

Kingston to Cataraqui Trail to Ottawa

(191 km without side trips)

The following are directions for a self-guided bicycle tour from Kingston to Ottawa via the [Cataraqui Trail](#). If you want an all paved road tour, then please see the [Grand Tour - Kingston to Ottawa](#). Depending on your skill (stamina) as a bicycler, for the average bicycler, this is a hard one day, or relaxing two day journey. Please note that the kilometre distances are only approximate, they have been measured off a map. The road portion of this tour are on lower traffic paved back roads. The Cataraqui Trail follows an abandoned railway bed, so it is flat with a few rough sections (see the Cycling Notes on the [Cataraqui Trail Website](#)).

Place names with links will lead you to a map and description of that community.

Highlights of this trip outside of the many attractions in Kingston and Ottawa include the Rideau Canal Waterway (stops at several lockstations), the scenery along the Cataraqui Trail, the beautiful villages of Portland, Merrickville, Kars and Manotick and the interesting variety in the Town of Smiths Falls. Plus of course the lovely scenery along the rural back roads.

Symbol Legend



Route Arrow - continue along main route



Right or Left Turn Arrow



Side Loop - a side trip off the main route















Stop of Interest




















Bicycle Route - where this route intersects another bicycle route




Kingston to Ottawa Route Directions



	Km	Location	Description
	0	Kingston	Follow Montreal Street , north, under Hwy 401, to Kingston Mills Road. Note that Montreal Street turns into County Road 11 . Note: A more direct route, but one with more traffic and you'll miss the Kingston Mills Lockstation, is to head out from Kingston along Division Street, which will put you directly onto County Road 10, which the original route intersects in the Village of Inverary.
	8	Kingston Mills (4 km)	Take Kingston Mills Road 2 kilometres east to the Kingston Mills Lockstation. Beautiful scenery, picnic tables and washrooms.
	8	Cty Rd. 11	Continue along County Road 11 to Sunbury. Small grocery store in Sunbury. Continue to intersection with County Road 12

	20	Cty Rd. 12	In Sunbury, turn west on County Road 12 . Continue to County Road 10 at Inverary (note there is a steep hill at Collins Lake).
	24	Cty. Rd. 10	Turn north onto County Road 10 and continue to the intersection with the Opinicon Road, about 2 km north of Perth Road Village (please note that this is located about 1 km north of the intersection of the Cataraqui Trail with County Road 10 - this is a smoother route than turning directly onto the Cataraqui Trail from County Road 10).
	35	Opinicon Road	Turn east (right) onto Opinicon Road and take it about 1 km to Herm Johnson Road.
	36	Herm Johnson Road	Turn north (left) onto Herm Johnson Road and follow it just a short distance to the Cataraqui Trail.
	36	Cataraqui Trail	Turn east onto the Cataraqui Trail and take it to Chaffeys Locks. Note that as of this writing you will find loose slag for the first kilometre of the trail past Herm Johnson Road so you might have to walk your bike this distance.
	51.5	Chaffeys Locks	At Chaffeys, stop for a bit to take in the locks, the beautiful grounds of the Opinicon Resort Hotel, visit the Chaffeys Lockmasters House Museum . Take time out for a tour of Opinicon Lake aboard "Chuckles", a lovely 1940s cruiser (Rideau Canal Boat Tours). To get to Chaffeys, you might find that it is easiest to exit the Cataraqui Trail at Indian Lake Road and take Opinicon Road into Chaffeys (less than 1 km away).
	51.5	Cataraqui Trail	Continue along the Cataraqui Trail to County Road 42
	65	Forfar Side Trip (2 km)	A short 1 km jaunt to the west down County Road 42 will bring you to ForFar , home of the Forfar Cheese Factory. Pick up a variety of delicious cheeses, including fresh (squeaky) curd cheese.
	65	Cataraqui Trail	Continue along the Cataraqui Trail from Country Road 42 to Portland Station Road.
	70	Portland	You can exit the Cataraqui Trail at Portland Station Road and take it into Portland . Once you've "done" Portland, you can return to the Cataraqui Trail via this route.
	70	Cataraqui Trail	Continue east along the Cataraqui Trail to County Road 1 (Anglican Church Road - just past Lombardy Station).
	85.5	Toledo Alternate	A lower traffic alternative to passing through Smiths Falls is to exit the Cataraqui Trail here and head south on County Road 1 to Toledo, and from there to Merrickville where it joins the original route. See the end of this

