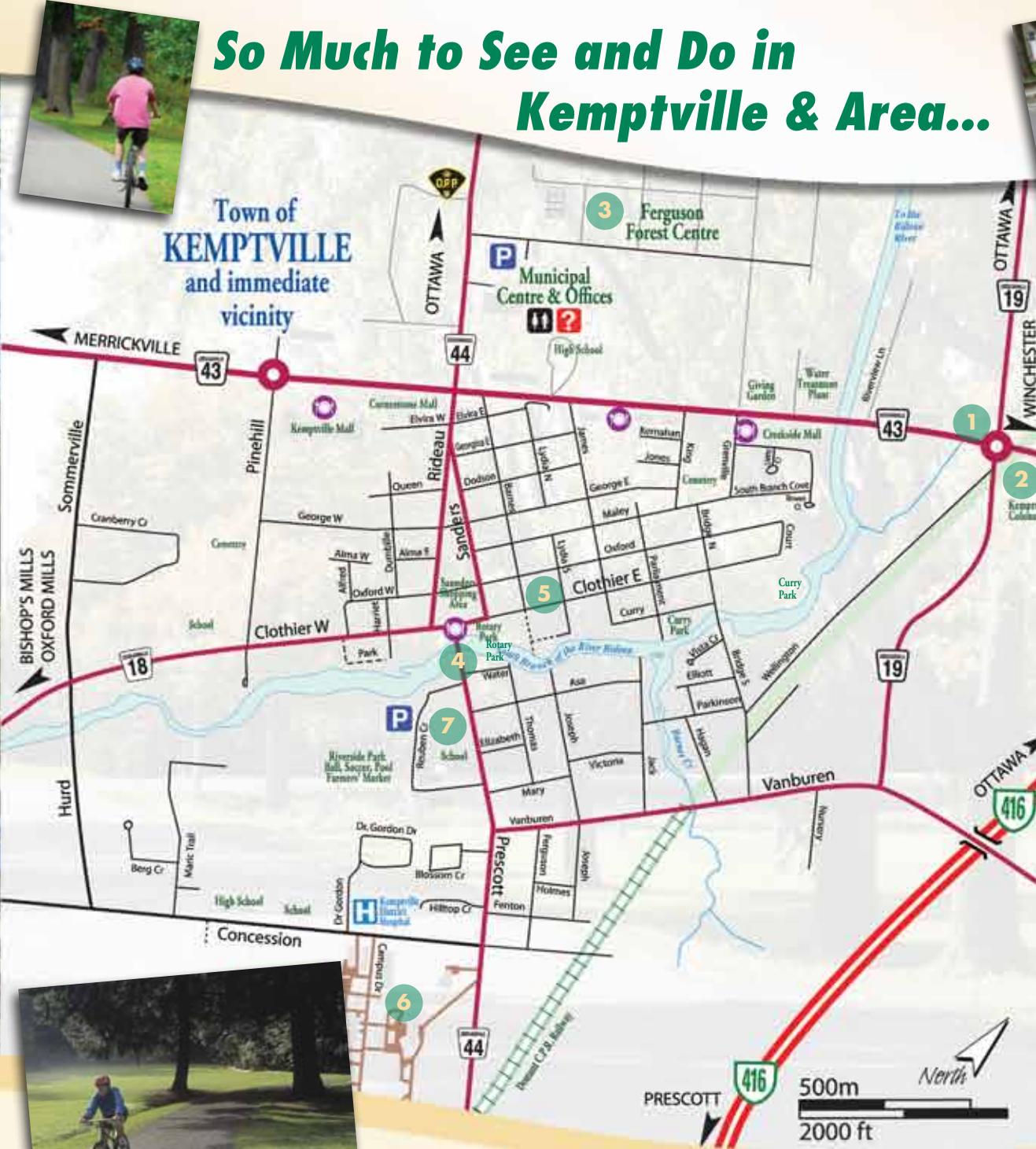


# Cycle North Grenville!



**North  
Grenville**  
explore**northgrenville.ca**

## So Much to See and Do in Kemptville & Area...



## Bike in Kemptville...

Welcome to Kemptville and area, a great place to begin your cycling adventure!

Located a short, 30-minute drive from Ottawa (and just half an hour north of Hwy 401), Kemptville invites you to tour the town. Or use Kemptville as a trailhead for a more rural excursion via County roads through our scenic hamlets!

