay Harbour, meandering through narrows and lakes that make up this section of the Rideau Canal, heading north to Jones Falls Locks. Stopping for a picnic lunch along the way is included. Paddle distance is 14 km. Skills level rating is Grade A/B. No fees.

**Gananoque to Aubrey Island:** This is a full day paddle (6 hours) on the St. Lawrence River. We launch from Gananoque, heading west along the north shore of the river, weaving our way around various islands, and stopping at Aubrey Island for a picnic lunch. The route back is a little different, looping around the south side of Bostwick Island and McDonald Island, back to our starting point in Gananoque. Paddle distance is 12 km. Skills level rating is Grade A/B. Purchase of a daily beaching permit is required (approximately \$6.50).

## **TRAIL RIDING:**

**Rides of both Levels will be offered every day 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.

**Cataraqui 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 every day over the duration of the trip. Some locations are close by and suitable for a half day while others are a full day destination. We will make every effort to offer long and short hiking options on each day.

**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.

**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.

**\*\* \*\* A half day cycle along the Thousand Islands Waterfront Trail followed by a half day hike at Landon Bay, makes 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.

**Rock Dunder:** A stunning 6-7 km trail with granite outcroppings and a lookout over the Rideau Lakes system. It is located northeast of Kingston and is a half or full day outing. On-line registration is encouraged, and a small entrance fee is required.

**Charlton Lake Provincial Park:** An area of pristine Canadian Shield wilderness about 50 minutes northeast of Kingston. There are several kms of rugged and beautiful trails, some of which travel to shoreline areas where swimming is a possibility. An entrance fee is required to the park.

**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.