			section for details of this route. Or, continue on to Smiths Falls where highlights will include a fast food strip (incl. Tim Hortons) and the Rideau Canal Museum.
	85.5	Cataraqui Trail	Continue east along the Cataraqui Trail to its end in Smiths Falls
	95	Smiths Falls	The Cataraqui Trail ends behind the Harveys Restaurant in Smiths Falls.
	95	Lombard Street	The quickest, but busiest traffic route is to follow Lombard Street (Highway 15) to the lights at Brockville Street
	95.5	Lock & Museum Side Trip (2 km)	From Harveys/Tim Hortons - follow Lombard Street east to the lights at Abbott Street. Turn north on Abbott Street , continue across the swing bridge and turn west on the road leading into the Detached Lockstation and the Bascule Bridge . Once you see those, continue north on Abbott to Strathcona Street (next street north). Turn east on Strathcona and follow it 3 block to Confederation Drive and follow Confederation across the bridge. There you will find a walkway (north side) leading to the Rideau Canal Museum and the Smiths Falls Combined Lock (south side). Once you've done those, turn south on Beckwith Street and continue to the first set of lights at the south end of the bridge. Turn left onto Jasper Avenue.
	96	Jasper Avenue	From the lights at the Beckwith Street/Brockville Street intersection, continue east onto Jasper Avenue and follow it to Old Slys Road (the road will simply curve to the left onto Old Slys Road). Continue to the locks at Old Slys.
	99	Old Slys Locks	Old Slys is another lovely Rideau lock. Picnic tables and washrooms.
	99	County Road 43	From Old Slys, turn east onto County Road 43 and continue east to Kilmarnock.
	111	Kilmarnock Lock Side Trip (2 km)	Kilmarnock Lock - a peaceful rural lock with a lovely wooden swing bridge. Picnic tables and washrooms.
	111	County Road 43	Continue east on County Road 43 to Merrickville
	123	Merrickville	Merrickville is well worth a stop. Accommodations, groceries, restaurants, and many shopping opportunities. Visit the Blockhouse and the locks . While you are in Blockhouse Park, stop in at The Depot, run by Friends of the Rideau and pick up an interesting Rideau book. Take a boat tour of the Rideau on the electric cruise boat,

			the <i>Harriet By</i> .
	123	County Road 43	Follow County Road 43 to the intersection with County Road 23 (to Burritts Rapids)
	125	County Road 23	Turn north onto County Road 23 (River Road) . Continue to Upper Nicholson's Lockstation.
	127	Upper Nicholson's Locks	A lovely lockstation with swing bridge. Picnic tables and washrooms.
	127	County Road 23	Continue along County Road 23 to Burritts Rapids
	131	Burritts Rapids	Burritts Rapids is one of the oldest communities on the Rideau. If you feel like a hike to stretch your legs, try the Tip to Tip Trail (start from the Burritts Rapids Lockstation).
	131	County Road 23	Continue along County Road 23 to its intersection with County Road 44
	143	Kemptville (7 km)	The town of Kemptville, only 3.5 km away, offers several services, including a fast food strip with a Tim Hortons (turn south at the intersection with County Road 43).
	143	County Road 44	Turn west onto County Road 44 and take it across the Rideau River to its intersection with County Road 5
	144	County Road 5	Turn north onto County Road 5 and take it to the Dilworth Road. Note that you will pass by Rideau River Provincial Park
	150	Dilworth Road	Turn east onto Dilworth Road and take it to the Baxter Conservation Area
	153	Baxter Conservation Area	Conservation areas offer picnic tables and washrooms. A small day fee applies.
	153	County Road 13	After leaving Baxter Conservation area, turn north onto County Road 13 and take it to Kars.
	161	Kars	The Village of Kars is a small place with few amenities but lovely ambiance.
	161	County Road 13	Continue along County Road 13 (Rideau Valley Drive) to Manotick
	170	Manotick	Manotick offers a variety of services. Be sure to take time out to visit historic Watson's Mill.
	170	County Road 8	Turn east onto Bridge Street and cross the two bridges.

			Continue straight, along County Road 8 to Spratt Road.
	172	Spratt Road	Turn north on Spratt Road and continue along to its intersection with Armstrong Road
	176	Armstrong Road	Turn east onto Armstrong Road and take it to Limebank Road.
	178	Limebank Road	Turn north onto Limebank Road and take it to River Road (County Road 19)
	183	River Road	Limebank Road ends at River Road, so follow River Road north to Hunt Club Road. Note that vehicle traffic will be an issue until you hook up with one of the Ottawa Cycling Paths.
	185	Riverside Drive	Continue north, crossing Hunt Club Road to Riverside Drive . Continue along Riverside Drive to Mooney's Bay Park
	189	Mooney's Bay Park	A City of Ottawa Park on the shores of the Rideau River.
	189	Riverside Drive	Continue north along Riverside Drive to Hogs Back Road.
	190	Hogs Back Road	Turn west onto Hogs Back Road and continue to Hogs Back Lockstation
	191	Hogs Back	This marks the end of the route description. At Hogs Back you'll find an Ottawa Bicycle Path . Continue on the bicycle path into Ottawa. Hogs Back offers picnic tables and washrooms. This spot also marks where the Rideau Canal splits from the Rideau River. Take time to view the Hogs Back Falls.
Toledo Alternate - Cataraqui Trail to Merrickville (this will bypass Smiths Falls via Toledo and Jasper)			
	85.5	County Road 1	Exit the Cataraqui Trail where it intersects with County Road 1 (Anglican Church Road) and follow it south to Toledo.
	99	Toledo	Gas station with groceries. Limited services.
	99	County Road 8	In Toledo, turn east onto County Road 8 and take it to the intersection with County Road 29
	100	County Road 29	Just past Toledo turn north onto County Road 29 and take it to County Road 16, the exit for Jasper
	107	County Road 16	Turn east onto County Road 16 and follow it all the way to Jasper

	112	County Road 16	From Jasper, continue along County Road 16 to Merrickville
	127	Merrickville	At Merrickville, this alternate route rejoins the main route.