Enjoy some of our unique attractions:

- 1 Roundabouts** – Kemptville is quickly becoming the 'Roundabout Capital of Ontario' with 3 roundabouts so far and more on the way.
- 2 Kemptville Colonnade** – newly established; as you enter Kemptville from Hwy 416. (Walmart, Canadian Tire, A&W, and more!)
- 3 Ferguson Forest Centre** – expansive tree nursery with a 2.3 km self-guided trail.
- 4 Old Town Kemptville** – an eclectic blend of bookshops, cafés, pubs and stores overlooking the South Branch of the Rideau River.
- 5 Grahame's Bakery** – home to one of the oldest heritage wood-burning ovens in Ontario...still in operation. Yum!
- 6 University of Guelph, Kemptville Campus** – Affordable overnight accommodations, free bike storage, available hot buffet breakfast, boxed luncheons to go and barbeque supper under our tent! Enjoy the peace and tranquillity of a rural setting, with walking trails and vast acreage of lush treed grounds.
- 7 Dandelion Grand Prix** – Held last weekend in May, Criterium on Saturday in town; Road Race through rural areas on Sunday. [www.thedandelionfestival.ca](http://www.thedandelionfestival.ca)

[www.explorenorthgrenville.ca](http://www.explorenorthgrenville.ca)

**Come and Experience North Grenville!**

# Cycling Pleasure!

North Grenville is well situated as a hub of cycling activity!

This brochure is designed to help cycling enthusiasts of all levels find out more about what North Grenville has to offer. We are proud of our area and hope that you enjoy your experience here.

## Accommodations

North Grenville has several quaint B&Bs and other accommodations throughout the area. Rideau River Provincial Park offers nearby camping. University of Guelph Kemptville Campus takes group bookings. [www.KemptvilleCampus.ca](http://www.KemptvilleCampus.ca)

## Attractions & Things to Do

North Grenville has several historic places, parks and attractions to fulfill your curiosity. [Explorenorthgrenville.ca](http://Explorenorthgrenville.ca) has links to several of these along with events that are well worth exploring all year long.

## Cycling Trails

There are plenty of quiet country roads in North Grenville. Most are paved and it is rare to find a hill so the biking is pure comfort. Watch for wildlife along the way and stop at a village store and have a chat with the locals.

## Stop and Eat

While in North Grenville, why not enjoy some of our shops and restaurants. Along with the standard fast food fare we also have some bistros and funky eateries where you can replenish with some delicious goodies.



## Welcome Cyclists

Welcome Cyclists Network is a program certifying and promoting bicycle friendly businesses and cycle tourism in a growing number of regions across Ontario. For a detailed map and list of bike-friendly businesses in North Grenville, visit [www.welcomecyclists.ca](http://www.welcomecyclists.ca) to find out more.

**So Much to See and Do in North Grenville!**



**North Grenville**



**Come and Experience North Grenville!**

North Grenville is just a 30-minute drive south of Ottawa, the Nation's Capital. Come explore what's in your own backyard. North Grenville is a great place to begin your adventure!

- 1** **The historic Rideau Canal waterway (a UNESCO World Heritage site)** – watch a boat go through the locks at Burritt's Rapids, the site of the first bridge across the Rideau River. [www.rideau-info.com](http://www.rideau-info.com)
- 2** **Ferguson Forest Centre** – one of the largest tree nurseries in eastern Ontario, adjoining 300 hectares of forested Crown land. That's more than 800 acres perfect for walking, skiing, and snowshoeing along the many trails and forest roads. [www.seedlingnursery.com](http://www.seedlingnursery.com)
- 3** **Limerick Forest** – 5,782-hectare community forest with approximately 180 km of trails, an education centre and a wetlands boardwalk. [www.limerickforest.ca](http://www.limerickforest.ca)
- 4** **Old Town Kemptville** – over 65 shops and businesses in a revitalized downtown setting. [www.OldTownKemptville.com](http://www.OldTownKemptville.com)
- 5** **Oxford Mills** – step back in time and visit this village, get snacks at the general store or sit back and relax at the beautifully restored heritage restaurant. [www.maplewoodhall.ca](http://www.maplewoodhall.ca)
- 6** **Bishop's Mills** – Once a stopover for the Burritt's Rapids-to-Prescott stage coach, this picturesque rural hamlet has a plaque commemorating its mills overlooking the Middle Branch of the Rideau. [www.bishopsmills.ca](http://www.bishopsmills.ca)
- 7** **North Grenville** – is a trailhead for numerous cycling loops in the region. Find out more through the following:
  - [www.ontariotrails.on.ca/trail-regions/ottawa-region](http://www.ontariotrails.on.ca/trail-regions/ottawa-region)
  - [www.rideau-info.com/canal/cycle/grandtour1.html](http://www.rideau-info.com/canal/cycle/grandtour1.html)
  - [www.canadatrails.ca/biking/bike\\_on.html](http://www.canadatrails.ca/biking/bike_on.html)
  - [www.thegreatwaterway.com/cycling](http://www.thegreatwaterway.com/cycling)
  - [www.waterfronttrail.org](http://www.waterfronttrail.org)
  - [www.mapmyride.com](http://www.mapmyride.com)
  - [www.biketrain.ca](http://www.biketrain.ca)



Rideau Heritage Route  
Anne Marie Harbec

[explorenorthgrenville.ca](http://explorenorthgrenville.ca)