

"One Lap of the Lake"

What: A three day/2 night loop of Lake Ontario covering approx. 175 mi per day over flat and rolling terrain. The first night's hotel accommodations will be in the port city of Kingston, Ontario Canada. The second will be in cosmopolitan Toronto.

When: Memorial day weekend, May 25th to 27th
starting Saturday the 25th 5:00 am

Where: Ellison Park, Rochester, NY
Ellison Park is on Blossom Rd. Park in the "Park and Ride" lot. To get to the Park from rt. 90 (thruway.): Take 390 or 490 to 590 North. Exit at Blossom Rd. and head East. Cross N Landing (flashing light) and continue to bottom of hill. Lot is on your left.

How:

Starting in Rochester the flat to rolling route heads east on the seaway trail through many small towns. As you near Wolcott the terrain becomes more rolling and wooded. This will continue to the border. After crossing the two 1000 island bridges on foot and passing through customs you will be treated to the scenic 1000 island parkway. Then it is on to rt. 2 all the way to Toronto and beyond to Hamilton. Rt. 2 is characterized by its unwavering ability to go into the heart of each city and town in its path. This should be viewed as a grand experience of the full spectrum of Canada's city, town, and rural culture. The terrain is rolling from Kingston to Oshawa with generally flat roads ~~past~~ ^{to} Hamilton. The area from Oshawa to Hamilton is known as the Golden Horseshoe and it is an area of dense population. The route reflects this in that there is much more traffic, especially in the metro Toronto area. Hopefully, you will see this as an exciting challenge and part of the overall lake experience. ~~Past~~ ^{Hamilton} ~~the~~ roads become more rural and somewhat hillier to the Welland Canal at St. Catherines. After crossing the border at the Lewiston Bridge (watch out for the expansion grates), the route stays pretty much on rt. 18 back to Rochester. This portion is dead flat and darn quiet compared to the Canadian side. Some bicyclists will find this refreshing and there should be a nice tailwind pushing you to the finish of a memorable journey.

Three day itinerary: Hotel Accommodations - approx. 175 mi per day

Day 1 - Kingston, Hotels on rt. 2

Day 2 - Toronto, Hotels on rt. 2 and Queens Quay

Eight to eleven day itinerary: Hotel Accommodations - approx. 50-75 mi per day

Day 1 - Oswego, Days Inn on 104

Day 2 - Watertown, Holiday Inn off route

Day 3 - Kingston, Hotels on rt. 2 possible rest day

Day 4 - Belleville

Day 5 - Cobourg

Day 6 - Toronto, Assortment of Hotels Downtown two days recommended for sight seeing

Day 7 - St. Catherines, Hotels off route

Day 8 - ~~Lakeport~~ ^{Lock}, Hotels on rt. 78

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FS = food store RT = restaurant

Know what "T" and "JOG" are.

= suggested rest stop

Day 1 - Rochester to Kingston - 192 miles

0 Ellison Park - head East uphill

0.8 Cross 286, Blossom becomes Creek 2.2 Stay on Creek St.

3.4 Cross 404, Creek becomes Bay - pick up Seaway Trail

7.1 RIGHT Lake Rd at T scenic view of lake, twisty road for 2 mi

11.9 FS 18.0 Ginna Nuclear Power Plant

24.4 STRAIGHT Seaway Trail FS, apple orchards *Pultneyville*

34.9# RIGHT at stop rt. 14S FS *Sodus Point*

39.3 T LEFT Ridge Rd. 39.4 RT 47.7 FS (two minimarts) and RT *Wolcott*

48.0 LEFT Ridge Rd. - Seaway Trail Easy to Miss

51.8 Veer LEFT rt. 370 - Seaway Trail 52.6 STRAIGHT 104A

53.8 T LEFT 104A FS *Redcreek* 59.1 RT *Fairhaven* 62.5 FS *Sterling*

69.9 T LEFT 104

73.7# RT (Perkins) *City of Oswego*

74.1 Right 104 at light 76.5 FS (Tops) RT (McDonalds, Wendys, Burger King)

84.3 LEFT 104B FS

90.5 Merge LEFT rt. 3N 93.2 RT 94.5 FS 99.7 FS 110.0 FS

117.3# RT scenic overlook of the lake 121.8 FS 123.6 FS (trading post store)

