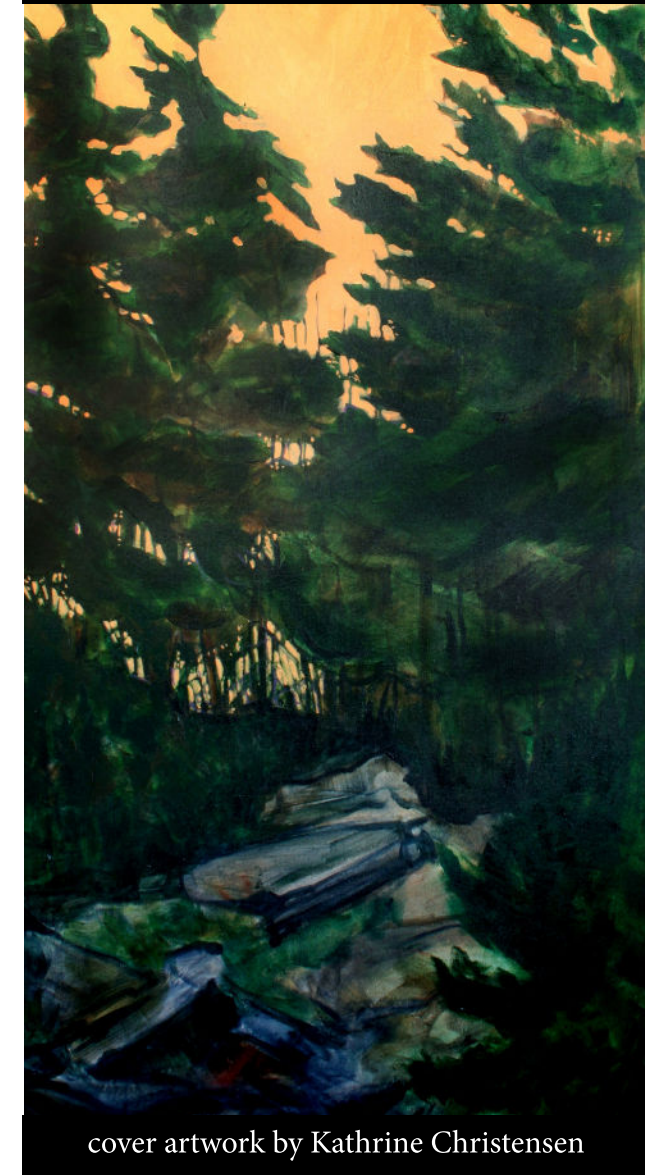


GANANOQUE TRAILS

DISCOVER YOUR TRAILS

Explore the natural beauty that surrounds the Town of Gananoque. The Gananoque Trail System is made up of a 12 km perimeter hike that may be enjoyed in a variety of ways.



cover artwork by Kathrine Christensen



Hike to be happy, Hike to be healthy!"

Dr Stewart Kennedy, past President of the Ontario Medical Association says: "Regular participation in exercise such as walking can help prevent illness, improve fitness, fight depression and prolong life!"



The map will show you where to start and where the trail markers will guide you to the destination you have selected. Please observe the hiking etiquette of **“Leave nothing and take nothing”**

Enjoy the Trails

The Gananoque Trail has been constructed with the assistance of the Town of Gananoque Volunteer Trails Committee, and the financial and moral support of the Town of Gananoque, the Ontario Trillium Foundation, The Lions Club of Gananoque, The Kinsmen Club of Gananoque, and the kindness of the landowners who have allowed the trail to pass over their property.



Kathrine Christensen - cover artwork A dedicated artist, Kathrine Christensen has been involved in the arts in Eastern Ontario for the past 25 years. Her studio is on Marble Rock Road, north of Gananoque, which truly is in the heart of the Thousand Islands. Her recent landscape paintings are acrylics and the ancient wax based encaustic paints, and the results are richly layered paintings of sensual and mysterious fragments of country side. www.kathrinechristensen.com

CHOOSE YOUR WALK

A relaxed meander in the woods or along the river.
A town walk through old Gananoque.

Longer Hike? The 3 main trails connect together for a 12 Km/ 4 hour walk. Just follow the BLUE HIKERMAN trail markers.

Want a shorter walk?
Pick one trail and then Loop back, following the ORANGE DIAMONDS.

Bicycles: Welcome on main trails, except where signed otherwise.

Access and Parking: Lots of spots to enter the trails; lots of parking.

Accessibility for wheelchairs and walkers: We highly recommend the Lion’s Trail!

Washrooms are indicated on the map.



Gananoque is also part of the Frontenac Arch Biosphere which was officially designated by the National Geographic as the world’s ninth Geotourism Region. For more information on our regional trails visit : <http://www.frontenacarchbiosphere.ca/>

LION’S TRAIL 90 Minutes, full return loop
Easy walking or cycling. Great photo opp’s!
Begin at little train engine by the park and follow blue markers north.
Enjoy the sculptures around the pond..
Scenic “mini- loops” along the Gan River with benches and picnic tables.
At Queen Street, follow orange diamonds for return loop to trailhead.

ROGER’S TRAIL 2 hours, full return loop
Mostly woodland trails. Moderate terrain with a few hills and some rocky footing.
Begin at Recreation Centre (east end) or James Brennan Road (west end).
Shorter version: use Herbert Street access point to begin or end.



RIVER TRAIL 30 minutes to 2 hours, with various loop options. Hike the Piney Woods, parks, streetscapes and the historic St Lawrence waterfront. Start behind No Frills (Carmichael Street), follow blue hiker markers south through pine forest. (30-minute short loop: after woods, follow blue markers along street, then take field lane with yellow diamond markers back to No Frills.) Continue on streets, watching for blue markers, then into parklands, emerging on to interesting residential streets. On past Playhouse and Gananoque Inn, crossing swing bridge to enjoy the busy



waterfront action and waterside parks. HINT: You can turn north at any street to return to the main street, or continue up Bay Road and back to the Trailhead through the historic streets of old Gananoque.

HISTORICAL GANANOQUE From the Trail head explore the rail bed of the THOUSAND ISLAND RAILWAY, now part of our trail . Check out the interpretative plaques en route. “Gananoque was once known as the Birmingham of Canada, with many factories producing metal products, wood products leather and more using the water power of the Gananoque River.”