127.0 LEFT rt. 180 - Seaway Trail 130.6 FS (Big M) *Village of Dexter*

132.2 STRAIGHT rts 180 & 12E 144.8 FS (village mart) *Lafarge village*

145.1 LEFT rt. 180 flashing yellow light

145.2 QUICK RIGHT rt. 180 150.0 Veer LEFT rt. 180

151.5 RIGHT rt. 12N 153.2 FS

153.4 Follow Entrance Ramp for 1000 island bridge to Canada and rt. 81N

154.2 Toll booth, Cross first bridge, free for bikes, bikes must use ped. walkway

155.1 End of first bridge

159.3 CUSTOMS/duty free shop - bicyclists must stop at CUSTOMS booth

159.8# food/CURRENCY EXCHANGE/tourist info

money can be exchanged here or at any bank on route

160.2 Second bridge - bikes must use pedestrian walkway

160.8 End of second bridge

161.2 Follow Exit Ramp on RIGHT to 1000 island parkway West Gananoque
(paved bike path runs along side of parkway)

170.2 Exit Parkway rt. 2 Stay on rt. 2 to Toronto

170.4 LEFT 2W toward Gananoque 170.7 FS, RT *village of Gananoque*

171.9 T RIGHT rt. 2 180.9 FS/RT 187.0 RT (pizzeria)

189.0 Cross bridge into *Kingston*

189.5 Veer LEFT rt. 2

189.6 RIGHT rt. 2 Queen St. 189.8 bicycle shop on Queen St.

190.2 Blaze Cycle on left just off Queen St.

190.3 T LEFT rt. 2 Division St.

190.4 QUICK RIGHT rt. 2W Princess St.

Hotels are located on Princess St.

Day 2 - Kingston to Toronto - 163 miles

Continue on rt. 2

- 193.5 Veer LEFT rt. 2
197.0 STRAIGHT rt. 2 (sign for country road 2 to left, do not take)
202.4# FS *Odessa* 209.8 FS 214.5 FS, RT *Napanee* 221.8 FS, RT *Deseronto*
223.6 RIGHT rt. 2W & 49N
226.2 LEFT rt. 2W
226.5 FS 232.9 FS 236.5 CAUTION RR tracks 237.1 FS (Kim's variety)
238.9 CAUTION bad RR tracks *entering Belleville* many food stores
250.7# FS (McDonalds/Wendys/Dairy Queen/Arbys) *Trenton*
251.5 Veer RIGHT rt. 2
251.9 LEFT rt. 2 Cross bridge
252.5 RIGHT rt. 2 257.4 RT 261.4 FS, RT *Brighton*
261.7 RIGHT rt. 2
261.8 LEFT rt. 2 269.7 FS, RT *Colbourn*
269.8 RIGHT rt. 2 277.6 RT 284.5 FS, RT *Colbourg*
285.2 RIGHT rt. 2 286.1 RT (McDonalds/Burger King/Pizza Hut)
291.6 RIGHT rt. 2 stop sign *entering Port Hope*
291.7 LEFT rt. 2 at light
291.9# RT *downtown Port Hope*
292.0 Big Hill in Port Hope
292.6 LEFT rt. 2 at light
295.2 LEFT rt. 2 FS
303.1 FS 307.9 FS, RT *Newcastle* 312.6 FS, RT *Bowmanville*
319.9# RT *City of Oshawa* take your pick of rest stops thru Toronto
Be prepared for very heavy traffic, numerous stop lights and possible delays through to Hamilton.
321.2 2 becomes divided highway 322.1 CAUTION RR tracks
340.2 Veer LEFT rt. 2 342.2 bicycle shop
347.5 Veer LEFT rt. 2 (follow Kingston Rd)
348.7 CAUTION trolley tracks begin at Victoria Parkway
tracks continue throughout the metro Toronto area
351.0 LEFT rt. 2 (Woodbine St. at Sunoco Station)
sign for rt. 2 straight on Kingston also - don't go this way
351.6 Woodbine curves RIGHT and becomes Lakeshore
352.9 LEFT on to Leslie St. (by Burger King on RHS of road)
353.1 RIGHT on to Commissioner St. CAUTION rough road, numerous RR tracks
tracks continue throughout the metro Toronto area
354.6 T RIGHT on to Cherry St.
354.8 after steel deck bridge Cherry turns to Lakeshore
355.2 LEFT on to Parliament St. CAUTION numerous trolley tracks
Parliament turns into Queens Quay soon - bike path begins here
356.3 Cross Young St.

Day 3 - Toronto to Rochester - 191 miles

Continue on Queen's Quay

6.3 Cross Young St.
57.4 T RIGHT at Stadium St.
57.5 T LEFT at Lakeshore Blvd.
57.9 Veer LEFT (Stay on Lakeshore, don't go straight thru large stone archway)
59.3 Follow QEW via Lakeshore rt. 2
61.3 Stay RIGHT - follow QEW and Lakeshore signs (on expressway for .4 mile)
61.7 Exit Lakeshore Blvd rt. 2
62.1 T Lakeshore Blvd West 365.2 CAUTION trolley tracks when Cross Kipling
66.6 Curve LEFT rt. 2 CAUTION trolley tracks 367.8 CAUTION RR tracks
69.8 CAUTION RR tracks
73.6 LEFT rt. 2 at light follow sign to Lakeshore Road - Easy to Miss
76.8 FS *entering Oakville* 379.1 FS, RT *downtown Oakville*
90.4# FS, RT still on Lakeshore rt. 2 *downtown Burlington*
91.1 LEFT to Stay on Lakeshore at light
92.3 LEFT on to Beach Blvd.
92.6 Cross steel deck bridge (Burlington Canal Lift Bridge)
92.8 LEFT on to Beach Blvd. FS
95.1 LEFT on to Van Wagner Beach Rd. turns into Confederation Park Rd.
96.7 Veers RIGHT, becomes rt. 20 Centennial Parkway *Hamilton*
97.3# many FS, RT 398.1 Cross rt. 8 398.8 Cross King St. Start to Climb Hill
99.9 LEFT Ridge Rd. rt. 30 top of hill 400.4 Beautiful view of Hamilton
101.4 T RIGHT Ridge Rd. 400.6 Escarpment
106.8 Veer LEFT (to the right is Brand St.) Ridge Rd. rt. 79
110.4 Veer LEFT and veer RIGHT Ridge Rd. rt. 79
111.0 LEFT Ridge Rd. rt. 12
111.1 QUICK RIGHT Ridge Rd. 412.8 STRAIGHT at stop sign
113.0 Veer LEFT Ridge Rd.
113.1 LEFT on to Niagara St. rt. 514
115.0 RIGHT at stop sign rt. 81
115.3 RT *town of Beamsville* 416.1 FS (IGA) *downtown Beamsville*
120.9 FS (IGA), RT *downtown Vineland* 421.6 big down hill
122.2# RT (Butterballs) at bottom of Hill *Town of Jordon*
122.5 big up hill RT (pizza) 425.8 FS (Turner's Variety)
128.7 Veer LEFT rt. 81 on to St. Paul St. West
129.0 Veer LEFT and Cross bridge
129.3 FS, RT *downtown area of St Catherines* 429.4 Tarno's bicycle shop
129.9 Veer RIGHT rt. 81 on to Queenston 430.8 FS
132.4 Cross Welland Canal on lift bridge with short steel deck section
132.8 STRAIGHT rt. 81 - follow sign for QEW, goes under QEW changes to York St.
133.4 tourist info 434.7 RT 437.3 FS 439.2 *entering Queenston*
139.7 Veer RIGHT uphill rt. 81 follow sign for bridge to USA
140.2 LEFT follow sign for bridge to USA
140.7 RIGHT follow sign for bridge to USA
141.2 Pay \$.10 toll, Cross bridge to USA use pedestrian walkway if possible
141.4 End of bridge CUSTOMS
142.2 RIGHT on to Robert Moses Parkway follow signs for 104
142.4 Stay to RIGHT, immediately Exit to 104, Lewiston
143.7 Becomes rts. 104 & 18F Stay LEFT, don't Exit right rt. 18
144.2 Exit rt. 18F Lewiston
144.4# RIGHT rt. 18F Center St. 444.6 FS (bell, tops) *downtown Lewiston*
145.3 RIGHT rt. 18F Seaway Trail N. 4th St.
145.5 LEFT at stop rt. 18F Seaway Trail Oneida St.
145.6 RIGHT at stop rt. 18F Seaway Trail N. 2nd St.
150.9 FS, RT *downtown Youngstown*
151.2 RIGHT rt. 18F Seaway Trail Jackson St. -> Lake Rd. 453.1 FS
154.4 T LEFT rt. 18 Seaway Trail 458.0 RT (Shanty) 462.1 FS 462.3 RT
163.2 Veer LEFT rt. 18 east
169.8 FS 478.4 RT *Somerset* 483.0 FS *Orleans* 488.8 FS 493.2 FS *Kuckville*
194.7 STRAIGHT rt. 18 - don't follow Seaway Trail on Parkway
197.8# Veer LEFT rt. 18 506.8 FS (Mobil w/ minimart)
209.6 Veer LEFT rt. 18 513.5 FS 514.0 Veer RIGHT rt. 18
218.3 Veer LEFT rt. 18 518.4 FS
220.6# FS, RT *Hilton*
STRAIGHT at light on East Ave., do not turn right here to follow rt. 18
222.9 STRAIGHT on Frisbee Hill at flashing light
223.8 JOG RIGHT still on Frisbee Hill
224.7 T RIGHT Flynn St.
227.1 LEFT on Latta, back on rt. 18 530.5 FS 532.2 FS (on Stutson St. now)
232.4 Cross Stutson St. Bridge steel deck bridge, pedestrian walkway preferred
232.5 Veer LEFT after bridge Stay on Pattonwood, follow Seaway Trail sign
233.1 JOG RIGHT Lakeshore Blvd. follow Seaway Trail sign
236.3 RIGHT on to Culver FS follow Seaway Trail sign
239.9 LEFT at Waring Rd, Stay on Culver, stay on Seaway Trail
240.2 LEFT on to Empire, Stay on Seaway Trail
241.2 RIGHT on to Winton 543.2 LEFT on to Blossom 547.0 End Ellison Park